**Disease Name –**

Pruritus

**Medical history related Pruritus–**

History of skin conditions such as eczema, psoriasis, or dermatitis. Underlying medical conditions such as liver or kidney disease, diabetes, or thyroid disorders. Medications that may cause itching as a side effect. Recent exposure to allergens or irritants.

**Symptoms of Pruritus –**

Symptom 1- Intense Itching Sensation: Pruritus is characterized by an intense itching sensation, often localized to specific areas of the body. This itching can be relentless and may vary in severity, ranging from mild discomfort to unbearable urge to scratch. Itching is the primary symptom of pruritus and can significantly impact daily life, causing distress and discomfort.

Symptom 2- Redness or Inflammation of the Skin Due to Scratching: Persistent scratching or rubbing of the itchy areas can lead to redness or inflammation of the skin. This occurs as a result of increased blood flow to the affected area in response to irritation. The skin may appear red, swollen, or warm to the touch, further exacerbating the itching sensation and creating a cycle of itch-scratch-inflammation.

Symptom 3- Dry, Cracked, or Scaly Skin in Affected Areas: Continuous scratching can damage the skin's barrier function, leading to dryness, cracking, or scaling of the skin. The affected areas may become rough, flaky, or scaly, particularly if the itching is chronic or severe. Dry skin can worsen itching and increase the risk of infection or further skin damage if left untreated.

Symptom 4- Rash or Bumps on the Skin: Pruritus may result in the development of a rash or small bumps on the skin, especially in areas where scratching is frequent. These skin changes can vary in appearance and distribution depending on the underlying cause of the itching. The rash may be localized or spread to other parts of the body, and the bumps may be red, raised, or filled with fluid.

Symptom 5- Disrupted Sleep Patterns Due to Itching: Persistent itching can disrupt sleep patterns, leading to difficulties falling asleep or staying asleep throughout the night. Itching tends to worsen at night, making it challenging to get restful sleep. Sleep disturbances can result in fatigue, irritability, and impaired daytime functioning, affecting overall quality of life.

Symptom 6- Psychological Distress or Anxiety Related to Chronic Itching: Chronic pruritus can cause significant psychological distress, including anxiety, depression, and decreased quality of life. The constant urge to scratch, coupled with the impact of itching on daily activities and social interactions, can lead to feelings of frustration, embarrassment, and isolation. Psychological support and coping strategies may be necessary to help individuals manage the emotional toll of pruritus alongside medical treatment

**Description of Pruritus–**

Pruritus, commonly known as itching, is a sensation that prompts the desire to scratch or rub the affected skin. It can be acute or chronic and may result from various underlying causes, including skin conditions, systemic diseases, medications, or environmental factors. Pruritus can vary in severity and may significantly impact a person's quality of life, leading to sleep disturbances, emotional distress, and skin damage from scratching.

**Causes of** **Pruritus–**

Cause 1- Skin conditions: Pruritus can be a symptom of various skin conditions such as eczema, psoriasis, dermatitis, or fungal infections. These conditions can cause inflammation or irritation of the skin, triggering itchiness.

Cause 2- Systemic diseases: Underlying medical conditions like liver or kidney disease, diabetes, thyroid disorders, or certain cancers can manifest with pruritus as a symptom. Metabolic imbalances or dysfunction of internal organs can lead to itching.

Cause 3- Medications: Some medications, such as opioids, antihypertensives, antibiotics, or antifungal drugs, can cause itching as a side effect.

Cause 4- Allergens or irritants: Exposure to allergens like pollen, pet dander, or certain chemicals can trigger allergic reactions leading to pruritus. Irritants like soaps, detergents, or harsh fabrics may also exacerbate itching.

**Lifestyle changes to prevent Pruritus –**

Preventive measures for pruritus involve identifying and avoiding triggers that exacerbate itching. Individuals should maintain proper skin hygiene by using mild, fragrance-free cleansers and moisturizers to keep the skin hydrated and prevent dryness. Avoiding scratching or rubbing the affected areas can help prevent skin damage and further irritation. Wearing loose-fitting clothing made of breathable fabrics can reduce friction and irritation. In cases of chronic pruritus, it is essential to consult a healthcare provider for proper diagnosis and management, which may include medications, topical treatments, or lifestyle modifications.

**Disease background of Pruritus–**

Pruritus can affect individuals of all ages and backgrounds and may be more prevalent in certain populations, such as older adults or individuals with chronic medical conditions. People with sensitive skin or a history of allergic reactions may be more susceptible to pruritus triggered by environmental factors. Chronic pruritus can have a significant impact on quality of life, leading to sleep disturbances, psychological distress, and impaired daily functioning. Proper diagnosis and management of underlying causes are essential for effective treatment and symptom relief.