

## ニンニク B<sub>1</sub> エキスの浴用剤としての有用性研究 —アトピー性皮膚炎への臨床応用—

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### Studies on the Effectiveness of Garlic Extract Vitamin B<sub>1</sub> Complex as a Bath Additive — Clinical Application for Atopic Dermatitis —

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#### Abstract

In this study with the use of a surface hydrometer (SKICON-200, IBS Corp. Hamamatsu, Japan), we have evaluated the water-holding capacity of the skin in pediatric patients with atopic dermatitis and the results were compared to those of healthy counterparts and adults. In the patients a significant decrease in the skin surface hydration ability based on reduced hygroscopicity and water holding capacity was disclosed even in the unaffected area.

Next, a sequential analysis of the body surface temperature of the healthy adults after taking warm bath with garlic extract vitamin B<sub>1</sub> complex (GB1) dissolved was performed: the data supported that this approach permits keeping the skin temperature warmer for a longer period of time. To evaluate the benefit of GB1 used as described in the treatment of atopic patients, the patients were first treated daily for four weeks and then, this was followed by a control phase in which they were asked to take a simple bath without GB1 for two weeks. The treatment induced an improvement in the water-holding capacity and clinical findings, which deteriorated after the discontinuation of therapy.

Thus, the results support the effectiveness of this approach in the treatment of patients with atopic dermatitis by improving the skin surface hydration ability and peripheral blood circulation.

**Key words:** skin surface hydration, garlic extract Vit. B<sub>1</sub> complex, warm bath supplement, skin surface temperature, atopic dermatitis