

Exploring the interplay of prurigo nodularis: unraveling links with Helicobacter pylori infection and psychological factors

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ABSTRACT

Introduction: Prurigonodularis (PN), a chronic skin condition causing distressing itching, poses challenges in conventional treatment. This study investigates links between PN, Helicobacter pylori (H. pylori) infection, and psychological factors. **Aims and Objectives:** Examining the association between PN and H. pylori infection, the study assesses psychological factors as potential links, offering insights into treatment approaches. **Materials and Method:** A cross-sectional study involving 30 clinically confirmed PN patients in Ahmedabad from January 2022 to September 2023. Psychological stress significantly associated with H. pylori infection ($\chi^2 = 12.139$, $p = 0.000494$), emphasizing holistic care. Treatment modalities, including pharmacological and psychological interventions, showed promise in managing PN. **Conclusion:** The study highlights significant correlations between psychological stress, H. pylori infection, and PN progression, emphasizing the importance of tailored, comprehensive care. Future research should establish causal relationships and explore long-term treatment efficacy.

Keywords: Prurigonodularis, H. pylori infection, psychological stress, comprehensive care.