

An innovative method of phototherapy with pelloidotherapy in patients with acne.

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In order to find new alternative therapeutic possibilities in the center of dermatology, on the basis of fundamental scientific research, together with geologists, a mud mask was developed based on the natural resources of Uzbekistan. Mud mask "fatiderm-m" - is a highly mineralized needle mass, which contains healing minerals and siliceous water, which have anti-inflammatory, bacteriostatic and rejuvenating properties. The mud mask was prescribed as an external therapy in acne patients 2 times a day for 10 days.

The aim of our research was to evaluate the clinical and microbiological effectiveness of the fatiderm-m mud mask in external therapy in patients with acne.

Material and methods of research: we examined 122 patients with acne. The age of the patients ranged from 15 to 36 years. Among the female patients were 38 (31.15%) and male - 84 (68.8%). All patients underwent clinical (evaluation of severity), microbiological and statistical studies.

Results of the study: according to the clinical form, among 122 patients with acne, the comedanal form was 27 (22.1%), papulo-pustular - 59 (48.4%) and nodular form - 36 (29.5%) patients, respectively. Microbiological studies of lesions in patients with UB showed an increased detection of opportunistic staphylococcal flora: st.aureus - 36 (29.5%), st.saprophyticus - 48 (39.3%), st. Haemiliticus -9 (7.4%), st.epidermididis - 29 (23.7%). An analysis of the degree of colonization of staphylococcal flora showed an increased contamination in the lesions on average - 76.4 ± 0.07 CFU/cm² (with a norm of 3.2 ± 0.01 CFU/cm²) ($P < 0.05$).

For comparative characteristics of external therapy, the patients were divided into 2 groups: group I - 34 patients who received clindamycin ointment and group II - 33 patients who received clindamycin ointment + fatiderm-m mud mask and group III - 55 patients who received only mud mask "fatiderm-m".

The results of the dynamics of the clinical course showed that in patients of group I, resorption of the skin pathological process was noted in 38.2% (13 patients) of cases on the 3rd day of therapy, group II - in 78.8% (26) of cases on 3 day and in patients of group III - in 69.1% (38), respectively. Microbiological studies have shown a significant reduction in the degree of colonization of staphylococcus spp. on the 8th day of therapy: in group I - 1.7 times and averaged 43.3 ± 0.09 CFU, in group II - 4.3

times and in group III - 3.9 times compared to before treatment. The results obtained were statistically significant. ($P < 0.05$)

Conclusions: the analysis of the obtained results showed that pelotherapy with the use of the fatiderm-m mud mask increases the therapeutic efficacy in patients with acne, and can be recommended for widespread use in practical dermatology.