PAPULAR MUCINOSIS PRESENTING AS LICHEN NITIDUS: A RARE CASE REPORT

INTRODUCTION: Papular mucinosis (lichen myxedematosus) is a chronic, idiopathic cutaneous mucinosis characterized by dermal mucin deposition in the absence of thyroid disease. Scleromyxoedema is the commonest form and is associated with monoclonal gammopathy and systemic manifestations. There can be a localized papular form which does not have systemic manifestations. We report a case of papular mucinosis presenting as lichen nitidus.

CASE REPORT: A 47 year old male patient complained of asymptomatic raised lesions over the right wrist since two years, which gradually progressed to involve the forearms, knees, thighs and neck. He was on Ayurvedic and Homeopathic treatment for the same, without any improvement. On examination there were multiple skin coloured and hypopigmented papules, smooth topped, present over bilateral forearms, dorsum of both hand, knees, thighs and nape of neck. Koebner phenomenon was present. A provisional diagnosis of lichen nitidus was made.

DISCUSSION: Biopsy taken from the lesions showed focal hyperkeratosis and thinning of the epidermis. Upper dermis showed mucin for which special stains (Alcian blue and PAS) were used. This was suggestive of papular mucinosis. Serum protein electrophoresis and thyroid function tests were normal. No cardiovascular, renal or CNS abnormalities were detected.

CONCLUSION: Whether papular mucinosis represents a true plasma cell dyscrasia is unknown. Presence of Koebner phenomenon in papular mucinosis is rarely mentioned in literature.