THE TREATMENT OF PARAPSORIASIS WITH VITAMIN D**

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In September of 1948, we saw a patient with parapsoriasis, who following exposure to Florida sunlight recovered completely, but had a relapse on his return to New York. Because of this experience, we thought that Vitamin D\textsuperscript{2} might be of value in this disease. This patient and another, successfully treated with Vitamin D\textsuperscript{2}, were presented at a meeting of the Manhattan Dermatological Society (1). In the March, 1949 issue of the British Journal of Dermatology we found that Barber and Erskine and Allan Yorke (2), presented at the section of dermatology of the Royal Society of Medicine on April 15, 1948, two cases of parapsoriasis en plaque successfully treated with Vitamin D\textsuperscript{2}, but which relapsed when treatment was discontinued. It is interesting that we obtained a somewhat similar response to Vitamin D\textsuperscript{2} not only in the en plaque variety but in the guttate, retiform and acute varioliform type as well.

REPORT OF CASES

Case 1: E. M., a man aged 24, in May, 1947 developed an eruption of the guttate type parapsoriasis. Ultraviolet radiation was given with little improvement. In August, 1948 he went to Florida where he exposed himself repeatedly to sunlight, resulting in almost complete disappearance of the eruption. On September 6, 1948 he was seen again at the Veterans Administration Hospital with an eruption which was diagnosed as pityriasis lichenoides et varioliformis acuta. Vitamin D\textsuperscript{2} therapy was begun in a dosage of 50,000 units three times daily. On September 30, 1948 there was complete recovery. On November 27, 1948 the lesions reappeared, this time of the guttate variety. Vitamin D\textsuperscript{2} in the same dosage was resumed and after three weeks the lesions had again disappeared, leaving only some residual pigmentation. On February 9, 1949 there was no evidence of recurrence, there were no signs of toxicity and all laboratory examinations were essentially normal.

Case 2: F. P., a man aged 35 was seen on November 29, 1948. At that time he presented the guttate type of parapsoriasis on the trunk and extremities. It had been present for two years. Treatment with Vitamin D\textsuperscript{2}, 50,000 units three times a day, was begun on November 29, 1948. Recovery was complete and treatment stopped on December 22, 1948. About three weeks later many new lesions appeared and the treatment was reinstated. On February 8, this was discontinued as the lesions had subsided entirely. There was no evidence of toxicity and all laboratory examinations were essentially normal.

Case 3: W. M., a 26 year old negro was admitted to the Veterans Administration Hospital, on April 25, 1950, with a scaly eruption of the arms, trunk and thighs of three months' duration which was diagnosed clinically as parapsoriasis guttate. The patient was given 50,000 units of Vitamin D\textsuperscript{2} three times daily and in two weeks the lesions showed considerable improvement. Treatment was then discontinued. All laboratory examinations were essentially normal and there were no signs of drug toxicity. The patient was again seen in the follow-up clinic on November 8, 1950 and was still free of lesions.

Case 4: A. K., a 53 year old white man had an eruption which had been present for sev-
eral years. During the summer when he sunbathed the lesions improved considerably but became more prominent and pruritic in winter. There were several erythematous plaques covered with thin scales on the inner aspect of the thighs, anterior aspect of the left thigh and extensor aspect of the arms. The clinical diagnosis was parapsoriasis "en plaque" confirmed by histologic examination. The patient received 50,000 units of Vitamin D$_2$ three times a day for three weeks. Within 48 hours the pruritus subsided and in one week there was a decided clinical improvement. The patient was discharged at the end of three weeks almost entirely cured. Only residual pigmentation remained. Three months later he was still free of lesions.

SUMMARY

Four cases of Parapsoriasis responded rapidly to the administration of 150,000 units daily of Vitamin D$_2$. One case was of the guttate type; the second, in one attack presented lesions of guttate type; another of the acute varioliform type. One patient had guttate lesions with retiform elements and the fourth had the "en plaque" variety. One case relapsed shortly after treatment was discontinued. The others have remained free of lesions three to six months after cessation of therapy.

REFERENCES