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Ayurveda and Vitiligo■■■

Vitiligo is a skin whitening disease, It is a gradual loss of "Melanin" pigment from the skin layers

resulting white patches on the surface of skin. Vitiligo is a autoimmune disorder. It usually starts with a small spot that later spreads into patches.

Due to the loss of pigment from the skin, the patches become whiter and each patch merge one another creating a broad patch. In some cases it spreads all over the body.

Vitiligo generally appears due to inactivity of melanocytes cells which stop melanin production

It is also related to autoimmunity where body's protective mechanism starts to destroy its own cells.

■ Their are many causes of it

■ Wrong food and wrong food habit

■ Genetic

■ Autoimmune Disorder

■ Neural Causes

■ Allergy to Chemicals

■ Due to Critical Sunburn

■ Physiology of Melanin Pigment.

In human skin melanin is produced from the amino-acid named tyrosin by the action of copper-containing enzyme tyrosinase. This enzyme is present in the melanocytes, which are located in the basal cell layer.

It transfers its pigment to the keratinising cells of the epidermis by means of their dendrite processes. In vitiligo this pigment is lost along with the keratinised cell during exfoliation of skin.

There is no sufficient cure of Vitiligo in the modern science. And western medicines are not available without side effects.

But Ayurveda has a great emphasis on the treatment & cure of vitiligo.

The research is still going on toward faster cure for Vitiligo/Lucoderma

In Ayurveda there are many herbs used in treatment of Vitiligo.

1. Tulsi
2. Bhringraj
3. Bhumi Amla
4. Bakuchi
5. Haritaki
6. Gotu Kola/Brahmi Buti
7. Kaunch

The goal of treating Vitiligo is to restore the function of the skin and to improve the patient's appearance. Therapy for Vitiligo takes a long time. It usually must be continued for 6 to 18 months.

■ What to do and what not to.

■ ■ Expose the affected areas of the body to the early morning sun for 20-30 min.

■ ■ Use mild soap for bathing

■ ■ Avoid consuming citrus fruits, tamarind, fish, crabs etc.

■ ■ Avoid using creams, powders and any other cosmetic products.