

# Dermatological disorders: Herbal biomedicines

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## ABSTRACT

The study of pharmacognosy and the application of medicinal plants, which form the basis of conventional medicine, is known as herbal medicine (also known as herbalism). The safety and effectiveness of plants used in 21st-century herbalism, which typically doesn't set standards for purity or dosage, are only partially supported by scientific research. Minerals, shells, certain animal parts, as well as fungi and bee secretions, are frequently used in herbal therapy. Phytomedicine or phytotherapy are alternative names for herbal medicine.

The use of isolated plant chemicals and herbal extracts in the treatment of wounds and skin conditions is on the rise. Recent years have seen the development of numerous new herbal medicines, cosmetics, and medications for the treatment of various skin disorders. The herbal biomedicines have been shown to be effective in treating a variety of skin conditions, including atopic dermatitis (St. John's wort, licorice, tormentil, bitter substances, evening primrose), psoriasis (araroba tree, lace flower, barberry bark, indigo, turmeric, olibanum, St. John's wort), actinic keratosis (birch bark, petty spur (birch bark, onion).

**Key Words:** Acne, Actinic Keratosis, Atopic Dermatitis, Psoriasis, Rosacea, Wound healing.

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## INTRODUCTION

For millennia, skin diseases have been treated with herbal remedies. Salicylic acid from willow bark from *Salix* spp. (for desquamation), 8-methoxypsoralen from *Ammi Visnaga* (L.) Lam. and tannins from oak bark, black tea, or hamamelis bark are some of the plant chemicals that are still utilized in topical therapies. Commission E of the German Institute for Drugs and Medicinal Products assessed and documented 300 monographs on traditionally used medicinal herbs between 1976 and 1993. An evaluation of these plants was unfavorable for about 30% of them. There were 25 plants listed in the favorable monographs that were relevant for dermatological therapies. They include well-known medicinal plants including marigold, chamomile, and hazel. But the majority of these plants only produced weak evidence of their usefulness.

### Atopic dermatitis

Atopic Dermatitis (AD) is a persistent, itch-inducing skin condition. Dermatologists frequently prescribe glucocorticoids to their patients, but these patients and the parents of children with AD are concerned about the negative effects of these medications, particularly when used for extended periods of time. Because they anticipate similar efficacy and fewer side effects, they want herbal treatments. Recently, a thorough, empirically based evaluation of clinical trials using herbal treatments for AD was released.

Psoriasis vulgaris

Psoriasis can also be treated topically with herbal medications.

Psoriasis is a chronic, immune-mediated skin condition that causes itchy or burning red and scaly spots on the skin. A number of factors can trigger psoriasis, including: certain foods, smoking, stress, injury to the skin, some medications, infection. Psoriasis scales are not contagious. But they can be itchy and painful. Some people may find these symptoms disrupt their everyday life.

### Herpes simplex

Nearly any area of the skin can develop blisters and sores as a result of the Herpes Simplex Virus (HSV). These sores typically appear on the genitalia and buttocks, or around the mouth and nose. Licorice extract and *Boswellia serrata* oleo gum were two extracts mentioned to have antiviral properties. Clinical research on these plant-based products is still lacking, though.

### Photo protection and esthetic dermatology

Numerous plants contain antioxidants that act as photo protectors as well as UV-absorbing polyphenols (catechins, flavonoids, and carotenoids). These substances may shield the skin from skin ageing, skin cancer growth, and sunburn, all of which are at least partially mediated by Reactive Oxygen Species (ROS). Topically and orally administered plant chemicals for enhanced protection from sunlight are summarized in a 2014 systematic review. Plant extracts are also utilized for a variety of cosmetic purposes.

### Wound healing

In order to halt bleeding, eradicate germs, and begin re-epithelialization, wound healing—a physiological reaction to tissue inj-

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Wound healing involves a complicated interplay involving a variety of cell types (including keratinocytes, fibroblasts, and immune cells), cytokines, and the vascular system. The majority of herbal treatments that are traditionally used to heal wounds have not been researched in formal clinical trials. On the other hand, a betulin-rich extract from the bark of white birches has been extensively studied for its ability to heal wounds. This extract eliminates the need for traditional emulsifiers and preservatives in the creation of a solid phase stabilized emulsion.

## Rosacea

Rosacea is an inflammatory skin condition that affects the face's tiny superficial skin vessels and sebaceous glands. A telangiectatic, papulopustulous, and erythematous variety of rosacea are among the various clinical manifestations. The effectiveness of herbal medicines for the treatment of rosacea was recently the subject of a systematic review.

## Acne vulgaris

Sebaceous gland hyperactivity, epidermal hyper proliferation, and perifollicular inflammation are the hallmarks of acne vulgaris.

Examples of the most significant pathogens associated with skin that is prone to acne include *Propionibacterium acnes* (*P. acnes*) and *Staphylococcus aureus* (*S. aureus*).

## CONCLUSION

Salicylic acid, methoxsalen, and chrysarobin are examples of botanical substances that have historically been utilized and currently have a significant impact on the management of psoriasis. In randomized clinical trials, the indigo alkaloid indirubin has proven to be useful in treating psoriasis. In the treatment of atopic dermatitis, glycyrrhethinic acid and licochalcone A from licorice have demonstrated efficacy. For the treatment of superficial epithelial skin cancer, the toxic diterpene ester ingenol mebutate from petty spurge has been licensed as a highly effective prescription medicine. A medication called betulin-oleogel made from birch bark has been licensed for the topical treatment of burns and shallow wounds. These examples demonstrate the considerable potential for the development of herbal extracts and chemicals as prescription or over-the-counter medications.