

AESTHETIC AND COSMETIC DERMATOLOGY (LASERS SEPARATE CATEGORY)

IRRITANT CONTACT DERMATITIS TO HOME REMEDIES AND INDIGENOUS MEDICINES IN SOUTH INDIA

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INTRODUCTION: Various home remedies and indigenous medicines are tried in South India for many ailments and sometimes cosmetic reasons resulting in irritant dermatitis varying from mild to cauterising reactions. They are tried in acne, melasma, comedones, warts, molluscum contagiosa, hyperpigmentation, hair loss or excessive growth, etc.

OBJECTIVE : To study the clinical features, early and late as a result of irritant application for various common conditions on face, neck and other accessible parts. To identify the agents, their reactions, sequelae and the varied clinical manifestations.

MATERIALS AND METHODS : A prospective study was undertaken from January 2017 to March 2018 in two centers of Hyderabad. A total of 150 patients were studied, almost 72 patients were known to have applied indigenous remedies or herbs for acne, post inflammatory pigmentation, milia, melasma, hair loss or hypertrichosis, warts, molluscum and for other reasons. The irritants identified are marking nut (52), garlic (28), concentrated cholroxylene antiseptic (13), toothpaste (11), caustic soda (9), lye/limestone (8), lemon juice (7), onion juice and tamarind paste (6 each), aloe-vera juice (5) and red mud (4).

RESULTS : The resultant reactions varied from erythema (30), erosion (38), superficial ulcers (53), crusted papules (15) and necrotising (14) lesions. Acute symptoms were itching, burning and pain. Secondary infections occurred in 30% cases. After treatment most of them cleared with hyperpigmentation and some with scarring.

CONCLUSIONS : The self remedies, home remedies may mask the original condition. Clinical history and examination would help in early diagnosis and treatment. Creating awareness of patients by patient education would help in active prevention of irritant dermatitis and scarring.