



சித்தமருத்துவ மைய ஆராய்ச்சி நிலையம்
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सिद्ध केंद्रीय अनुसंधान संस्थान

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Venpulligal- LEUCODERMA

Definition

Venpulligal or Leucoderma is an acquired de-pigmentation of the skin that is very common with a worldwide preponderance. Leucoderma or Venpulligal is a distressful skin disease and the word *Leucoderma* means 'to have white skin'. There would be a gradual loss of pigment called melanin.

From the dermal layers that results into white patches. These patches look bad, especially in persons having dark complexions. Leucoderma can occur at any age, person and in any kind of skins.

Venpulligal is described as one of the 18 types of Kuttam (skin diseases) by the great Saint Yugi in Yugi Chintamani -800. Venpulligal is non infectious, non contagious, non fatal except a disfiguring condition.

Leucoderma / Venpulligal conditions have considerable psycho-social impact. Genetic re-disposition is there and there no age is exempt. The disease generally begins in children and young adults. Leucoderma is a fairly common disorder affecting 1% or more of the world's population. The incidence is a little more eminent in India. Leucoderma is, nevertheless, more common in women as compared to men. The most affected areas include the hands, the neck, the back and the wrists in the order.

The condition does not cause any harm to the body organs; internally or externally. It, though, brings about great psychological tensions to the sufferer who is more embarrassed than the victim having pains or discomforts.

The patches can be caused due to plenty of reasons but the most common among them is worm infestation and/or calcium deficiencies. These patches eventually increase in sizes and

produce lot of psychological stress in the person. It is an autoimmune disease and can have genetic predispositions.

This disease is caused neither by any microorganisms, nor is it because of the bad blood. It is said to be neither infectious nor contagious. It is seated in the basal layer of the epidermis and the first layer of the dermis, i.e. melanin that is seated in two layers. In addition, it is just as essential to remember that each of the white patches is not leucoderma. Patches might be due to a number of reasons, the most common among them being irregular foods, vitamin deficiencies, allergies etc.

Causes

- Excessive mental worry.
- Chronic or acute gastric diseases can also contribute to leucoderma.
- Impaired hepatic function (as in jaundice), worm infestations or other parasite infestation in the alimentary canal is prone to have those white patches.
- Pressure from tight clothes or certain occupational hazards like wearing certain rubber hand-gloves, using tattoos over the skin etc.

Preventive measures

- Well balanced, nutritious diet with more leafy vegetables.

Health promoting tips

- Citrus fruits like Lemon, Oranges etc. Tamarind and Non Vegetarian foods particularly fish and other sea foods should be avoided.

Curative herbs

- Kandankathiri - Solanum xanthocarpum
- Parangipattai - Smilax chinensis
- Serankottai - Semicarpus anacardium
- Chirattai - Cocos nucifera
- Karbogi - Psoralea cordifolia
- Thuvarver - Cajanus cajan