



PSORIASIS

RANDOMISED CONTROL TRIAL COMPARING EFFICACY OF AZATHIOPRINE VERSUS METHOTREXATE IN PSORIASIS; A STUDY ON 120 PATIENTS AT TERTIARY CARE HOSPITAL IN SOUTH INDIA

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INTRODUCTION: Psoriasis is a common, chronic, disfiguring, inflammatory and proliferative condition of the skin, in which both genetic and environmental influences have a critical role. Very little data comparing the efficacy of methotrexate and azathioprine in psoriasis is available in literature.

OBJECTIVE: Comparing efficacy of azathioprine and methotrexate in psoriasis.

MATERIALS AND METHODS: Study includes 120 consecutive patients of chronic plaque psoriasis comprising inpatients and outpatients of a tertiary care hospital during the period between 01 Jan 2015 and 31 Jun 2017.

Pretreatment evaluation including detailed history, clinical examination, baseline laboratory evaluation was done in every patient and recorded in standard proforma. Patients with normal investigations were block randomized into two equal groups through computer generated random numbers with blocks of 2, 4 and 6.

Group A- 60 patients were given Tab azathioprine 50mg BD for 6 months.

Group B- 60 patients were given Tab methotrexate 15mg/wk for 6 months.

The measurement of severity of psoriasis was done using PASI score. Follow up was done every 2 weeks for the first 24 weeks and treatment was stopped at 24 weeks. The response was evaluated in terms of improvement in the PASI score at 12 and 24 weeks.

RESULTS: Out of 60 patients being treated with azathioprine (Group A), 12 (20%) patients developed side effects. Of the remaining 48 patients, 14 (29.1%) good response, 32 (66.6%) fair response and 2 (4.1%) poor response. Overall improvement in PASI 65.94%.

Out of 60 patients of psoriasis being treated with methotrexate (Group B), 52 (86.66 %) good response and 08 (13.33%) fair response (p-value < 0.05). Overall improvement in PASI 88.07%.

CONCLUSION: It can be concluded that azathioprine could be considered as an alternative





treatment in selected patients of chronic plaque type psoriasis in whom methotrexate cannot be administered either due to development of side effects or in cases where it is contraindicated.

