

## **VITILIGO CAUSES, SYMPTOMS, TREATMENT AND PREVENTION**

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### **ABSTRACT**

Vitiligo currently, polutology is considered as a disease that occurs due to the disruption of various internal organs and systems. The causes of the disease on the territory of Uzbekistan are diseases of the liver, gall bladder, thyroid gland, gastrointestinal diseases, more parasites in children, anemia in women and chronic diseases of various intestines and genitals. We will learn more about vitiligo disease in this article.

**Keywords:** Vitiligo, leucoderma, melanin, choreoretinitis, segmental, hearth, acrofascial

### **ACCESS**

Vitiligo is a type of skin disease characterized by the loss of pigmentation of the dermis due to the breakdown of melanin. as a result of this process, some skin processes lose their color, which is manifested by the formation of white spots. The disease has been known for a long time among the people, and it is called "pes". In medical practice, along with the name of vitiligo, this disease can also be called leucoderma. About 1% of the world's population has vitiligo. The disease does not have a known population, but the spots are more noticeable in black people. In most cases, the disease manifests itself in the period from 10 to 30 years, this period makes up 50% of all pathological cases.

The main symptom of the disease is the appearance of clearly demarcated spots on the skin reminiscent of milk color. Pes often affects areas of the body such as the face (around the mouth, ears, eyes, nose), hands, and feet (including the back, fingertips, elbows, feet, knees, and anus). White spots can appear on hairy areas of the head, including beards and mustaches in men.

### **LITERATURE ANALYSIS AND METHODS**

Vitiligo spots are divided into several types. In the process of transitioning from the pathological process to the healthy part of the skin, there is a pigmented contour, the spots have 3 colors. Four-colored spots bordered by a border with significant pigmentation are inflamed areas bordered by a slightly raised shaft.

Blue spots. In addition, several signs appear in the disease. Chorenitis-inflammation of the back of the eye and retinal pardon, graying or whiter color of hair in the affected areas with vitiligo, gastrointestinal diseases, impaired sweating in the affected areas, skin sensitivity to cold and other stimuli a process such as lack of reaction, loss of muscle-hair and vasomotor reflexes is observed.

Often, vitiligo is accompanied by various dermatitis, the ability of the liver to resist toxins decreases. As for other subjective symptoms, they are not observed, and in most cases the patient suffers only from cosmetic defects. Therefore, people with this type of skin disease should avoid being under the sun for a long time, because the spots are more visible on the affected skin.

Of course, mothers with vitiligo are afraid of passing on skin pathology to their children. In this case, one thing should be taken into account. The child born does not have the disease itself, i.e. it does not have birthmarks, but there is a tendency to develop it. Therefore, if the mother or other members of her family have vitiligo, their children should be exposed to the influence of motivating factors as much as possible. Among them are psychological and physical injuries, ultraviolet rays, burns, etc. If the disease affects a woman during pregnancy, it does not affect the development of her fetus and does not pose a risk. But during pregnancy, hormonal changes occur, which can cause the disease to spread faster.

## **DISCUSSION AND RESULTS**

### **What is Vitiligo Dangerous?**

Depending on the localization of the pathological process, it is accepted to distinguish the local clinical form of vitiligo when the pathological foci are located in a certain area of the skin.

Mucous leucoderma if there is little mucosa in the area of injury;

If the foci are located in the skin area supplied by one nerve, segmental leukoderma;

Spots are isolated in one or two skin areas, focal leukoderma.

In this disease, the patient cannot be nervous. Nerve and brain tension is their number one enemy. The patient finds it difficult to accept the changes in his appearance. Many people refuse to consult a doctor because of depression. It is believed that this disease does not directly threaten human life or health. But in itself, vitiligo is often the result of problems in the body that should not be ignored. People with vitiligo should first pay close attention to the functioning of the thyroid gland. Most often, vitiligo pneumonia is noted in progressive myopia. The number of patients is 0.5-8% of the population of the planet, which is about 40 million people. It often occurs in young people. 50% of cases are people aged 10-30 years. The onset of the disease in people over 40 is a pity.

## **DISCUSSION**

### **Is vitiligo passed down from generation to generation?**

Several studies have shown that there is a certain combination of genes responsible for the manifestation of vitiligo among members of the same family. Therefore, the transmission of the disease from generation to generation ranges from 15 to 40%. However, it is important to know that spots are formed not necessarily, but only under the influence of risk factors. Therefore, a child of a parent with vitiligo can live a lifetime without experiencing the symptoms of this disease. At the same time, children with severe family history are at risk. Symptoms of vitiligo are rarely detected in newborns. Therefore, if a white spot is detected on the baby's skin, it can be suspected psoriasis, white or colored iron, as well as allergies. But unlike vitiligo, in this case, itchiness of the skin is also noted.

### **What vitamins should be taken for vitiligo?**

Scientific studies have proven that taking certain vitamins (for example, V, V6, V12, C, E, alpha-lipoic acid) can affect the course of the disease and increase the therapeutic effect. Therefore, doctors often prescribe certain drugs from this group to patients suffering from buteri disease. Thiamin, ascorbic acid, pantothenic acid and riboflavin can be distinguished among the most famous.

### **CONCLUSION**

Vitiligo has been removed from the list of incurable diseases for a long time. It can be treated, there are several types of it today, and they are important because they work well. Vitiligo cannot be treated on its own. Before starting the treatment, it is necessary to study the cause of the disease, to know about the general condition of the patient and the diseases he has experienced. Among the treatment methods, PUVA-therapy occupies a special place. This method includes 4-5 stages, 16-20 sessions of photochemotherapy. PUVA therapy is carried out 3 or 4 times a week, with a rest period of 1.5-2 months between stages. When this method of treatment is used, melanin pigment will soon begin to be synthesized in the skin with vitiligo. Even if it is not possible to completely get rid of vitiligo, using modern therapy, it is possible to make the spots less noticeable.

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