



VITILIGO

The Complete Vitiligo
Book



VITILIGO-INTRODUCTION

Overview These days, vitiligo is a serious issue because there is no specific therapy available, and cases are increasing. Vitiligo does not pose a serious threat to human health and is not communicable. Although it can afflict people of all colors, those with darker skin tones are more susceptible to vitiligo. In addition to the skin on the outside, vitiligo can also affect the hair, ears, mouth, and other body parts. A person's aesthetic value may seriously decline as a result of white patches spreading throughout their body over an extended period of time. The human body experiences a significant deal of discomfort as a result of this vitiligo occurrence. Based on the current state of medical science, vitiligo may or may not be curable, depending on the underlying reasons. All of the methods that are currently on the market are costly and ineffectual; instead, you need to have a thorough awareness of the other options.



CAUSES:

Reasons The cells called melanocytes are in charge of producing the pigment known as melanin, which gives skin its desired color. Vitiligo is the medical term for the dysfunction of the melanocytes that leads to the death of melanin synthesis. The precise number of cases of Vitiligo has not yet been determined.



1. AUTOIMMUNE DISORDER

The Immune System It is believed that the immune system's attack on the skin's melanocytes—which produce melanin is what causes vitiligo. This could be one of the many reasons why vitiligo could develop. Numerous autoimmune disorders are frequently linked to the onset of vitiligo. Among these are conditions like Addison's illness, rheumatoid arthritis, thyroid disease, and lupus. It is said to be related to a number of illnesses brought on by immunological disorders.

2. NUTRITION DEFICIENCY

Vitiligo can also arise when there is a deficiency of specific vitamins and minerals needed to maintain the immune system. The immune system needs a number of vitamins and minerals in order to function properly. Common vitamins and minerals include zinc and copper, as well as vitamins B9, B12, C, and E.

3. SUNBURN

On rare occasions, sunburn is brought on by extended exposure to sunlight that contains intense UV rays.

4. TOXINS

It's frequently asserted that the buildup of pollutants, particularly heavy metals, is what leads to vitiligo.

5. GENETIC

One possible genetic cause of vitiligo is inheritance from one's ancestors. The gene is passed down through offspring. The material in a chromosome that transfers information is called a gene.

CONTROL AND PREVENTION

Even yet, there are other factors that contribute to vitiligo, some of which are under your control. The geographical location affects the medicines' accessibility for use at home. Here is a list of substitutes.

1. TURMERIC

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2. ALOE VERA

Aloe vera is frequently used to treat a variety of illnesses in people. Applying the aloe vera gel to the affected area is crucial. It is claimed that aloe vera has therapeutic properties that can effectively soothe vitiligo.

3. NEEM

The medicinal plant neem is used to cure a variety of illnesses, and it has multiple uses. Neem leaves are powerful; the oil from the seed and the bark is frequently used to treat a variety of illnesses. For best results, the four grams of powdered neem leaves must be taken three times a day. As an alternative, apply a paste made from fresh neem leaves to the affected area and rinse for 20 minutes. It is necessary to repeat this process for a minimum of two months.



4. GARLIC

There are claims that garlic can treat autoimmune diseases of many kinds, including vitiligo. It is not advised to eat more than one clove of garlic in a single day because to the high discomfort inherent in garlic. The procedure must be repeated for the optimum outcome.



5. GRASS JUICE

Consuming the barley grass juice is beneficial in the soothing of Vitiligo. For Best result, the process needs to be repeated at least a Month.





6. LEMON JUICE

It is said that applying a mixture of fresh lemon juice and sweet basil leaves would alleviate vitiligo symptoms. As an alternative, you can drink the ginger-lemon juice mixture twice a day until the vitiligo completely goes away.

7. APPLE CIDER VINEGAR

It is said that the apple cider vinegar elixir, a common home remedy, has a calming impact on the onset of vitiligo. It is said that the antibacterial qualities of apple cider vinegar prevent the development of vitiligo. Vitiligo can be treated well by applying diluted apple cider vinegar twice a day to the affected area and then washing it off after 30 minutes.



8. YOGURT

Vitamin B 12 is found in yogurt, and a persistent shortage is thought to be the cause of vitiligo. Yogurt must be consumed on a regular basis.



9. REDUCE STRESS

Many times, everyday stress has been identified as the main cause of vitiligo. Stress has many secondary effects, some of which are negative. These demand that the daily schedule be appropriately modified in order to minimize stress loss. Exercise, yoga, meditation, beach walks, using a rock salt lamp in the room, and other techniques are some of the simplest methods to relieve stress.





