



MEDICAL THERAPIES AND PHARMACOLOGY

CILOSTAZOLE AS A PREFERRED DRUG IN THE TREATMENT OF CHILBLAINS

M Shishak⁽¹⁾ - B Mahajan⁽²⁾

Indian Spinal Injuries Hospital, Dermatology, New Delhi, India⁽¹⁾ - Govt Medical College Amritsar, Dermatology, New Delhi, India⁽²⁾

Introduction: Primary perniosis or Chillblains is a cold-induced dermatosis. Many therapeutic agents have been tried with variable results, but with no standard first line modality being accepted.

Objective: The aim of this study was to assess the effectiveness and safety of nifedipine in comparison to cilostazole in the treatment of perniosis

Materials and Methods: A comparative therapeutic study was conducted in the Department of Dermatology and Venereology, Government Medical College, Amritsar during two winter seasons between November 2016 and February 2017. Sixty six patients fulfilled the inclusion criteria and were enrolled. They were allocated into two groups. Group A comprising of 33 patients that received oral nifedipine 5 mg twice daily; and Group B with Oral Cilostazole in a dose of 50 mg once a day. Therapeutic response of both groups was clinically assessed weekly for 3 weeks and side-effects were recorded. Grading of the lesions was done with regard to erythema, edema, vesiculation, pustulation, crusting, and scaling, and graded as 0-absent, 1-mild, 2-moderate, and 3-severe. The lesions were graded on day 4, 14, and day 21. The results were subjected to analysis of variance test, followed by the Dunnett's test.

Results: The study comprised of 47 females and 19 males with a female to male ratio of 2.47:1. The mean age was 24.98 ± 9.17 year. All patients presented with erythematous papules, plaques or nodules. In Group A, 29 patients completed the treatment course, with 17 reporting excellent response while 5 complained of severe headache and discontinued treatment. Very good therapeutic response was significantly better for group B than that of group A at 7th, 4th, and 21st days of the trial (p-value: 0.0148, 0.0000004, and 0.0000000, respectively).

Conclusion: Cilostazole has a better effect than nifedipine and is an effective and safe drug for treatment of primary perniosis.

