

CLINICAL EVALUATION STUDY
OF
AQUI FOLIUM[®] Drops / Cream

For Acne, Pimples & Blackheads




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Introduction :

The product **Aquifolium** is available as **Aquifolium Drops & Cream**. The **Aquifolium Drops** contain *Berberis Aquifolium* & *Kali Bromatum*. **Aquifolium Cream** contains *Berberis Aquifolium*, *Calendula Officinalis* and *Thuja Occidentalis*. Both the products, when used simultaneously, have been found to be very effective in the treatment of common skin disorders like Acne, Pimples and Blackheads.

Actions of Individual Ingredients :

1	<i>Berberis Aquifolium</i>	Helps in acne, also useful in dry, rough, scaly & erupted skin.
2	<i>Calendula Officinalis</i>	Best healing remedy, helps in superficial burns, scalds & erysipelas.
3	<i>Thuja Occidentalis</i>	Useful in dry skin with brown spots, freckles, blotches and polyps.
4	<i>Kali Bromatum</i>	Helps in reducing acne with pustules on face.

Ref : W. Boericke (HMM)



Berberis
Aquifolium



Calendula
Officinalis



Thuja
Occidentalis



Kali
Bromatum

Objective :

The objective of the study was to evaluate the efficacy of **Aquifolium** Drops & Cream in the management of inflammatory skin disorders like acne, pimples and blackheads.

Material & Methods :

The clinical evaluation study for **Aquifolium** was conducted at **17** locations in different states of India. The total number of patients enrolled was **89** (36 males & 53 females). The doctors from various states like Delhi, Gujarat, Jharkhand, Kerala, Punjab, Madhya Pradesh, Maharashtra, Uttar Pradesh, West Bengal etc. participated in the study. Different characteristics of skin in terms of reduction in severity or absence were evaluated for red spots, inflammation, lumps filled with pus, pain, itching, tenderness, scarring, dark spots & multiple comedones were evaluated.

Improvement or change in the above stated conditions were recorded by the study doctors / investigators and reported in case record form (**CRFs**) on baseline (V0), visit 1(V1), visit 2 (V2), visit 3 (V3), visit 4 (V4) and visit 5 (V5) and study completion (V6). Six days gap was maintained between two visits & total study duration was of 42 days. The subjects reporting different conditions (single or multiple) such as Acne Vulgaris, Unhealthy Skin, Dark Skin, Blackness with itching, Black Spots, Barber Itch, Scars, Dry Skin with skin allergy, sunburn, Multiple Red Boils, Suppurative Skin & Cystic Nodular Acne participated in this study. Every patient was advised to take **Aquifolium Drops** 5-10 drops 2-3 times a day and cream for local application two times a day. Data analysis was done systematically by independent agency.

Summary :

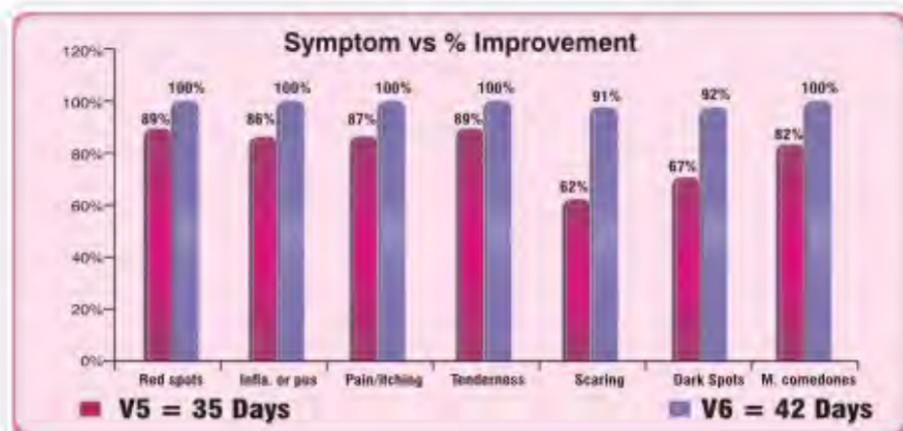
No of Locations	17
Total no of patients	89
Male	36
Female	53
Duration of Treatment	42 days

Observations :

All symptoms had exhibited impressive improvement as shown in table and graph below at the end of 36 - 42 days treatment.

All symptoms disappeared at the end of 42 days (100% results) except scars and dark spots.

Symptom of Patients	Number	Visits	
		V5 (36 days)	V6 (42 days)
Red spots	54	89%	100%
Inflammation or Pus	55	86%	100%
Pain / Itching	52	87%	100%
Tenderness	42	89%	100%
Scaring	45	62%	91%
Dark spots	54	67%	92%
M. comedones	32	82%	100%



Severity analysis for the characteristics of skin such as red spots, inflammation, lump filled with pus, pain, itching, tenderness, scarring, dark spot, multiple comedones and others was done. The change as compare to baseline for all the parameters was found to be highly statistically significant at V5 (p value less than 0.001). The p value for all characteristics of skin except scarring (0.070298) has shown highly statistically significant results at V6 (after a week).

Conclusion :

Aquifolium was found to be effective in the management of the wide range of skin disorders described in this study. Overall percentage improvement observed was ranging from 82 to 100% in 36 - 42 days. Conditions such as scars, dark spots, pits and redness on affected skin are difficult to treat, however with application of **Aquifolium Cream** along with the **Aquifolium Drops** as oral medication had shown noticeable results. **Aquifolium** has been proved to be an effective treatment for acne, blackheads (close comedones), whiteheads (open comedones) and similar skin ailments.

Acknowledgements:

We would like to sincerely thank all the investigating Doctors & patients who participated in this study.

(Data on File)

In Acne, Pimples & Blackheads

AQUIFOLIUM[®] Drops / Cream

Safe Gentle Solution

Benefits :

- Controls infection
- Reduces inflammation
- Clears skin pores
- Promotes healing
- Reduces scars and spots

Dosage :

Adult :

5 - 10 drops 2-3 times a day

Cream :

Apply locally twice a day



Offers Recovery Without Scar

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