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БУКОВИНСЬКИЙ ДЕРЖАВНИЙ МЕДИЧНИЙ УНІВЕРСИТЕТ»**



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## COMPLEX TREATMENT OF PATIENTS WITH PSORIASIS USING PROBIOTIC AND HEPATOPROTECTOR

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**Introduction.** Psoriasis is a genetically determined immune-mediated chronic systemic disease characterized by the development of erythematous, indurated, scaly, pruritic and often painful skin plaques. Psoriasis nowadays characterizes with higher behavior that proves an importance of treatment of psoriatic patients.

**The aim of the study.** To research the effect of probiotic and hepatoprotector in a complex psoriasis treatment.

**Material and methods.** 96 patients with psoriasis, 49 of them were men and 47 women aged 19 - 63 years with duration of dermatosis from 8 till 21 years, were observed. To include patients to investigation they should have clinical manifestations of psoriasis, patients age should be 19 years and over dermatosis duration of more than 10 years. To evaluate the clinic manifestations of psoriasis and to analyze the effectiveness of dermatoses treatment we identify skin affect index and Psoriasis Area Severity Index (PASI) analysis with a help of standard technique. In all patient's pathological process on the skin had a prevailing character, aggravate stage of psoriasis was diagnosed in the majority (75) of patients, 21 patients had stationary stage of the disease. In order to optimize the treatment of patients with psoriasis we use probiotic with an active ingredient from a spore of a multidrug-resistant strain of *Bacillus clausii* and hepatoprotector in the complex therapy. Hepatoprotector with the active ingredient dry aqueous extract of artichoke leaves (*Cynara scolymus*) can be used both in the acute stage of the disease case (as a detoxicant and donator of nitric oxide) and during the reconvalescence (as a hepatoprotector). An antagonism towards opportunist and pathogenic organisms, and activation of *Lactobacilli* breeding and compensation of B vitamins deficiency due to their synthesis, provide probiotic and immunomodulatory of *Bacillus Clausii* function.

**Results.** In the process of treatment, the patients with psoriasis were divided into 2 groups: 45 patients (comparative group) received fundamental therapy of dermatosis, 51 patients (basic group), taking into consideration the available disease case of hepatobiliary zone, were administered hepatoprotective and probiotic means: probiotic containing *Bacillus Clausii* (during progressive phase - 3 capsules per day or 1 bottle of suspension 2 times day for 12 days) and drug containing *Cynara scolymus* (0.5g thrice a day during 15 days) stage-by-stage in a complex treatment of dermatosis. The drug usage requires maximum drinking water to normalize the water-electrolyte balance. We have established that the complex therapy of such patients provokes positive dynamics of psoriasis clinical manifestation on the 7-12 day of treatment. The patients showed an improvement in a general condition, their sleep became better, the intensity hyperemia of papules reduced, desquamation decreased. During the final *Bacillus Clausii* stages of treatment, patients with psoriasis of both groups showed a decrease of index of PASI. However, more significant decrease, 74.5% of it, was determined in patients of the basic group; in patients of the comparative group – 57.8%. Simultaneously 38 from 51 patients of the basic group showed prolongation (on average to 7-9 months) of the state duration of the clinical remission of dermatosis (in the group of comparison) in 30 out of 45 patients) that allows us to recommend hepatoprotector containing *Cynara scolymus* and probiotic containing *Bacillus Clausii* use in complex therapy of psoriasis.

**Conclusions.** As a result, probiotic containing *Bacillus Clausii* proves to be an effective and important component of a complex therapy of adult psoriasis patients of different ages with stable clinical manifestations. Additionally, using hepatoprotector containing *Cynara scolymus* as a part of multimodal treatment of psoriasis brings forth the improvement of the results of the patients' therapy and prolongs the duration of clinical remission of the disease.