

Abstract

Introduction: Pruritus in the burn wound healing phase has been noted in recent years. The prevalence of this condition in burn patients is reported to be 87-16%. According to patient surveys, pruritus is the most important condition they experience. Curcumin is a well-known anti-inflammatory that has recently become widely used in wound healing. However, no research has been done to investigate the effect of curcumin on the severity of pruritus and quality of life of burn victims.

Methods: This study was performed as a randomized controlled clinical trial with conventional treatment. The study included 100 burn victims suffering from refractory pruritus over the age of 18 years. Patients were randomly divided into 2 groups; The control group consisted of 50 patients receiving common daily treatment of pruritus in burn patients, including gabapentin at a dose of 100 to 300 mg (depending on the patient's needs), antihistamines including 10 mg hydroxyzine or 5 mg cetirizine, orally every 12 hours, and It was for 3 months. For patients with stress, 10 mg of hydroxyzine was used, and finally for patients without stress, 5 mg of cetirizine was prescribed. The intervention group also included 50 patients who, in addition to the usual daily treatment, received 2 capsules of 40 mg of oral curcumin for 3 months. To assess the severity of pruritus in patients, the pruritus severity questionnaire was used.

Results: In this study, by taking 2 capsules of 40 mg of curcumin daily with antihistamines and gabapentin daily, treatment-resistant pruritus in burn victims was significantly reduced. Also, the indicators related to pruritus such as severity, dispersion, frequency of pruritus and sleep disorders in patients showed a significant improvement.

Conclusion: According to the findings of the study, daily intake of 2 capsules of 40 mg of curcumin with conventional treatment can help improve the severity of pruritus in the injured and thus increase the quality of life of the injured.

Keywords: Curcumin, Severity of pruritus, Burn, Quality of life