

Comparison study of Acne Treatment Efficacy between Chinese Medicine Herbs and the Soothing Liver with Regulating Qi method among Chinese women

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What is the problem?



The women before their menstrual cycle, the hormone levels will be changed in the body stimulating the sebaceous glands to work overload. Research indicates that females aged 25 years and over that the most caused from dead skin cells clogging their hair follicles. There will be worse exfoliation in adulthood. Due to collagen and protein under the skin layer are less abundant. Decreasing moisture on the skin, causing the cells to expire and not be shed to accumulate in the pores, and inflammation of acne.



Previously, acne treatment for females aged 25 years and over, it was only Chinese Medicine treatment. Therefore, this study hypothesizes that taking Chinese medicine together with the Soothing the Liver and Regulating Qi method will be more effective.

Conclusion

The researcher aimed to study compare Traditional Chinese acne treatment with the Soothing Liver and Regulating Qi method to increase the effectiveness of acne treatment to be stable longer among female aged 25 and over.

The aims of the study:



To observe the clinical effects of Pipa decoction and the Method of Soothing the Liver and Regulating Qi in the treatment of female adult acne (the unbalance of Chong and Ren)

Our Solution



- Quantitative Research : Experimental Research
- Sample Size : 62 People: Control Group 31 females and Experimental Group 31 females.
- Convenience Sampling



Analysis : T-test analysis by SPSS Mann-Whitney

Conclusions and Recommendations

Comparison of clinical efficacy between two groups

Group	Case	Cure	excellence	improvement	Uselessness	Efficacy (%)
Experiment	30	15	13	1	1	97%
Control	30	7	17	3	3	90%
			Z=-2.311			
			P=0.021			

Pipa decoction and the Method of Soothing the Liver and Regulating Qi in the treatment of female adult acne (the unbalance of Chong and Ren), there were the good clinical results. Clinical efficacy Between the two groups, there were 15 cured patients. There were 13 excellence cases, 1 improvement and 1 Uselessness, the total efficient for 97%; Among the control group, there were 7 cured patients. There were 17 excellence cases, 3 improvements and 3 Uselessness, the total efficient for 90%. The comparison of the symptom scores between the two groups indicate that they have been significant different ($P<0.05$)

Further study

▶ This research is a quantitative study. It is recommended that the next study should be a mixed method study to assess the feelings about the effectiveness of the treatment.

▶ In the next study. Recommend follow-up treatment. longevity of therapeutic effect; Recurrence, etc.

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