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Comparing Efficacy of Oral Tofacitinib Versus Oral Pulse Therapy of Steroids in Vitiligo Patients: An Observational Study

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ABSTRACT

Background

Vitiligo is an autoimmune disorder that results in melanocyte loss and white spots on the skin and mucous membranes. In addition to other drugs, the study examined treatment regimens that focused on oral tofacitinib and oral corticosteroid pulse therapy. The severity, progression and patient preference contributed to the prescriptions. To assess the efficacy of these drugs, the VASI ratings were used both before and after therapy, which attempts to restore skin colour.

Objective

To assess and evaluate the efficacy of oral tofacitinib and oral pulse therapy of steroids via comparison of the extent of repigmentation achieved.

Methodology

An ethically cleared prospective observational study at MVJ Medical College and Research Hospital, Bengaluru. The medication record was examined for the selected patients with vitiligo, and oral tofacitinib and oral pulse therapy of steroids. Before and after the observational period, the Vitiligo Area Scoring Index (VASI) was recorded. The outcome was measured by the means of the baseline and endpoint VASI using an independent sample t-test.

Result

Using VASI changes as the primary metric, we evaluated steroid pulse treatment and oral tofacitinib for vitiligo. In contrast to steroid pulse treatment, tofacitinib was more effective at lowering VASI scores (mean change: -2.93) (mean change: -1.52). Significant in terms of statistical difference was observed ($t = -2.86$, $p = 0.0059$ & 0.0029). Both tofacitinib and tofacitinib are safe and beneficial therapies for vitiligo, and patients on tofacitinib responded better, with improvements in VASI scores observed within a month.

Conclusion

The result suggests, tofacitinib is a more effective treatment option for vitiligo than pulse therapy of steroids. The higher mean change in Vitiligo Area Scoring Index score seen with tofacitinib treatment serves as evidence of this superiority.

Keywords

Vitiligo, JAK inhibitor, steroids, VASI scale, Efficacy

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