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Research Article

**UPDATED S2K GUIDELINES ON THE MANAGEMENT OF
PEMPHIGUS VULGARIS AND FOLIACEUS**¹Dr. Lubna Zahir, ²Dr. Umer Jaleel Rana, ³Dr Muhammad Haider Hayat,
⁴Dr Sundas Fahim¹PMDC No 18583-N, ²748967-01-M, ³117735-P, ⁴50594-P**Article Received:** June 2022**Accepted:** July 2022**Published:** August 2022**Abstract:**

Background: This study is based on the protection and treatment of skin and the mucous membrane. Some diseases which occur due to the threatening of life and issues related to skin. They use some immune treatment and this disease is known as fatal disease. To treat this issue, they use several types of therapies and treatments related to this disease and prevent hazardous effects.

Objectives: The main objective of this study is to treat the disease and the development of this disease among patients. Patients need proper guideline and treatment related to this disease and a proper management of this disease is needed.

Results: Some guidelines were needed to measure the development and treatment related to this disease. They provide all types of treatments to patients suffering from the pemphigus disease show severe results. They include all types of task related to this study and show results. Issues and problems arises related to this disease is spreading in the whole world and is increasing rapidly.

Conclusions: All types of issues related to the pemphigus disease which is related to the skin and mucous glands should be treated properly. Awareness related to this issue should be given to the patients. It will help them to cope up with this problem and save their lives. When they were aware the disease and its outcomes, it will be easy for them to treat their disease.

Keywords: pemphigus, management, treatment, catabolism.

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INTRODUCTION:

There is a disease which we called it as pemphigus occurs due to the damage of skin or blister of skin. Erosion of skin and some mucous membranes occur due to the rupture of skin [1]. This damage of skin causes pemphigus disease. In this study, we measure the cause of this disease and its reasons. This disease occurs, the catabolism of the body increase. Due to this increase of catabolism in the body, it starting loses fluids of the body. This loss of fluids from the body cause severe types of issues [2]. Due to this rupture of skin and damage the mucous membrane increases the percentage of bacterial infection and some viruses also spread in the body which cause severe diseases as the failure of heart and many issues which leaves harmful effects. Pemphigus is known as a fatal disease. It spreads due to the loss of proteins and fluids from the body. This disease is not common as other, we can see just 2-3 people suffer from this disease from million. This disease is very harmful and it starts effecting our cardiac system with the day when patients got this disease. We consider it as the instant fatal disease because it starts effecting our whole body and specially cardiac activities with twenty-four hours [3]. If we start studying the cases related to this disease, we will be able to know that this disease is associated with the low level of fluids in the body. When the level of fluids or the hemoglobin level starts decreasing in the body, the pemphigus disease occurs. The body becomes weak, and unable to survive in harmful conditions. On that time pemphigus starts generating and within 24 hours, it effects or heart activities and disturb the cardiac rhythm of the human body [4]. Doctors give different types of medication and treatment related to this disease and help them to get cure and get rid of this disease. People start taking these medicines to reduce the effects of this disease. There were some specific medicines which were used to treat this disease and doctors are using these specific medicines for pemphigus from years ago. As we have discussed earlier that this is not a common disease. From last 16 years, doctors are using this medication on 1001 patients to treat this disease. The medicines are related to antibiotic and anti bacterial, it helps to fight with a disease and kill the harmful germs which are affecting their bodies and are disturbing their cardiac activities. About 85% patients get cure with these medicines and treatment. They make research and use two different types of medicines on these patients. About 95% patients get good health after the use of first medicines. On the other hand, about 35% show positive results related to prednisone medicine. We use prednisone medicine to treat this disease just for 6-8 months. After this time duration, doctors stop using these medicines. People feel good after using

these medicines and their range and effects of this disease start decreasing gradually. Many research centers of the whole world help doctors to treat this disease [5]. They help them to use the specific type of medicines and treat these patients properly.

METHODOLOGY:

