

## Prurigo Nodularis: A Rare Case

Abhishek Patil<sup>1\*</sup> and Sourabh Deshmukh<sup>2</sup>

<sup>1</sup>Department of Kayachikitsa, Mahatma Gandhi Ayurved College, Hospital & Research Centre, Salod (H), Wardha, Datta Meghe Institute of Higher Education & Research (Deemed to Be University), Maharashtra

<sup>2</sup>Department of Kayachikitsa, Mahatma Gandhi Ayurved College, Hospital & Research Centre, Salod (H), Wardha, Datta Meghe Institute of Higher Education & Research (Deemed to Be University), Maharashtra

### \*Corresponding author:

Abhishek Patil,  
Department of Kayachikitsa, Mahatma Gandhi  
Ayurved College, Hospital & Research Centre,  
Salod (H), Wardha, Datta Meghe Institute of  
Higher Education & Research  
(Deemed to Be University), Maharashtra

Received: 10 Nov 2024

Accepted: 19 Dec 2024

Published: 26 Dec 2024

J Short Name: JCMI

### Copyright:

©2024 Abhishek Patil, This is an open access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and build upon your work non-commercially.

### Citation:

Abhishek Patil, Prurigo Nodularis: A Rare Case.  
J Clin Med Img. 2024; V8(7): 1-1

### 1. The Legend of The Image

A rare skin condition known as Prurigo Nodularis (PN) is characterized by extremely itchy lesions that are well-defined, scaly, hard, and hyperkeratotic itchy nodules. Usually, the lesions are symmetrically spread over the trunk and extremities. The nodules are caused by strong, continuous skin rubbing and scratching, albeit the precise source is unknown. A 24 year old female patient came to OPD (out patient department) with complaints of itchy skin lesions over both feet since 6 months. A physical examination revealed several distinct, scaly, hyperpigmented nodules

with erosions over both feet with violaceous borders. Patient was treated with clobetasol propionate 0.05% cream and sodium fusidate 2% ointment applied locally over nodules twice daily & also levocetirizine 5 mg tablet twice a day & cyclosporine given orally. She get significant relief from itchy skin lesions & hyperpigmented nodules.

### 2. Differential Diagnosis

Lichen simplex chronicus, Pemphigoid nodularis.

### 3. Final Diagnosis

Prurigo Nodularis



**Figure 1 & 2:** Both feet with hyperpigmented nodules surrounded by violaceous borders with erosions.