

after masturbation for the last three months. These lesions persisted for 4–6 h after which they gradually disappeared on their own accord within 24 h.

Dermographism is the most common mechanical type of physical urticaria, affecting 2–5% of the population.<sup>[2,3]</sup> Stroking of the skin with a tongue blade elicits linear wheals within a few minutes. Individual hives may last 30 min to 2 h.<sup>[4]</sup> In one case series, dermographism could be exacerbated by hot water, emotion, exercise or cold exposure.<sup>[5]</sup>

Delayed-pressure urticaria can occur after application of pressure to the skin. It most commonly affects the palms, soles and buttocks and can be disabling. It can be diagnosed by hanging a 15-lb weight across the shoulder while walking for 20 min.<sup>[6]</sup> Author has devised a simple test to diagnose delayed pressure urticaria.<sup>[7]</sup>

In a study vitiligo and chronic urticaria groups experienced significantly more difficulties in sexual arousal and higher failure in attaining and maintaining the lubrication-swelling response of sexual excitement until the completion of sexual act than did controls. This study demonstrated that chronic skin diseases such as vitiligo and chronic urticaria have negative impacts on sexual life.<sup>[8]</sup> Ghiya *et al.* report a patient who found masturbation to be more satisfying than normal vaginal intercourse points toward difficulties in sexual arousal.<sup>[1]</sup>

Sites that have reacted to pressure have been found refractory to an additional pressure stimulus for at least 24–48 h.<sup>[9]</sup> This could be tested in the patient by asking him to reproduce lesions within 24–48 h. Authors report lesions appearing within 1–5 min is atypical for delayed pressure urticaria (DPU); however, lesions lasting for 4–6 h fits in to signs of DPU. Authors have not performed simple tests to diagnose physical urticaria. Lesions lasting for 4–6 h after masturbation suggest that it could be manifestation of delayed pressure urticaria. Authors also mention that the urticaria probably arises due to unusual and unnatural friction and pressure during masturbation as compared to natural vaginal intercourse. Similar friction and pressure should induce redness and swelling at other places of the body. Emotions could also play a part in eliciting these lesions. We feel that this could be a manifestation of delayed pressure urticaria and tests for delayed pressure urticaria could help to find cause of this unusual presentation.

## Urticaria and masturbation

Sir,

We read with interest an article by Ghiya *et al.* on masturbation and urticaria.<sup>[1]</sup> Authors describe a 30-year-old, married male with a history of recurrent itching, redness and swelling on the penis 1–5 min

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