



Abstract :

Background and objective :

Eczema is one of more common disease of skin . It has numerous clinical forms and it can involve various parts of body .

One of the clinical forms is irritant hand eczema or housewives hand eczema . According to clinical presentation , to become necessary does careful treatment . Topical steroids are one of common treatment , they always aren't effective and they have also more side effects . Today Alpha Hydroxy Acids (A.H.A) are using extensively in different dermatologic disease to prove by experience that this drug have reinforcement effects for dermal elastin and collagen fibers , and probably to inforce lamellar bodies in corneal layer .

This research study the effects of these drugs on irritant hand eczema .

Methods and Materials :

At this clinical trial , 22 wives of reffering in dermatology clinic that were housewives and had irritant hand eczema , entered in study .

One of the hands treated by A.H.A cream and other hand by vaselin four times daily for a month . Patient examined again and all of informations were recorded in every body questionnaire . Then data analized by chi – square test in SPSS software .

Results :

Patients mean age was 26 ± 2 years . There is previous eczema history in 86.4% . Palmar aspect of hands involve in 81.8% and 63.6% in case group (A.H.A group) and control group respectively. A.H.A creams were effective in 66.6% and vaselin were effective in 35.8% .

There was hands pruritis in 45.5% of case group and 40.9% of control group . There was statistical relation among A.H.A consumption and



resolution of hand erythema(P value = 0.001) . Also among vaselin consumption and resolution of erythema . (P value = 0.004)

Both drugs were effective for reduction of patients' complaint . Furthermore , there was statistical relation among reduction of patients' complaint and other aspects (wear of gloves) of treatment .

Conclusion :

A.H.A creams can effective in mild irritant hand eczema . We can use them as other treatment or accompanied by steroids .

Keywords :

Alpha Hydroxy Acid (A.H.A) / Housewives' hand contact eczema / Vaselin / Ardabil .