



CONTACT DERMATITIS AND OCCUPATIONAL DERMATOSES

CASE SERIES REPORT OF SEVER PHYTOPHOTODERMATITIS IN HERAT REGIONAL HOSPITAL, HERAT CITY - AFGHANISTAN, APRIL - MAY 2018

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Background: Phytophotodermatitis — Topical exposure to plant-derived substances may also cause a phototoxic reaction termed phytophotodermatitis.

Phytophotodermatitis occurs most commonly after exposure to limes and other plants. Other citrus fruits contain furocoumarins and may infrequently cause a phytophotodermatitis.

Although generalized phototoxic reactions secondary to the ingestion of plants is rare. We admitted 17 cases of sever cutaneous reaction following ingestion of a certain plants as vegetable.

Observation: During April – June 2018, 17 patients 5 (29.4%) men and 12 (70.6%) female, admitted to the dermatology department of our hospital for sever reaction in sun exposed areas following ingestion of a particular plants called Shorak in local language (Salsa Rigid) as an eatable vegetable food.

6 (35.2%) of patients Herat Province and the rest 11 (64.8%) from Badghis. Both Herat and Badghis patients were all from the districts and rural areas, all were illiterate with only one just traditional semi literate. The age ranged 2-56 years with an average of 22 years. The hospital staying time was between 1 – 17 days with an average length of stay of 5.9 days. Face was involved in all patients (100%), hands, feets, and necks affected in 64.7%, 53%, and 5.3% respectively. Only 1 patient (5.8%) face was involved alone. No patient had lesion elsewhere in the body without face involvement. Although, no mortality case reported, sever morbidity and disfiguring requiring skin graft seen in 4 cases and fingers amputation observed in one patient.

Key Message: Eventhough, phytophotodermatitis in particularly sever form is rare in other countries, it is still highly prevalent in our community leading to life long, disfiguring and disabilities. Hence, Strong efforts by policy-makers is required to deal this public health challenge. We have already launched a massive media campaign and the links are available at YouTube.

