

Safety and Efficacy of Herbal Extracts in the Treatment of Vitiligo

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Abstract: *Vitiligo, a skin condition characterized by depigmented patches, has a long history dating back over 1500 years BC. Ancient civilizations, including those of pre-Hindu Vedic India and Egypt, documented its existence and attributed it to a lack of melanin. Traditional healers, such as Hakims and Vaidyas, employed various remedies to treat vitiligo. In Egypt, a mixture of tar, honey, and oil was commonly used, while in India, herbal formulations were administered to stimulate melanin production. The AYUSH system, encompassing Ayurveda, Siddha, and Unani, offers a comprehensive approach to vitiligo treatment. In Ayurveda, Bakuchi (*Psoralea corylifolia*) seeds, both in powder and topical forms, are widely used. Siddha medicine categorizes vitiligo (*Venpadai*) into three types based on the imbalance of vital humors: *VathaVenpadai*, *PithaVenpadai*, and *KabaVenpadai*. Unani medicine, founded by Hakim IbnSina (*Avicenna*) in 980 CE, emphasizes the restoration of bodily balance to induce repigmentation. While modern medicine offers synthetic treatments to inhibit vitiligo and stimulate melanin production, these often come with adverse side effects. This review aims to explore the potential of herbal remedies, particularly those derived from the AYUSH system, as a safer and more effective alternative for vitiligo management.*

Keywords: Vitiligo, a skin condition caused by a lack of melanin, has been treated with various therapies, including herbal remedies. To evaluate the efficacy of these herbal treatments, researchers often analyze their active ingredients using techniques like High-Performance Liquid Chromatography (HPLC) and UV spectroscopy. These methods help identify and quantify the specific compounds responsible for the therapeutic effects of herbal medicines.