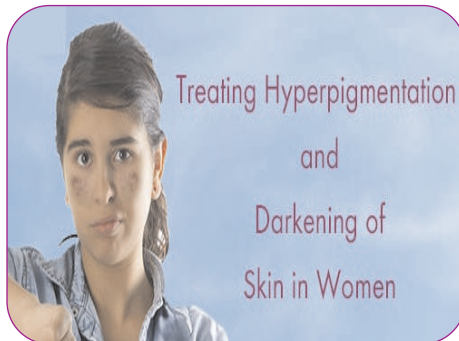




HERBAL TREATMENT TO CURE HYPERACTIVE PIGMENTATION IN WOMEN?



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ABSTRACT :

Hyperpigmentation is a medical condition which occurs when an area of the skin becomes much darker in comparison to the rest of the skin tone. This happens due to an excess of a pigment called melanin. Hyperpigmentation is fairly common and many people have reported this condition at some point in their lives.

KEYWORDS : Hyperpigmentation , medical condition , Solar Lentigenes.

WHAT IS HYPERPIGMENTATION?

Hyperpigmentation is discoloration of the skin in certain areas, whereby the skin area appears darker than normal. It often appears on the cheek area (seen as butterfly marks) and/or on the forehead as well as in the neck area just below the jawline. This skin condition occurs when the melanin (the brown pigment responsible for coloring the skin) is over stimulated, due to external or internal stimulation which is triggered by sun exposure (UV rays). Although, it is most common in middle age and beyond, we are seeing it more and more in younger clients. 'Age spots' on the hands are an example of hyperpigmentation, but these dark discolorations can occur on any part of the body including face, neck, arms hands and legs.

Types of Hyperpigmentation?

Lentigo/Lentigenes

These are freckles. Lentigo means one freckle, lentigenes are multiple freckles

Solar Lentigenes

Widely known as 'sun spots,' 'age spots' and 'liver spots,' solar lentigenes are freckles caused by sun exposure

Melasma

Also known, chloasma or the 'pregnancy mask,' Melasma is caused by hormonal changes (high estrogen levels) due to pregnancy and is characterized by splotchy, pigmented areas usually on the face (except the eye area).

What Causes Hyperpigmentation?

Hyperpigmentation is the result of either of two occurrences:

- (1) an abnormally high concentration of melanocytes produce melanin or
- (2) when melanocytes are hyperactive.

The root cause of overabundance melanin creation can be credited to inward factors like hormonal changes and additionally to outer factors, for example, exorbitant presentation to sun, skin damage or even enthusiastic anxiety. Hyperpigmentation has likewise been appeared to be a reaction of certain hormone medicines, chemotherapy medications, anti-toxins and antimalaria pills. It can likewise demonstrate more

genuine restorative conditions, for example, immune system and gastrointestinal infections, metabolic clutters and vitamin deficiencies. Photograph contact dermatitis caused by henna and inking colors can bring about lingering hyperpigmentation.

Hyperpigmentation from Sun Exposure.

One of the essential elements of melanin creation in your skin is to shield you from UV beams from the sun. A "tan" is the prime case of your body's melanin reaction to the sun.

At the point when your skin is presented to the sun more than once, you encounter an over-generation of melanin causing an uneven shading of the skin. This is the body's method for saying "get out the sun!" Once the cycle of color over-creation has begun, it can be hard to stop and there is no brisk fix to invert the harm.

Hyper-pigmentation (Melasma or Chloasma) from Hormones

The second most incessant reason for hyperpigmentation is because of hormonal changes, amid pregnancy or different phases of menopause and might be a consequence of oral prophylactic pills. Hormone shifts trigger the melanin cells to go into over-drive. Studies have demonstrated that right around 90% of pregnant ladies encounter this 'pregnancy veil'. Furthermore, that is without investing a lot of energy in the sun. On the off chance that you have hormone related pigmentation issues, sun presentation will strengthen the circumstance making the staining more noticeable

Post-Inflammatory Hyperpigmentation (PIH)

The third most regular reason for pigmentation is an immediate aftereffect of some kind of damage to the skin. Your body's reaction to damage is inflammation, which you regularly can't see, as it is underneath the epidermis. This inflammation triggers melanin creation. As the damage or injury at that point recuperates, it leaves a fl at region of staining behind. This is a typical condition among skin inflammation sufferers, however can likewise be caused by the accompanying:

- Insect bites or itchy rashes
- Abrasions or cuts
- Over-exposure to heat
- Hair waxing
- Improperly performed laser treatments
- Post Acne Scarring
- Products with high concentration of perfume
- Cosmetic products with high concentration of actives causing overstimulation

