A STUDY ON THE THERAPEUTIC RESPONSE OF VITILIGO TO A COMBINATION OF NARROWBAND UVB AND ORAL MINIPULSE STEROID THERAPY

ABSTRACT

Introduction: Vitiligo is a common acquired depigmentation disorder resulting from the progressive loss of melanocytes. Although several modalities of treatment are available, therapy still remains difficult and challenging.

Aim: To evaluate the clinical response of vitiligo to combination therapy of narrow band UVB and oral minipulse steroid.

Method: 100 patients with progressive and active vitiligo involving >20% BSA were given a combination therapy of narrowband UVB and oral minipulse steroid for 6 months followed by narrowband UVB alone for another 3 months and followed up till 12 months. Response to therapy was measured using VASI score.

Results: Vitiligo was more common in women and in the age group of 26-35 years. Almost half of the patients in our study had duration of illness between 1-5 years. Presence of leukotrichia, mucosal involvement, koebnerisation and a positive family history was associated with poorer response to therapy. The most common type of repigmentation seen was perifollicular. 61% of our patients showed minimal improvement, 36% improved and 3% showed much improvement. Response to therapy was better in patients with good compliance.

Conclusion: Combination therapy of narrowband UVB and oral minipulse steroid can be an effective treatment option in patients with progressive vitiligo resulting in earlier repigmentation and with better colour matching.

Key words: Progressive vitiligo >20% BSA, Narrowband UVB, Oral minipulse steroid, VASI score