

# HERPES PROGENITALIS NEW METHOD OF TREATMENT

## Preliminary Communication

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### Summary

Circumcision was found to be 100% curative in five cases of herpes progenitalis affecting the glans penis and prepuce. This may be considered as a simple and inexpensive form of curative therapy in recurrent herpes progenitalis.

### Introduction

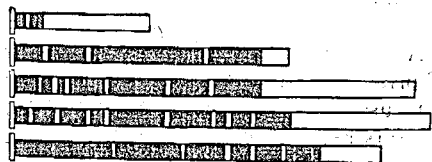
Recurrent herpes progenitalis is a source of physical and psychological discomfort to many patients. The large number of modalities of therapy<sup>1,4</sup> is by itself an indication of the unsatisfactory nature of these therapies. We, in our limited experience did not come across even a single muslim suffering from this disease. This observation prompted us to try circumcision as a curative form of therapy.

### Material and Methods

Five typical cases of recurrent herpes progenitalis affecting the prepuce and glans penis were selected for this study. The duration of the disease and the total number of attacks were recorded in each case. Each patient underwent circumcision and was subsequently followed up at monthly intervals in the dermatology O. P. D. of M. L. N. Medical College, Allahabad.

### Observations

All the five cases in this study were Hindu males in their third and fourth decades of life. The total duration of the disease ranged from three to 30 months and the number of attacks preceding circumcision varied from three to ten (Figure 1). Two of these patients had earlier used either application and another was subjected to local therapy of 5 iodo 2 deoxyuridine. 6 to 15 months after circumcision four patients did not have any attack while the fifth patient was lost to follow up after three months during which period he was trouble free.



DURATION OF THE DISEASE AND NUMBER OF ATTACKS

□ PREVIOUS ATTACKS  
 ■ ATTACK BEFORE CIRCUMCISION  
 — SCALE = 3 MONTHS

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### Comments

In our small series of five patients with herpes progenitalis involving the prepuce and glans penis circumcision has been found to be curative. We recommend circumcision in recurrent herpes progenitalis not amenable to other forms of therapy. A large series and a long term follow up will go a long way in further substantiating the above observation.

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## THERAPEUTIC EVALUATION OF TOPICAL RETINOIC ACID IN ACNE VULGARIS

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### Summary

A clinical trial with topical retinoic acid 0.05% was undertaken on 43 patients with acne vulgaris. The response was assessed over a 12 week period. Drug proved very effective giving excellent to good response in 83.3% of cases. Local reaction was temporary and in most cases the treatment could be successfully continued with reduced frequency of applications. The drug was well accepted by patients.

Acne vulgaris, a common disorder of adolescents, is a disease of the pilo-sebaceous follicle, chiefly of the face and upper trunk, resulting in the production of comedones, papules and pustules. It is a disease dependent upon several pathogenetic mechanisms for its expression. Acne vulgaris usually begins around puberty. 85% of adolescents have mild acne<sup>1</sup>. In 60% of women with acne, there is a premenstrual flare. The role of stress and diet in acne is far from proven. About 60% of patients notice deterioration of their acne in winter and in a few acne is undoubtedly worse in the summer presumably due to excessive sweating<sup>2</sup>.

Treatment of acne vulgaris is far from satisfactory. For a long time, vitamin A has been administered systemically as treatment of acne vulgaris and Straumford<sup>3</sup> was the first to report beneficial effects of high doses

of oral vitamin A. It is given with the hope of reducing the hyperkeratosis of the pilo-sebaceous follicles. To obtain the antikeratinizing effects, Vit. A has to be given in very high concentrations which usually produces systemic toxicity. Kligman et al<sup>4</sup> have studied the efficacy of various forms of vitamin A in acne vulgaris and vitamin A acid (retinoic acid) was found to be the most suitable and effective.

Most of the studies reported from our country show the effect of this drug in solution form. The present study was undertaken to see the effect of retinoic acid in ointment form commercially available in the market.

### Material and Methods

This study is an open clinical trial of the efficacy of topical 0.05% Retinoic acid ointment, cream base in 43 patients with acne vulgaris attending the Skin & STD outpatient's department of M. L. B. Medical College Hospital, Jhansi (U.P.).

At the time of first interview with the patient, a detailed history of the disease, with special attention to

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