

## Causes and treatment of lichenification.

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### Description

Lichenification is a skin disorder that causes the skin to become thick and leathery. This is generally a result of continuous scratching or rubbing. When you frequently scratch an area of skin or rub it for a long time, the cells under the skin begin to replicate. The affected area has a bumpy texture and is dark when compared to the surrounding area. Lichenification is classified into two types: primary lichenification and secondary lichenification. Primary lichenification was caused due to repeated scratching and rubbing. Secondary lichenification was caused due to the adverse effects of medicines and drugs on atopic dermatitis, which is also known as eczema, vegetative growths, infective eczematous dermatitis, porokeratosis, pityriasis rubra pilaris, and anxiety. The hardening area of the skin is also known as secondary lesions.

### Preventive Measures

Primary lichenification was mainly observed in the areas of the head, particularly the scalp, neck, arms, and genitals. Secondary lichenification was mainly observed in the areas of the thighs, abdomen, flanks, face, lower legs, and chest. The affected area gets darkened, and this condition is also known as hyper pigmentation. It was irregular in shape, giving the skin a bumpy texture. Lichenification is also known as neurodermatitis. There are many types of treatment depending on the cause. The medications used for the treatment of lichenification are fluticasone propionate creams, corticosteroid creams, corticosteroid injections, anti-anxiety medications, and antihistamine creams. The person who is suffering from this disease should take home care of things like avoiding triggers for itchiness, such as wool clothing, taking oatmeal baths, keeping the nails cut short, wearing gloves, keeping the affected areas covered, and using moisturizers and storing them in the fridge. People who are suffering with this disorder have symptoms like uncontrollable scratching of the same body area. It is mostly affected in the areas of the neck, the scalp, ankles,

vulva, pubis, scrotum, and the extensor sides of the forearms. However, due to the stigma associated with chronic scratching, some patients will not admit to chronic rubbing or abrasion. The skin may become thickened and hyperpigmented (lichenified) as a direct result of chronic excoriation, thick, leathery skin, scaly, bark-like skin, raised patches or patches of skin that are red or dark, or chronically itchy patches or patches of skin. It may arise from a small irritation on the skin, like a bug bite, or it may be the result of a chronic skin condition. Lichenification can get gradually worse without treatment. Rubbing or itching of the skin is another cause of lichenification. A doctor can usually diagnose lichen simplex by carrying out a physical examination. There are characteristic marks and symptoms, such as skin thickening and a leathery texture. Particular therapies may be effective in reducing itching and lichenification due to primary conditions. These include acupressure, acupuncture, psychotherapy, and light therapy.

### Conclusion

The best thing you can do to reduce the severity of this condition is to try wearing gloves while you sleep. Cover the affected patches of skin. Keep your nails extra short. Apply cool, wet compresses, Use gentle, fragrance-free products and take warm oatmeal baths.

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