

## ABSTRACT

### COPARATIVE STUDY OF TOPICAL TREATMENT IN MILD TO MODERATE ACNE VULGARIS

#### INTRODUCTION :

Acne vulgaris is common among adolescent age group in either sex. The morbidity associated with acne is more severe. It affects 90% of people worldwide .Acne and resulting scarring can have a psychological impact including lowered self esteem, social impairment and anger. It has been shown that mild to moderate degrees of acne can be associated with higher rates of depression. Hence appropriate intervention is necessary to prevent complications such as scarring, psychological impacts and secondary impaired social function

#### MATERIALS AND METHODS :

This study was conducted at Rajiv Gandhi Government General Hospital attached to Madras Medical College , Chennai as Prospective Randomized follow up study. The patients satisfying the inclusion criteria were randomly allocated to three treatment groups 2.5% Benzoyl peroxide ,0.1% Adapalene and combination of above drugs. They were followed up for a period of 12 weeks and reduction in number of lesions were recorded and statistically analyzed.

#### RESULTS :

Among 90 patients male were 61(67.7%) patients and females were 29 (32.3%). 13 to 18 years were commonly affected 76.67% in our study. In BPO group there were 57.72% reduction in number of lesions at the end of second week which is statistically significant with p value <0.001. In Adapalene group statistical reduction in number of lesions were noted at 12 weeks with p value <0.001. In combination group there was significant reduction at 2 weeks with 52.83 % from baseline. Also combination group showed consistent overall reduction in number of lesions at 12 weeks with 86.1 %. The patient acceptance and adherence was good among the combination group.

#### CONCLUSION:

Combination of Benzoyl peroxide with Adapalene was superior to individual drugs in reducing number of lesions in mild to moderate acne vulgaris.

#### KEY WORDS :

Acne vulgaris , Benzoyl peroxide ,Adapalene , Combination of benzoyl peroxide and adapalene