

# **The safety and efficacy of products containing pale ichthyol and enhancer of VDR synthesis for psoriatic skin care**

dr Monika Pasikowska

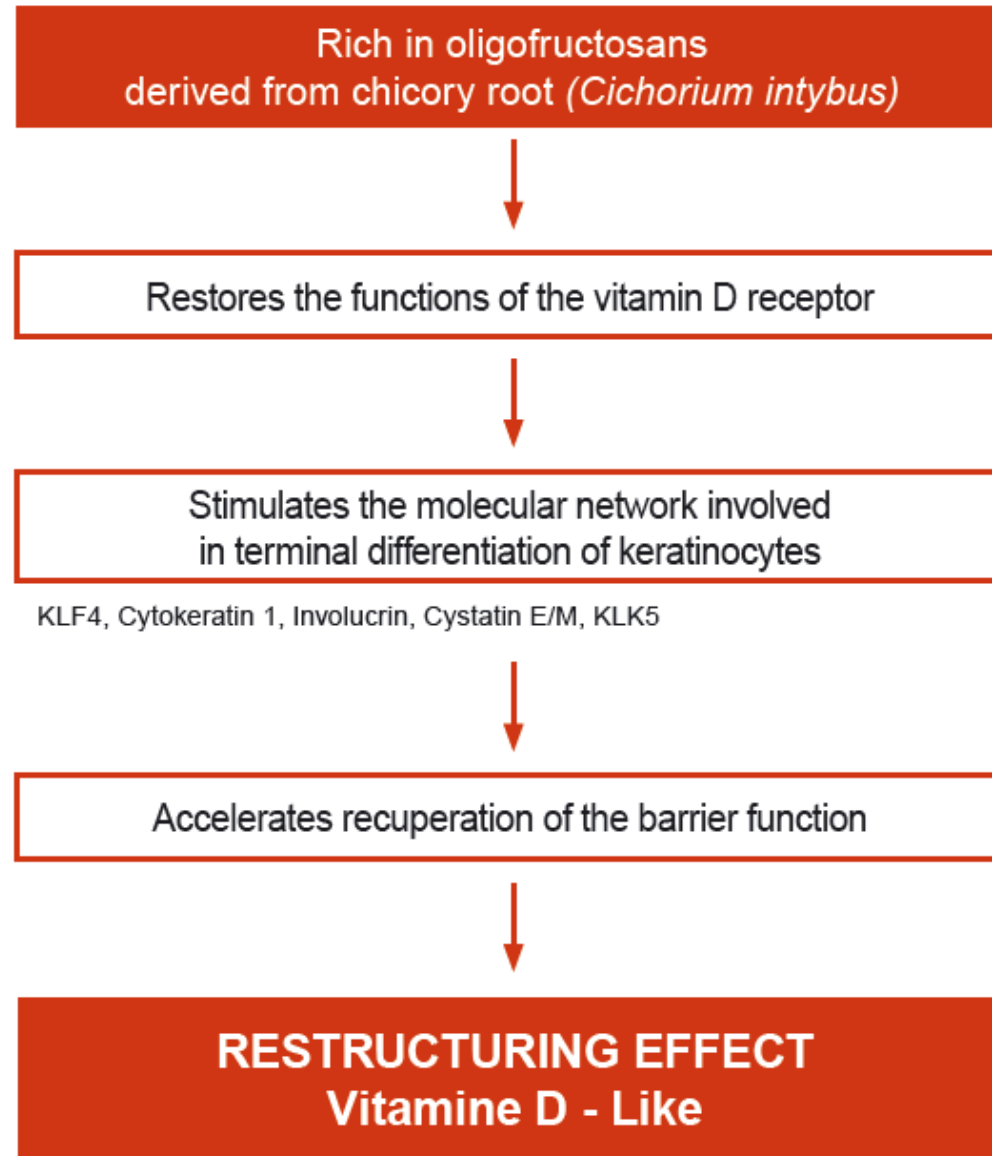
Dr Irena Eris Cosmetic Laboratories, Centre for Science and Research,  
Piaseczno, Poland

# Pale ichthyol



- INCI: pale sulfonated shale oil
- Antibacterial and antifungal action
- Keratolitic and weak pain killer
- Strong antipruritus and anti-edematous action
- Regulates proliferation of skin cells to the normal level
- Anti-inflammatory agent
- Recommendations: psoriasis, atopic dermatitis

