

NAIL DISORDERS

A STUDY OF NAIL CHANGES IN VARIOUS DERMATOSIS

Neerja Puri⁽¹⁾

Punjab Health Systems Corporation, Dermatology, Ferozepur, India⁽¹⁾

Introduction: Nail changes are seen in various dermatosis like psoriasis, lichen planus, vesicobullous disorders and other papulosquamous disorders. We will discuss in detail regarding nail changes in various dermatosis.

Objectives: To study the abnormal nail changes in patients coming to the Department of Dermatology.

Material and methods: For the present study, 500 patients with nail changes coming for various dermatological conditions were selected. A thorough systemic and dermatological examination was conducted and all details were recorded on a special proforma. Routine investigations like Hb, TLC, DLC, ESR, platelet count, urine complete examination, blood urea, and serum creatinine were carried out to confirm the diagnosis. Special investigations like nail clipping for bacteriological and fungal infection, nail biopsy and skin biopsy were carried out whenever required.

Results: In our study, out of 500 patients, nail changes were seen in various dermatosis. Maximum number of patients (25%), were of onychomycosis followed by 20% patients of psoriasis, 20% patients of eczema, 8%, patients were of paronychia, 5% patients of lichen planus and 4% patient were of darier's disease to name a few. Out of 100 patients of psoriasis the most common changes were pitting, subungual hyperkeratosis, onycholysis and discoloration. Out of 125 cases of lichen planus, the most common changes were longitudinal ridging, pterygium and onycholysis. Twenty nail dystrophy was seen in 20 cases and the commonest cause of twenty nail dystrophy was idiopathic in 45% cases, psoriasis in 25% cases, lichen planus in 20% cases and alopecia areata was seen in 10% cases.

Conclusion: Knowing the normal and abnormal variants of the nail and their association with wide range of disease is beneficial not only for the establishing diagnosis but also for the specific management of the disease.