

Indications:

Psoriasis: It is a condition which presents localised skin in which the rate of cell turnover from basal layer to the superficial is to rapid.

The UV radiation decreased the DNA synthesis in the cells of the skin and thus slow down the proliferation.

Treatment can be given using:
Leds regimen or Ingram regimen
PUVA [Psoralen + UVA]

Leds regimen Ingram regimen: In this the sensitivity of patient's skin to UVR is increased by local application of coal tar added to a bath prior to treatment.

Di thronal is applied to the lesion after the treatment.

A sub ocular dose (half of E_1) is given to the patient using a thesakin tunnel and air cooled lamp using at 100 cm distance.

PUVA [psoralen + UVA] → Photochemotherapy
Psoriasis can be treated with radiations of UVA accompanied by sensitizer (psoralen).

If psoralen type drug is given to the patient two hours before treatment then patient will become sensitive to UVA radiation. It will produce erythema at lower intensities than normal. As the peak of PUVA erythema occurs at 48 to 72 hours treatment should be given twice the a week until clearance. The UVA dose is measured in joule/cm^2 is initially determined according to the skin type and skin type phototesting.

Acne vulgaris: Acne is a condition which presents pustules, papules and comedones blocking the hair follicles and sebaceous glands on the face, back and chest.

E_2 dose of UVR may be given with the following aims

- 1) An exanthema bring more blood to the skin to improve the condition of the skin

Peeling and desquam will remove comedones and allow free drainage of sebum

UVR have a sterilising effect on

Eczema: \rightarrow It is an inflammatory response in the skin associated edema.

The patient suffer from ^{marked} itching with redness, scaling and exudation of sebum on the skin.

Many patients have atopic eczema which can be treated with mild UVR treatment.

Skin wounds: \rightarrow

Infected wounds \rightarrow UVR may be used in the treatment of infected skin wounds such as ulcer, pressure sores and surgical incision.

The aim of UVR is to destroy the bacteria and promote repair. This can be achieved by UVB radiation with E_3 and E_4 dose using ~~phor~~ ^{phor} lamp

Non-infected wounds \rightarrow The UVR is used to stimulate the growth of the granulation tissue and speed

up the repair with UVA radiation.

Vitiligo → It is a condition in which destruction of melanocytes in the local areas appears white patches on the skin.

It can be treated with psoralen and UVR to induce the repigmentation by increasing the melanocytes activity.

* the surrounding area should be protected during the treated.

Treatment of Vitamin D deficiency:

Treatment of pruritis

Intractable and serious itching due to biliary cirrhosis and uremia treated by suberythral whole body UVB alone or in combination with drug cholestyramine

Protection of hypersensitive skin: By increasing the tolerance to sunlight by course of UVB.