



PIGMENTATION

TITLE: INDIAN FEMALES WITH MELASMA AND THEIR HORMONAL PROFILE

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BACKGROUND: Melasma is a chronic skin disorder that results in symmetrical, blotchy, brownish facial pigmentation.

OBJECTIVE: To evaluate the various hormone levels, i.e. T3, T4, TSH, Oestrogen, Progesterone, Prolactin at any time of their menstrual cycle and their values estimated according to Follicular (FP) and Luteal Phase (LP) values in female melasma patients.

MATERIALS AND METHODS: Sixty-six female patients suffering from melasma between the ages of 15-45 years were enrolled in the study. Patients were investigated for various hormone levels.

RESULTS: Amongst the sixty-six patients only 18 (27.3%) had normal values for oestrogen, while the remaining 48 patients (72.7%) had deranged values (Mostly increased). Out of 66 patients, progesterone level was normal in 28 (42.4%) and deranged in 38 (57.6%). Prolactin level was found normal in 59 (89.4%) and deranged in 7 (10.6%) of the patients. T3 level was found to be normal in 49 (74.2%), increased in 9 (13.6%) and decreased in 8 (12.1%) of the patients. T4 was found normal in 51 (77.3%), increased in 8 (12.1%) and decreased in 7 (10.6%) of the patients. TSH level was found normal in 43 (65.2%), increased in 18 (27.3%) and decreased in 5 (7.6%) of the patients.

CONCLUSIONS: It was concluded raised oestrogen and progesterone levels contribute towards the development of melasma. Hypothyroidism is found to be associated with melasma in many cases.

