



PHOTOTHERAPY, PHOTODYNAMIC THERAPY

PSORALEN–NARROWBAND UVB PHOTOTHERAPY FOR THE TREATMENT OF VITILIGO

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Background: The potential of psoralen–narrowband ultraviolet B (NBUVB) photochemotherapy has been investigated in vitiligo. The present study aims to evaluate the efficacy of psoralen–NBUVB (P–NBUVB) in vitiligo.

Objectives: The main objective of our study was to evaluate the efficacy of P–NBUVB in vitiligo.

Materials and Methods: In this interventional study, 20 Indian patients (age above 13 years) with vitiligo involving more than 5% body surface area were allocated to receive P–NBUVB treatment. Patients were advised to take oral 8-methoxypsoralen at a dose of 0.6 mg/kg body weight, 2 h prior to each treatment session. Patients received NBUVB exposure thrice weekly, with a total of 60 sessions. The extent of repigmentation achieved was calculated on the basis of Vitiligo Area Severity Index (VASI) scoring.

Results: P–NBUVB therapy produced a significant improvement in VASI scores ($z = 3.9$, $P < 0.001$ wilcoxon signed rank test); Percentage reduction in VASI scores was 29.2% after 60 sessions and was 37.8% after excluding sun exposed sites (face, hands, feet). In facial lesions, the mean degree of repigmentation was 64.2% (modified VASI score 3.6). Total cumulative dose was from 23.2 to 180.6 J/cm² (mean 104.5 ± 42.5 J/cm²).

Conclusion: Addition of psoralen increased the extent of repigmentation due to NBUVB therapy in vitiligo. Further studies are required to determine the long-term efficacy and safety of P–NBUVB.

