

## Comparative Study of PUVA Vs NB-UVB Vs P-NBUVB for Treatment in Patients with Non-Segmental Vitiligo

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### Abstract

**Objective:** To evaluate and compare the efficacy of NB-UVB vs P-NBUVB vs PUVA therapies in patients with non-segmental vitiligo. To study the evaluation parameters and calculate the extent of repigmentation in response to these therapies on the basis of improvement in VASI scoring. **Methods:** 60 cases of previously untreated patients presenting with non-segmental vitiligo and having more than 5% body surface area involvement were randomly allocated to receive either NB-UVB or P-NBUVB or PUVA with twenty patients in each group and response to therapy was compared in NB-UVB, P-NBUVB and PUVA groups with reference to percentage change in VASI scores. Therapeutic response was also done using type and colour of repigmentation and patient tolerance to therapies. **Result:** The dominant repigmentation seen in study is perifollicular. The percentage of improvement is greater in patients with vitiligo vulgaris in NB-UVB. Good colour match is observed in all patients on NB-UVB and The percentage change in repigmentation for patients treated with NB-UVB after completion of 80 sessions of therapy is 63.15%, for P-NBUVB therapy is 61.83% and for PUVA therapy is 64.69% ( $P < 0.0001$ ). **Conclusion:** No statistically significant difference is reported in percentage of repigmentation after completion of 80 sessions of therapy by all the three treatment modalities. The best color match is observed in the group on NB-UVB exposure. Side effects worsened progressively from NB-UVB to P-NBUVB and PUVA in that NBUVB was best tolerated.