

Vitiligo: not a stigma but an acceptance for self esteem

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Abstract

Vitiligo is a color pigmentary skin problem occurs around 0.98 % persons in the world.

The lack of melanocytes which provides color pigment in the skin causes the vitiligo. In other language it is also called a leucoderma or white patches. If the patch is less than 5mm it is called macules and if the patch is more than 5mm then generally it is called patches.

It can be completely cured if patches are not spread on large area. Skin grafting is one of the alternative antidotes for curing vitiligo. Re-pigmentation theory is also useful for treatment of vitiligo.

Keywords: Vitiligo, leuco derma, skin grafting.

Introduction:

Vitiligo is never been a blot or stigma or punishment due to past birth sins. These are all misleading notions which are baseless or illogical. Lack of knowledge, lack of apt awareness, causes a patient to think in other way. Vitiligo is only superficial skin disease and can be completely cured. Acceptance and self-care is the effective way of treatment of vitiligo skin disease. A group of vitiligoinfected patients can support to other patient suffering from vitiligo. Open communication and self-confidence is also helpful in curing or in the treatment of vitiligo. Vitiligo is a socio-psychological skin disease which can cause severe damage to the self- esteem and self- respect of an individual patient. Support and consolidation and profession support also helps in curing vitiligo patches. It will not affect your life span, but can affect quality of life. Even the socio-psychological relations may get severely affected. It doesn't spread by shake hands, touching the skin parts. It is not contagious disease.

Theory and Discussion:

Cure and care are supportive in vitiligo treatment: Here are few precautionary measures

Save your infected skin from direct sunlight. Be hydrated always otherwise the skin becomes dry and takes longer time to recover. Use beauty products to boost the confidence. You have to adopt disease less lifestyle for rapid recovery of the disease. Dietary supplements' has to be taken with proper care and restrictions. Avoid oily, spicy, sugar studded food items. Stress also exacerbates vitiligo so better to avoid externally implied physical and psychological stress. Don't use harmful chemicals for treatment of vitiligo. Proper management of medicines, treatment modules, dose schedules is needed for complete treatment of vitiligo. Apt personal with family counselling will do the better work treatment for vitiligo patient.

Treatment modalities

Use of SPF and Sunscreenlotions. Cover the affected part carefully and if possible completely. Use of camouflaging techniques also helps in building confidence level of a patient undergoing treatment of vitiligo. Re-pigmentation therapy is one of the useful treatment modality. Laser therapy is vastly emerging technique in recent years. Especially NB-UVB with wavelength ranging from 308-310 nm is very well suited for laser treatment.

Result and discussion:

It is foremost important fact that to understand a vitiligo first and then gain a confidence that it is not harmful and discouraging social stigma.

Self-realization and self-education regarding vitiligo is the key facts for living with vitiligo. Self-isolation is not the solution, but aligning, participating, sharing, caring with the society is the solution for vitiligo patients. The patient is advised to have self-medication, self-care, and self-precaution for not to spread that is not to exarbate vitiligo.

There are people around you who always supports you, encourages you from vitiligo skin infection. Taking professional help, normalizing and formalizing the social stigma is also important for self-treatment modalities. Training and teaching other vitiligo patients is also one type of treatment modalities for vitiligo treatment. Medicating products. You can use makeup, tattoos and other camouflaging devices and medications. Be firm on your abilities and capabilities is also important in self-healing of vitiligo. Self-esteem self-realization, self-recognition, self – respect,Improvement of internal qualities is also important in vitiligo treatment.

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