



## VULVAR DERMATOSES IN ADULT PATIENTS

Dr. Apoorva B\*

Junior Resident, Kamineni Institute Of Medical Sciences \*Corresponding Author

Dr. Ch. Vijay Bhasker Reddy

Professor &amp; HOD, DVL, Kamineni Institute Of Medical Sciences

Dr. P. Navaneetha Reddy

Associate Professor, DVL, Kamineni Institute Of Medical Sciences

## ABSTRACT

Vulvar skin disorders are commonly seen in women and can significantly affect their health and well-being. These conditions are often underestimated in terms of how frequently they occur and the impact they have. In this prospective study, we examined 200 adult women who presented with vulvar symptoms. The goal was to identify the types and frequency of vulvar dermatoses. The average patient age was 34 years; 90% were married, and 5% were pregnant. The most frequent diagnosis was vulvovaginal candidiasis (24%), followed by genital warts (18%), bacterial infections (15%), contact dermatitis (11%), and lichen simplex chronicus (8%). This research is the first of its kind and offers valuable insights into the prevalence and nature of vulvar dermatoses in this population.

**KEYWORDS :** Vulvar Dermatoses, Infectious Vulvar Dermatoses, Non Infectious Vulvar Dermatoses

## INTRODUCTION:

Vulvar dermatoses can cause significant emotional distress and feelings of guilt in affected women. The International Society for the Study of Vulvovaginal Disease (ISSVD) classifies them into venereal (e.g., herpes, syphilis) and non-venereal categories (e.g., psoriasis, lichen sclerosus, vitiligo, Behcet's disease, Crohn's disease, and certain neoplasms). Despite their common occurrence, there's a lack of epidemiological studies in developing countries, especially. This study aimed to determine the range and frequency of vulvar skin conditions among patients visiting dermatology clinics in India

## MATERIALS AND METHODS

A two-year Cross sectional Observational study (2023–2025) was conducted involving adult women with genital complaints who visited Dermatology Out Patient department, Kamineni Institute of Medical Sciences, Narketpally, Nalgonda. Detailed histories were taken, including age, menstrual and marital status, pregnancy, sexual history, and symptoms like discharge, itching and pain. Additional information included past medical conditions and medication use. Physical examinations focused on external genitalia and, in some cases, included full skin checks. Tests such as STI screenings and biopsies were done when necessary. Conditions were grouped into categories like infections, dermatitis, papular diseases, bullous disorders, drug reactions, tumors, and miscellaneous conditions.

**Inclusion Criteria:** 1. Female patients aged 18 to 70 years, presenting with clinical symptoms and signs suggestive of vulvar dermatosis. 2. Patients willing to give informed consent.

**Exclusion Criteria:** 1. Patients below 18 years. 2. Patients not willing to give informed consent

## DISCUSSION:

The unique anatomy and environment of the vulva make it vulnerable to many skin disorders, which can severely affect women's physical and emotional health. These disorders often go undiagnosed due to embarrassment or stigma. Our study found infections to be the most common issue, similar to findings by Bauer et al. Candidiasis was the leading condition, possibly due to overuse of antibiotics and steroids. Genital warts, linked to cervical cancer, were the second most frequent. Other issues like folliculitis, eczema, lichen simplex

chronicus, lichen sclerosus, psoriasis, and lichen planus were also observed. The study contrasts with Western data, where lichen sclerosus is often the most common condition. One case each of lymphedema and giant skin tag (acrochordon) was noted. No cancerous conditions were observed, though vigilance for malignancies like squamous cell carcinoma and Paget's disease remains important.

The most common vulvar dermatoses noted in study was vulvovaginal candidiasis.

Candidiasis is the common vulvovaginal infection, most commonly caused by candida albicans. It present with white, curdy discharge.

Genital warts are common sexually transmitted infections and are important health problem due to its association with cervical cancer.