Doctors use different methods and treatments related to this disease and they use the huge amount of results of the researches. Many researchers help them to identify different types of medicines to treat this disease as soon as possible. Specialists and doctors from different countries of the world came and held a conference. In this conference, they discuss about this disease, it affects, outcomes and treatment. They use several methods and procedures to treat this disease. Several suggestions were made and conclude results. They get reviews and scores from all the invited members in this conference. After taking suggestions related to this disease, they ask them to give reviews on these specific points and we can conclude results. Some of them show their agreement to the calculated results but few of them were not agree with their decision. Now to hit upon one specific plan, they make voting. One of these groups start voting and other marked up the results. After some time, again, this type of meeting was held on the annual basis and they make suggestions. In this meeting, they conclude the results related to this disease, and suggest medicines, treatment and all points related to this disease which is very rare in all over the world. The initial treatment for this disease was considered as the use of medicines for this disease, and it was started in some specific hospitals first. Before treating these patients, first, they check their medical histories. After getting full knowledge, they started their treatment. Different factors effects at the diagnosing this disease. Dermatologists of different hospitals have responsibility to treat this fatal disease which is disturbing the whole world. Except dermatologists, many other specialists and doctors also have responsibility to treat this disease and help them to get cure and live a healthy life ahead. Many nurses, who can provide home nursing to these patients also, have to participate in this study. Dietitians should give them proper guidelines and diet chart to make them physically strong. When these patients visit to the hospitals for their checkup, we should give them proper time and attention to listen their problems and start their treatment. First, doctors have to know about their medical history, either they are suffering from any heart, kidney or endocrine disease or not. They also ask them that they use any type of drug in their life or in past few days, because drugs also helps to initiate this disease. After asking all types of questions

related to this disease, they declare them that they are the patients of pemphigus or not. After all, these questions, they also take their physical examination. They make examination of their health and physical activities properly and conclude results. Measurement of the weight of the body, height, physical appearance, medical history and many other measurements were taken before the start of the treatment.

RESULTS:

After using several types of methods and technologies they conclude results. In conference, they sit and made some conclusions related to this research. They check the history of the patients and conclude that either they are suffering from this disease or not. They ask several questions from these patients related to their medical history, their daily life, intake of food and living standards. They diagnose this disease with the help of different diagnosing methods and techniques. They use several methods as by asking questions to them, they also treat them in hospitals with a proper treatment and medication. They examine their skin and mucous membrane to check the damage and conclude results. Another way of diagnosing this disease is the measurement of fluids and anti bodies in the human body. They use several techniques and methods to diagnose and treat this disease. Several types of treatments were used in the form of medicines and injections. They use several types of serum and antibodies related to this disease and inject to these

patients to conclude results. They check the skin of human beings, either skin is damage or showing blisters or not. They also detect some specific types of issues and problems related to this disease and give results. Then detect an antigen body which is helpful to detect this disease and conclude some results related to this disease. The main and important objective of this research is to control this disease in the world and second main aim is to help them to treat this disease. They use specific types of treatment and medication to treat this disease. They used to treat the rupture and damaged skin and help them to get rid of this disease without any damage. They help them to heal the wound and protect it from harmful substances. They help them to treat these wounds and get proper cure and treatment related to this disease. They help them to improve the lives of these patients and help them to come back to their normal life. They also inhibit the side effects which was leaving the long-term side effects on their bodies. Specialists and senior dermatologists should take part in the treatment of this disease and conclude results. As we know that this disease is not very common and cannot affect the large amount of population. Yearly just 5-6 patients got affected with this disease, so doctors should give proper care and attention to specific patients and treat them on the basis of specific values, terms and conditions. Senior dermatologists should provide proper care and attention to them.

	The Mild level of pemphigus	The Moderate level of pemphigus
First month	0.1kg	0.4kg
Second month	2kg	2.3kg
Third month	0.5kg	1.2kg

DISCUSSION:

This study is related to the disease based on skin issues and mucous membrane damage [6]. This is a rare disease and does not occur commonly in people. Just 1001 people get affected with this disease and show negative results. Dermatologists and many other researchers make research based on this disease and give some important points related to this disease [7]. They conclude some results related to this disease as it causes skin erosion and mucous damage. It reduces the fluids and mucous of the body and due to the loss of fluids from the body, their bodies become weak, they are not able to survive on their own. Due to this weakness, it also affects our cardiac activities and due to the disturbance of cardiac activities, many other issues and problem generates. This disease was also seen in children and they start surviving from this disease from younger ages [8]. This disease sometimes

shows mild and sometime show severe effects. Doctors are trying to treat this disease as soon as possible. Patients suffer a lot due to this disease and are unable to survive. Dermatologists are making lots of studies based on this disease. After these studies and meetings held on the basis of this disease, they start their treatment. Different doctors from all over the world suggest specific types of medicines for their treatment. They treat these patients in the form of groups, they make groups and use different types of medicines and injections to them to treat their issues and conclude results. Different types of medicines and injections show different results related to this study [9]. But they were able to conclude that which medicine show more positive effects as compared to other and after this experiment, doctors start using these medicines to treat this disease and stop the erosion of skin and cardiac issues people face during

this disease. Some patients also feel pain and some other issues during their treatment, but the show positive response towards their treatment [10].

CONCLUSIONS:

This study is about the treatment of the pemphigus disease, which occurs in humans and leaves its harmful effects. They show the huge amount of side effects related to this disease. In this study, they try to get the proper treatment level and the high level of efficacy and treatment should be given to patients. The Different number of serum injections and therapies should be given to them to treat their issues.

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