

NAIL DISORDERS

“MORPHOLOGICAL CHANGES OF FINGERNAIL LUNULA AND ITS DISEASE ASSOCIATION– A CLINICAL STUDY”

Shweta Bhadbhade⁽¹⁾ - M R Harish⁽²⁾ - B M Shashikumar⁽²⁾

Kvgmch, Sullia, Dermatology, Venereology & Leprosy, Sullia, India⁽¹⁾ - Mims, Dermatology, Venereology & Leprosy, Mandya, India⁽²⁾

INTRODUCTION: The lunula is a white, crescent shaped area seen just distal to the proximal nail fold. Alterations in its morphological features or color can be an indication of either a cutaneous or systemic disorder. Hence this study is undertaken to know the morphological changes in fingernail lunula and its associations with various cutaneous and systemic diseases.

OBJECTIVES: To evaluate the morphological changes of finger nail lunula and its association with cutaneous and systemic diseases.

MATERIALS & METHODS: An observational study was done on patients attending the Dermatology OPD from June 2015 – May 2016. The patients with lunular changes were enrolled for the study after explaining the study requirement in accordance with the guidance of Institutional ethics committee. Such enrolled subjects, were evaluated by clinical examination and relevant laboratory investigations.

RESULTS: One hundred and forty three cases in the age group of 8 to 60 yrs had various changes in fingernail lunula.

The various morphological changes observed were presence of lunula in all nails, anolunula, triangular lunula and red lunula. The most common presentation was anolunula. The cutaneous diseases showing anolunula were associated with HIV infections, paronychia, eczema, pemphigus vulgaris and brachyonychia. Among the systemic diseases examined, cases of CKD, patients with both DM and hypertension and severe anaemia showed anolunula. Cutaneous diseases like psoriasis, alopecia areata & vitiligo; systemic diseases like CKD, DM and HTN showed lunula in all nails. Triangular lunula was seen in psoriasis, CKD and hemiplegia. Red lunula occurred in HTN and CCF.

CONCLUSION: The study shows anolunula being the most common change due to slow nail growth. Lunula in all nails can be related to accelerated nail growth due to disease process per se. Lunular dyschromia can occur due to alteration in vascularity.