

## عنوان مقاله:

Comparison of the Complications and Efficacy of Topical Clobetasol Ointment with *Salvia officinalis* Ointment in the Treatment of Plaque Psoriasis

## محل انتشار:

فصلنامه پزشکی هرمزگان، دوره 27، شماره 2 (سال: 1402)

تعداد صفحات اصل مقاله: 5

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## خلاصه مقاله:

Background: Psoriasis is an autoimmune and common disease that affects ۱ to ۳% of the world's population. The appearance and progress of psoriasis are influenced by genetic and environmental factors. Topical steroids have remained the first-line treatment for psoriasis. Long-term use of topical corticosteroids is associated with the risk of side effects. The purpose of this study was to compare the complications and efficacy of topical clobetasol ointment with *Salvia officinalis* ointment in the treatment of plaque psoriasis. Methods: A topical ointment containing ۲۰% *Salvia officinalis* was prepared in the pharmaceutical laboratory of Hormozgan University of Medical Sciences. After standardization, this experimental study was performed on ۸۴ voluntary patients with mild plaque psoriasis for two weeks. One group was treated with the prepared *S. officinalis* ointment twice daily and the other group was treated with topical clobetasol ointment twice daily. In each group, psoriasis severity was assessed using the Psoriasis Area Severity Index (PASI) at determined time points including baseline and one and two weeks after treatment initiation. Results: At the end of treatment (۲ weeks), the mean PASI score changed from ۲.۳۶ to ۱.۵۵ in patients who received topical clobetasol ointment and this score reduced from ۲.۷۴ to ۲.۲۳ in patients who applied topical *S. officinalis* ointment. After ۱۴ days of treatment, the mean percentage decrease in mean PASI score was greater in patients who applied topical clobetasol ointment. Conclusion: This study provides evidence that topical clobetasol ointment is more effective than ۲۰% *S. officinalis* ointment in the treatment of psoriasis. However, *S. officinalis* ointment can be used as an adjuvant therapy to the main treatments of mild plaque psoriasis.

## کلمات کلیدی:

Psoriasis, *Salvia officinalis*, Dermatology

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