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Lupus profundus: An Indian perspective

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Lupus profundus (LP) is a rare subset of Lupus erythematosus and clinically presents as indurated subcutaneous painful nodules and plaques. LP is an uncommon condition in India but not as rare as suggested by published literature. Contrary to findings in western literature where it occurs in late 30's and early 40's and lesions typically appears on proximal extremities including lateral upper arms, shoulders, buttocks, trunk, LP occurs at an early age and preferentially involves face in Indians. Unusual variants involving the breast, parotid gland and periocular tissue have been described in the literature. LP is reported to occur in 2-3% of patients with SLE. Diagnosis of LP can be made histopathologically with predominant involvement of subcutaneous tissue showing key features like lobular inflammation, lymphocyte predominance, fat necrosis with hyalinization, fibrinoid degeneration and lymphoid follicles. Direct immunofluorescence may show granular staining of IgG, IgM and C3 at the dermoepidermal junction. Antimalarials are considered first line therapy. Other treatment modalities like immunosuppressants, intravenous immunoglobulin and biological agents have also been tried and were successful in few reported cases. An early diagnosis and prompt treatment may help prevent disfigurement so characteristic of this disease.

Biography

Deeptara Pathak Thapa, an Assistant Professor in Dermatology has been trained in BPKIHS, Nepal one of the finest medical college in South East Asia. She is the postgraduate coordinator in Dermatology. She has published articles on interesting topics in peer-reviewed journals and is a reviewer for many international journals including IJD. She has not only presented papers in national and international conferences but has also organized annual national conference as the scientific committee chairman. She is an active member of International societies like ICD, SARAD, DSI, IADVL and National Society, SODVELON. Her interest is in cosmetic and clinical dermatology.

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