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Review of topical lightening agents

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There are many topical skin lightening agents in the dermatologist's armamentarium for treating hyperpigmentation. Apart from treating the underlying cause of the pigmentation itself causes a lot of distress esp. in dark skinned individuals hence this needs treatment along with sun avoidance measures. Amongst the various agents, hydroquinone and triple combination cream are the most studied and widely used but retinoids, azelaic acid, mequinol, kojic acid, arbutin, niacinamide, N-acetyl glucosamine, ascorbic acid, liquorice extract, soy products are just some of the others that can be considered. Treatments involving chemical peels and laser therapies also can target excess melanin and current research is throwing light on more emerging lightening agents and treatments.

Biography

Shuba Dharmana is a Crowned "Woman Entrepreneur of the Year 2012" amongst several other prestigious awards, she is the Founder and CEO of Lejeune group of Medspas, which she presently runs in Bangalore and Hyderabad and consults at various multispeciality hospitals across India. After graduating from the Andhra Medical College, India, she left for UK where she trained and practiced for 10 years in General Practice and undertook a Post Graduate Diploma in Clinical Dermatology from the University of Cardiff. She discovered her passion in Aesthetic Medicine and trained under eminent Aesthetic physicians, working for several clinics all across UK. She is also trained in Hair Transplantation Techniques in Poland under one of Europe's most reputed Hair Transplant Surgeons, Dr. Marwan Saifi.

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