Homeopathy medicines cure pigmentation from the root cause and assuring the patient of not facing the similar problem in future. Some of the common homeopathic medicines for treating pigmentation are:

1. Medicines like Lycopodium Clavatum can be consumed if you experience grayish-yellow discolored face with blue circles around the eyes. It can also cure brown spots on the nose and face.
2. Sepia officinalis can treat chloasma (Yellow spots on the face and a yellow mark across the upper region of the nose and cheeks). This medicine also treats ailments during pregnancy and is best suited for patients who have dark hair.
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Treating Hyper pigmentation and Darkening of Skin in Women



When the pigment melanin that is responsible for the color of your skin rushes to the surface limitlessly due to stimulating and harming skin products or treatments, it leaves behind a patch of pigmentation or dark area which will apparently show out as a blemish on your skin. These stimulating factors can be environmental pollutants, cheaper and quality-less cosmetics or creams and skin care gels which are filled with hydroquinone/silicone. Regularly maintaining the skin and preventing it from environmental and cosmetic hazards is the only way out to this problem. Hyperpigmentation or darkening of skin is more common with the women and takes a toll on their personality. Although this Hyperpigmentation problem can dawn on anyone, it is common with the women from Asia, Mediterranean, Africa and Latin.

Here's a list of stimulants that cause Hyperpigmentation:

- Overexposure to sunlight
- Environmental pollutants
- Cosmetics and creams that are unauthenticated
- Excessive usage of antibiotics and hormone treatments
- Viral infections on the skin that is caused through the virus-acne vulgaris

Cure for Hyperpigmentation:

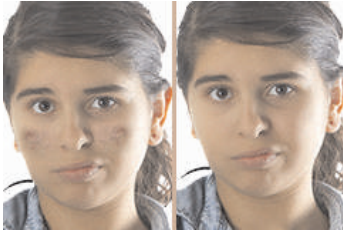
If you are thinking that modern medicine has cure to such superficial skin problems, then you are thinking wrong. There is no permanent cure for the pigmentation and strong anti-pigmentation chemical formulae will only work on the surface of the hyper pigmented skin and lighten the effect temporarily. However, if you stop using the drug on your skin, it will revert to its worst condition. In short, modern medicine has no jar of magic towards this common problem that the women face.



At this juncture, you also have to know that all the dark spots on your skin is not considered as Hyperpigmentation. Sometimes, when the superficial surface of your skin is slightly affected, you might see these lightly dark spots on the skin, which when given enough moisturizing and taken care of with the normal sunscreen blocks can bring an end to your woe.

Now comes the important part on which the natural way to cure Hyperpigmentation?

The medicine for this ever ending problem is right there in your kitchen! Yes, here are the tips and tricks to lighten the Hyperpigmentation issues you are undergoing. Once you have tried these on your skin, you can go in for a permanent cure to this problem, which we will discover while reading this article further.



- Naturally exfoliate your skin twice a day—before you start your way out of the house and after you have reached.
 - Once you have removed the dirt from the pores in your skin, those pores need to be closed again for your skin to remain intact, here is the role of your toner. Use natural extracts from your balcony's tiny aloe vera plant or buy a whole bottle of aloe juice and keep it handy in your refrigerator. Use this natural toner to tighten your pores.
 - Massage your skin with Vitamin E oil. You can either buy a pack of vitamin E capsules and break 1-2 capsules to take out the oil from it and buy the bottled vitamin E oil and use it as a part of your skin's regime.
- After all these homemade tricks, you can always go in for Ayurvedic treatment which will facilitate penetrating deep inside your skin to correct these pigmentation issues. This is the best remedy to flaunt with a flawless skin!
- Avoid chemicals and creams and gels on your skin. If you have been loyal to one particular brand of lotion or cream on your face and it has done you only good, recheck for the fact that the cream or gel is free of hydroquinone and silicone. These chemicals might give your skin an instantly polished look, but it does harm to your skin in the long run of time, leaving behind a pigmented skin which you would notice one final day.
 - Make face packs out of tomato juice+honey, sandalwood+honey, milk+turmeric powder etc. and pamper your skin with these homemade face packs to prevent your skin from hyperpigmentation problems.
 - Last but not the least, drink gallons of water all day long. Do not bother about visiting the loo a lot more than usual. After all, your giving your skin the elixir of life. Eat green veggie and healthy foods to keep your skin healthy and shiny from inside.

