A STUDY ON VARIOUS SHADES AND GRADES OF MILIARIA RUBRA

INTRODUCTION
Miliaria is the commonest sweat gland disorder seen in the tropics. It can occur as an acute or subacute skin condition due to the obstruction of the eccrine sweat glands leading to leakage of sweat into the epidermis. It's mostly found in hot and humid environments with both sexes equally affected. The incidence of this condition is more during the summer season.

It can affect any area of the body, with neck and trunk being the commonest in adults. It usually presents as small, discrete, non-follicular, erythematous papules. In severe cases, sheets of erythema is seen. Rarely, they can also present as folliculitis, perioritis, and be associated with eczemas.

The course is usually self-limiting, but can go into complications like secondary bacterial infection, miliaria pustulosa, frank impetigo and erythroderma.

The diagnosis is usually clinical. It should be differentiated from superficial folliculitis and other rashes.

Treatment is mostly conservative and includes emollients. Topical antibiotics can be given in infected cases. Oral ascorbic acid 500mg twice daily has been found to decrease the severity of the disease. Isotretinoin is successful in recalcitrant cases.

METHODS
Study Design: Cross sectional study.

Study Area: Skin Outpatient Department at Sree Balaji Medical College and Hospital

Study Population: All patients attending skin OPD, clinically diagnosed with miliaria rubra

Study Method: Observational study.

Sample Size: 30

Exclusion criteria:
Not consenting for the study.
Not having Miliaria Rubra

Inclusion criteria:
Those consenting to the study.
The recruited patients were subjected to the following, (A) Full History Taking (B) Thorough General Dermatological Examination.

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RESULTS
Of the 30 (16 female and 14 male) patients diagnosed with miliaria rubra, 5 patients had just papules, 10 had Miliaria rubra with exfoliation, 6 had erythema, 4 had perioritis, 2 had folliculitis and 3 had associated eczema. Among the 30 patients, 28 of them presented with pigmented lesions and 2 presented with hypopigmented lesions.

Conclusion: There are a few studies showing the different presentations of miliaria rubra. In this study we see the patterns as well as the colours in which it presents.

KEYWORDS
Miliaria rubra, perioritis, exfoliation, folliculitis, eczema, hypopigmentation, pigmentation.

DISCUSSION
Many observational studies have shown that as miliaria rubra is a sweat gland obstruction disorder, it can present in various ways depending on the degree of obstruction. This was proved by a study done by Walter B. Shelley. Our study is consistent with this and shows various patterns in which miliaria rubra can present.

An experimental study done by Walter B and et al showed that hyperpigmented lesions are more common than hypopigmented which is same as in our study.

Another study done by Robert Carter showed that the mean age group affected was between 31-37 years, which is similar to this study which shows an increase in cases in the age group ranging between 31-60 years.

Out of the 30 patients studied, 16 were females and 14 males, showing that both genders have almost equal predilection for the condition.

Hence, this study shows that miliaria rubra can occur in various patterns, and is mostly a pigmented condition.

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DECLARATIONS
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Ethical approval: None
Figure 1: Distribution of miliaria in various age groups

Figure 2: Gender distribution

Figure 3: Bar chart showing various presentations of miliaria rubra

Figure 4: Bar diagram showing various patterns in each age group

Figure 5: Shows the pigment changes in milari.

Figure 6: Shows the different patterns of miliaria rubra.

REFERENCES