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Role of oral vitamin –D3 and azithromycin in psoriasis: A controlled trial

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Skin production of vitamin D from exposure to the sun improves the condition of psoriasis which we know is an autoimmune skin disease that consists of red, scaly patches that have a silvery-white appearance. Vitamin D is known to reduce adaptive immunity (T Cells) therefore reduce the overproduction of skin cells. On the other hand, Psoriasis might be sometimes directly associated with streptococcal infection or secondary Staphylococcal infection. So, when the Azithromycin was given it shows clearing of psoriasis on our observation. Considering the beneficial effect of we tried oral azithromycin and vit-D3 in this single blind randomized case-control trial. 30 patients with moderate to severe psoriasis were enrolled. Of these, 15 randomly selected patients received orally Inj vitamin D3 (200000iu) monthly for for 6 months and weekly pulse dose of oral azithromycin for 12 weeks (oral 500 mg daily dose for 3 days with a gap of 4 days) along with topical Emollient treatment. The remaining 15 patients took only topical emollient treatment. Informed consent was obtained from all patients. A significant improvement in PASI score was noted from 12 weeks in the majority of patients in the Vit-D3 - Azithromycin group. At the end of 12 weeks, 9 patients (60%) showed excellent improvement, while 4 patients (26.67%) showed good improvement and 2 patients (13.33%) showed mild improvement. PASI 75 was 80%. No significant change was seen in lesions in the control group. 6 patients (40%) developed a recurrence of lesions. Oral Vitamin D3 (200000iu) and Azithromycin have a positive role in improvement of Psoriasis. No side effects revealed and Patients tolerated the therapy well. There should be large clinical trial.

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