

## TO STUDY THE EPIDEMIOLOGICAL PROFILE OF PITYRIASIS ROSEA

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### Abstract

**Background:** Pityriasis rosea (PR) is an acute inflammatory skin disorder. Though self-limiting but the bothersome symptoms often have a significant impact on the quality-of-life of patients. To study the epidemiological profile of pityriasis rosea.

**Methods:** A prospective controlled study was conducted on 60 patients of pityriasis rosea attending outdoor patient department of Dermatology, Venereology and Leprosy, SP Medical College and PBM Hospital, Bikaner.

**Results:** Mean age of patients in study group was  $21.26 \pm 10.19$  years. 39 patients were female and 21 patients were male. Acute onset of disease was present in 88.30 % of patients. Mother patch was present in 40% patients.

**Conclusion:** We concluded from the present study that pityriasis rosea is common in 20-30 years age group with male predominance.

**Keywords:** Pityriasis rosea (PR), Clinical profile, Skin disorder.

### Introduction

Pityriasis rosea (PR) is an acute inflammatory skin disorder. Though self-limiting but the bothersome symptoms often have a significant impact on the quality-of-life of patients. The incidence of PR varies from 0.39 to 4.80/100 dermatological patients<sup>1,2</sup>. The association of human herpes virus 6 (HHV-6) and HHV-7 with PR suggest that antiviral agents can be tried to speed up recovery of PR<sup>3</sup>. Till date, supportive care with topical emollients and antihistamines is practiced by dermatologists for this disorder. Oral erythromycin was once reported to be of benefit to patients with PR<sup>4</sup>, but recent clinical experiences suggest that the use of macrolides may not be useful in the treatment of PR<sup>5,6</sup>. Studies evaluating acyclovir in PR are being conducted worldwide, however, data on Indian patients is scarce<sup>3</sup>

### Material and Methods

A prospective controlled study was conducted on 60 patients of pityriasis rosea attending outdoor patient department of Dermatology, Venereology and Leprosy, SP Medical College and PBM Hospital, Bikaner. The cases were diagnosed on the basis of typical clinical presentation. These patients were randomly divided into two groups of 30 each in group A (Study group) and group B (Control group). Group A was receive oral Acyclovir 800mg five times a day for 7 days and Cetirizene 10mg at night, topically Calamine lotion or Glycerine lotion till the symptomatic relief and group B was receive Cetirizene 10mg in the night, topically Calamine lotion or Glycerine

lotion till the symptomatic relief. PATIENTS SELECTION CRITERIA

Patients were selected or excluded on the basis of following criteria.

### INCLUSION CRETERIA

1. All patients more than 12 years of age.
2. Clinical proven cases of Pityriasis rosea.
3. New and relapsing cases of Pityriasis rosea.

### EXCLUSION CRETERIA

1. All patients with renal disease.
2. Patients with unpredictable behavior, who cannot be followed up.
3. Pregnancy and lactation.

### Diagnosis

The patients were diagnosed on the basis of typical clinical features: a single, isolated oval scaly pink maculae or patch (the "herald" or "mother patch") on the body, particularly on the trunk, upper arms, neck or thighs.

Characteristic orientation of the discrete circular or oval lesions along lines of skin cleavages, parallel to the ribs with peripheral collarette scaling with central clearance on at least two lesions

### Observations

**Table1: General characteristics of patients**

Mean age	21.26±10.19 Yrs	
Female : Male	21 : 39	
Onset	Acute	53 (88.30%)
	Gradual	6(10.00%)
	Insidious	1(1.70%)
Mother patch present	Yes	24 (40.00%)
	No	36 (60.00%)

Mean age of patients in study group was 21.26±10.19 years. 39 patients were female and 21 patients were male. Acute onset of disease was present in 88.30 % of patients. Mother patch was present in 40% patients.

### Discussion

Mean age of patients in study group was 21.26±10.19 years. 39 patients were female and 21 patients were male. Acute onset of disease was present in 88.30 % of patients. Mother patch was present in 40% patients. Majority of the cases of PR reported between the ages of 10 and 35 years.<sup>7,8</sup> Our study findings are comparable with other studies with respect to peak age of incidence.<sup>9,10</sup>

The overall male-to-female ratio is 1:1.86.<sup>8</sup> However, our study has shown a male preponderance. Ganguly in a clinic epidemiological study of PR from South India has also reported a male preponderance.<sup>11</sup>

### Conclusion

We concluded from the present study that pityriasis rosea is common in 20-30 years age group with male predominance.

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