

# Terbixyle Dusting Powder

## Terbinafine (1% w/w) Cream

### Composition

Each gram of **Terbinafine Cream** contains **1% w/w of Terbinafine Hydrochloride** as the active ingredient, which is the key compound responsible for its antifungal effects.

### Description

Terbinafine is an **antifungal** medication that effectively treats a wide range of fungal skin infections. It is classified under the **allylamine class** of antifungals and is highly effective in treating **dermatophyte infections**, which are fungal infections that affect the skin, hair, and nails. Terbinafine works by disrupting the fungal cell membrane, leading to the death of the fungus. It is available in a **topical cream** form, which is applied directly to the affected area. Unlike some other antifungals, Terbinafine is particularly effective against fungi that are difficult to treat with other medications.

The cream is for **external use only** and is typically used to treat common fungal skin infections such as **athlete's foot, ringworm, jock itch**, and other dermatophyte-caused conditions. Terbinafine is known for its rapid action, with visible improvement often occurring within a few days of treatment.

### Indications

Terbinafine 1% cream is indicated for the treatment of various superficial fungal skin infections caused by dermatophytes and other types of fungi.

Common uses include:

1. **Tinea Pedis (Athlete's Foot):** A common fungal infection that typically affects the toes, feet, and between the toes, causing itching, burning, redness, and cracked skin.
2. **Tinea Corporis (Ringworm):** Characterized by circular, red, scaly patches on the body. The fungus thrives in moist areas, such as warm climates or areas where the skin rubs together.

3. **Tinea Cruris (Jock Itch):** A fungal infection of the groin area, causing redness, itching, and discomfort.
4. **Tinea Unguium (Fungal Nail Infection):** Though often treated with oral medications, topical Terbinafine can also be used in mild cases of fungal nail infections.
5. **Tinea Versicolor (Pityriasis Versicolor):** A fungal infection causing discolored patches on the skin, usually on the back, chest, or shoulders.
6. **Cutaneous Candidiasis:** Terbinafine can also be used for **cutaneous yeast infections** caused by **Candida** species, which manifest as red, itchy rashes, often in moist areas like the groin or underarms.
7. **Other Dermatophyte Infections:** Any localized fungal infection on the skin caused by dermatophytes can be treated with Terbinafine cream.

### Mechanism of Action

Terbinafine acts by inhibiting the enzyme **squalene epoxidase**, which is crucial in the synthesis of **ergosterol**, a key component of the fungal cell membrane. Without ergosterol, the cell membrane becomes unstable, resulting in the leakage of vital cellular contents, and eventually, cell death. The antifungal effect is achieved by disrupting the integrity of the fungal cell membrane, making Terbinafine highly effective against a broad spectrum of fungal pathogens.

- **Effective against dermatophytes:** Terbinafine is particularly potent against fungi such as **Trichophyton**, **Microsporum**, and **Epidermophyton**, which are the common causes of skin infections like athlete's foot and ringworm.
- **Reduced resistance risk:** Terbinafine has a low likelihood of developing resistance compared to some other antifungal agents.

### Dosage and Administration

- **Adults and Children (over 12 years):**

- Clean and dry the affected area before applying.
- Apply a thin layer of Terbinafine cream to the infected area and rub gently into the skin until absorbed.
- The typical frequency of application is **once or twice daily**, depending on the severity of the infection, as advised by a healthcare provider.
- Continue using the cream for the full course of treatment, even if symptoms start to improve before the full treatment duration is complete. This is essential to avoid recurrence of the infection.
- For most skin infections, **2 to 4 weeks** of treatment is sufficient for optimal results, although this can vary depending on the type and severity of the infection.
- **Children under 12 years:**  
Terbinafine cream should only be used on children under the age of 12 after consultation with a healthcare provider. The dosage and treatment plan will be individualized based on the child's condition and specific needs.

