



NAIL DISORDERS

## TRACHYONYCHIA TREATED WITH INTRALESIONAL VITAMIN D

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**BACKGROUND :** Trachyonychia, derived from the Greek word trakos, for rough, is a descriptive term referring to rough nail changes. The term "twenty nail dystrophy" (TND) is used to describe trachyonychia involving all 20 nails. The nails show diffuse ridging with lack of luster, and in severe cases sandpaper-like surface. Trachyonychia was first described by Alkiewicz in 1950 is more common in children, with an insidious onset and peak age of 3 to 12 years.

**OBSERVATION:** A 12 year old boy presented with rough nails since 6 months, initially involving the ring finger of right hand and later gradually spreading to involve all nails of hand and feet. Dermatological and systemic examination was unremarkable. Treatment with intramatrix vitamin D3 injections under ring block was started. Just after 3 sittings of intra-matrix injections there was complete resolution of nail dystrophy.

**KEY MESSAGE :** Although painful, Intralesional vitamin D3 is a safe, cheap and effective treatment in Trachyonychia in india

