

Nagwadiya M.
SPIRONOLACTONE IN THE TREATMENT OF ACNE
Tutor: senior lecturer Prykhozha K.S.
Department of Pharmacology
Belarusian State Medical University, Minsk

Acne vulgaris is a common dermatological condition that significantly impacts the quality of life, particularly among adolescents and young adults. Spironolactone, originally developed as a diuretic, has gained recognition for its efficacy in treating hormonal acne, especially in women. This article reviews the pharmacokinetics, mechanisms of action, efficacy, side effects, and comparisons with other acne treatments to provide a thorough understanding of spironolactone's role in acne management.

Acne vulgaris affects a large segment of the population, with hormonal influences playing a crucial role in its pathogenesis. Traditional treatments, including topical agents and antibiotics, often fail to address the hormonal aspects of acne. Spironolactone, an aldosterone antagonist with anti-androgenic properties, offers a novel approach to managing acne through hormonal regulation.

Spironolactone works primarily by blocking androgen receptors and inhibiting the effects of androgens on sebaceous glands. This mechanism reduces sebum production, thereby decreasing the formation of acne lesions. Its efficacy is particularly pronounced in women with hormonal fluctuations, such as those with polycystic ovary syndrome (PCOS).

Spironolactone has shown significant efficacy in treating acne. A meta-analysis by Dahl et al. (2019) reported a 50-70% reduction in acne lesions within 3 months of therapy. In clinical trials, patients often experience improvements in skin clarity and texture, making it a compelling option for those with hormonal acne.

Spironolactone presents a unique and effective option for managing acne, particularly in women with hormonal influences. Its pharmacokinetic profile, rapid efficacy, and systemic approach distinguish it from traditional treatments like oral antibiotics and topical retinoids. Awareness of potential side effects is crucial for safe and effective use. Further research is warranted to optimize treatment protocols and expand the application of spironolactone in diverse patient populations.