# EFFICACY OF ULTRAVIOLET LIGHT APPLICATION ON SECONDARY WHITE SPOTS AFTER PSORIASIS

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**Anotation:** Psoriasis is 5-10 % of all skin diseases. The symmetry of psoriasis rashes to a certain extent points to a disturbance in the activity of the central nervous system. Recently, there is some evidence that psoriasis is caused by a virus. However, it cannot be conclusively proven that psoriasis is viral in nature. No one has yet been seen to have contracted the disease from a patient with psoriasis. Many researchers consider psoriasis to be among genodermatoses.

**Keywords:** disappearance of psoriasis rashes, X-rays, thyroid gland.

The disappearance of psoriasis rashes when X-rays are exposed to the thyroid gland and the use of pituitary and thyroid drugs supports the so-called endocrine theory. Metabolism, mainly lipid metabolism disorders , is thought to cause psoriasis. Pathological changes in the gastrointestinal tract and liver were found in patients with psoriasis.

**The purpose of the work: to** study the effectiveness of ultraviolet rays in eliminating secondary depigmentation (fluid spots) that remain on the skin during remission of psoriasis in some patients.

**Materials and methods of investigation:** Under our observation to conduct this study 22 patients were recruited. Their age ranged from 18 to 35 years, and they had been diagnosed with psoriasis for 7 to 10 years. It was revealed in the interview with the patients that after treatment, secondary white spots remain in the place of the nodules, and this has a negative effect on their mental health, creating the basis for the disease to flare up again later.
These patients were divided into two groups, i.e. main and control groups. Instead of secondary spots, 11 patients included in the main group were given ultra-violet

rays in sub-erythem doses in an ascending scheme every day from 1 minute using the ORK-21 STATIONAR device. 11 patients included in the control group were recommended to apply oblipexa oil 3 times a day with a light massage every day instead of secondary spots.

**Results:** in 11 of the patients treated with ultraviolet rays in the main group, secondary depigmentation spots alternated with repigmentation process from 7-10 days of treatment, that is, after 7-10 minutes of treatment, and by 11-14 days of treatment , skin color was completely restored, that is, skin pigmentation normalized, fluid spots were eliminated. In 5 patients in the control group, fluid spots remained permanently. In the remaining 4 patients, it was found that secondary spots on the skin persisted even after 25-30 days of treatment. However, repigmentation was observed in 2 patients after 2 months of treatment.

**Conclusion** : In order to eliminate the secondary flowing spots that remain in the place of papules in psoriasis, the treatment of patients' skin with suberythemic doses of ultraviolet rays in an ascending scheme accelerates the reliable repigmentation and has a positive effect on the mood of the patients, and also serves to prevent early relapses of psoriasis.

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