"COMPARATIVE EVALUATION OF EFFICACY OF TACROLIMUS 0.1% IN ORABASE AND TRIAMCINOLONE ACETONIDE 0.1% IN ORABASE IN THE MANAGEMENT OF SYMPTOMATIC ORAL LICHEN PLANUS"

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ABSTRACT

Background and Objectives - Oral Lichen Planus is a common chronic immunological inflammatory mucocutaneous disorder that varies in appearance from keratotic to erythematous and ulcerative. Treatment is focused primarily on reducing the symptoms through immune response modulation. Though corticosteroids are the mainstay of therapy, the use of immunosuppressors in the management of oral lichen planus (OLP) is gaining an ever-increasing role. Tacrolimus is a prototype for the class of topical immunosuppressive agent with great potential in the treatment of skin diseases with proved efficacy in atopic dermatitis. Studies done on the management of OLP using tacrolimus are limited.

The aim of the study is to compare the efficacy of 0.1% topical tacrolimus in orabase with 0.1% topical triamcinolone acetonide in orabase in the management of symptomatic OLP.

Method - A randomized controlled study was conducted on 60 patients with symptomatic lesions of OLP with biopsy proven cases who fulfilled the inclusion criteria. The Visual Analogue Scale (VAS) prior to therapy and the clinical details of the lesion were recorded and scored according to a 6-point scale. The selected patients were divided randomly into two groups. Group-I comprised of 30 patients who received topical 0.1% tacrolimus in orabase therapy for 14 days. Group-II comprised of 30 patients who received topical 0.1% triamcinolone acetonide in orabase for 14 days.

Results – There was significant improvement in relief of symptoms and also clinical scores in Group-I as compared to Group-II. No significant adverse effects were observed and no recurrence was noted during treatment and follow up.

Interpretation and Conclusion – Topical application of 0.1% Tacrolimus orabase in OLP has been shown significant clinical response when compared to 0.1% triamcinolone acetonide. Patients on both tacrolimus and triamcinolone acetonide did not suffer from any adverse reactions. However, double-blind, controlled studies are needed to better evaluate the efficacy of tacrolimus in the treatment of symptomatic lichen planus and to address the safety in the drug tacrolimus for long-term therapy.

Key Words – Oral Lichen Planus; Tacrolimus; Triamcinolone acetonide; Orabase.