

Short Communication

Profile of dermatological diseases in Pondicherry University health centre

Dermatological diseases vary according to the age group and geographic area. There are only few studies in a uniform group with diverse backgrounds and there are no published study from India. Information about the profile and prevalence of dermatological diseases in a uniform group will help in apt distribution of limited resources.

Methods It was a cross-sectional clinicoepidemiological study. All patients presenting to the university dermatology speciality clinic were included in the study, held once in 15 days. The duration of the study was from December 2009-November 2011. Epidemiological information and clinical profile of the disease were noted and analysed

Results Total number of patients was 396 with age range 18-38 years, mean age 23.28 years and male: female ratio of 1.9:1. The most common dermatological condition was acne vulgaris (17.6%), followed by pityriasis versicolor (14.9%) and dermatophyte infection (11.6%). Other common conditions were Paederus dermatitis, polymorphous light eruption, verruca vulgaris. Less common conditions included lichen planus pigmentosus, Riehl's melanosis, parapsoriasis and lichen striatus. No sexually transmitted diseases were seen.

Table Comparison of our results with previous studies.

Studies	Acne vulgaris	Pityriasis versicolor	Dermatophytoses
Bajaj <i>et al.</i> [1] 2009, Pakistan	59.5%	2.9%	1.9%
Karaoglu <i>et al.</i> [2] 2009, Turkey	41.6%	3%	6.4%
Ertam <i>et al.</i> [3] 2010, Turkey	40.1%	17.08%	-
Present study	17.6%	14.89%	11.6%

Discussion Low incidence of acne (**Table**), could be due to easy availability of over the counter medications for acne. Bajaj *et al.*¹ included female patients only. The higher incidence of pityriasis versicolor was perhaps due to higher humidity in Pondicherry. Also, the higher incidence of dermatophytoses could also be due to higher humidity and difficulty in maintaining hygiene in hostel. There were no sexually transmitted disease recorded in the clinic which could be attributed to higher level of education among the patients and awareness of safe sex practices.

Conclusion The more common complaints in students attending university health center were acne vulgaris and superficial fungal infections. Interventions targeting specifically the common conditions are likely to have a better cost-benefit ratio.

References

1. Bajaj DR, Devrajani BR, Ghouri RA, Matlani BL. Pattern of skin disorders among adolescent female students at Hyderabad, Sindh. *J Pak Assoc Dermatol.* 2009;**19**:79-85.
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3. Ertam I, Babur Y, Unal I, Alper S. The Frequency of skin diseases among students in a university clinic. *SKINmed* 2010;8:261-3.

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