

(シンポジウム)

「皮膚科医と化粧品研究者とのクロストーク」

## 乾性肌と脂性肌

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### Dry Skin and Oily Skin

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#### Abstract

In the cosmetic field, skin types are classified into four fundamental ones, i.e. dry, normal, oily and oily-dry skins. On the other hand, in the dermatological field diagnosis is commonly used instead of such classification. In some skin diseases, there is a relationship between the diagnosis and the skin type. For example, the patients with atopic dermatitis usually have dry skin and the patients with acne vulgaris usually have oily skin. The factors that decide skin types are skin surface lipids, water content of horny layer, elasticity of collagen fibers and so on. We some times experience that the patients with atopic dermatitis improve when they complicate acne vulgaris on the face. And in those cases, not only skin conditions but also the conditions of the whole body of the patients change. We measured cholesterol, glycerol ester and free fatty acid of skin surface lipids of the patients with atopic dermatitis, atopic dermatitis complicated with acne vulagris and acne vulgaris. Cholesterol, glycerol ester and free fatty acid are the highest in the patients with acne vulgaris and the lowest in the patients with atopic dermatitis. The amount of these lipids of the patients with atopic dermatitis complicated with acne vulgaris showed between the two groups. In the oriental medicine, Sho (証) which means the condition, the amount of elemental energy of whole human being, has an important meaning. The Sho is classified into three classes, i.e. deficient, intermediate and excessive. Cholesterol and free fatty acid are the highest in the excessive group, and the lowest in the deficient group.

**Kew words:** dry skin, oily skin, skin surface lipids, atopic dermatitis, acne vulgaris.