



The South African Porphyria Foundation

PORPHYRIA SYMPTOMS

Variegate Porphyria is noted to have three major symptoms:

- Abdominal pain or cramping
- UV & Light sensitivity, but does not always cause rashes (photodermatitis)/ blistering.
- Problems with the nervous and muscular systems.

Other symptoms that are common and may occur (especially in an attack) include:

- Anxiety, · Paranoia, · Depression, · Disorientation, · Brain fog, · Depression
 - Insomnia,
 - Restlessness
 - Hallucinations
- Violent behavior / Aggression
 - Hyperactivity
 - Abdominal pain *
 - Joint pain, (flu-like)
 - Muscle pain
 - Headaches
 - Painful legs
- Photosensitivity / Sensitivity to light *
 - Hypertension
- Apnea / Sleep apnea / Respiratory paralysis
 - Seizures
 - Neuropathy
 - Nausea / Vomiting
- Constipation / Paralysis of bowel wall
- Fatigue, · Seizures, · Itchiness, · Clenching of the jaw, · Sensory disturbances
 - Poor eyesight / Loss of peripheral view
- Acute hearing, · Clumsiness, · Sugar cravings
 - Flatulence
 - Burping
 - Dehydration
 - Fragile skin *



- Skin erosions *
- Skin blisters *
- Urinary retention, · Discoloration of urine *
- Muscle weakness
- Motor symptoms impaired
- Numbness / loss of touch sensation