J Cont Med A Dent. September-December 2021;9(3):97-101

Comparison of Efficacy and safety of topical 1% Nadifloxacin and Tretinoin 0.025% versus 1% clindamycin and Tretinoin 0.025% in patients of mild-to-moderate acne vulgaris

Murli Krishna
Murli Krishna Assistant Professor, Department of Pharmacology, Prathima Institute of Medical Sciences, Naganoor, Karimnagar, Telangana State. Email: dr_murli.krishna@gmail.com

Abstract

Background: Acne vulgaris causes cosmetic impairment and psychological destabilization. User-friendly combination anti-acne therapy has synergistic and additive actions on multi-pathogenetic factors, thus enhancing therapeutic efficacy and minimizing adverse effects. The current study was aimed to analyze the efficacy and safety of topical 1% Nadifloxacin and Tretinoin 0.025% versus 1% clindamycin and Tretinoin 0.025% in patients of mild-to-moderate acne vulgaris. **Methods**: This cross-sectional study was conducted in Prathima Institute of Medical Sciences, Naganoor, Karimnagar. The mild to moderate acne vulgaris patients were randomly allotted to two groups. Group I **(**Nadifloxacin + 0.025% tretinoin) and group II (1% clindamycin + 0.025% tretinoin). The application on the face once daily evening was left overnight and the efficacy was assessed by comparing the mean reduction in inflammatory and non-inflammatory areas after 12 weeks of application. **Results:** A total of 100 patients participated in this study out of which 70% were females and 30% were males. Based on the grading of acne mild acne was seen in 42% of cases and moderate acne was seen in 58% of cases. The mean duration of the disease in all cases was 55.61 ± 12.5 days. The mean reduction was found to be greater in group I as compared to that in group II and the mean difference between both the groups was found to be statistically significant (p-value < 0.05). Conclusion**:** The current study, found that the overall performance of 1% Nadifloxacin and Tretinoin 0.025% is more efficacious than 1% clindamycin and Tretinoin 0.025% in patients with mild-to-moderate acne vulgaris. Both the combinations appear to be safe as far as the adverse reactions are concerned.