

Effect of Topical Cyclosporine in grading of Vernal keratoconjunctivitis.

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Abstract:

Background & Objective: To evaluate efficacy of topical aqueous solution of 0.05% cyclosporine in first time diagnosed vernal keratoconjunctivitis (VKC) including palpebral, bulbar and mixed form. **Methods:** 25 patients of VKC received CsA 0.05% aqueous ophthalmic solution in a dosage of one drop every 12 hours in both eyes for 6 months. Follow up visits (day 1, 2 weeks, 1 month, 2 months, 3 months and 6 months). Five symptoms were evaluated and six clinical signs were charted. Total objective score of 13 or more over atleast 3 variables was included (CART – scoring system). **Results:** Comparison of 1st Day with 2 weeks score showed no significant effect in the score value ($t=0.90$, $df = 24$, $p<0.1$). 1st Day with 3rd month score showed maximum effect in the score value ($t = 35.76$, $df = 24$, $p<0.0001$). 3rd month with 6th month score showed sustained effect of cyclosporine showing no major change in the score line (t test, $t = 1.80$, $df = 24$, $p <0.05$). **Conclusion:** Topical application of a 0.05% CsA aqueous solution has been shown to be effective in the treatment of patients with VKC. CsA could be an important alternative to steroid treatment.

Keywords: Cyclosporine, Grading, Vernal Keratoconjunctivitis.

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