Turmeric

Turmeric, regularly known as the heavenly powder has powerful restorative properties which make it a famous fixing in ayurvedic pharmaceutical. It is particularly viable for curing skin illnesses and issues identified with skin. It is a period tried cure for pigmentation on confront, otherwise called melasma. Curcumin, the dynamic fixing existent in turmeric has solid cell reinforcement and skin helping properties, and it additionally helps in decreasing melanin pigmentation. It likewise flushes out poisons from the skin and helps cure skin break out and pimples.



Make a thick glue by blending 5 tablespoons of turmeric with 10 tablespoons of drain. You can likewise include 1 teaspoon of gram flour to thicken the glue. Apply this glue on the skin influenced by hyperpigmentation and let it dry out totally. At that point wash your skin with tepid water while kneading delicately utilizing a round movement. Rehash this cure day by day for best outcomes.

Horseradish

We know about the advantages of eating foods grown from the ground for weight reduction, however certain vegetables are similarly viable for the skin too. Horseradish is broadly utilized for characteristic healthy skin in light of its ability to lessen a wide range of skin stains, flaws, and scars, and it is a standout amongst the best melasma home cures too. This cure works by fading the skin and helping undesired staining and hyper

pigmentation of the skin. Horseradish helps in peeling off the harmed skin and uncovering the solid skin that is available underneath the best layer.



Include 2 tablespoons of horseradish powder to 1 measure of sharp curd; blend well and apply to influenced zones. Sit tight for 30 minutes and swab off with tepid water. Reapply this treatment once consistently till you get sought outcomes.

Lemon Juice

With regards to enhancing skin composition normally, there is no other cure like crude lemon juice. The blend of lemon squeeze and warm water is additionally one of the regular home solutions for weight reduction. Topical utilization of lemon juice is viewed as a powerful melasma common treatment that works the peeling off the harmed external layer of the skin, in this manner expelling the melasma pigmentation.



Lemon juices act as normal fade that helps the dark brown fixes that show up on cheeks, temple and nose. Squash out the juice from one lemon and apply it altogether everywhere throughout the influenced territories rubbing delicately for 2 minutes. Abandon it like that for 20 minutes and after that wash off with tepid water. Rehash this cure 2 times each day for 3 weeks to see great outcomes.

Apple Cider Vinegar

Apple juice vinegar is a to a great degree prominent treatment for different sorts of skin and hair issues. It is utilized as a prevalent fixing in characteristic hair cover for dull and harmed hair and is additionally viewed as one of the utilitarian home solutions for melasma. The acidic corrosive found in apple juice vinegar makes it a characteristic dying operator that evacuates skin spots and makes the skin brilliant and smoother. What's more, it additionally expels poisons from the skin.



Blend break even with offers of apple juice vinegar and water and apply a liberal measure of the answer for the melasma spots and enable it to air dry. At that point wash the territories with tepid water and pat dry utilizing a perfect towel. Take after this treatment 1 time each day for required outcomes.

Papaya

Papaya is a to a great degree flexible natural product that has various utilizations for the skin. Both crude and ready papayas are utilized for utilizing a few skin issues, and ready papaya is broadly utilized as a part of natural product facial veils. Papaya is likewise an intense regular melasma treatment at home that is promptly accessible in the kitchen. The common dynamic compound papain introduce in papaya acts as an exfoliant that evacuates the harmed and dead skin cells and aides in reestablishing a smooth and even skin tone



Crush a couple of bits of ready papaya to convey it to a glue like consistency and add 2 teaspoons of nectar to it. Blend well and apply the veil everywhere throughout the influenced skin. Sit tight for 20 minutes and wash off with tepid water. Take after this normal cure 1 time each week for 2 to 3 months to expel melasma totally.

Almond

The advantages of almonds and almond drain for skin require no new accentuation. A sustaining and peeling clean made of almonds and nectar is without a doubt the best treatment for melasma. The high protein content in almonds has the ability to help skin appearance. Almonds likewise contain vitamin E that remedies skin staining as well as supports the skin.



Crush 8 to 10 almonds to make a coarse glue and add enough nectar to make a thick glue. Spread this blend on the influenced skin, knead for 5 minutes and abandon it on for an additional 20 minutes. Wash off the pack with tepid water. Take after this cure 3 to 4 times each week till the melasma is gone totally.

