Clinicopathological study of Lichen planus pigmentosus with special reference to treatment response to oral colchicine

**Introduction:** Lichen planus pigmentosus is a pigmented variant of lichen planus, seen most commonly in people with darker skin clinically characterized by hyperpigmented macules on sun-exposed areas. Available treatment modalities for this cosmetically disfiguring disorder are very limited and not uniformly effective. We tried to find out the effectiveness and safety of colchicine in these patients.

**Materials and Methods:** Retrospective record-based study of Lichen planus pigmentosus of 25 patients diagnosed based on typical clinical and pathological features was done. Demographics, duration and evolution of the disease, age and site of initial onset, family history, aggravating factors and associated cutaneous or systemic illness was recorded. Histopathological changes and dermoscopic patterns were recorded. The patients were treated with topical tacrolimus, sunscreens and colchicine.

**Results:** Lesions were most common in the second to third decade, females showed a higher preponderance (8 males, 17 females). Clinical types observed were diffuse (75.2%), reticulate (10.8%), blotchy (8.4%) and perifollicular (5.6%). The face and neck were the most commonly affected sites with pigmentation varying from slate grey to brownish black. Extrafacial pigmentation was observed in 6 patients. 5 correlated the onset with cosmetic use. Concomitantly occurring Lichen planus was noted in 5 patients. Anti nuclear antibody positivity was observed in 4, comorbidities such as hypothyroidism were found in 5 patients. 30-80% reduction in pigmentation was noted in 20 patients at 12 weeks. No improvement was seen in 5 patients. Histopathological changes were tabulated. Dermoscopic features included a bluish-grey pattern with no pigmented reticulum, blue-grey and brown-grey globules and dots along with red lines, predominantly at the periphery.

**Discussion:** Dermoscopy can be used to differentiate LPP from other facial melanoses. To conclude colchicine appears to be a safe and effective drug for this otherwise difficult to treat condition.