

# ROLE OF DIET IN PATIENTS SUFFERING FROM VITILIGO

## Abstract

Ayurvedic texts and few modern research journals correlate diet with recovery rates in vitiligo patients. Ancient Ayurvedic texts mention the consumption of wrong food combinations such as milk along with fish and/or consuming milk along with sour foods as the primary causative agent for developing Vitiligo. According to allopathy, vitiligo is an Auto-immune disorder that is caused due to stress or genetics. Confirmatory evidence however regarding the role of diet in vitiligo patients is lacking.

## Objective

To assess the role of diet in stopping the spread of the disease and re pigmentation of vitiligo patches.

## Method

Kayakalp Global is an integrated dermatology centre in Faridabad, Haryana. Doctors at Kayakalp Global have been successful in treating hundreds of vitiligo patients every month in the out-patient department. For the purpose of our study, 100 patients with active disease in the spreading stage were selected. Patients above the age of 50 and children were not selected for study. Additionally, patients with white hair over their white patches were also excluded from studies.

Ayurvedic texts were studied and vitiligo diet restrictions such as excessive use of vitamin C, Brinjal , Raw Tomatoes and green chillies were considered.

Modern research journals were studied and dietary restrictions due to presence of phenols such as Mangoes, Cashew, Pistachio, red chilli, berries, Cherry and tea were considered.

100 patients were divided in two group of 50 each.

One group labelled "Group A" was given integrative treatment for vitiligo with all the above dietary restrictions and another group labelled "Group B" was treated with no dietary restrictions.

## Duration of Study

Patients were followed up on a regular basis for 6 months

## Results

### Group A: Dietary restrictions followed

#### REPIGMENTATION STATUS

80% (40) of the patients achieved 20% re-pigmentation in 6 months

20% (10) of the patients achieved 15% re-pigmentation in 6 months.

#### CONTROL OF SPREAD

95% of the Patients achieved 100% stoppage of spread of disease within the observation period

5% of the patients had mild spreading after 6 months

## Group B: No dietary restrictions

### REPIGMENTATION STATUS

76% (38) of the patients achieved 20% recovery in 6 months

24% (12) of the patients achieved 15% recovery in 6 months.

### CONTROL OF SPREAD

95% of the patients achieved 100% stoppage of spread of disease

5% of the patients had mild spreading after 6 months

## Conclusion

After analysing the data sets over a period of six months, it is clear that diet has no major role to play in either re-pigmentation or controlling the spread of disease.