



## **A BRIEF REVIEW ON VITILIGO DISEASE (CAUSES, TREATMENT)**

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### **Abstract:**

This review study explain about vitiligo, is a pigmentation disorder in which melanocytes (the cells that make pigment) in the skin are destroyed. As a result, white patches appear on the skin in different parts of the body. Similar patches may also appear on both the mucous membranes (tissues that line the inside of the mouth and nose), and the retina (inner layer of the eyeball). The hair that grows on areas affected by vitiligo may also turn white

**Key Words:** Skin & Line

### **Introduction:**

The exact cause for destruction of melanocytes which results in vitiligo is unknown. Many false beliefs are prevalent about the reason for vitiligo. For one, it is not caused by eating fish and drinking milk at the same time. Similarly attributing vitiligo to eating other combinations of food such as pumpkin and milk, onion and milk etc. are incorrect.



Vitiligo is also not caused by any germs. Part of the possible reason for Vitiligo includes: **Autoimmune Disorder:** Evidences strongly associate Vitiligo with autoimmune component. People with vitiligo develop antibodies that directly destroy melanocytes. Furthermore, vitiligo is often associated with other autoimmune diseases such as thyroid disorders, suggesting the existence of common mechanisms.

**Hereditary Factors:** Genes that play a role in the immune response are one of the established causative factors for vitiligo. Round 30 percent of patients have a hereditary history of vitiligo.

**Accumulation of Toxic Radicals:** Several studies suggest that, melanocytes are destroyed in those people whose body accumulates many toxic radicals. This abnormal accumulation of radicals results in destruction of melanocytes.

**Nervous Secretion:** Researchers have also collected evidences that destruction on melanocytes could be related to the release of toxic chemicals from nerve endings in the affected areas.

**Nutritional Deficiencies:** Many naturopaths believe that vitiligo may be caused by nutritional deficiencies caused by a intake of faulty diet comprising of denatured foods like white flour, white sugar and tinned products which are low in nutrients.

**Other Triggers:** Researchers also suggest other external triggers like injury to skin, sunburn, mental distress and physical illness as possible causes of vitiligo.



**Causes of Vitiligo Disease:**

- Vitiligo is a disease in which the pigment cells of the skin, melanocytes, are destroyed in certain areas.
- Vitiligo results in depigmented, or white, patches of skin in any location on the body.
- Vitiligo can be focal and localized to one area, or it may affect several different areas on the body.
- The exact cause of vitiligo is unknown, although most experts believe that it is an autoimmune condition in which the body's immune system mistakenly attacks and destroys certain cells within the body.
- Most people who have vitiligo will develop the condition prior to age 40; about half develop it before age 20.
- Vitiligo tends to run in families.
- Vitiligo is sometimes associated with other medical conditions, including thyroid dysfunction.
- Vitiligo is not painful and does not have significant health consequences; however, it can have emotional and psychological consequences.



Vitiligo (vit-uh-lie-go) causes the skin to lose color. Patches of lighter skin appear. Some people develop a few patches. Others lose much more skin color. Vitiligo usually affects the skin, but it can develop anywhere we have pigment. Patches of hair can turn white. Some people lose color inside their mouths. Even an eye can lose some of its color.



Vitiligo is a skin condition whose exact cause is unknown. In vitiligo, patches of skin lose their pigmentation when the pigment producing cells, the 'melanocytes' are attacked and destroyed. It may affect the skin, mucous membranes, eyes, inner ear or hairs leaving white patches. The usual type of vitiligo is called 'Vitiligo Vulgaris' (means: common vitiligo). Variant types include linear, segmental, trichrome and inflammatory vitiligo.

This disease affects an estimated 1% of the world's population. It affects individuals of all ethnic origins and both sexes, but is much more easily noticed on darker skin as areas that fail to tan. It is hereditary in one third of those affected. Vitiligo often starts on the hands, feet or face, and frequently pigment loss is progressive. Half the patients first notice vitiligo before 20 years of age. It often appears in an area of minor injury or sunburn.

It is believed that vitiligo is an autoimmune disorder (autoimmune means the body's own immune system turns on itself). Certain white blood cells direct the destruction of melanocytes. People with vitiligo are also somewhat more prone to other autoimmune diseases, such as alopecia areata, autoimmune thyroid disorders, Addison's disease, pernicious anemia, and diabetes mellitus.



#### **Treatment of Vitiligo:**

The white patches caused by vitiligo are usually permanent, although there are treatment options to improve the appearance of your skin. If the patches are relatively small, skin camouflage cream may be used to cover them up.

In general, combination treatments, such as phototherapy (treatment with light) and medication, give the best results.

In some cases, treatment may restore pigment (color) to your patches, but the effect doesn't usually last. Treatment cannot stop the condition from spreading.

**Treatment by Lasers** are also being used in the treatment of vitiligo, specifically the Excimer laser. They emit narrow band ultraviolet B light and have been shown to promote re-pigmentation. Treatment is undertaken in a series of laser sessions. Occasional touch-up booster sessions may be required.

Cover mark and Derma blend are special drug store cosmetics that can be used to match most skin hues when medical treatment is not helpful.

Sunless tanning preparations may be used to darken the vitiligo a more acceptable color. These will cover small areas of vitiligo well. Micro pigmentation (tattooing) is rarely recommended. It works best for the lip area, particularly in people with dark skin; however, it is difficult to perfectly match the skin, and tends to look worse over time. For loss of pigment over more than half of the exposed areas of the body, depigmentation therapy can be considered. This is the permanent (or nearly permanent) bleaching out of all pigmentation. The remaining skin will be an even white color, which can then be covered with the cosmetics.

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