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Plantago Ovata (Esfarzeh) in prevention and treatment of acute radiation dermatitis

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Introduction: *Plantago Ovata* is one of medicinal plants for treatment of dermatitis with a long history of use in traditional medicine (TM) references. New studies have also proved its antioxidant, immunomodulatory, anti-inflammatory and wound healing properties. The aim of this study is to suggest a compound derived from *Plantago Ovata* (taken from TM) for treatment of acute radiation dermatitis (ARD).

Results: In TM, the seed isolated from *Plantago ovata* called “Esfarzeh” is considered as an anti-inflammatory drug, so topical application of it is recommended for treatment of dermatitis. It is also moisturizing, softener and skin fattening in its properties, that increases skin flexibility. This latter property (moisturizing) is an ideal method for preventing and minimizing skin reactions that is generally agreed in a systematic review. Esfarzah would be useful to treat dermatitis if mixed with rose oil and soaked in water until its mucilage is extracted and then applied topically. This traditional formulation with this method of preparation is our suggestion for treatment of ARD. However, it is required that this formulation be prepared in form of cream and on industrial scale.

Conclusions: We claim that this compound not only is moisturizing, which increases skin flexibility and helps in keeping trans epidermal water (a measure for skin barrier integrity) that is effective for prevention of ARD, but also relieves inflammation as well as skin healing due to creating mucilage that is effective for treatment of ARD. So, it is imperative that researches be performed to prove these therapeutic effects.

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