

ABSTRACT

Oral Ranitidine for Psoriasis Gave Promising Results in a Clinical Study

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Incidental reports have claimed clinical efficacy of long-term treatment with high doses of ranitidine in psoriasis. As ranitidine is well tolerated, compared with currently used systemic anti-psoriatic therapies, it is worth investigating its potential use in the treatment of psoriasis. In this open prospective multi-centre study, the efficacy of long-term administered ranitidine by means of generally accepted scores was evaluated under standardized conditions. Twenty patients with severe chronic plaque-type psoriasis were treated with oral ranitidine 300 mg twice daily. Patients were evaluated for efficacy monthly by means of the Psoriasis Area and Severity Index (PASI) during a period of 4 months. Patients with a PASI reduction of 40% or more were defined as responders. Initially, no distinct improvement in mean PASI was observed. After a 4-month treatment

period, mean PASI was reduced from 15.9 to 7.6. A strong indication for regression of PASI was observed (Page test, $z = -14.17$, $p < 0.0001$). Responders had a mean PASI reduction of 67%. At the end of the evaluation period, a decreasing trend in PASI was still observed, implying that 4 months may be too short a period on which to assess the maximal efficacy of ranitidine in psoriasis. Neither clinical nor hematological side effects were observed during the study. The present results suggest such a beneficial effect of long-term systemic ranitidine that placebo-controlled confirmation should be performed as soon as possible.

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