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Evaluation of narrow-band UVB phototherapy in 150 patients with vitiligoY Hari Kishan Kumar¹, G Raghu Rama Rao¹, K.V.T Gopal¹, G Shanti², K Veerabhadra Rao²,¹ Department of Dermatology, King George Hospital/Andhra Medical College, Visakhapatnam, Andhra Pradesh, India² Department of Dermatology, Surya Skin Care and Research Centre, Visakhapatnam, Andhra Pradesh, India**Correspondence Address:**

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Department of Dermatology, Andhra Medical College, Surya Skin Care and Research Centre, Visakhapatnam, Andhra Pradesh
India**Abstract**

Background: Very few studies have been performed to evaluate the efficacy and safety of narrow-band ultraviolet B (NBUVB) therapy in Indian patients with vitiligo and are of small sample size. **Aims:** The purpose of this study is to know the efficacy and safety of NBUVB in 150 vitiligo patients of various age groups. **Methods:** One hundred fifty patients (69 males, 81 females), aged 3-70 years, with vitiligo were treated twice weekly with NBUVB. The starting dose was 250 mJ/cm² in adults and 150 mJ/cm² in children, with 20% dose increments at each subsequent visit given for a maximum period of 1 year and were followed-up for 6 months for stability of repigmentation. Statistical methods were employed to establish the relation between the response and the number of exposures, duration of treatment, cumulative dose and the compliance. **Results:** Analysis of our study showed that a majority of our cases, about 73, achieved 25-75% repigmentation, with an average of 51 ± 19 exposures, 51 had <25% repigmentation, with an average of 19 ± 11 exposures and 26 had >75% repigmentation, with an average of 74 ± 24 exposures. Good response to therapy was directly associated with good compliance, more number of exposures and increasing cumulative dose, which was statistically significant ($P < 0.01$). Adverse effects were minimal. Only three patients developed depigmentation of repigmented sites during follow-up. **Conclusion:** Our study proves that NBUVB therapy is an effective and safe tool in the management of vitiligo, with good stability of repigmentation and cosmetic appearance.

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