



INFLAMMATORY SKIN DISEASES (OTHER THAN ATOPIC DERMATITIS & PSORIASIS)

TREATMENT OF VARIOUS FORMS OF LICHEN PLANUS WITH LOW MOLECULAR WEIGHT HEPARIN AS FIRST LINE OF THERAPY: A RARE CASE SERIES OF 64 PATIENTS

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INTRODUCTION: Lichen planus (LP) is a common, pruritic, papulosquamous disease of the skin, mucous membranes and hair follicles. Exact pathogenesis of LP is unknown.

OBJECTIVE: To determine the effectiveness of Low dose, low molecular weight heparin in various forms of lichen planus.

MATERIALS AND METHODS: 64 patients with mean age 35, who presented with clinical features of LP and were histopathologically confirmed of LP were included in this study. Enoxaparin was given to each patient in a dose of 4mg subcutaneous injection weekly for a minimum of 15 weeks. Assessment of response to treatment was done for each patient every 4th week by assessing of the severity of itching and reduction in the number of lesions. Visual Analogue Scale (VAS) score was used to assess improvement of itching. At presentation patients were divided into 2 groups (Hypertrophic and Guttate) according to the morphology of lesions at initial presentation and response to treatment classified for 4 grades (dramatic response, moderate response, mild response and no response)

RESULTS: There were 19 patients of Hypertrophic LP rest 45 were of Guttate type. The mean duration of symptoms was 12 months. 6 of the 64 patients did not completed the study. In remaining patients who completed the study, there was dramatic reduction in VAS score. This reduction is considered statistically significant at the end of the 2nd month of treatment (p-value 0.0002). Average time taken for disappearance of Itch was 8 weeks (After 8 injections) which was as early as after 3 weeks and as late as 12 weeks. The number of patients that responded dramatically to therapy in the end of treatment course was 48 patients (75%)

CONCLUSIONS: Enoxaparin is safe, simple, effective and good alternative first line therapy for various forms of lichen planus.

