

## 12. Skin Diseases

### Reference

Shin SH, Kim JH, Kim MB, et al. A clinical research about the effects of Seunggaltang on patients with atopic dermatitis. *Daehan-Hanbang-AnIbiinhupibugwa-Hakhoeji (Journal of Korean Oriental Medical Ophthalmology Otolaryngology Dermatology)* 2007; 20(2): 199–212 (in Korean with English abstract).

### 1. Objectives

To evaluate the efficacy of Seunggal-tang (升葛湯) powder extract for atopic dermatitis.

### 2. Design

Randomized controlled trial (RCT).

### 3. Setting

One Oriental hospital (Oriental Medicine Hospital of Dongeui Universtiy), Republic of Korea.

### 4. Participants

Thirty-nine patients (age range: 14 - 65 years) diagnosed with atopic dermatitis using the criteria of Hanifin and Rajka.

### 5. Intervention

Arm 1: Treatment with Seunggal-tang (升葛湯) extract was orally administered for 8 weeks, 3 times per day (n=13, male/female=8/5).

Arm 2: Treatment with placebo extract was orally administered for 8 weeks, 3 times per day (n=10, male/female=1/9).

### 6. Main outcome measures

1) Skin variables– oil content, transepidermal water loss (TEWL), skin water content, erythema, and melanoderma.

2) Self-developed clinical severity Index.

3) Blood variables- IgE level and mast cell count.

### 7. Main results

Sixteen subjects dropped out during the study. Skin water content around the Yintang (EX-HN3, 印堂) acupuncture point was significantly increased 8 weeks after treatment ( $P=0.0168$ ). Treatment in Arm 1 reduced clinical severity (itchiness and sleep problems), and neither treatment significantly affected the blood variables.

### 8. Conclusions

Seunggal-tang (升葛湯) improves subjective symptoms.

### 9. Safety assessment in the article

Safety was confirmed by comparison of the results of blood tests and urine analysis before and after treatment.

### 10. Abstractor's comments

This study is highly meaningful as it had a randomized, controlled design. However, as the drop-out rate was high, the reliability of the trial is decreased. Most studies on atopic dermatitis in Korea examine reactions to topical products, such as cosmetics, ointment, shampoo, etc. Therefore, this study is highly meaningful as it has a randomized, controlled design and evaluates the effect of oral herbal medicine on atopic dermatitis. I think that the high drop-out rate in this study illustrates the difficulty of conducting a clinical trial of a systemic herbal remedy. So, I think that this study is valuable not for its result but for its methods.

### 11. Abstractor and date

Nam HJ, 8 June 2010.