

Article on Treatment of Atopic Dermatitis Using Some Selected Topical and Oral Medications

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INTRODUCTION

Atopic Dermatitis is also called Eczema. Atopic Dermatitis usually develops in early childhood and is now more common in people who have a family history of the condition. Generally Atopic Dermatitis is an itchy inflammation of the skin.

Atopic Dermatitis is chronic and tends to flare periodically. It may be accompanied by Asthma or hay fever.

It is most common disease in children affecting 17% to 20% of children and 2% to 4% of adults.

❖ Cause of Atopic Dermatitis:-

- Due to low immune system.
- Due to environmental changes.
- Due to genetics.
- Due to stress.

❖ Symptoms of Atopic Dermatitis:-

1. Skin rashes.
2. Dryness of skin.
3. Small itchy bumps may be developed.
4. Skin peeling.
5. Skin redness.

❖ How to Atopic Dermatitis Diagnosed?

Sometimes lab test is needed but normally lab test is not needed.

When doctor will likely make a diagnosis by examining your skin and reviewing your medical history. He or she may also use Patch testing or other tests to rule out other skin diseases.

❖ Treatment of Atopic Dermatitis:-

a) **Antihistamine Drugs:-** These class of drugs are help to reduces an allergic reaction.

Ex:- Levocetirizine, Hydroxyzine Hydrochloride, CPM.

b) **Topical Antiseptic:-** These class of topical antiseptics are help to destroys and prevent the growth of micro organisms on the skin that may cause infection.

Ex:- Providone iodine, Chlorhexidine.

c) **Topical and Oral Cortico steroid:-** These class of topical and oral Cortico steroids are help to stimulates hormone effects, reduce inflammation of the affected area and repair the damaged skin tissue.

Example of ointments:- Halobetasol Propionate, Clobetasol Propionate, Fluticasone, Mometasone.

Example of Tablets:- Prednisolone, Methyl Prednisolone, Deflazacort.

❖ Side-effects of Cortico steroid medicines

▪ **Side-effects of Prednisolone:-** Headache, Dizziness, mood changes, Blurring eyes, Acne, Staying asleep.

▪ **Side-effects of Methyl Prednisolone:-** Black stools, blindness, bloating, Bloody vomit, Bone pain, Change in vision, Change pain, darkening of the skin.

❖ Who should not take Prednisolone and Methyl Prednisolone?

- Un treated TB or Active TB.
- Herpes infection of the eye or body.
- Fungus infection.
- Low thyroid hormone.
- Diabetes.
- Intestinal infection.
- High cholesterol.
- Kidney problems.



❖ **Precaution of Atopic Dermatitis:-**

- Using Petroleum jelly.
- Do not make your skin dehydrated.
- Avoid using detergents and foaming soap.
- When sweating will start than you should clean that affected area with Luke warm water.
- Use sunscreen lotion or gel with or above 30spf on your body 20minutes before sun expose.