



PHOTOTHERAPY, PHOTODYNAMIC THERAPY

## **COST-EFFECTIVENESS IN THE TREATMENT OF PSORIASIS WITH PUVA -THERAPY IN UZBEKISTAN.**

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Psoriasis is one of the most common skin pathologies worldwide. Due to the fact that modern biological preparations are expensive and not officially registered by the pharmaceutical committee of the republic of Uzbekistan, in the clinical practice of doctors of our country such drugs as methotrexate, cyclosporine A are used, including PUVA-therapy with using photosensitizing substance - psoralen, which is produced in Uzbekistan.

**Purpose:** To evaluate the cost effectivity and advantage of the application of the method using PUVA-therapy and a local drug produced in Uzbekistan in the treatment of psoriasis.

**Methods:** We observed 68 patients with various forms and severity of skin psoriasis who received treatment with the inclusion of phototherapy (PUVA). All patients were diagnosed with a bio-dose, the photosensitizer was applied to individual parts of psoriatic plaques 1 hour before exposure to long-wave UV radiation. When calculating the dose were used methods of application of psoralen previously developed and the average amount was 2-5g for all parts in one procedure.

**Results:** After the conducted procedures 2-3 times a week on the course of 25 procedures there was a significant decrease in the BSA index. It was also noted that the dry climate of the region required some increase in the duration of treatment, at which the best effect was achieved. Using this method, side effects were detected in 1,8% of patients in the form of photodermatitis.

**Conclusions:** PUVA-therapy with psoralen, a drug that is produced in Uzbekistan, has shown a good effect that led to a decrease in the frequency of relapses of the disease. Also, this cost effective method improves the quality of life of patients and their working ability and can be used specifically to our region due to the absence of biological remedies.

