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The age of botanical: Are natural ingredients safe & effective in treatment of pigmentation? A systematic review, especially on skin allergy**Sein Ngan Ling***Kuala Lumpur Academy of Social Sciences (KLASS), Malaysia*

Statement of the Problem: Pigmentary disorder is one of the most common skin problem that patient visit the doctor & OTC pharmacy store. Due to lot of complications of chemical agent, the trend is toward the use of natural botanical agents which are gaining popularity. Despite the availability of Hi-tech laser treatment skincare is the most common household item for skin upkeep. However, the RCT on evidence-based studies are few in between. Many of such studies are short. Hence, we are not sure if there maybe any complication on long term use.

Methodology & Theoretical Orientation: Systemic review studies is used to search for "pigmentation, melasma, PIH, botanicals, natural agents, and various ingredients names", through databases of PubMed, SCOPUS and Google. There were 2 reviewers independently screened titles leading to a total selection of 30 clinical studies. The author also utilising a commonly used qualitative analysis by other than reviewing literature, also used clinical history taking, interview & observation over social event, and forming focus group to gather data. Using the security framework & lenses of analysis of the social science/behaviour to understand what are the patient inclination, social behaviour and preferences, its performance, relevance, functionality & efficiency, if it can be optimised for as many a blemish conditions it can solve for the patients.

Finding: Despite the popularity of botanical among the consumer, there are less than ideal number of studies that can put a stamp verifying definitely that it is highly effective and with long enough study to clarify absent of complications. Even though here is a shortage of evidence-based research studies, several natural ingredients did show promising efficacy as depigmenting agents, including azelaic acid, lignin peroxidase, arbutin, ellagic acid, liquorice extracts, niacinamide, mulberry, soy and ascorbic acid iontophoresis.

Conclusion & Significance: With ever increasing number of patient seeking dermatologist advise on blemish disorder, there is also a surge of OTC purchase from pharmacy on blemish control agent. Although the available evidence based research studies are limited, the indication show the promising application of natural ingredients for blemish control against the former gold standard of using hydroquinone. These ingredients are AA, soy, lignin peroxidase, ascorbic acid iontophoresis, arbutin, ellagic acid, licorice extracts, niacinamide, and mulberry. Significance: In addition to showing promise in treating hyperpigmentation, these agents also provide greater insight into the pathogenesis of dyschromias, thus enhancing our understanding of the many complexities of pigment disorders.

Recommendation: Available evidence show the efficacy of botanical in pigmentation treatment. They are safe so far. For future studies, design an ideal prospective double-blind RCT trial that is sufficiently long enough to conclude not only the effectiveness but also safety of botanicals.

Biography

Dr Ling is the Founder of DDL Healthcare Group, President of Lions Club of Sibu Pahlawan, is a Medical Aesthetic Consultant, has his expertise and passion in improving healthcare delivery and health security of the individual, community & national economic wellbeing, especially through financial planning and strategic plan. He analyse not just as a doctor but through the lens of social scientist from the security perspective as a strategist and policy planner, where much work is done through qualitative analysis via very extensive literature review, augmented by clinical interview and physical assessment. Ageing challenges face more security dimension than just medical and, a constructivist society has a better security provision.

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