**Disease Name –**

Lichen Planus (LP)

**Medical history related Lichen Planus –**

History of autoimmune disorders such as thyroid disease or lupus. Previous exposure to certain medications, including beta-blockers, NSAIDs, or antimalarial drugs. Presence of hepatitis C infection, as LP may be associated with this viral infection. History of stress or emotional trauma, as psychological factors may exacerbate LP symptoms.

**Symptoms of Lichen Planus –**

Symptom 1- Pruritic, Purple-Colored Papules or Plaques on the Skin: Lichen planus typically presents as pruritic (itchy), purple-colored papules or plaques on the skin. These lesions often have a distinctive appearance, with fine white lines or scales on their surface. They may vary in size and can occur on any part of the body, although they are commonly found on the wrists, ankles, lower back, and genitals.

Symptom 2- Shiny or Scaly Lesions with a Flat Top: The lesions of lichen planus may appear shiny or scaly and often have a flat top. They can range from being small and discrete to larger and more widespread. The flat-topped nature of the lesions distinguishes them from other skin conditions, contributing to the characteristic appearance of lichen planus.

Symptom 3- Involvement of Mucous Membranes: Lichen planus can affect the mucous membranes, leading to the development of white, lacy patches or painful sores. These lesions commonly occur in the mouth (oral lichen planus) or genital area (genital lichen planus) and can cause discomfort, particularly when eating, drinking, or engaging in sexual activity.

Symptom 4- Nail Abnormalities: Nail abnormalities are another manifestation of lichen planus and may include ridges, grooves, or pitting on the surface of the nails. In more severe cases, nail thinning or loss (onycholysis) may occur. These changes can affect the appearance and texture of the nails, causing cosmetic concerns for affected individuals.

Symptom 5- Itching or Burning Sensation: Itching or a burning sensation is a common symptom of lichen planus, especially in areas where lesions are present. The itching may be mild to severe and can worsen with heat, irritation, or scratching. It can significantly impact the quality of life for individuals with lichen planus, leading to discomfort and distress. Management strategies, including topical treatments and lifestyle modifications, aim to alleviate itching and improve symptoms.

**Description of Lichen Planus –**

Lichen planus (LP) is a chronic inflammatory condition that affects the skin, mucous membranes, and nails. It manifests as pruritic, purple-colored papules or plaques on the skin, often with distinctive white lines or scales. LP can also involve the mucous membranes, leading to white, lacy patches or painful sores in the mouth or genital area. Nail abnormalities, such as ridges, grooves, or pitting, may also occur. The exact cause of LP is unknown, but it is believed to involve an abnormal immune response. LP may be triggered by certain medications, infections, or psychological stress. While the condition is not contagious or life-threatening, it can cause discomfort and cosmetic concerns.

**Causes of** **Lichen Planus –**

The exact cause of lichen planus (LP) is unclear, but it is believed to involve an abnormal immune response. Certain factors may trigger or exacerbate LP, including:

Cause 1 - Medications: Some medications, such as beta-blockers, NSAIDs, antimalarial drugs, and certain antibiotics, may trigger LP or worsen existing symptoms.

Cause 2 - Infections: LP may be associated with infections, particularly hepatitis C virus (HCV) infection. Individuals with HCV may have a higher risk of developing LP.

Cause 3 - Chemical exposure: Exposure to certain chemicals or allergens, such as metals, dyes, or flavorings, may trigger LP in susceptible individuals.

Cause 4 - Psychological stress: Emotional trauma or stress may exacerbate LP symptoms or trigger flare-ups. Managing stress through relaxation techniques or counseling may help alleviate symptoms.

**Lifestyle changes to prevent –**

To help prevent or manage lichen planus (LP), individuals can make several lifestyle changes. Firstly, it's essential to identify and avoid potential triggers that may exacerbate LP symptoms. These triggers may include certain medications, chemicals, or emotional stressors. Maintaining good oral hygiene practices is also crucial. Regular brushing, flossing, and dental check-ups can help prevent oral LP lesions and reduce discomfort. Additionally, protecting the skin from irritation or trauma is important. This can be achieved by wearing protective clothing, avoiding harsh soaps or chemicals, and using moisturizers to keep the skin hydrated. Managing stress is another key aspect of LP management. Practicing stress management techniques such as relaxation exercises, meditation, or yoga can help reduce emotional stress and prevent LP flare-ups. By incorporating these lifestyle changes, individuals with LP can better manage their condition and improve their overall quality of life.

**Disease background of Lichen Planus –**

Lichen planus (LP) can affect individuals of all ages, but it is most commonly seen in adults between the ages of 30 and 60 years. Women are affected slightly more often than men. LP is not contagious and cannot be transmitted from person to person. Individuals with autoimmune disorders, such as thyroid disease or lupus, may have a higher risk of developing LP. Additionally, LP may be associated with certain infections, including hepatitis C virus (HCV) infection. It is important for individuals with LP to receive appropriate medical evaluation and management to help alleviate symptoms and prevent complications.