

In Dermatology

PELLAGRA

Pellagra is a disease which results from deficiency in niacin (Vitamin B3). Niacin is present in whole grains, liver, dairy products, animal meat, mushroom, dried beans, nuts and enriched bread products.

The classical pentad of this disease:

- Dermatitis
- Diarrhea
- Dyssebacia
- Dementia
- Death

Pellagra is a photosensitive dermatitis which commonly presents as erythematous, painful, pruritic lesions over sun exposed areas (Figure 1).

Dermatitis seen over the upper central portion of the neck and chest is known *as Casals's necklace* (Figure 2).



Figure 1. Scaly erythematous lesions over sun-exposed areas.

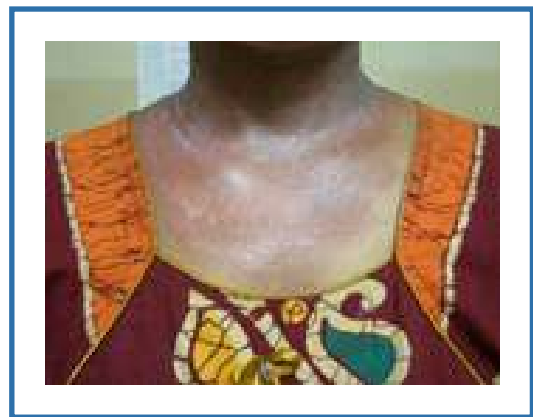


Figure 2. Casal's necklace.

***Prof. Jayakar Thomas, Dermatologist,
Chennai***