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Mr. S. Vinodh Kumar M.23

Thanks for the e-mail.
From the images sent you seem to have
Polymorphous Light Eruption - a form of solar
sensitivity. So you need to have a skin biopsy
and patch testing to find the allergen both of
which may not be feasible in India where they are
so fussy about protocol. When you go in sun wear
light shirt & cap. Avoid perfumes, aftershave,
deos etc. In the meantime do the following:-
Although I'm writing medicines not the
pharmacological names, the pharmacist may not
give it without a local doctor's prescription. So it
is better if someone from India carries it when
they come there.

1. Use a mild soap like Dove (or similar)
2. Elovon Ointment — apply 2-3 times
on affected areas & nights &
leave it overnight

3. Cetaphil Moisturizing Lotion

External use daytime

4. HCLQS (Hydroxychloroquine) 200 mg tabs
daily after dinner for 6 weeks

(Before bath you can smear a little
coconut oil on the patches)
Get back after 6 weeks

Depression