

# Window to Psoriasis

Second Edition

Psoriasis is one of the most common debilitating diseases seen in private practice. Patient's quality of life is affected depending on the extent of the disease and the occupation of the person.

The morphological presentation also varies. This book aims to assist the consultants in their busy practice to diagnose, investigate and treat the patient optimally using newer drugs. The authors of each chapter have been chosen on the basis of their expertise in the field to provide the best guidance to the readers.

Chief Editor

**Sharmila Patil** MD DDV(Mum) is Professor and Head, Department of Dermatology, DY Patil University School of Medicine, Novi Mumbai, Maharashtra. She has an experience of more than 20 years in the field of dermatology.



Dr Patil has been a mentor and guide of many young dermatologists. She has contributed several chapters in various dermatology books and national and international journals. She is an active member of the medical education unit.

Assistant Editor

**Ratnakar Shukla** MBBS, MD (Skin & VD) is currently Senior Resident, Department of Dermatology, AIIMS, Patna, Bihar. He has presented talks in various conferences and published papers in both national and international journals, won many quizzes at both state and national levels, was part of National Resident Connecting Committee (NRCC) 2019-20 as "National Co-ordinator" representing West zone, was Associate Editor of annual magazine for residents "Residream" in 2019-20. He has organised various conferences, voluntarily worked in skin health camp for prisoners and other underprivileged society with very good communication skills and is passionate about academic and teachings, having a special interest in dermatosurgery, trichology, psoriasis and acne.



For more details access online CBS Catalogue

ISBN: 978-93-54660-23-8



9 789354 660238

Dedicated to Education  
**CBS**

**CBS Publishers & Distributors Pvt Ltd**  
4819/XI, Prahlad Street, 24 Ansari Road, Daryaganj, New Delhi 110 002, India  
E-mail: delhi@cbspd.com, cbspubs@airtelmail.in; Website: www.cbspd.com  
New Delhi | Bengaluru | Chennai | Kochi | Kolkata | Lucknow | Mumbai  
Hyderabad | Jharkhand | Nagpur | Patna | Pune | Uttarakhand

Second Edition

Window to Psoriasis

Patil



Second Edition

# Window to Psoriasis



Chief Editor

**Sharmila Patil**

Assistant Editor

**Ratnakar Shukla**



Dedicated to Education  
**CBS Publishers & Distributors Pvt Ltd**





Second Edition

# Window to Psoriasis



Second Edition

# Window to Psoriasis

*Chief Editor*

**Sharmila Patil** MD DDV (Mum.)

Professor and Head  
Department of Dermatology  
DY Patil University School of Medicine  
Nerul, Navi Mumbai  
Maharashtra, India

*Assistant Editor*

**Ratnakar Shukla** MBBS MD (Skin & VD)

Senior Resident  
Department of Dermatology  
All India Institute of Medical Sciences  
Patna



**CBS Publishers & Distributors Pvt Ltd**

New Delhi • Bengaluru • Chennai • Kochi • Kolkata • Lucknow • Mumbai  
Hyderabad • Jharkhand • Nagpur • Patna • Pune • Uttarakhand

### Disclaimer

Science and technology are constantly changing fields. New research and experience broaden the scope of information and knowledge. The editor has tried her best in giving information available to her while preparing the material for this book. Although, all efforts have been made to ensure optimum accuracy of the material, yet it is quite possible some errors might have been left uncorrected. The publisher, the printer and the editor will not be held responsible for any inadvertent errors, omissions or inaccuracies.



ISBN: 978-93-54660-23-8

Copyright © Editor and Publisher

**Second Edition: 2022**

First Edition: 2016

All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical including photocopying, recording or any information storage and retrieval system without the permission of the editor and the publisher.

Published by **Satish Kumar Jain** and produced by **Varun Jain** for

**CBS Publishers & Distributors Pvt Ltd**

4819/XI Prahlad Street, 24 Ansari Road, Daryaganj, New Delhi 110 002, India

Ph: 011-23289259, 011-23266861, 011-23266867

Fax: 011-23243014

Website: [www.cbspd.com](http://www.cbspd.com)

e-mail: [delhi@cbspd.com](mailto:delhi@cbspd.com); [cbspubs@airtelmail.in](mailto:cbspubs@airtelmail.in)

**Corporate Office:** 204 FIE, Industrial Area, Patparganj, Delhi 110 092, India

Ph: 011-4934 4934

Fax: 011-4934 4935

e-mail: [publishing@cbspd.com](mailto:publishing@cbspd.com); [publicity@cbspd.com](mailto:publicity@cbspd.com)