10. PAPAYA

Treating Vitiligo with a daily diet that includes papaya is successful. It is said that the quality of the vitamins and minerals that are naturally present in papayas produces a number of positive health effects. It is stated that the high carotene concentration has a beneficial effect on vitiligo. It is said that rubbing the papaya in the damaged cell will revive the melanin cells.

11. HONEY

Vitiligo can be relieved by applying honey to the afflicted area and rinsing it after 30 minutes. Because of its antibacterial and anti-inflammatory qualities, honey can help treat and prevent vitiligo.



12. COCONUT OIL

It is said that the antimicrobial qualities of coconut oil prevent the development of vitiligo. It is advised to apply five drops of coconut oil to the affected area and to wash the area several times within 30 minutes of application. Typically, the recommendation is to apply three times a day until the vitiligo subsides. It can take several months, depending on the shivery.

13. OLIVE OIL

Including olive oil in one's regular diet aids in relieving vitiligo, which is a result of low immunity. It is said that applying olive oil to the afflicted area will have a beneficial effect. It is imperative that you take a break for over an hour following the application.





13. COPPER

Copper is essential to relieve Vitiligo because it helps the skin manufacture melanin. Almonds, lentils, dried apricots, sunflower seeds, and asparagus are a few foods high in intrinsic copper, along with numerous others.

14. WALNUT

The positive effects on the skin are produced by both applying and consuming walnut kernels. The goodness of the vital nutrient that the human body needs is abundant in walnuts. Furthermore, it is said that applying walnut paste to the affected area for a few weeks has a positive outcome.



15. RADISH SEEDS

It is said that the radish seed's healthiness removes dead skin, having a beneficial impact. It is imperative to apply a paste made from radish skin combined with apple cider vinegar to the affected area and then rinse it after 30 minutes.

16. GINKGO BILOBA

Known as the "fossil plant," ginkgo biloba is used to treat vitiligo and enhance memory. For months until the effect is apparent on the surface, the affected area must be treated with ginkgo biloba leaf paste, at least three times a day.



17. GOOSEFOOT

Applying the goosefoot juice obtained from its leaves in the affected part. This needs to be left for more than thirty minutes and needs to be cleansed thoroughly.

18. RED CLAY

Ginger juice and red clay must be combined in an equal amount. After five minutes, the afflicted area can be cleansed with this. This may help to reduce Vitiligo symptoms.

19. CELERY

Celery juice consumption is helpful in preventing the development of Vitiligo.

20. VITAMIN E OIL

Vitiligo can be relieved by applying vitamin E oil to the affected area and rinsing it after about 30 minutes. For optimal results, repeat this method three times a day. The useful impact is produced by vitamin E's excellent effect on hydrating skin.

21. POMEGRANATE LEAVES

It is said that consuming a handful of pomegranate leaves with water might alleviate Vitiligo symptoms. Because pomegranate leaves naturally have antibacterial and anti-inflammatory properties, they have been used for centuries to treat a variety of illnesses.

22. GOLDEN APPLE

It is said that applying golden apple pulp to the afflicted area will reduce the occurrence of vitiligo. Golden apple pulp must be used repeatedly over several months to see results. It's imperative to rinse every 30 minutes.

23. BLACK GRAM

It is said that applying Black Gram paste to the afflicted area for several months has a beneficial effect on vitiligo relief.

24. NO TATTOO IN SKIN

Regardless of the compelling reason for getting tattoos, having them on the body might have unintended consequences, such as vitiligo. Additionally, those who have vitiligo choose to get tattoos mostly for concealment. This action may make the situation worse.

26. CUCUMBER

Curing Vitiligo can be achieved with a daily regimen of cucumber and alpha alpha consumption.

27. ALMONDS

It is said that the vitamin E content in lemons helps prevent vitiligo from occurring. Applying the almond paste and lemon juice together and letting it sit for a few hours is crucial. It will take several months to see results from repeating the practice.

28. AMLA

It is said that applying an amla paste, also known as Indian gooseberry paste, combined with honey on the skin would relieve vitiligo. Because Amla has the natural ability to rejuvenate skin, it has been used traditionally to cure a variety of skin diseases.

DECLAIMER

Information given here is for information Propose. Anyone with the serious ailments is advised to consult the trained physicians.

Regards and best of luck!

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