### Contraindications

Terbinafine 1% cream should not be used if the patient:

1. **Has a known hypersensitivity** (allergic reaction) to Terbinafine or any other ingredient in the cream.
2. **Has open wounds or broken skin:** The cream should not be applied to deep cuts, abrasions, or ulcerated skin unless advised by a doctor.
3. **Has a history of systemic fungal infections:** For deeper fungal infections affecting internal organs, oral or systemic treatment is preferred. Terbinafine cream is intended for superficial skin infections only.
4. **Pregnancy:** While topical use of Terbinafine has a lower systemic absorption than oral forms, its safety during pregnancy should be assessed by a healthcare provider. It should only be used if the potential benefits justify the potential risks.

5. **Breastfeeding:** Although Terbinafine is unlikely to affect breastfeeding infants due to its minimal absorption, it should be used with caution, and medical advice should be sought.

### Precautions

1. **Avoid contact with eyes and mucous membranes:** Terbinafine cream should not come into contact with the eyes or mucous membranes (e.g., mouth, nose). If the cream accidentally enters the eyes, rinse immediately with water.
2. **Renal or Hepatic Conditions:** Patients with **severe liver or kidney disease** should use Terbinafine cream cautiously, as systemic absorption can occur, particularly if used over large areas of the body.
3. **Skin Sensitivity:** In rare cases, Terbinafine may cause **skin irritation, redness, or an allergic reaction**. If this happens, stop using the cream and consult a doctor for further guidance.
4. **Monitor for Signs of Systemic Absorption:** If the cream is applied over large areas of the body for extended periods, there may be a risk of systemic absorption, especially in patients with compromised skin.
5. **Do not use on large areas:** Terbinafine cream should be used only on the affected skin area. Avoid using it over extensive or broken skin unless directed by a healthcare provider.

### Side Effects

Most side effects of Terbinafine cream are mild and temporary. Common side effects include:

1. **Mild burning or stinging sensation** at the site of application.
2. **Skin redness or irritation.**
3. **Dryness or peeling** of the treated skin.
4. **Itching** or mild rashes.

In rare cases, more serious side effects can occur:

1. **Severe allergic reactions**, including swelling, hives, or difficulty breathing.

2. **Severe irritation or blistering** at the site of application.
3. **Systemic side effects** (e.g., headache, fever, fatigue) may occur if large amounts of the cream are used on extensive areas of the body.

In case of any unusual or severe reactions, discontinue use and seek medical attention immediately.

### Drug Interactions

As Terbinafine is applied topically, it has minimal potential for drug interactions. However, it is always important to inform your healthcare provider about any medications you are currently taking, including:

1. **Topical corticosteroids:** Using Terbinafine in combination with other topical treatments, such as steroids, may reduce the efficacy of Terbinafine.
2. **Oral medications:** Although rare, when used with oral drugs that affect liver function or other medications metabolized by the liver, there may be interactions that affect absorption or clearance.
3. **Other antifungals:** When used in combination with other antifungal treatments, it may not be necessary, and your doctor will provide advice on appropriate treatment.

### Storage

- Store Terbinafine cream at room temperature (between **20°C and 25°C**).
- Keep the cream in its original tube, tightly closed, to prevent contamination.
- Keep out of reach of children and pets.
- Do not use the cream if the expiration date printed on the packaging has passed.

### Conclusion

Terbinafine 1% cream is a highly effective topical antifungal treatment used to manage common superficial skin infections like athlete's foot, ringworm, and jock itch. Its action is focused on eradicating fungal cells, leading to quicker healing and relief from symptoms like itching and redness. It is generally safe when used according to the prescribed instructions, with minimal systemic side

effects due to its topical application. Always follow the full course of treatment as prescribed by your healthcare provider, and avoid using the cream on open wounds or mucous membranes. If any severe side effects occur, consult a healthcare professional immediately for further guidance.

Manufactured in India for:

**Cafoli**<sup>TM</sup>  
L I F E C A R E

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(An ISO 9001: 2015 Certified Co.)

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