### Branches

- **Bengaluru:** Seema House 2975, 17th Cross, K.R. Road, Banasankari 2nd Stage, Bengaluru 560 070, Karnataka, India  
Ph: +91-80-26771678/79 Fax: +91-80-26771680 e-mail: [bangalore@cbspd.com](mailto:bangalore@cbspd.com)
- **Chennai:** 7, Subbaraya Street, Shenoy Nagar, Chennai 600 030, Tamil Nadu, India  
Ph: +91-44-26680620, 26681266 Fax: +91-44-42032115 e-mail: [chennai@cbspd.com](mailto:chennai@cbspd.com)
- **Kochi:** 42/1325, 1326, Power House Road, Opp KSEB, Ernakulum, Kochi 682 018, Kerala, India  
Ph: +91-484-4059061-65,67 Fax: +91-484-4059065 e-mail: [kochi@cbspd.com](mailto:kochi@cbspd.com)
- **Kolkata:** 147, Hind Ceramics Compound, 1st Floor, Nilgunj Road, Belghoria, Kolkata-700056, India  
Ph: +91-9096713055/7798394118, 9836841399 e-mail: [kolkata@cbspd.com](mailto:kolkata@cbspd.com)
- **Lucknow:** Basement, Khushnuma Complex, 7 Meerabai Marg (Behind Jawahar Bhawan), Lucknow-226001, UP, India  
Ph: +0522-4000032 e-mail: [tiwari.lucknow@cbspd.com](mailto:tiwari.lucknow@cbspd.com)
- **Mumbai:** PWD Shed, Gala no 25/26, Ramchandra Bhatt Marg, Next to JJ Hospital Gate no. 2, Opp. Union Bank of India, Noorbaug, Mumbai-400009, Maharashtra, India  
Ph: +91-22-66661880/89 e-mail: [mumbai@cbspd.com](mailto:mumbai@cbspd.com)

### Representatives

- |                    |              |                    |              |                      |              |
|--------------------|--------------|--------------------|--------------|----------------------|--------------|
| • <b>Hyderabad</b> | 0-9885175004 | • <b>Jharkhand</b> | 0-9811541605 | • <b>Nagpur</b>      | 0-9421945513 |
| • <b>Patna</b>     | 0-9334159340 | • <b>Pune</b>      | 0-9623451994 | • <b>Uttarakhand</b> | 0-9716462459 |

Printed at Nutech Print Services, Faridabad, Haryana, India

## Foreword

Psoriasis is chronic, inflammatory condition that is commonly encountered in our daily practice. In the last decade, there have been significant revelations in the understanding of the pathogenesis of psoriasis, its recognition as a systemic disease and changing paradigms of treatment. There was always a need to assemble this volume of information into something that was easily comprehensible yet exhaustive. And the book *Window to Psoriasis* by my dear friend and respected colleague Professor Dr Sharmila Patil does just that.



In its second edition, this book is an excellent outcome of sincere efforts to maximise understanding of the topic specifically for the practising dermatologists and postgraduate students. The style of writing is lucid making the complicated concepts such as pathogenesis and treatment easy to understand. Use of bulleted points, boxes, tables, mnemonics is the USP of this book—making it comprehensive and allows easy reproducibility in examinations for the postgraduate students.

Professor Dr Sharmila has meticulously chosen authors for the individual chapters considering their expertise in the subject. The selection of clinical photographs is immaculate and the quality is excellent. The text is substantiated with up-to-date references.

It is my proud privilege for writing the foreword for this book, and I extend my hearty congratulations to Professor Dr Sharmila and her team for this great venture. I would strongly recommend this book to anyone who would want a thorough and up-to-date information on various aspects of psoriasis.

**JK Maniar** MD, FRCP (Edin.)

Consultant in HIV Medicine and Dermatovenereology;  
Jaslok Hospital, Saifee Hospital, Wockhardt Hospital, and Bhatia Hospital  
Former Professor of Dermatovenereology, Grant Medical College  
Former Professor of Dermatovenereology, KJ Somaiya Hospital and Medical College, Mumbai





# Contributors



## **Aayushi Mehta**

Dermatologist and Ex-Resident  
DY Patil University School of Medicine  
Nerul, Navi Mumbai  
Maharashtra, India



## **Manjyot M Gautam**

Professor and Head of Unit  
DY Patil University School of Medicine  
Nerul, Navi Mumbai  
Maharashtra, India



## **Aditya Mahajan**

Consultant Dermatologist  
Dr Mahajan's Skincare Clinic  
Satara, India



## **Meghana Phiske**

Associate Professor  
Department of Dermatology  
MGM Medical College, Kamothe  
Navi Mumbai



## **Arun C Inamadar**

Professor and Head  
Sri BM Patil Medical College  
and Hospital  
BLDE University, Bijapur  
Karnataka, India



## **Nina Madnani**

Consultant Dermatologist  
PD Hinduja National Hospital and  
Sir HN Reliance  
Foundation Hospital  
Mumbai, Maharashtra, India



## **Harsh Tahiliani**

Consultant Dermatologist  
Mumbai, India



## **Nitin Nadkarni**

Professor  
DY Patil University School of Medicine  
Nerul, Navi Mumbai  
Maharashtra, India



## **Kaleem Khan**

Consultant Dermatologist  
Mumbai  
Maharashtra, India



## **Parag Chaudhari**

Assistant Professor  
DY Patil University School of Medicine  
Nerul, Navi Mumbai  
Maharashtra, India



## **Kiran V Godse**

Professor  
DY Patil University School of Medicine  
Nerul, Navi Mumbai  
Maharashtra, India