Aloe Vera Gel

The stunning hydrating properties of aloe vera gel makes it a prevalent fixing in many healthy skin items and it is one of the useful regular solutions for melasma. It is likewise used to treat various skin sicknesses, and it is an intense cure for treating ringworm. Immaculate aloe vera gel contains adhesive polysaccharides that help flaws, dim spots caused by over the top sun presentation and melasma staining. The powerful cell reinforcement properties of aloe vera gel shield the skin from the harm caused by oxidative anxiety. It is ideal in the event that you approach unadulterated aloe vera gel.



Apply immaculate aloe vera gel uniformly on the influenced skin and back rub delicately for 2 minutes. Abandon it on for 15 minutes and after that wash off with tepid water. Take after this normal cure 2 times day by

day for couple of weeks to get best outcomes.

Oatmeal

Oatmeal is a critical complex carb that is incorporated into the eating routine of wellbeing cognizant people due to its advantages for weight reduction. Be that as it may, cereal is likewise a compelling approach to dispose of melasma normally. A sustaining oats clean is the best answer for the topic of how to dispose of dead skin cells. The common shedding properties of cereal delicately rub off the layers of dead skin cells so as to uncover brighter skin. This cure is additionally very compelling in decreasing chloasma amid pregnancy.



Mix 2 tablespoons each of cereal, drain and nectar in a bowl and apply it on the influenced skin. Back rub your skin in an adjusted movement for 5 minutes, abandon it on for 20 minutes and rub off with the blend with tepid water. Reapply this clean 3 times each week for 1 month.

Guava and Banana Pack

Guava is a scrumptious natural product which helps in easing tooth and gum issues and keeps the breath crisp and scent free. Banana is additionally broadly utilized as a part of normal DIY confront packs and hair packs. The mix of banana and guava is one of the intense medicines for melasma too. The compound lycopene exhibit in guava is valuable for helping flaws and hyperpigmentation. This organic product pack additionally helps in shedding the skin and expelling dead skin cells.



Mash 1 guava and 1 banana to frame a thick glue. Apply the glue on influenced zones, sit tight for 20 minutes and wash off with water. Rehash this common cure consistently.

Onion Juice

Natural homemade tips for hair growth are deficient without the consideration of onion squeeze in the rundown. Onion contains certain sulfur mixes like sulfoxides and cepaenes that assistance in disposing of melasma on confront. Furthermore, onion squeeze additionally expels the flaws and scars caused by skin inflammation and pimples and give sustenance to the skin cells. Squash the bits of onions to separate the onion juice.



Mix equivalent amounts of onion juice and apple juice vinegar in a glass bowl and spread this invention

on the face utilizing a cotton ball. Give it a chance to get doused into the skin for 20 minutes and the wash off with warm water. Take after this cure 2 times each day fro couple of weeks.

Grape Seed Extract

Grapefruits are to a great degree supportive in advancing weight reduction, and the concentrate of grapefruit seeds is utilized as a part of different corrective and healthy skin items on account of its strong antibacterial, antiviral and antifungal properties. The solid detoxifying energy of grape seed separate makes it one of the favored home solutions for melasma on confront. What's more, it additionally contains basics vitamins and minerals like iron, calcium and potassium that are required for keeping up the general soundness of the skin.



Day by day utilization of grapefruit seed concentrate can give unimaginable outcomes. Individuals with delicate skin may have skin aggravation after utilization of this cure, in which case they should end the use. The individuals who are delicate to citrus organic products ought to likewise forgo utilizing this cure.

Sandalwood

The uses of pure sandalwood powder and sandalwood oil for skin are various. Sandalwood is a viable skin helping fixing that is broadly utilized as a part of beautifying agents and healthy skin creams and moisturizers. The basic oil exhibit in sandalwood improves skin composition and helps melasma spots and different flaws without causing any skin disturbance.



Mix equal parts of sandalwood powder, entire drain, lemon juice and turmeric powder to frame a thick glue. Apply the glue equally everywhere throughout the influenced skin and enable it to air dry. Expel the cover by sprinkling some water on it and rubbing it off in a round movement. Take after this regular cure 4 times each week until the point that you get sought outcomes.

Cucumber

Cucumber is yet another viable solution for expel pigmentation on face and cure melasma. The relieving and skin helping properties of crude cucumber makes it a standout amongst the most time-tried home solutions for dark circles and packs. The high water substance of cucumber helps in hydrating the skin cells and helping pigmented skin. It likewise helps in regarding other skin conditions as skin break out, harsh and dry skin and flaws.



Peel and mesh half cucumber and apply it straightforwardly to the influenced territories of the skin, sit tight for 20 minutes and wash-down with water. Reapply this cure 1 time each day till you get sought outcomes.

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