



PSORIASIS

## EFFECACY OF ORAL METHOTREXATE MONOTHERAPY VERSUS ORAL METHOTREXATE PLUS NARRROWBAND UV-B PHOTOTHERAPY IN RECALCITRANT PALMO PLANTAR PSORIASIS

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**Introduction:** Palmoplantar psoriasis (PPP) is a chronic, inflammatory and proliferative dermatosis of the palms and/or soles with significant morbidity. It is notoriously difficult to treat and unresponsive to traditional topical agents and we aim to compare the effect of oral Methotrexate (MTX) monotherapy versus Methotrexate plus Narrowband UVB (NB-UVB) in treatment of recalcitrant PPP.

**Materials and methods:** This was a prospective, monocentric, open label comparative clinical trial involving 90 patients of psoriasis with significant palmoplantar disease. Eligible patients were randomly assigned to one of the two treatment groups. Patients in Group A received 10 mg oral MTX weekly, and patients in Group B received oral MTX 10mg weekly and NB-UVB sessions twice weekly. Treatment protocol was continued for a period of 12 weeks.

**Results:** There was a statistically significant difference in reduction of m-PPPAI of patients in MTX plus NB-UVB at weeks 12. The mean m-PPPAI at week 12 was  $3.66 \pm 2.11$  in MTX plus NB-UVB group and  $6.51 \pm 2.04$  in MTX only group ( $p < 0.001$ ). Marked improvement (m-PPPAI 75) was achieved in 20 (44.44%) patients in MTX plus NB-UVB group compared with 6 (13.3%) in MTX monotherapy group ( $p < 0.001$ ). A significant difference was reported regarding the onset of improvemrnt and the time required for clearance ( $p < 0.001$ ) in favor of MTX plus NB-UVB group. Both the regimens were well tolerated.

**Conclusion:** Combination of MTX and NB-UVB phototherapy helps to attain a better clinical response (reduction in m-PPPAI score) than MTX monotherapy in the treatment of recalcitrant PPP.





Keywords: Palmoplantar psoriasis, PASI, Methotrexate, NB-UVB.