Folliculitis was a common vulvar dermatoses, frequent shaving, occlusive clothing, humid temperatures, diabetes mellitus and obesity are pre disposing factors.



Figure-1: Contact Dermatitis



Figure-2: Lichen simplex chronicus



Figure-3: Vulvo vaginal candidiasis



Figure-4: Lichen sclerosus



Figure-5: Genital warts



Figure-6: Molluscum contagiosum



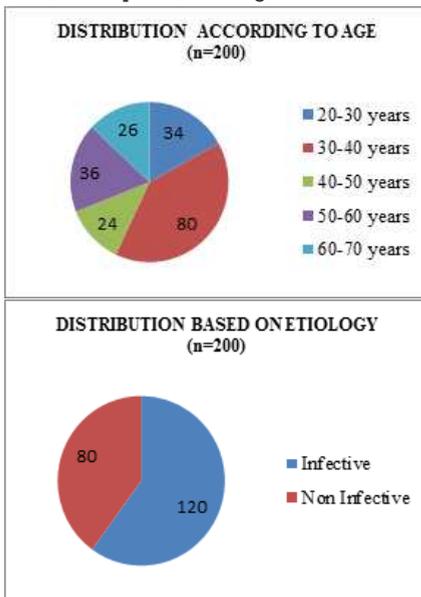
Figure-7: Lymphangioma circumscriptum

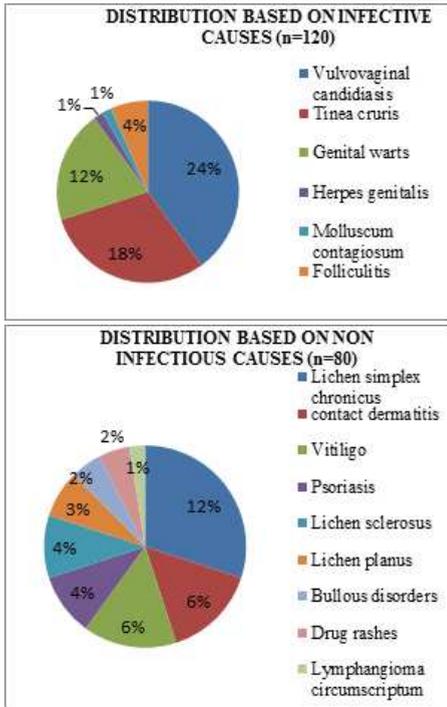


Figure-8: Herpes genitalis

**RESULTS**

The study included 200 women aged between 20 and 70 years, with a mean age of 34. Most were married (90%), 10% were postmenopausal, and 5% were pregnant. Infections were the most common cause (60%), with fungal infections like vulvovaginal candidiasis (24%) and tinea cruris (18%) being the most frequent. Genital warts (12%) were the most common viral condition, followed by herpes simplex (1%) and molluscum contagiosum (1%). Bacterial conditions like folliculitis and boils made up (4%). lichen simplex chronicus (12%), Contact dermatitis (6%), Vitiligo (6%) were the most frequent forms of dermatitis. Other diseases included, psoriasis (4%), lichen sclerosus (4%), lichen planus (3%), bullous dermatoses (2%), drug-induced rashes (2%), lymphangioma circumscriptum (1%) and rare cases like lymphedema, histiocytosis, and angioedema





**CONCLUSION**

This research sheds light on the various types of vulvar dermatoses affecting Indian women. Candidiasis and genital warts were the most prevalent conditions. Prompt diagnosis and treatment are crucial to improving symptoms, protecting sexual health, and preventing complications such as scarring or cancer.

**Informed Consent:**

All the patients in this study gave informed consent for participation in this study and publication of their medical data including their images and investigations done. Informed consent was obtained from all the individual participants included in the study. The author affirm that the human research participants provided informed consent for publication of the images in figures 1 to 8.

**Conflict Of Interest:** The authors declare that they have no conflict of interest

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