

Bilateral gritty palms: Unusual presentation of lichen nitidus

Dear Editor,

A 21-year-old woman presented with multiple, tiny, skin-coloured to hyperpigmented asymptomatic papules and depressions on bilateral palms for 6 months [Figure 1a]. The patient did not have any similar lesions elsewhere on the body. The lesions were slowly progressive and enlarging in size. Based on the clinical findings, palmar psoriasis, lichen planus, palmar wart, lichen nitidus and palmar porokeratosis were kept as differential diagnoses.

Dermoscopic examination with polarising mode showed multiple well-circumscribed brownish-yellow depressed areas surrounded by a hyperpigmented rim. A few lesions showed fine peripheral scaling. A few punctate haemorrhages were also noted [Figure 1b].

Histopathological examination revealed thin epidermis with overlying parakeratosis, hypogranulosis and underlying basal layer degeneration along with expanded papillary dermis filled with lymphohistiocytic infiltrate [Figure 1c]. The dermoscopic and histopathological correlation was described in Table 1.

A diagnosis of isolated palmar lichen nitidus was made and the patient was started on 0.1% betamethasone dipropionate

ointment once daily. Currently, the patient is on regular follow-up and the lesions are resolving.

Lichen nitidus is most commonly located on the trunk, genitalia and extremities. Isolated palmar lichen nitidus is a rare manifestation. Both unilateral and bilateral palmar involvement has been described in the literature with different morphological presentations which include pruritic papules, asymptomatic pinhead-sized papules, pompholyx-like lesions, hyperkeratotic plaques, palmar pitting, fissuring and palmar purpura-like lesions.¹

Clinically, the disease should be differentiated from palmoplantar psoriasis, palmar wart, pompholyx, hand eczema, palmar lichen planus, localised porokeratosis and pitted keratolysis. Table 2 describes the dermoscopic comparison of lichen nitidus of palms and its differentials. Jayasree et al. described multiple oval depressions and pits with yellowish plugs along the dermatoglyphics of the palm in a background of erythema. The elongated and acanthotic rete ridges enclosing circumscribed collection of lymphohistiocytic infiltrate give rise to the yellowish areas and dilated capillaries in the dermis contribute to the background erythema.² Round erythematous depressions with dotted



Figure 1a: Showing multiple tiny skin-coloured to hyperpigmented papules and depressions on the central aspect of both palms.

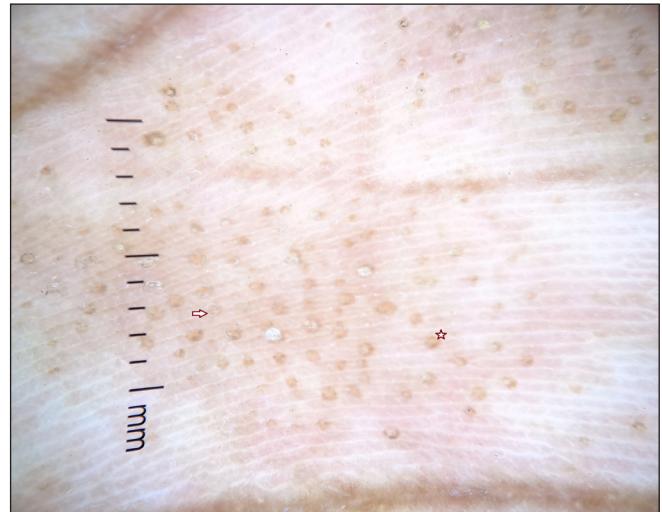


Figure 1b: Dermoscopic image (10×) with polarising mode showing multiple well-circumscribed brownish-yellow depressed areas surrounded by a hyperpigmented rim (star) and a few lesions showing fine peripheral scaling (arrow mark).

How to cite this article: Suresh M S, Divya KS, Patnala G, Karri SB. Bilateral gritty palms: Unusual presentation of lichen nitidus. *Indian J Dermatol Venereol Leprol.* 2025;91:238-9. doi: 10.25259/IJDVL_382_2023

Received: April, 2022 **Accepted:** July, 2022 **Epub Ahead of Print:** September 2023 **Published:** February, 2025

DOI: 10.25259/IJDVL_382_2023 **PMID:** 38031697

This is an open-access article distributed under the terms of the Creative Commons Attribution-Non Commercial-Share Alike 4.0 License, which allows others to remix, transform, and build upon the work non-commercially, as long as the author is credited and the new creations are licensed under the identical terms.

