



PIGMENTATION

LICHEN PLANUS PIGMENTOSUS- STUDY OF 100 CASES

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Introduction: Lichen planus pigmentosus is a distinct clinical entity commonly encountered in the Asian subcontinent.

Objective: To study the clinical profile and etiological factors of lichen planus pigmentosus (LPP) at a tertiary care hospital.

Material and method: 100 patients with clinically and histopathologically confirmed diagnosis of LPP were included. Demographic details including the age of onset, duration of disease, symptoms and family history were obtained. History regarding any precipitating factors, cosmetics, drug intake, and associated cutaneous or systemic diseases was taken. Complete cutaneous examination and assessment of thyroid function test was carried out.

Results: Of the total 100 patients, 56 (56%) were females and 44 (44%) males with age ranging from 18 to 54 years (mean age - 31.23 years). The duration of disease ranged from 2 to 60 months with a mean of 19.31 months. Cosmetic disfigurement (68%) was the commonest complaint, followed by itching (41%) while, 30% of the patients were asymptomatic. Drug history was present in 24% cases. History of topical mustard oil and henna/hair dye application was present in 62% and 48% of the cases each. Other topicals included perfumes (24%), dettol soap (36%) and cosmetics (20%). Face (54%) and neck (48%) were the commonest sites affected, followed by upper back (36%), upper limbs and chest (each 32%). Eleven patients showed only flexural involvement. The commonest pattern of pigmentation was diffuse (56%) followed by reticular in 16%. The color of the pigmentation varied from slate grey to brownish-black in varying proportions.

Conclusion: LPP is a distinct clinical entity caused by diverse etiological factors and shows varied clinical patterns.

