

To the results of pelotherapy for acne

Mavlyanova Sh.Z., Inoyatova N.R., Sabirov U.Yu.

Republican Specialized Scientific and Practical Medical Center for Dermatovenereology and Cosmetology of the Ministry of Health of the Republic of Uzbekistan

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 comedonal 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.saprothiticus - 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.