

Vitiligo Treatment in Kolkata



Vitiligo is a skin condition characterized by the loss of pigmentation, resulting in white patches on the skin. Treatment focuses on restoring pigment (repigmentation) or minimizing the contrast between affected and unaffected skin. The right approach depends on the extent, location, rate of progression, and individual patient preferences.

1. Medical Therapies

Topical Corticosteroids

Often the first line of treatment, especially for localized vitiligo or in children. These reduce inflammation and may help restore pigment over time.

Topical Calcineurin Inhibitors

Medications such as tacrolimus (Protopic) or pimecrolimus (Elidel) are commonly used on sensitive areas like the face and neck. They are effective for smaller patches of vitiligo.

Phototherapy (Narrowband UVB)

Controlled exposure to specific wavelengths of ultraviolet B light can slow the progression of vitiligo and stimulate repigmentation. Often more effective when combined with topical treatments.

Oral Medications

In cases of rapidly spreading vitiligo, systemic treatments such as oral corticosteroids or other immune-modulating drugs may be used under medical supervision.

2. Surgical and Cellular Treatments

Skin Grafting

Involves transplanting healthy pigmented skin from one area of the body to the depigmented area.

Blister Grafting

Blisters are created on pigmented skin; the upper layer is then transferred to vitiligo-affected areas.

Cellular Transplantation

Melanocytes (pigment-producing cells) are harvested from healthy skin and introduced into depigmented areas. This method is generally used for stable vitiligo.

3. Supportive and Cosmetic Approaches

Sunscreen Use

Protecting depigmented areas from sunburn is crucial. Sunscreens also reduce tanning of unaffected skin, making patches less noticeable.

Cosmetic Cover-ups

Camouflage makeup, self-tanners, or skin dyes can temporarily even out skin tone for aesthetic purposes.

Dietary Support

While not a direct treatment, a diet rich in antioxidants, vitamins (especially B12 and folic acid), and minerals may support overall skin health and immune balance.

Important Considerations

Early Treatment Matters

Starting therapy during the early stages—especially if the vitiligo is actively spreading—can significantly improve outcomes.

Combination Therapy is Often More Effective

Many patients benefit from a tailored combination of medical, phototherapy, and cosmetic solutions.

Personalized Approach is Key

Every case of vitiligo is unique. A consultation with a qualified dermatologist is essential to design a customized treatment plan that aligns with your skin type, goals, and lifestyle.