Causes of Vitiligo

This is a very important issue for vitiligo patients.

There are some contradictions about what can trigger vitiligo in modern and in ayurvedic texts.

Since 20 years working with vitiligo we come out with what is true and what is imaginary.

According to modern science Vitiligo also known as leucoderma is an autoimmune disorder which can be triggered by many external as well as internal factors.

Some of internal causes are.

1. Positive family history
2. Presence of infection in body
3. Gastric and liver related problems
4. Blood group B and AB
5. Pregnancy
6. Acute illness
7. Stressful conditions
8 copper and vitamin B12 deficiency

Some of the common external causes are:
Causes of Vitiligo

1. Contact with nylon and rubber as long term contact with rubber shoes or nylon clothes can cause chemical irritation to skin and trigger the disorder.
2. Pressure and friction of tight clothes / watches / undergarments has been found to a trigger in many cases.
3. Indiscriminate use of antibiotics oxytetracycline/ciprofloxacin/streptomycin
4. Contact with Photographic developing solution
5. Radiation from T.V
6. Artificial jewellery
7. Injury to skin
8. Pollution

Vitiligo has been described in details in ayurvedic texts. This disease is described as Shwet kushth in Ayurveda. Following are the Causes according to Ayurveda texts.

• Using of opposite quality of foods at the same time, that is using Yogurt with Milk, Fish with Milk or achar (Pickle) with Milk, Honey with Ghee (Butter), Milk with salt, Milk with fruits specially Vitamin C containing fruits. These are opposite foods and if taken together, they produce slow poisons in our body.

• Using cold drinks and cold water when you are in stress or after having hard physical work.
Causes of Vitiligo

• Sudden change in skin temperature. Ayurveda has mentioned that any activity which can bring sudden change in skin temperature can trigger skin disorders.

• Taking heavy meals in short durations without getting earlier meals properly digested. This also produces slow poisons which get released in the blood.

• Having sex within one hour of taking meals, because one hour is minimum required time for our body to secrete the juices to digest the meal. If our attention is diverted towards sex then these juices are produced in less quantity in which case the undigested food will get converted into slow poisons.

• Normal Sleeping mode takes our body into hibernation. Ayurveda Texts strongly recommend avoiding any additional day time sleep except in very hot summer season.

We have noticed that people who are working in shift duties are more prone to vitiligo.

• Stopping the natural Vegas (waste disposal system of our body). Stool, Urine and Semen are natural Vegas, which should not be stopped. If we are having constipation then part of the toxins present in stool gets re absorbed in the form of slow poisons into our blood system and they come out through our skin in the form of skin diseases including Vitiligo.

• Excessive use of vitamin C in diet.

• Excessive use of yogurt, black pepper and sea food in regular meals and lesser exposure to sunlight are some of the triggers of vitiligo.
Causes of Vitiligo

It has been mentioned that using NAYA ANAJ that is new grains can cause skin disease.

There was a tradition of using purana annaj (seasoned grains) as new grains can trigger skin allergies.

It has been mentioned in texts that there are three pillars which support our body system. 1. Aahar (Food) 2. Nidra (Sleep) 3. Bramcharya (Sex). If any pillar is disturbed it can trigger vitiligo.

Some times doubts arise in our minds whether all the causes mentioned in texts are correct or not.

It is very important to mention here is that the text books where all these causes are mentioned are very sacred books. In these books it has been mentioned that herb like Arjuna is good for heart disease, Rasna and shalaki are good for joint pain, bakuchi is good for vitiligo, Aswagandha is good for immune disorders and so on and all these claims have been scientifically proved today.

So if the treatment mentioned in a book is correct scientifically even today then causes of diseases mentioned should also need to be taken into account.

What we have observed in our clinical practice is that a person who is taking healthy food (preferably Indian food or native food), lives stress free life, and is having good night sleep is less likely to be affected by Vitiligo, even though he might be having a family history of Vitiligo.

We have noticed in our practice that Vitamin C has no or very little role in triggering vitiligo.
We advise Indian food for Indian patients as some herbs like ajinomoto in Chinese food can trigger allergic reactions and vitiligio.

I have seen people taking fish preparations and cheese preparations along with alcohol, this is a deadly combination and can easily lead to skin diseases, because fish and milk products like cheese are contraindicated.

It is a very simple theory, If a person is bitten by a poisonous insect. Itching and rashes appear on the entire body. Our natural body system is throwing out that poison of insect out of our body through our skin. Similarly the slow poisons produced by above mentioned deeds are also thrown out through the skin and this takes the form what we call Vitiligo.

*In the nut shell Vitiligo is a life style disorder autoimmune in nature triggered by stressful conditions and Indigestion and positive family history of disease.

**Vitamin C and food has little to do with vitiligo.**