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## Clinico-etiological profile of lichen planus pigmentosus

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**Introduction:** Lichen planus pigmentosus is a distinct clinical entity commonly encountered in the Indian population.

**Aim:** To study the clinico-etiological profile of Lichen Planus Pigmentosus (LPP) at a tertiary care hospital.

**Methods:** Hundred patients with clinically and histopathologically confirmed the diagnosis of LPP were included. Demographic details including the age of onset, duration of disease, symptoms and family history were obtained. History regarding any precipitating factors, cosmetics, drug intake and associated cutaneous or systemic diseases was taken. Clinical examination of the skin, oral cavity, hair and nails were carried out.

**Results:** Of the total 100 patients, 56 (56%) were females and 44 (44%) males with age ranging from 18 to 54 years (mean age - 31.23 years). The duration of disease ranged from 2 to 60 months with a mean of 19.31 months. Cosmetic disfigurement (68%) was the commonest complaint, followed by itching (41%) while 30% of the patients were asymptomatic. History of topical mustard oil and henna/hair dye application was present in 62% and 48% of the cases each. Other topicals included perfumes (24%), aftershave lotion (36%) and cosmetics (20%). Face (54%) and neck (48%) were the commonest sites affected, followed by the upper back (36%), upper limbs and chest (each 32%). Eleven patients showed only flexural involvement. The commonest pattern of pigmentation was diffuse (56%) followed by reticular in 16%. The color of the pigmentation varied from slate grey to brownish-black in varying proportions. A positive association was found between hypothyroidism with diffuse LPP where the p-value was <0.001.

**Conclusion:** LPP is a distinct clinical entity caused by diverse etiological factors and shows varied clinical patterns. All the patients should be advised to stop using mustard oil/henna/ hair dye/ aftershave lotions and cosmetics. Hypothyroidism can be considered to be a disease associated with LPP and all the patients should be investigated for the same.

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