



# Vitiligo Treatment in Ancient Iranian Medicine

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## Dear Editor-in-Chief

Vitiligo is a common disorder of skin pigmentation. White spots of the skin are due to loss of melanocytes production (1). Multiple causes have been indicated for this issue by the researchers' with the autoimmunity as the major one (2). The definitive treatment has not been provided so far. Over the past centuries, plants found in the natural habitat of Iran have thus played an important role in ancient Iranian medical texts. Some main methods of treatment for vitiligo, found in these texts, as mentioned bellow.

Avicenna (Ibn Sina, 10<sup>th</sup> -11<sup>th</sup> AD), the famous Iranian physician, in his book Canon of Medicine (3), the physician Seyyed Mohammmd Hossein Aghili Khorasani-e Shirazi (17<sup>th</sup>-18<sup>th</sup> century AD) in Makhzan ol-Advieh (4) Store house of Medicaments and also seyed Mohammad Mumen-e Tonekaboni (17<sup>th</sup> century AD) in Tohfat al-Mumenin (5), in this regard wrote: "the plant *Acorus calamus* (Sweet scented flag) is very useful in vitiligo treatment".In another book (6) also compiled the ancient and traditional methods for treatment of some diseases including Vitiligo (Table 1).

Besides, other physician compiled the ancient methods (related to 7<sup>th</sup> AD) for treatment of Vitiligo (*Daeratolmarefe able beit- tibbe jameh imam ali*) (7): fresh leaves of juglans regia 50g with a liter

drinking water boiled and filtered. After, the skin is washed with the solution several times a day, until the repigmentation is achieved.

**Table 1:** Elements/approximate weights and the order intake

Elements	Approximate weight (g)
<i>Acorus calamus</i>	5
<i>Piper longum</i>	5
<i>Terminalia citrina</i>	5
<i>Pistacia lentiscus</i>	10
<i>Aristolochia indica</i>	5
<i>Boswellia carterii</i> Birdw	5
<i>Laurus nobilis</i>	5

All of them powdered and mixed with 250 (g) honey and be eaten three times a day (each time a teaspoon) until repigmentation is achieved.

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