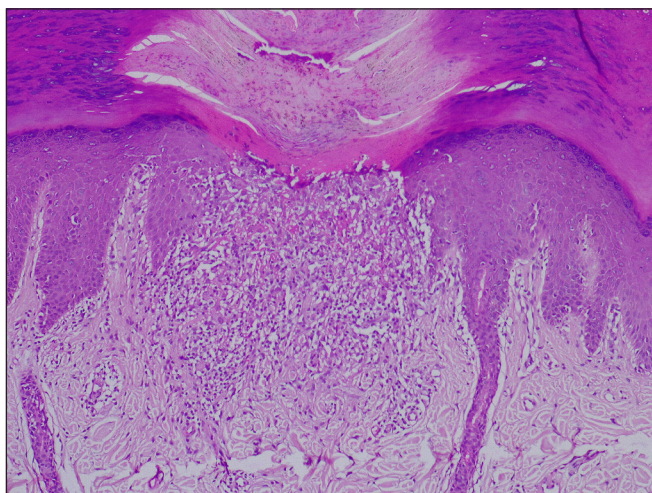


Figure 1c: Showing focal parakeratosis with underlying thin epidermis and expanded papillary dermis with lymphohistiocytic infiltrate (Haematoxylin & eosin, 100×).

Table 1: Dermoscopic and histopathological correlation of palmar lichen nitidus

Dermoscopy	Microscopy
Brown-yellow depressed areas	Dermal lymphohistiocytic infiltrate
Hyperpigmented rim	Peripheral elongated rete ridges
Scales	Parakeratosis

and linear vessels and yellow depressions interrupting linear parallel scales are other dermoscopic findings described.³

Durusu *et al* reported a case of palmar lichen nitidus with multiple grouped hyperkeratotic papules and pitting over the palmar aspect of phalanges which on dermoscopy showed areas of comedo-like depressions encircled by white linear or halo-like scaling.⁴ In a case of purpuric variant of palmar lichen nitidus, punctate haemorrhages were observed on dermoscopy, which occurred as a result of hyalinisation of dermal capillaries and RBC extravasation.⁵

We report this case because lichen nitidus presenting with involvement of both palms alone is a rarity. Though this presentation is very uncommon, lichen nitidus should be kept as a differential in asymptomatic, isolated palmar lesions presenting with multiple tiny papules.

Declaration of patient consent: The authors certify that they have obtained all appropriate patient consent.

Financial support and sponsorship: Nil.

Conflicts of interest: There are no conflicts of interest.

Use of artificial intelligence (AI)-assisted technology for manuscript preparation: The authors confirm that there was no use of AI-assisted technology for assisting in the writing or editing of the manuscript and no images were manipulated using AI.

Table 2: Dermoscopic comparison of lichen nitidus of palms and its differentials

Clinical differentials	Dermoscopic findings	Histopathology
Palmar psoriasis	White scales, regular arrangement of dots and globular vessels.	Parakeratosis with Munro micro abscesses and suprapapillary epidermal thinning.
Palmar eczema	Yellow scales, irregular arrangement of atypical vessels.	Hyperkeratosis with focal parakeratosis, irregular elongation of rete ridges and spongiosis.
Palmar wart	Papillomatous growth, linear and dotted vessels.	Epidermal papillomatosis with hyperkeratosis, hypergranulosis and koilocytes.
Punctate palmoplantar porokeratosis	White track structure in the periphery and homogenous brown globules in the centre.	Cornoid lamella (tiers of parakeratotic columns) with underlying dyskeratosis.
Palmar lichen planus	Brownish areas, Wickham striae.	Hyperkeratosis, hypergranulosis and basal layer degeneration with lichenoid, band-like infiltrate in the dermis.
Pompholyx	Featureless areas.	Marked spongiosis along with spongiotic vesicle.
Pitted keratolysis	Black circles in parallel pattern.	Crateriform defects (or pits) with bacteria within the corneal layer.

Sreevidya Suresh M¹, **Kethireddi Susmitha Divya, Guruprasad Patnala¹**, **Sudhir Babu Karri²**

¹Department of Dermatology, Venereology, and Leprosy, Andhra Medical College, Jagadamba, Visakhapatnam, ²Department of Pathology, Vijaya Diagnostic Centre Limited, Visakhapatnam, India

Corresponding author:

Dr. Kethireddi Susmitha Divya,

Department of Dermatology, Venereology, and Leprosy, Andhra Medical College, Jagadamba, Visakhapatnam, India. drksdivya89@gmail.com

References

- Singh S, Rambhia K, Makhecha MB. An unusual case of isolated unilateral palmar lichen nitidus. *Indian J Paediatr Dermatol* 2022;23:150–2.
- Jayasree P, Kaliyadan F, Ashique KT. Dermoscopy for the diagnosis of palmar lichen nitidus. *Actas Dermosifiliogr* 2022;113:819–20.
- Dave JS, Mahajan SA, Oswal P. Dermoscopy of cutaneous and palmar lichen nitidus. *Indian J Dermatopathol Diagn Dermatol* 2022;9;37–40.
- Durusu İN, Güler D, Gürel G, Yağın GŞ. A very rare localization of a rare disease: palmar lichen nitidus. *An Bras Dermatol* 2022;97:96–8.
- Cheng CY, Chiu CS, Huang YH. Palmar purpuric lichen nitidus—clinicopathological and dermoscopic findings. *Dermatologica Sinica* 2013;31:137–9.