

A Review on: Vitiligo Skin Diseases

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ABSTRACT -

Vitiligo is a disease which nowadays is seen in any age group. In these diseases the colour of skin is lost. These diseases are caused due to the pigment producing cell die or stop functioning. In these diseases white patches are developed on skin surface. These white patches can develop on any part of the skin. This disease is a long term disease. It is caused due to lack of melanin; this melanin is a pigment which is present in skin. These vitiligo diseases commonly affect the face, neck and hands. This type of disease doesn't have a permanent case but treatment may slow down or stop the discolouring process. Also, some of the colour might return. These are multiple causative factors involved in this disease, but in some cases it is seen in the families. Vitiligo is a disease in which whitening of the skin or white patches in skin occurs. These diseases may be triggered due to the stress to the melanin pigment which is essential for producing the skin cell. The exact reason for what causes this melanin pigment to die or fail. The patches which are formed on the body become pale white or lighter. Vitiligo is a skin disease in which the pigment of skin is lost and due to which the skin patches become white and these diseases may attack without any clear causes. In today's time there is no permanent cure for vitiligo and permanent prevention is also not possible in these conditions. If a patient wants to take treatment, then the aim of treatment is generally to prevent depigmentation and restore the pigment, from affecting or increasing loss of skin colour. The sunlight plays a main role in this treatment, avoiding the direct exposure to sun is the most effective way of depigmentation and skin damage.

Keywords – Vitiligo, Melanin, Depigmentation, pigment, discolouring, patches.

I. INTRODUCTION –

Vitiligo disease was observed early in history. The people of ancient times were having some time of reference about lack of pigmentation. This was a term known as "kilas" in Rig-Veda,

which means similar to white spotted deer. The men and women get affected equally however this is a difference in prevalence of vitiligo, in accordance to geographical region. Today's India has the highest reported prevalence (8.8%), Japan (1.68%), and Mexico (2.6-4%). It is observed that on average one fifth of people having this disease have one or more close relatives who are already affected by vitiligo disease.

Causes-

The main reason for causing vitiligo is lack of the pigment called as melanin which is present in skin. This melanin is produced through skin cells which are called melanocytes. Melanin plays an important role in skin colour maintenance. The lack of melanocytes to produce the melanin in your skin causes development of white patches on skin, mouth, hair. The exact reason is not clear as to why the melanocytes disappear from the affected area of skin. The patches involved in this disease become white. It is well known that about 30% of people affected by vitiligo have a family disease history. Defect in cells of melanocytes cause them to destroy themselves. The person affected by vitiligo may develop antibodies by the immune system that destroys melanocytes.

Sign and Symptoms

The loss of colour in skin patches is observed. The parts that are involved are eyes, nose and mucous membrane in mouth. Another symptom observed is face turning grey or white.

Treatment-

The treatment of vitiligo disease depends on many terms such as age of person, amount of skin involved, how much time the disease is taking to affect the person and the progress in affecting the life. Some medication and also the light therapies are useful for restoring the skin and colour. It can also be used to match the skin tone but the results are unpredictable and may vary with the person. There are some treatments which have serious side effects because of these doctors firstly suggest that you should try to change skin appearance by using makeup or cosmetic products. When you take

treatment successfully in some condition it may be lost or new patches on skin may occur. So after taking a specific treatment your doctor may recommend some medications which are to be applied on skin to maintain the skin condition and to maintain the therapy also to prevent the relapse. Following are some reason different treatment depending upon the percentage of skin effected these are as follows:

- Medication
- Therapies
- Surgery
- Potential future treatment

➤ **Medication-**

These are no specific drug which can stop vitiligo disease or can stop pigment cell loss. But there are some drug which when use alone, with use of light therapy or in combination can restored some skin colour.

DRUG CONTROLLING IN INFLAMMATIONS

When vitiligo is in early stage or starting stage the is of corticosteroid cream affected skin surface can restored the skin colour. This cream is easy to apply, also it effective but these cream take some month to show its effect. The change in the skin colour will be seen in several months. Due to use of these cream some side effects are seen like skin becomes thin or lines are seen on the skin. Mild type of drug are generally given for the small children's or persons who are having large amount of skin discoloured.

The patient whose condition is progressing rapidly in these case corticosteroid pills or injection is the best option of medicament.

➤ **Therapies**

• **Light Therapy**

It is shown that to stop the progression of the active vitiligo, phototherapy with narrow band ultraviolet B is used. When it is used in combination with corticosteroid or calcineurin it is most effective. This therapy has to be done for two to three times in a week. This therapy is slow and it may take one to three month to see some changes and full change or effect is seen after six month or more than that.

When the phototherapy is given with calcineurin inhibitor, there is a chance of skin cancer. The FDA is warned that this is risk of skin cancer when calcineurin is used to phototherapy. So before taking treatment you should ask your doctor about benefit and risk factor of therapy. The patient who are not able to visit the Hospital for the

treatment, for them these are small portable or device of ultraviolet B therapy which are available for house use but before using this you should consult your doctor. Some side effect are using to narrow band ultraviolet B therapy may include itching, scratching, burning and redness of skin. But these side effect use for short time after some hours no side effects are seen.

• **Removing the remaining colour**

This type of therapy is use when vitiligo disease spread widely and other treatment are not working. The area which is affected the depigmentation agent is applied. Using this agent is skin become light so that it matches with discoloured areas. This therapy is usually done twice or ones in day for nine months or more. These are several side effects including swelling, redness, itching and drying if skin.

• **Surgery**

When the light therapy and other Medicament are not working and person having stable disease can be given surgery treatment. These are some techniques which are used to restore skin tone by restoring colour.

• **Blister Grafting**

In blister grafting procedure the doctor creates blister in skin which is pigmented, these is done suction and then they transplant blister tops to the skin which is discoloured. During this surgery several risk are involved including scarring, no recoloring of skin due to use of suction it may effect skin or can effect on other patches of skin.

• **Skin grafting**

This type of procedure is used when there are small patches on skin. In cases vitiligo is affecting the skin in small amount. Then the doctor transfer small part of healthy, clean, pigmented skin by grafting procedure to the area where these is a pigment loss. These treatments matches the color of skin and it is useful only when the small patches of skin are discoloured. Some risk factors involving are scarring, spotty colour and fail to recolors the discoloured area.

Cellular suspension transplant

In cellular suspension transplant technique doctor takes cell tissue of pigmented area of skin and put it into the solution after this the tissue are transplanted in the affected skin area. This process starts showing its effect in four week.

Potential Future Treatment

A Drug substance to increase color producing cell: These are also known as melanocytes. These treatments done under skin via

implantation it is done to increase growth revert the melanocyte.

II. CONCLUSION

Vitiligo is a skin condition that moderately or severely affects the QOL of most patients. Although most patients look for a cure or long lasting treatment, only 12.5% of respondents to our survey had obtained information from a dermatologist. Vitiligo is common condition that affects more than the skin, and has profound psychosocial implication for affected patient.

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