

PROPOSAL OF EMPLOY OF EXTRACT OF DESMODIUM ADSCENDENS AS ANTI-HISTAMINIC DRUG: TRIALS OF EFFICACY BY REFLECTANCE SPECTROPHOTOMETRY

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Source of Support:

Nil

Competing Interests:

None

Our Dermatol Online. 2014; 5(1): 33

Date of submission: 07.01.2014 / acceptance: 09.01.2014

Cite this article:

Miloš Jeseňák. comment: Proposal of employ of extract of *Desmodium adscendens* as anti-histaminic natural drug: trials of efficacy by Reflectance Spectrophotometry. *Our Dermatol Online*. 2014; 5(1): 33.

Complementary and alternative medicine is surviving across the decades and also in the medicine of 21st century. The physicians are meeting different preparations during their praxis and the challenge for them is to find the right way how to navigate the patients in the middle of thousands of preparations and methods.

Complementary and alternative medicine is considered to be the therapeutic approaches and methods which are not involved in the standard conventional treatment schema. This medicine should not be alternative to the standard therapy but should be used complementary. Many studies have confirmed that the patients suffering from chronic allergic diseases (respiratory, skin) are very prone to use various methods of alternative medicine [1]. In general these preparations are considered to be safe, but in reality, they can worsen the allergic diseases and can be in conflicts with standardly applied therapy [2]. Therefore it is very necessary to provide the studies such as the study by Martini & Solimé [3] which are able to show the proposed efficacy of the selected modality of alternative therapy along with the confirmation of their safety. Today, many preparations of complementary medicine possess the relevant studies which are able to fulfil the strict criteria of evidence based medicine. Many widely used natural immunomodulators, e.g. beta-glucans, have shown the anti-allergic characteristics [4]. They have also the positive effects on the skin physiology [5]. Another widely studied group of natural preparations and different phytopharmacs. The study of Martini & Solimé [3] objectively showed that the extract of *Desmodium adscendens* possesses antihistaminic and antiallergic effect on the skin erythema. The plant *Desmodium adscendens* used for decades in the traditional medicine in many pathological conditions. The current study can support its topical used in the complex management of atopic eczema and other skin

diseases which are accompanied with erythema and pruritus. The topical complementary therapy and other modalities are highly required by the desperate eczematous patients [6]. This study enlarges the possibilities of complementary topical therapy of chronic skin diseases in the context of “integrative medicine”, which combines the successes of standard, conventional and complementary therapy. There is an urgent need also to perform the studies with other widely used and recommended preparation for eczema just to create some system in this broad group of natural products.

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