

## CASE REPORTS

### PITYRIASIS ROSEA WITH UNUSUAL HERALD PATCH

*Kiran Dambalkar*

A case of pityriasis rosea is reported in a 15-year-old boy. The herald patch was unusual being multiple and located in crural areas and armpit. The other features of the disease were however expressed classically.

**Key words: Pityriasis rosea, Herald patch**

#### Introduction

Pityriasis rosea is a fairly common entity. In the majority of cases a herald patch precedes the eruption by a few days. The patch is usually solitary, often located on the trunk, thighs or upper arm<sup>1</sup>, with the commonest site being the anterior chest.<sup>2</sup> A case with multiple herald patches situated in flexures is reported.

#### Case Report

A 15-year-old boy presented in mid winter season with slightly itchy skin lesions in the crural areas and right axilla of 10 days duration along with similar but smaller lesions over the trunk for the past 2 days. There was no prior history of drug intake or of any febrile episode. Examination revealed sharply demarcated, erythematous areas of 12-15 cm size in both crural areas and right axilla with fine white linear scaling about 2-3 cm inside the border. Lesions on trunk revealed similar plaques but of smaller size varying from 0.5-2 cms. and a collarette of scaling half way inside the bor-

der. Hair, nails and mucosal surfaces appeared normal.

A presumptive diagnosis of pityriasis rosea was made. Scrapings in 10% KOH for fungus from flexures were negative and VDRL test was non-reactive. In the meantime crops of similar lesions appeared on trunk, whole of limbs including dorsum of hand, face and neck. Patient was advised oral antihistaminics and bland emollient applications which relieved the irritation in the lesions. The lesions resolved completely over 6-7 weeks.

#### Discussion

Whereas the age, morphological appearance and resolution of the lesions in this case were classical for PR, there were however a few exceptional features. Occurrence of this ailment in winter months seems unusual as the disease is commonly reported in autumn and spring seasons.<sup>1</sup> The herald patch presented at multiple sites in the flexures, a situation exceptionally mentioned in the literature.<sup>3</sup> The variant of the disease with the herald patch preferring the girdles is described as girdle type of PR.<sup>4</sup> This may cause confusion with intertrigo, flexural psoriasis and

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erythrasma.

The features however leave one wondering whether it was a special form of PR reported by Aquilera in 1968 and named as pityriasis circinata et marginata of Vidal.<sup>3</sup>

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