

# Vitiligo and Skincare Physicians Meeting

September 15-16, 2016 Berlin, Germany

## Vitiligo and coeliac disease related or coincidental

Michael J Lentze<sup>1,2</sup><sup>1</sup>Universitätsklinikum Bonn, Germany<sup>2</sup>Tbilisi State Medical University, Georgia

In coeliac disease gluten triggers an autoimmune reaction, which affects not only the gastrointestinal tract with inflammation, malabsorption and villous atrophy but can also be associated with other autoimmune diseases as diabetes mellitus I, thyroid disease and skin disease like dermatitis herpetiformis, linear IgA bullous dermatosis, urticaria, psoriasis and vitiligo. However there is an ongoing controversial discussion, whether vitiligo is related to coeliac disease. The prevalence of vitiligo in the general population is reported to be 0.5-2%. In cohorts of celiac patients higher prevalence of 3.8-9.1% were observed. In studies of vitiligo patients for autoimmune antibodies for celiac disease, the results are conflicting. In some studies a statistical correlation was found, in others no correlation could be determined. A convincing argument for a relation between vitiligo and coeliac disease would be the amelioration of vitiligo in patients with coeliac disease after introduction of a gluten free diet. The largest study for the amelioration of symptoms in coeliac patients after introduction of gluten free diet was performed by Norstrom et al in Sweden. Here in 1031 adult patients with coeliac disease of different ages the results of a gluten free diet on a wide range of symptoms was assessed. Among these patients 3.8% (n=39) had vitiligo. After introduction of a gluten free diet, 34 patients showed an amelioration of vitiligo ( $p<0.01$ ). In children with coeliac disease vitiligo was reported at a prevalence of 2% similar to the general population. In one child with coeliac disease re-pigmentation of vitiligo was reported after the introduction of gluten free diet. Vitiligo and coeliac disease can occur together. Adult patients with coeliac disease and vitiligo can benefit from a gluten free diet. In children with coeliac disease and vitiligo only singular reports exist for the improvement of skin re-pigmentation after a gluten free diet. The large Swedish study by Norstrom et al., suggests a relationship between the two diseases. Therefore patients with vitiligo should be screened for transglutaminase IgA antibodies including the determination of total serum IgA in order to assess underlying coeliac disease.

[Michael.Lentze@ukb.uni-bonn.de](mailto:Michael.Lentze@ukb.uni-bonn.de)

## Efficacy of shwitravaya (polyherbal powder) in vitiligo

Salim Musa Mulla

Mulla Ayurvigyan Hospital, India

This is a single blind randomized clinical study on patients of vitiligo, a disease rather difficult for cure. Aetiology is multifactorial, it may be hereditary, autoimmune, hormonal imbalance, dietary, stress, secondary to other systemic diseases like diabetes mellitus and hypothyroidism etc. This study is carried out on 200 outdoor patients suffering with vitiligo. Patients from both sexes from age group 5-70 years complaining mainly as white patches are studied. Patients are treated with ayurvedic polyherbal powder mixture containing *Psoralea corylifolia* (Bakuchi) as main ingredient supplemented with local application and phototherapy (natural). Duration of treatment is of one month to one year depending upon response and requirement for the treatment. Follow up is biweekly to monthly. The response to treatment is observed in terms of reduction in area of depigmentation after treatment. Complete cure is noted in 12% patients. Good result is noted in 18% cases, moderate in 45% cases and mild result in 25% cases noted. The result is statistically highly significant at 0.1% level. No major side effects of the treatment given observed. The treatment is effective in all types of vitiligo. The results of internal medications and local treatment are aggravated after panchakarma.

[drsmulla@hotmail.com](mailto:drsmulla@hotmail.com)