

Psoriasis Successfully Treated with Traditional Chinese Herb

7 March 2009

Clinical assessment of patients with recalcitrant psoriasis in a randomized, observer-blind, vehicle-controlled trial using The Chinese Medicine Qing Dai (indigo naturalis).
Lin YK, Chang CJ, Chang YC, Wong WR, Chang SC, Pang JH.

OBJECTIVE: To evaluate the efficacy and safety of treatment with Qing Dai in patients with recalcitrant plaque-type psoriasis.

DESIGN: Randomized, observer-blind, vehicle-controlled, inpatient comparison study.
SETTING: Ambulatory department of a hospital.

PARTICIPANTS: Forty-two outpatients with chronic plaque psoriasis were enrolled in the study from May 1, 2004, to April 30, 2005.

INTERVENTION: The patients applied either Qing Dai ointment or vehicle ointment topically to each of 2 bilaterally symmetrical psoriatic plaque lesions for 12 weeks (depending on the date of enrollment in the study).

MAIN OUTCOME MEASURES: The outcomes were assessed using the following criteria: the sum of erythema, scaling, and induration scores and the clearing percentage of the target plaque lesion assessed by 2 blinded observers.

RESULTS: Significant reductions in the sum of scaling, erythema, and induration scores ($P < .001$) (mean score, 6.3 after Qing Dai treatment vs 12.8 in control subjects) and plaque area percentage ($P < .001$) (mean percentage, 38.5% after Qing Dai treatment vs 90% in controls) were achieved with topical application of Qing Dai ointment. Approximately 31 of 42 patients (74%) experienced clearance or near clearance of their psoriasis in the Qing Dai ointment-treated lesion.

CONCLUSION: Topical Qing Dai ointment was a novel, safe, and effective therapy for plaque-type psoriasis.