

Lichen Planus

"Tree Moss" | Flat

- Immune mediated disorder which affects the skin and mucous membrane, hair, nail

Etiopathogenesis - Unknown Cause, Damage to Dermo-epidermal junction
Keratinocytes present antigen on the MHC I molecule

T cells → Release Cytokines

↓
Damage to melanocytes

↓
↑ Keratinocyte

- Usually associated with other autoimmune diseases like T1D, Myasthenia, Hepatitis B & C, Alopecia

→ Dermo-epidermal junction shows "Sawtooth" appearance

Clinical Features

- Both sexes, Age - 30 to 60 years

Location → Flexor aspects of arms, legs, wrists,

Forearms

Skin & Oral mucosa

Sensation → Pruritus → Flat Topped

Polygonal

Papular → < 5 mm in diameter

Plaque - > 5 mm

Purple

Pruritic

- Characterized by White lacy network called Wickham's striae

- Lesions tends to appear on the lines of trauma (Kobner's phenomenon)
- Scalp involvement leads to Non-scarring alopecia
- Oral $\rightarrow$ Asymptomatic
- Less common varieties like $\rightarrow$ Ulcerative, annular, atrophic, linear, pigmented also exists

Investigation

- Drug history should be asked as it might be drug induced lichenoid reaction
- Skin Biopsy should be taken

Differential diagnosis

- Psoriasis
- Contact Dermatitis
- Cutaneous Lupus Erythematosus

Treatment

- Usually self limiting