



## PELLAGRA AND NAILS - A CASE REPORT

## Dermatology

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## KEYWORDS

Pellagra, albumin

## Case Report

A 24 years female was referred from the department of surgery for evaluation of whitening of all finger nails since 2 months and red itchy lesions over face and hands for the last one month. The patient had undergone surgery few months back .

Physical examination revealed a cachectic, ill-appearing Female with erythematous and hyperpigmented scaly plaques over face and eczematous lesions over dorsum of hands in symmetrical fashion corresponding to the sun exposed areas. There was pallor of finger and toe nails. On each finger, paired transverse white lines 1mm in width, parallel to lunula which disappeared on pressing on the nail plate were present. On laboratory examination, serum albumin was low. So the patient was diagnosed with pellagra and muehrcke' s nails due to malnutrition. Patient was prescribed tablet nicotinamide 250 mg thrice a day along with multivitamins supplements. Protein diet was encouraged.

## DISCUSSION

Primary pellagra is caused by nutritional deficiency whereas secondary occurs due to defective absorption of niacin or its precursor tryptophan as in the index case. Clinically it presents as pain abdomen, vomiting and loss of appetite. Cutaneous manifestations affect photo exposed areas in a symmetrical fashion giving the appearance of burnt out skin. Diagnosis is usually made on clinical grounds. Muehrcke' s lines are transverse bands of pallor in nail bed, often involving second, third and fourth fingernails. Muehrcke's lines are considered as a valuable sign of hypoalbuminemia and are mostly associated with metabolic stress due to variable etiologies like infections, severe malnutrition, chronic diseases (e.g. liver diseases, renal insufficiency, or pellagra). White bands are separated from each other with normal pink nail.

## CONCLUSION

Muehrcke's lines are changes in the fingernails that may be an sign of underlying medical condition. So proper investigations should be done and treatment should be done accordingly.

## Acknowledgement

We would like to thank patient who agreed to have her case reported

## Declaration of Patient Consent

We certify that we have obtained patient consent. Patient have given consent for images and other clinical information to be reported in the journal. The patient understands that their name and initials will not be published and due efforts will be made to conceal their identity, but anonymity can not be guaranteed.

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**Conflicts of interest:** Nil

## REFERENCES

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