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## **Correlation of Histopathology and Direct Immunofluorescence: Findings in clinically diagnosed Prurigo nodularis in a Tertiary care hospital**

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### **ABSTRACT:**

**Background:** Prurigo nodularis is a reactionary dermatosis with multiple etiologies and association, leading to treatment resistance. It remains to be seen whether routine Histopathological and Direct Immunofluorescence examinations of this disease are beneficial to patients.

**Methods:** Cross-sectional study of 37 patients with Prurigo nodularis, conducted to better understand the Clinical, Histopathological, and Direct immunofluorescence (DIF) findings. Patients were subjected to clinical examination, as well as the collection of relevant demographic and laboratory data. Following the consent, two skin samples were obtained for histological and direct immunofluorescence examinations.

**Results:** Of the 37 clinically diagnosed prurigo nodularis, histopathology had a positive correlation of 70.03% (26). Discrepancies were seen in 11 cases of clinically diagnosed Prurigo nodularis. Acquired perforating dermatoses (10.8%) was the most common histopathological discrepancy seen. DIF in 11 of 26 confirmed cases showed variable positivity for C3 and Fibrinogen. DIF showed positivity for 1 case of Paraneoplastic pemphigus and 2 cases of Lichen planus which otherwise would have been missed.

**Conclusion:** Incidence is higher in females, and has systemic association with Diabetes, Chronic kidney disease, HIV, Bronchial asthma and Thyroid disorders, with significant lower

age of onset in atopics. Clinical and histopathological correlation seen in 70.03% implying, routine skin biopsy for histopathological analysis is important to distinguish similar looking diseases, which is otherwise not routinely done. DIF can pick up the disease which are otherwise confused as prurigo nodularis clinically or recalcitrant cases. This study does fill the lacuna in the DIF element of the disease and can serve as a springboard for future research.

**KEYWORDS:** Prurigo nodularis, Pruritus, Direct immunofluorescence, Indian population

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