

Poster presentation

Chinese Herbal Medicine for Skin Conditions.

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Abstract: Dermatologic diseases have a significant impact on patients' quality of life and can lead to severe health consequences. Addressing the prevention and treatment of these conditions is crucial for global health strategies. Traditional techniques, such as traditional Chinese phytopharmacology (herbal medicine), hold promise in contributing to dermatologic care. This study aims to review the current evidence on the effectiveness of traditional Chinese herbal medicine in treating dermatologic conditions and explore its potential applications within western healthcare settings. A systematic literature search was conducted in several databases to identify randomized clinical trials on Chinese herbal medicine for dermatologic conditions. Studies with low or moderate quality were excluded. From the initial search, 151 studies were identified, resulting in 135 unique studies after removing duplicates. After screening titles and abstracts, 38 studies were selected for retrieval. Full-text assessment and quality evaluation were performed on 33 studies, with 18 studies ultimately included in the final analysis. The evidence suggests that Chinese phytopharmacology can serve as a complementary treatment for certain dermatologic conditions. The presence of components with anti-fungal, anti-bacterial, anti-viral, anti-inflammatory, and immunomodulatory properties seems to provide significant benefits. However, further studies are needed to confirm and establish the complementary benefits of Chinese phytopharmacology for dermatologic conditions. The protocol for this study has been registered with the International Prospective Registry for Systematic Reviews (PROSPERO CRD42022308304), and published in the journal *Pharmacological Research - Modern Chinese Medicine* (<https://doi.org/10.1016/j.prmcm.2023.100255>). The findings from this study can inform healthcare professionals and contribute to the integration of traditional Chinese herbal medicine into western healthcare settings.

Keywords: Chinese herbal medicine, Traditional Chinese medicine, Dermatology.

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