La mahonia aquifolium è una pianta molto diffusa nelle foreste del Nord America. La corteccia delle radici e steli contengono alcaloidi che hanno diverse proprietà terapeutiche. Mahonia Aquifolium applicato localmente trova indicazione per la maggior parte delle affezioni della pelle. Tuttavia, solo negli ultimi cinque anni la ricerca ha scoperto perché questa pianta è così benefica per chi soffre di psoriasi. Qui di seguito alcuni studi clinici condotti utilizzando la Mahonia Aquifolium con creme al 10% per uso topico.

Mahonia aquifolium in patients with psoriasis vulgaris - an intraindividual study: - A randomised, placebo-controlled clinical trial was established to investigate the efficacy and safety of Mahonia aquifolium bark extract in psoriasis patients. From autumn 1990 to Spring 1992, 82 patients, of all severity gradings, were recruited from 22 family physicians. The patients were instructed to apply two types of ointment (verum/placebo), one to the left side of their body and the other to the right side. After an average treatment period of four weeks, the treatment success was assessed on a three-level ordinal rating scale. The patients' reported significant improvements. Adverse reactions (eg. itching, burning sensations) occurred in four of the patients. The researchers stated that "Mahonia seems to alleviate symptoms especially in moderately severe cases", and concluded that "Mahonia aquifolium bark extract as a potent and safe therapy of moderately severe cases of psoriasis vulgaris. Mahonia aquifolium in patients with psoriasis vulgaris - an intraindividual studyM.Weisenauer and R Ludtke. Phytomedicine 3(3) 1996; 231-235 Mahonia aquifolium – A new type of topical treatment for psoriasis In an open, prospective multicentre trial in 89 dermatological practices in Germany, 443 patients with subacute and chronic forms of psoriasis were treated with Mahonia aquifolium ointment. Of 443 patients entered into the study, 375 were treated over the planned period of 12 weeks, or dropped out of the study early because of healing. A modified PASI score fell significantly from 5.5 plus or minus 4.0 to 2.3 plus or minus 2.6. According to an overall evaluation by dermatologists, symptoms improved or disappeared in 81% of patients. According to a subjective evaluation by the patients, 79.7% improved or healed completely. The tolerability of M. aquifolium ointment was evaluated as good or very good by 82.4% of patients. There was a significant improvement in the quality of life, which was used as a subjective parameter throughout the study. While 30.1% of patients had significant or severe symptoms at the start, this fell to 5.6% after 12 weeks. M. aquifolium ointment is thus a well-tolerated preparation which should find a place in the treatment of psoriasis.
Mahonia aquifolium

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Riconoscimento ad: Apollo Pharmaceuticals inc. Grazie ai ricercatori che hanno effettuato i tre studi clinici sulla Mahonia aquifolium. Dott.P. Waine Gulliver, MD, FRCP(C (ST John’ s, Newfoundland). Dott. Howard J. Donsky, MD, FRCP(C (University of Rochester, Medical School Rochester, NY). Dott. Kelvin C.Smith MD, FRCP(C (Diplomate, American Board of Dermatology Niagara Falls, Ontario Canada).Il Dr. Smith ha presentato lo studio presso la Canadian Dermatology Association Annual Conference