



PSORIASIS

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

*Zarina Rakhmatova<sup>(1)</sup> - Ilona Nazarova<sup>(1)</sup>*

*Republican Specialized Scientific And Practical Medical Center Of Dermatovenereology And Cosmetology, Dermatovenereology And Cosmetology, Tashkent, Uzbekistan<sup>(1)</sup>*

Currently, psoriasis is one of the most common skin pathologies worldwide, including Uzbekistan. Due to the expensiveness of the modern biological preparations, such drugs as methotrexate, cyclosporine and "PUVA" phototherapy with using photosensitizing substance - psoralen produced in Uzbekistan are mostly and effectively used in the county.

**Purpose:** The purpose of this thesis is to evaluate the cost effectivity and advantage of the application of the PUVA therapy method and drugs produced in Uzbekistan in the treatment of psoriasis.

**Methods:** 68 patients with various forms and severity of skin psoriasis who received treatment with the inclusion of PUVA were observed. 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. 2-5g of ointment for all parts in one procedure were calculated to apply. To prevent unwanted photoreaction, the skin around the plaques was protected with zinc paste, which was removed with a tampon moistened with sunflower oil and wiped dry in 3-5 minutes.

**Results:** The course of 2-3 times a week 25 procedures show a significant decrease in the BSA index. However, it was noted that the dry climate of the region required some increase in the duration of treatment, at which the best effect was achieved. Side effects were detected in 1.8% of patients in the form of photodermatitis.

**Conclusion:** The experience of using PUVA with psoraten, a local produced drug has shown a good effect that led to a decrease in the frequency of relapses of the disease. Moreover, the therapy can be applied specifically to our region due to the absence of biological remedies, which improve the quality of life of patients and their working ability.

