



Case Report

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The Successful Treatment of Bullous Pemphigoid by Herbal Therapeutic: A case report

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ABSTRACT

A case of a patient who is diagnosed with bullous pemphigoid was successfully treated by traditional medicine therapy after attempted to taking pharmaceutical drugs more three months but more serious disease level. The authors recommend that using herbal medicine for treatment of bullous pemphigoid is potent and that thorough scientific scrutiny is necessary in future researches.

Keywords: Bullous Pemphigoid, Skin Diseases, Herbal Medicine, Therapeutics.

INTRODUCTION

Bullous pemphigoid, one of the blistering disorders, is most commonly found in the elderly and diagnosed based on clinical, histologic, and immunologic criteria^[1,2]. In Vietnam, the rate of this disease tends to increase in recent years. We report a case of bullous pemphigoid patient who was completely cured by herbal medicine therapy while it was not successful when taking western medicine drug in long time.

CASE REPORT

A 40-year-old Vietnamese man patient previously presented to a dermatology hospital in Ho Chi Minh city on 13th February 2020. He said that he detects an acne with the size of a pea on chin accompanied by dark red, slight itching, painless. After two weeks, there are several other pimples around original acne. The first acne widened into ulcers, yellow water. After more than four weeks, pimples spread all over the body. When the patient presented, he appeared depressed and thought that it could be skin cancer disease himself. He also reported that he did not have such skin disorder before. It was diagnosed as a bullous pemphigoid disease. Doctors have prescribed drugs: methylprednisolone 16 mg (medrol 16 mg); esomeprazole (esomeprazole magnesium dihydrate 20 mg); boncium; kali clorid 500 mg; nicotinamide (Vitamin PP 500 mg). The patient took drug during three months but more serious disease level. He stopped taking western medicine and wanted to try traditional Vietnamese treatment. Herbal prescription strategy was to clear heat toxin and anti-inflammatory, reduce bleeding and exudation. Herb formulas and ingredients were used orally in table 1. He was instructed to take the herbal decoction one dose daily, half in the morning and half in the afternoon after every meal. Other instructions were to avoid sweets, seafood, and spicy, greasy, sticky, fried and cold foods; and to avoid strenuous exercise that would cause sweating. In addition, herbs are externally used to washing body whole one time per day in table 2. Interestingly after one month of the treatment by traditional medicine, this disease has been completely cured. At the second visit, the patient presented substantial improvement in symptoms. Exudation was nearly resolved and the area of skin lesion was reduced with only dry skin scales and erythema (Fig 1-3).

The formulas are prescribed for three days of treatment. Drugs are extracted by boiling water and divided into six utilizing times. In this remedy, Herbs function to clear heat toxin and anti-allergy: *Lonicera japonica* Thunb., *Forsythia suspensa* (Thunb.) Martin Vahl., *Excoecaria cochinchinensis* Lour. and *Prunella vulgaris* L.; *Crinum latifolium* L. and *Hedyotis diffusa* (Willd.) have functions of anti-inflammatory. The first category used to treat this disease is anti-inflammatory drugs^[3]; *Biota orientalis* (L.) Endl and *Smilax glabra* Roxb. Reduce bleeding and exudation of yellow water.

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Table 1: Herb formula and ingredients for the treatment of bullous pemphigoid

S. No	Formula and Ingredients		
	Science name	Botany Family	Weight
1	<i>Crinum latifolium</i> L.	Amaryllidaceae	20 gram
2	<i>Hedyotis diffusa</i> (Willd.)	Rubiaceae	20 gram
3	<i>Biota orientalis</i> (L.) Endl.	Cupressaceae	15 gram
4	<i>Smilax glabra</i> Roxb.	Smilacaceae	15 gram
5	<i>Lonicera japonica</i> Thunb.	Caprifoliaceae	20 gram
6	<i>Forsythia suspensa</i> (Thunb.) Martin Vahl.	Oleaceae	12 gram
7	<i>Salvia miltiorrhiza</i> Bunge.	Lamiaceae	8 gram
8	<i>Excoecaria cochinchinensis</i> Lour.	Euphorbiaceae	12 gram
9	<i>Angelica sinensis</i> (Oliv.) Diels.	Apiaceae	8 gram
10	<i>Prunella vulgaris</i> L.	Lamiaceae	12 gram

Table 2: Medicine herbs used to wash body

S. No	Formula and ingredients		
	Science name	Botany family	Weight
1	<i>Hygroryza aristata</i> Nees.	Poaceae	50 gram
2	<i>Sphagneticola calendulacea</i> (L.) Pruski.	Asteraceae	50 gram
3	<i>Jatropha gossypifolia</i> L.	Euphorbiaceae	50 gram
4	<i>Artemisia vulgaris</i> L. var. <i>indica</i> (Willd) DC	Asteraceae	50 gram



Fig 1: Before using herbal medicine remedy



Fig 2: After using herbal medicine remedy five days



Fig 3: After using herbal medicine remedy ten days

DISCUSSION

The combination of internal using herb medicine and skin external wash brings good result for the treatment of bullous pemphigoid disease. Vietnamese herbal medicine can be used as a safe and effective alternative to pharmaceutical drugs for bullous pemphigoid. In this case, the therapy of herbal medicine is more effectively than western medicine. After one months of the treatment, the disease was cured and normal body whole skin. For one year, the disease did not recur, the treatment results are confirmed. This case, the herbal medicine used to treat ulcers, prevent development of the disease, hemostasis, kill bacteria causing necrosis.

CONCLUSION

Vietnamese herbal medicine can be an effective alternative option to topical pharmaceuticals for treating bullous pemphigoid disease.

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Conflict of Interest

None declared.

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