

PIGMENTATION

UNCOMMON INDICATION OF A COMMON DRUG

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Introduction: Facial Hypermelanosis is a common problem in Indian subcontinent, affecting the quality of life profoundly. Easy availability of triple combination prescription creams, makes the diagnosis and management difficult. Lichen planus pigmentosus one of the common cause of facial hypermelanosis. Various treatment options have been documented, however no definite guidelines are outlined.

Aim: Of this study was to access the therapeutic efficacy of Methotrexate in facial lichen planus pigmentosus.

Materials& Methods: The study was carried out in a private dermatology clinic in Mumbai, India over a period of 6 years. 34 patients of facial hypermelanosis, who were confirmed on histopathology to have lichen planus pigmentosus were enrolled for study. They were treated with 7.5mg/week of oral Methotrexate for a variable duration ranging from 3 months-3 years depending on clinical course. Patients were followed up at monthly interval. Pre and Post treatment photographs were taken and analyzed. Improvement analyzed as 1) reduction in symptoms if any 2) Stoppage of appearance of new lesions 3) Improvement in pigmentation which was graded as poor, fair and good. Findings were documented on the basis of patient's observation, doctor's clinical findings and photographic records. Relevant data was documented, analyzed and inference drawn.

Observation & Results: Maximum number of patients were on treatment between 6 months to 1 year. Improvement in pigmentation was observed in 25 patients. Complete clearance was noted in 10 patients with relapse in 3 patients. Poor response was observed in 8 patients with no response in one patient. Side effects were none.

Conclusion: According to study Methotrexate is one safe and cost effective drug for disfiguring facial hypermelanosis due to Lichen planus pigmentosus.