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Clinical study to assess efficacy and safety of Purifying Neem Face Wash in prevention and reduction of acne in healthy adults

Abstract:

Background: Acne vulgaris is a chronic, inflammatory skin condition of pilosebaceous units. The standard treatment involves topical and oral antibiotics, retinoids, benzoyl peroxide, and other synthetic compounds, mostly associated with adverse effects. Ayurveda uses herbs containing natural phytoconstituents without any adverse effects. Neem (*Azadirachta indica*) is an excellent herbal skincare ingredient as it has antimicrobial and anti-inflammatory properties. Hence, herbal skincare products are considered nowadays.

Aim: To evaluate the safety and efficacy of Purifying Neem Face Wash (PNFW), an herbal skincare product in the prevention and/or reduction of mild-to-moderate acne.

Methods: An open-label, single-center, single-arm, four-week clinical study was conducted in two groups with subjects having either mild-to-moderate acne or oily skin and non-existent acne. Subjects were instructed to moisten their face and apply (3ml) PNFW, followed by washing off the product and drying the face by patting. This was required to be done twice daily. Sebum level and skin hydration of both cheeks were measured via sebumeter and corneometer.

Results: Out of 120 study subjects, 79% and 72% showed either reduction or no new appearance of inflammatory and non-inflammatory acne lesions, from baseline to Visits 3 and 4. Skin sebum level and skin hydration showed a statistically significant decrease.

Biography

Dr. Rajesh Kumawat completed his MBBS in JLN Medical College, Ajmer and MD in SMS Medical College, Jaipur from University of Rajasthan, India. He has over 20 years of pharma industry experience in the clinical development space across area including Clinical Operations, Medical Writing, Project Management, pharmacovigilance and coordination with various regulatory agencies (including FDA, MHRA, DCGI) for development of modern medicine Generics, New Chemical Entities (NCE), Biosimilars & Novel formulations. He has many national and international publications related to clinical domain and also presented at several national and international conferences on Clinical Research & Clinical Development.