

ATOPIC ECZEMA/DERMATITIS

THE EFICACY OF MOISTURIZER CERAMIDE, MENTHOL, AND POLIDOCANOL TO CONTROL ITCH AND DISEASE SEVERITY IN MILD ATOPIC DERMATITIS

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Introduction: The most dominant and disturbing symptom of Atopic Dermatitis (AD) is itch. Itch-scratch cycle perpetuates the disease.

Objective: This study aims to investigate efficacy of ceramide, menthol, and polidocanol to decrease itchy and diseases severity in AD.

Material and Methods: Thirty subjects were included in this preexperimental, before-after observation study. The research subjects were children with mild atopic dermatitis aged 8-18 years old. We evaluated effect of combination on AD severity using SCORAD index and itch level using visual analog scale (VAS). Baseline data were measured, then cream contain ceramide, menthol, and polidocanol were applied. SCORAD and VAS were evaluated after 5 minutes application, then subject applied same procedure daily at home. The next evaluation was on week 1 and week 2.

Results: The baseline mean VAS was 5.20 ± 1.60 . The mean 5 minutes after moisturizer application was 3.97 ± 1.56 . The mean VAS on evaluation week 1 was 2.73 ± 1.17 , and week 2 was 1.23 ± 1.04 . The differences between evaluation point were statistically significant. The mean SCORAD index on baseline was 19.04 ± 4.13 , 1 week evaluation was 12.93 ± 3.36 , and 2 week evaluation was 9.41 ± 2.94 . SCORAD index value was statistically significant decrease on all evaluation point, except on 5 minutes evaluation.

Conclusions: Ceramide already known as one beneficial agent to repair skin barrier. Additional neuromodulator menthol, which activate TRPM8 sensory fiber, and local anesthetic polidocanol can reduce itch as immediate as 5 minutes after usage. Daily use of this combination for at least one week leads to decrease SCORAD index. Controlling itch-scratch cycle along with improving skin barrier function is important to suppress AD severity.