# Enhancer of VDR synthesis - Cichory root extract



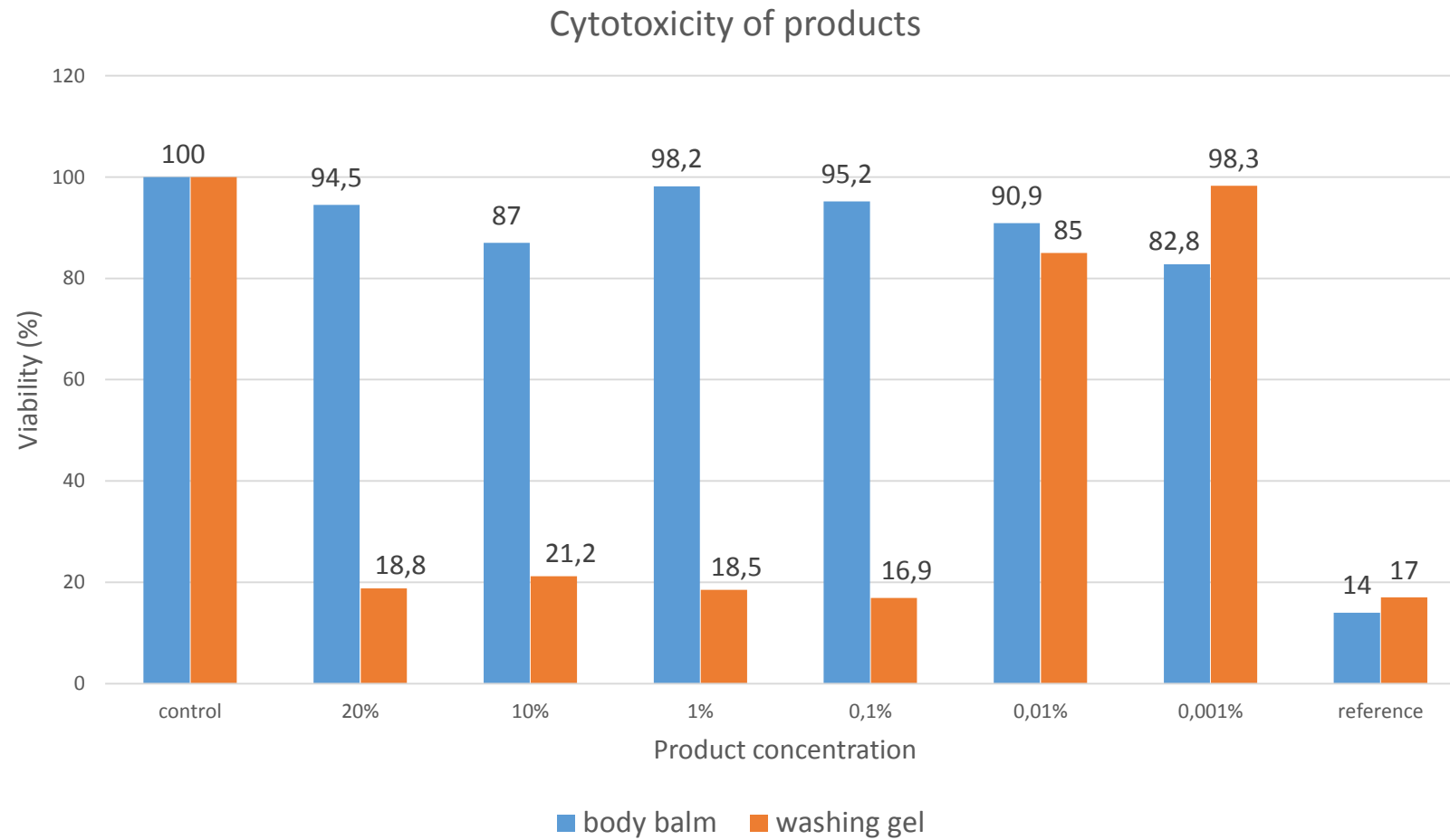
# Aim of the study

- To evaluate safety and efficacy of products (body and scalp washing gel, body balm, spray for the scalp and local psoriatic lesions on the body) containing pale ichthyol and plant extract activating VDR synthesis, intended for patients suffering for psoriasis.

# Materials and Methods

- In vitro safety tests on L929 fibroblast cell line according to ISO regulations
- Clinical evaluation of skin condition in 10-point analogue scale as well as PASI score evaluation after 3 weeks of the products usage
- Patients' self-evaluation questionnaire and DLQI
- Studying group characterisation: 35 patients with psoriasis, average age – 39 years old (17-62), 19 females, 16 males

# Results - cytotoxicity



# Results – clinical evaluation

Clinical evaluation in 10-point analogue scale (n=35)	Change (%)
Skin pruritus	- 60%
Scale visibility	- 43%
Nutrition	+ 54%
Skin elasticity	+ 41%
Smoothness	+ 53%
Visibility of dandruff	- 65%
Skin scaling level on the scalp	-45%

# Results – PASI vs. DLQI

PASI vs. DLQI	D0	D21	% of change	Additional observations at the end of trials
PASI (Psoriasis area and severity index)	12,99	8,76	-33%	<ul style="list-style-type: none"><li>• 3 cases with complete recovery</li><li>• 5 cases with reduction of PASI score over 60%</li></ul>
DLQI (Dermatological Life quality index)	10	7	-30%	<ul style="list-style-type: none"><li>• 15 cases of improvement in the score levels</li><li>• 11 cases claimed ,no effect' or ,small effect' on life quality</li></ul>

## DLQI scale:

0-1 no effect on life

2-5 small effect on life

6-10 moderate effect on life

11-20 very large effect on life

21-30 extremely large effect on life



# Results – self evaluation

Body balm	
% of subjects	Statements
82%	minimizes the appearance of psoriatic lesions
92%	moisturizes
88%	soothes and relieves irritations
83%	relieves itching and burning
73%	exfoliates scales

Body and scalp spray	
% of subjects	Statements
74%	relieves itching and burning
76%	moisturizes the scalp
74%	minimizes the appearance of psoriatic lesions on the scalp
74%	promotes skin regeneration on the scalp
67%	minimizes the appearance of dandruff

# Results – self evaluation

Body and scalp washing gel	
% of subjects	Statements
88%	effectively cleanses the scalp and hair
76%	minimizes the appearance of psoriatic lesions on the body and scalp
72%	promotes skin regeneration on the body and scalp
83%	soothes and relieves irritations
86%	relieves the itching and burning of the body and scalp

# Conclusion

- Dermocosmetic products containing enhancer of VDR synthesis and pale ichthyol are safe and effective for patients suffering for psoriasis
- Tested products effectively are reducing PASI score and improving life quality
- Products are removing psoriatic scale and reducing pruritus according to dermatologists and patients