



INFECTIOUS DISEASES (BACTERIAL, FUNGAL, VIRAL, PARASITIC, INFESTATIONS)

INTRALESIONAL VITAMIN D3 MONOTHERAPY FOR PALMAR WARTS - A COST-EFFECTIVE ALTERNATIVE

Archana Matcha⁽¹⁾

Derma Klinique, Dermatology, Chennai, India⁽¹⁾

Background : Many treatment modalities exist for cutaneous warts. But sometimes the infection can be recalcitrant and increases the cost-burden on the patient. Studies show that Vitamin D3, by inhibiting the expression of interleukin-6 and 8, tumour necrosis factor- α and TNF- γ mediated through VDR-dependent pathway, produces an immunomodulatory effect and thus ensures clearance of warts. Here, I report the efficacy of the inexpensive intralesional Vitamin D3 tried for palmar warts;

A 23 year old female with palmar warts, treated with electrocautery came with a recurrence and was given 2 injections of Vitamin D3 for each wart.

A 53 year old female had warts on the right thumb. After using topical medications along with electrocautery only a minimal change was seen. Patient was treated with 3 injections of Vitamin D3 to each wart.

A 23 year old male with palmar warts, unresponsive to 3 sessions of bleomycin, was given Vitamin D3 injections to each wart.

Observation : Vitamin D3 comes as a thick oil-based solution and direct injection can cause severe pain. Hence, 0.2-0.3 ml of 2% lignocaine (20mg/ml) was injected to numb the affected area and then Vitamin D3 injection (0.2ml ; 15mg/ml) was given to the base of each wart. Only 1 patient reported mild pain at the injection site that lasted for an hour. The injections were repeated once every 3 weeks until a 100% clearance was achieved. All patients were followed up over a period of 6-9 months with no recurrence.

Key Message: Though treatments like injection bleomycin and lasers work very well on warts, their limitation is cost. By bringing down the 'cost-burden', which is a reason why patients avoid getting their warts treated and keeping in mind the negligible to no side-effects with a faster clearance, injectable Vitamin D3, works as a cost-effective and efficacious treatment modality for palmar warts.