## **Parag Sharma**

Associate Professor and  
Medical Superintendent  
Terna Medical College  
Nerul, Navi Mumbai  
Maharashtra, India



**Pranjal Mittal**

Consultant Dermatologist  
and Ex-resident  
DY Patil University School of Medicine  
Nerul, Navi Mumbai  
Maharashtra, India

**Shweta Agarwal**

Consultant Dermatologist  
Apollo Hospital  
Maharashtra, India

**Ragunatha Shivanna**

Professor and Head  
Department of Dermatology,  
Venereology and Leprosy  
ESIC Medical College and PGIMSR  
Rajajinagar, Bengaluru  
Karnataka, India

**Sujay Khandpur**

Professor  
All India Institute of Medical Sciences  
New Delhi, India

**Ratnakar Shukla**

Senior Resident  
Department of Dermatology  
AIIMS  
Patna

**Sunanda Mahajan**

Professor  
GS Medical College and KEM  
Hospital  
Mumbai, Maharashtra, India

**Sathish Pai B**

Professor and Head  
Kasturba Medical College  
Manipal, Karnataka, India

**Sushil Tahiliani**

Consultant Dermatologist  
PD Hinduja National Hospital and  
Medical Research Centre  
Maharashtra, India

**Sharmila Patil**

Professor and Head  
Department of Dermatology  
DY Patil University School of Medicine  
Nerul, Navi Mumbai  
Maharashtra, India

**Vidya Kharkar**

Professor and Head of Department  
Seth GS Medical College  
and KEM Hospital  
Parel, Mumbai  
Maharashtra, India

# Preface to the Second Edition

**P**soriasis is one of the most common debilitating diseases seen in private practice. It is a disease with many interfaces including dermatology, rheumatology, immunology and (with the recent association of psoriasis with metabolic syndrome) in internal medicine too. Even a surgeon may encounter psoriatic lesions at the site of operation and may have to rapidly diagnose the case. The quality of life is affected depending on the extent of disease and the occupation of the person.

The morphological presentation also varies. This book is meant primarily for dermatologists, but also for general practitioners with an interest in dermatology, physicians, rheumatologists and internists. Hence this book aims to assist the consultants in their busy practice to diagnose, investigate and treat the patients optimally using newer drugs. The authors of each chapter have been chosen on the basis of their expertise in the field to provide the best guidance to our readers.

**Sharmila Patil**



# Contents

<i>Foreword by JK Maniar</i>	v
<i>Contributors</i>	vii
<i>Preface to the Second Edition</i>	ix
<hr/>	
<b>1. History and Evolution of Therapeutics in Psoriasis</b>	<b>1</b>
<i>Sharmila Patil, Ratnakar Shukla</i>	
<b>2. Epidemiology and Etiopathogenesis of Psoriasis</b>	<b>3</b>
<i>Sharmila Patil, Ratnakar Shukla</i>	
<b>3. Approach to a Case of Psoriasis</b>	<b>8</b>
<i>Nitin Nadkarni, Aayushi Mehta</i>	
<b>4. Types of Psoriasis</b>	<b>15</b>
<i>Shweta Agarwal, Ratnakar Shukla</i>	
<b>5. Erythrodermic Psoriasis</b>	<b>22</b>
<i>Meghana Phiske</i>	
<b>6. Psoriasis in Pregnancy</b>	<b>31</b>
<i>Parag Chaudhari</i>	
<b>7. Nail Psoriasis</b>	<b>35</b>
<i>Sushil Tahiliani, Harsh Tahiliani</i>	
<b>8. Scalp Psoriasis</b>	<b>40</b>
<i>Pranjal Mittal</i>	
<b>9. Palmoplantar Psoriasis</b>	<b>44</b>
<i>Sujay Khandpur</i>	
<b>10. Psoriatic Arthritis</b>	<b>53</b>
<i>Nina Madnani, Kaleem Khan</i>	
<b>11. Psoriasis and Comorbidities</b>	<b>60</b>
<i>Sunanda Mahajan</i>	
<b>12. Dermoscopy in Psoriasis</b>	<b>65</b>
<i>Aditya Mahajan</i>	
<b>13. Topical Therapies in Psoriasis</b>	<b>69</b>
<i>Manjyot M Gautam</i>	



<b>14. Systemic Therapies in Psoriasis</b>	<b>77</b>
<i>Parag Sharma</i>	
<b>15. Systemic Drugs in Psoriasis</b>	<b>81</b>
<i>Vidya Kharkar</i>	
<b>16. Small Molecules in Psoriasis</b>	<b>93</b>
<i>Ratnakar Shukla</i>	
<b>17. Biologics in Psoriasis</b>	<b>100</b>
<i>Vidya Kharkar</i>	
<b>18. Phototherapy in Psoriasis</b>	<b>104</b>
<i>Sathish Pai B</i>	
<b>19. Risk of Tuberculosis with TNF-<math>\alpha</math> Antagonists</b>	<b>114</b>
<i>Kiran V Godse, Aayushi Mehta</i>	
<b>20. Pediatric Psoriasis</b>	<b>118</b>
<i>Ragunatha S, Arun C Inamadar</i>	
<i>Index</i>	<b>133</b>