



PHOTOTHERAPY, PHOTODYNAMIC THERAPY

A PROSPECTIVE CLINICAL STUDY TO ESTIMATE THE EFFICACY OF COMBINATION OF ORAL PUVASOL AND ORAL CORTICOSTEROID MINI PULSE IN TREATMENT OF UNSTABLE VITILIGO IN RESOURCE POOR TROPICAL COUNTRIES.

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BACKGROUND: Oral minipulse therapy (OMP) is an effective modality to arrest the disease progression in vitiligo vulgaris. Repigmentation in existing lesions is challenging in resource poor countries. PUVASOL (Psoralen with sunlight exposure) is used to impart repigmentation. India being a tropical country, sunlight is present year around.

OBJECTIVE: To estimate the efficacy of combination therapy of OMP + PUVASOL in patients with unstable vitiligo vulgaris on parameters of repigmentation, stability and adverse effects.

MATERIALS AND METHODS: 50 patients, Prospective study, 6 months duration. Actively spreading vitiligo, age >14 years included; Segmental Vitiligo, Pregnancy excluded. Patients Received OMP (Dexamethasone 2.5 mg) on 2 consecutive days every week + METHOXASLEN 20 mg alternate days, Sun exposure 2 hrs later for 10 minutes, sunglasses advised.

Each monthly visit.

Repigmentation assessed by photography and Vitiligo Area Scoring Index (VASI), BSA. Disease activity was assessed by vitiligo disease activity score (VIDA).

RESULTS: Disease activity arrested in all patients. Minimum time taken 3 weeks, mean time was 6.20 ± 4.65 weeks.

VIDA: there was a gradual decline in all 50 patients.

Repigmentation 40% achieved >50% pigmentation, 48% had > 90% pigmentation, 4% achieved 100% pigmentation.

Pattern of pigmentation: most common perifollicular pigmentation, at acral sites marginal was most common pattern.

VASI at zero weeks 9.66 ± 9 , at 24th week: 4.28 ± 5.52 , in comparison to OMP alone, the decline in VASI was marked and statistically significant. $P=0.038$

Mean BSA at zero weeks was 9.39, at 24 weeks was 4.32.





Adverse effect most common tanning (36%), severe phototoxic reaction was seen in 4 %. Incidence was not significantly more in combination.

CONCLUSION : Combination of PUVASOL plus OMP, stabilized the disease faster and repigmentation in the existing lesion was marked better than individual drugs when used alone, with no additional adverse effects. ORAL PUVASOL+OMP can be used as cost effective combination therapy in a patients of progressive vitiligo vulgaris in tropical countries.

