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Efficacy of various topical agents in chronic plaque type psoriasis

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Introduction: Psoriasis is a common, chronic inflammatory disease of the skin. The present study was done on patients having psoriasis vulgaris less than 10% body surface area and they were treated with various topical agents. To the best of our knowledge, ammonium lactate has been studied for atopic dermatitis but only few studies are available for its usage in psoriasis vulgaris. Very less studies has been done on topical treatment modalities for psoriasis in Indian population, so to generate Indian data and see effect of topical agents in psoriasis this study has been undertaken.

Method: Study design was randomized control trial. Study consisting of 60 patients having chronic plaque type psoriasis, was carried out on patients attending OPD of Department of DVL at AVBRH, Sawangi, divided in three groups, 20 in each group. Group A patients were treated with ammonium lactate 12% lotion, Group B with ammonium lactate 12% lotion and clobetasol propionate 0.05% ointment and Group C with ammonium lactate 12% lotion and calcipotriol 0.005% ointment. Each patient followed up at the end of four weeks and eight weeks interval and response of treatment was evaluated subjectively and objectively i.e. by using PASI score Physician Global Assessment Scale.

Result: All the baseline parameters were compared and difference was found to be insignificant. Significant fall in PASI was seen with ammonium lactate and clobetasol propionate combination as well as with ammonium lactate and calcipotriol combination whereas ammonium lactate as monotherapy was effective but fall in PASI was not significant.

Conclusion: The combination therapy is effective, well tolerated with minimal side effects and better compliance was seen with patients. This study explains that the combination therapy is more efficacious as compared to monotherapy. But more number of studies is required as there is paucity of literature on topical treatment of psoriasis.

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