



ACNE, ROSACEA, AND RELATED DISORDERS (INCLUDING HIDRADENITIS SUPPURATIVA)

## THE EFFICACY OF ALLIUM CEPA CREAM IN ACNE VULGARIS : A CASE SERIES

*A Triana*<sup>(1)</sup> - *A Rafika*<sup>(2)</sup> - *A Dyah*<sup>(2)</sup> - *D Zulfikar*<sup>(2)</sup> - *A Kusumawardani*<sup>(2)</sup>

*Dr. Moewardi General Hospital, Sebelas Maret University, Solo, central Java, Indonesia*<sup>(1)</sup> -  
*Dr. Moewardi General Hospital, Sebelas Maret University, Solo, Central Java, Indonesia*<sup>(2)</sup>

**Background:** Acne vulgaris (AV) is a pilosebaceous unit disorder causing distress in teenager and young adults with multifactorial etiologies. There are many treatments available to improve severity of AV. Microorganisms like *P.acnes*, *S.aureus* and *S. epidermidis* proliferate rapidly leading to the development of acne. Due to risk and side effect of the used antibiotic in previous therapies, herbal remedies can be an alternative treatment for AV. *Allium cepa* has anti inflammatory, mild keratolytic, anti fungal and bacteriostatic effect but until now there has not been any study reporting the use of this regimen in AV.

**Observation:** This study reported two mild and one moderate AV cases treated with only cream containing *A. Cepa*. The cream was applied on the face everynight for 4 weeks. We measured the amelioration by analyzing the photography with Lehmann score. Based on this score there was significant improvement of the lesion of our patients.

**Keymessage:** *Allium cepa* contains volatile oil with many organic sulphur compounds such as allicin, allyl propyl disulphide, alliin, flavonoids, phenolic acids and sterol, its ester and glycosides. *Allium cepa* possess antiinflammatory effects due to the presence of flavonoids. Flavonoids are well known as antibacterial agents against a wide range of pathogenic microorganism. The antimicrobial and antifungal properties of *A.cepa* are effective against *Malassezia furfur*, *Candida albicans*, and some other candida sp as well as some AV microbes. Improvement in AV is usually seen in 6-8 weeks, but in our patients was only 4 weeks. We suggested our patient to continue applying *A.Cepa* cream until the next follow up.

