

**Research Article**

# A Case Report on Naproxen Induced Psoriasis: The Immunosuppressant and Corticosteroid Therapy

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## ABSTRACT

Psoriasis is a chronic inflammatory mucocutaneous skin disorder clinically characterized by erythematous, sharply demarcated papules and rounded plaques covered by a silverywhite micaceous scales. In this case study a 58 years old male patient was having spinal pain since 1 year and he was on continuous medication like naproxen to manage the spinal pain. Where suddenly he developed a erythematous fluid filled lesions on all over the body like chest, abdomen, stomach & lower limbs within 3 days. It is one of the most severe adverse drug reaction seen in this study. We are reporting that it is a drug induced chronic plaque psoriasis and the patient was treated with systemic corticosteroidal therapy, Immunosuppressants, vitamin d analogues and some topical creams like steroids.

**Keywords:** Erosions, papules, Plaques, Erythroderma, lesions

## INTRODUCTION

Psoriasis is a chronic inflammatory skin disorder clinically characterized by erythematous, sharply demarcated papules with rounded silvery white plaques [1]. The clinical manifestation of drug induced psoriasis can range from plaques type psoriasis to severe Erythroderma psoriasis [2]. The papules which are developed on entire body surface get ruptured and forms erosions which are very pain and itching. Several drugs have been associated with initiation, exacerbation and aggravation of psoriasis. In this case NSAIDS are the most common medications known to triggers worsen existing psoriasis and other medications like Lithium, Gold salts, Beta-blockers and Antimalarials[3].The patient developed this silvery white plaques due to intake of medication naproxen on every day for more than 9 months then on one day suddenly he observed erythematous and demarcated papules on his body. we are reporting that it is a naproxen induced chronic plaque psoriasis and where patient was on treatment for more than 1and half month and discharged successfully.

## Case Report

A 58 yrs old male patient was reported to the emergency ward presenting with complaints of development of papules which are erythematous and sharply demarcated with plaques on all over the body like stomach, chest, both the upper and lower arms associated with fever and chills. He was suffering from spinal pain since 1year and he was on continuous medication like naproxen for more than 9 months and suddenly he developed small rounded papules which are erythematous and symmetrical plaques with silvery white scales on all over the body ranging from 2x3 – 40x10 cms. These papules gets ruptured and leaving multiple erythematous plaques with margins of varying shapes and sizes were present over the Stomach, Chest, Upper and Lower arms. Laboratory investigations revealed an increased level of ESR, C-R Protein and leukocytes and where the patient was diagnosed as naproxen induced chronic plaque psoriasis. He got treated with systemic and topical corticosteroids, Immunosuppressants and vital supplements like vitamin D analogues for more than 1and half month and discharged with stable conditions and 65% of recovery.



Fig. 1



Fig. 2



Fig. 3

Fig. 1, 2, 3 : Before the treatment

## DISCUSSION

Chronic plaque psoriasis is an immune mediated inflammatory skin disease which is associated with physical and psychological burdens of a disease [4]. This is a case of drug induced psoriasis where patient used naproxen for his spinal pain for more than 9 months and he got developed papules on all over the body it is important for the clinicians to recognize that NSAIDs are the potential exacerbations of psoriasis and where clinical spectrum of drug related psoriasis is as diverse as typical compared to non drug related psoriasis [5]. Here some histological clues to diagnose potential drug induced psoriasis are eosinophilic infiltrate in the dermis and a lichenoid pattern [6,7,8]. Systemic and topical NSAIDs were the most common cause of both exacerbations and induction of psoriasis [9]. In this case the patient

got treated with Prednisolone intravenously twice daily which is a systemic corticosteroid and topical creams like moderately potent corticosteroid ie. Triamcinolone was given for treating wide spread patches and usually applied once a day and on alternate days or weekends to maintain remission. Immunosuppressant like cyclosporine was given which calcineurin inhibitor to control immune mediated reactions [6,10] and to suppress acute exacerbations in psoriasis.

Vitamin D analogues like calcipotriol was given which is effective in plaque type psoriasis and is used to suppress their proliferation while enhancing differentiation. This combination of drugs used to cure psoriasis and the recovery of patient was about 65% discharged successfully after 47 days.



Fig. 4



Fig. 5



Fig. 6

Fig. 4, 5, 6 : After the treatment

## CONCLUSION

In this exploratory clinical studies it was proved that safety and efficacy of the drugs given to treat the patient. Corticosteroids, Immune suppressive drugs and vitamin D analogues played a effective in treating naproxen induced psoriasis. By this therapy the symmetrical scales with silvery white plaques on the body were treated and the patient condition was get normalized compared to the previous.

The results need to be further confirmed in a large randomized controlled clinical trial which is an ongoing process in our tertiary care teaching hospitals.

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