



PRURITUS

EVALUATION OF EFFICIENCY OF PHOTOTHERAPY AND IMPULSE CURRENTS IN THE TREATMENT OF SKIN PRURITUS

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Background: Pruritus is one of the most common symptoms of many skin diseases, and can also be a primary manifestation of a number of somatic disorders. Despite the variety of causes and mechanisms that cause pruritus, the complexity of their interaction in the formation of this symptom, there are specific molecular targets, the impact on which allows not only to stop, but also to affect the chains of pathological reactions, which are both the cause and the consequence of inflammation. An integrated approach to the treatment of skin itching involves the use of drugs (topical and systemic) and physiotherapy methods.

Objective: The aim of this study was to determine the therapeutic effectiveness of differentiated application of phototherapy and pulse currents in the complex treatment of pruritus.

Materials and Methods: 50 patients with a clinical picture of skin pruritus were under observation. Patients were distributed according to the origin of the itching: dermatologic itching (20 patients), neurogenic pruritus (10); idiopathic itching (10) psychogenic itching (10). The duration of observation was 2 months. In the group of patients with dermatologic itching, phototherapy was performed on the OCTAderm device (MEDlight, Germany). The course of treatment included 15 procedures. In the group of patients with neurogenic and psychogenic pruritus, pulsed currents of influence on the central nervous system has been used. The course of treatment consisted of 5-11 sessions with a frequency for the first 5-6 procedures 2-3 times a week.

Results: Combination therapy contributed to a faster (7 to 10 days) and a significant reduction in itching intensity. Carrying out a pharmacophysiotherapy course with the inclusion of phototherapy and pulsed currents increased the duration of remission periods in the main observation groups on average from 3 to 18 months.

Conclusions: For efficient treatment of skin pruritus differentiated approach is required.

