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How to Cure a Skin Disease

VITILIGO



JS Pasricha

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CHAPTER 2

General Principles for Curing Skin Diseases

It should be possible to **cure every skin disease**. For achieving this however, **two persons** are very important:

- The **doctor** who should suggest the correct treatment, and
- The **patient** who must follow the protocol very strictly

Compromise at any level is expected not to achieve the optimum result

Almost **every skin disease is curable** provided the patient receives **appropriate treatment**.

Treating a disease is like **fighting a war**. If the war has to be won, your **forces and strategy** has to be **superior** to that of the enemy.

The **forces** for treating a skin disease consist of **correct drugs**, **adequate dosages**, and **appropriate duration** of treatment (without interruptions).

If this protocol is followed, almost every skin disease can be cured.

The major reason for **lack of recovery** from a disease consists of use of **milder drugs** or **smaller dosages** (for the fear of side effects)

The major reason for **recurrence** of the disease is an **attempt to stop the treatment earlier** (again for the fear of side effects).

Side effects are associated with almost every activity of life such as going to school for studies, driving a car, travelling to other towns by a train or a plane, even lighting a fire for cooking.

It is thus foolish to expect that the treatment of a disease will not produce side effects.

Many a times there are no side effects. **Most of the side effects are temporary** and reversible.

Most of the times **they are minor** and can be tolerated/ignored.

If a side effect cannot be ignored, the patient can **take additional treatment** to control them.

If some side effect is **permanent**, it is essential to assess what is more serious, the disease or the side effect of the drug.

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CORTICOSTEROIDS: The most wonderful drugs, but misused and abused

Corticosteroids are **hated** by the physicians and **feared** by the patients. These are however, the **most wonderful drugs** ever created in the medical history.

- These can induce **instantaneous recovery** and provide immediate relief
- These can induce **remissions even in difficult cases**
- **Incurable and fatal skin diseases** can also be cured with corticosteroids.

However, it is necessary to use these powerful drugs in a **proper manner**.

The physician should therefore **learn how to use** corticosteroids, and the patients should **follow the instructions strictly** and carefully.

It is the **misuse** of powerful weapons which **leads to disasters**.

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THE SIDE EFFECTS OF CORTICOSTEROIDS: The reality and the guidelines

There are **five major side effects** for which corticosteroids are incriminated.

The realities are as follows:

- *Increase in body weight:* Persons taking corticosteroids tend to put on weight because corticosteroids lead to increased appetite. **People who control their food intake do not put on weight**, while those who continue to eat more, come back with increased body weight. **Corticosteroids do not provide fat** and thus, the cause of increased body weight is inability to control the food intake and not the corticosteroids.
- *Corticosteroids induce diabetes:* A patient who does not have a family history of diabetes does not develop diabetes during the treatment with corticosteroids. Diabetes is a genetic disease **and if a person has inherited the gene for diabetes from his parents, he is bound to develop diabetes irrespective of whether he takes corticosteroids or not**. He may develop diabetes before the corticosteroid therapy, during the treatment or after the treatment. **Corticosteroids do increase the blood sugar levels** and in diabetics, the **treatment for diabetes will need to be reset for that period**. Corticosteroids cannot induce diabetes and therefore are **not contraindicated in diabetics**.
- *Corticosteroids induce hyperacidity and gastric upsets:* **Hyperacidity occurs mostly in individuals whose worry is dispropotionate to their problems.** In case a person takes appropriate measures, almost every problem can be solved, and if something cannot be solved it must be accepted. Corticosteroids enhance this tendency, but only in those individuals who worry disproportionately. Although, **hyperacidity can be treated with H2 blocking agents and antacids, proper training of the mind and attitudes** certainly helps in such situations.
- *Osteoporosis caused by corticosteroids:* Most Orthopedicians incriminate corticosteroids when a person develops osteoporosis during corticosteroid therapy. But osteoporosis can develop when the patient is lying down (due to sickness) even without taking corticosteroids. **Many people do not develop osteoporosis when they maintain their physical activity in spite of taking**

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corticosteroids. Thus, whether the corticosteroids lead to osteoporosis is a matter of personal perception. In any case, additional treatment can be given whenever necessary

- *Increased susceptibility to infections:* Corticosteroids do suppress the immune mechanism as long as the drugs are being given, but (1) This **effect is temporary** and recovers when the treatment is ultimately stopped, (2) It does not occur in every individual and (3) It **may not lead to clinical infections**. Thus, **if a person develops an infection** during the treatment with corticosteroids, **it has to be treated with appropriate anti-infective agents,** irrespective of whether the infection was due to corticosteroid therapy or otherwise. The infection must be controlled adequately along with corticosteroid therapy.

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VITILIGO

Salient Features

- Vitiligo is not a life-threatening disease, but it does produce a lot of psychological stress and social ostracization.
- The treatments available so far have been unable to provide complete control over the disease activity and eradication of the disease process, making the patient live in a state of constant fear and helplessness.
- The Modified Oral Mini-pulse regimen developed by the author has shown the ability to treat all aspects of the disease: Complete control over the disease activity, repair of the damage done already, and eradication of the disease process.
- In addition, the treatment is simple, easy, and has much less side effects, compared to the previously available methods of treatment.
- This book provides details of the Modified Oral Mini-pulse regimen recently developed by the author.

JS Pasricha MD PhD is a well-known Dermatologist, practicing Dermatology for over 50 years. He was educated at Amritsar, Punjab for his MBBS, and at All India Institute of Medical Sciences (AIIMS), New Delhi, India, for MD and PhD in Dermatology. Subsequently, he served at the AIIMS till his retirement, and now practices at his own clinic.

During his academic life, he has standardized treatments for almost all dermatological diseases and converted several serious and potentially fatal skin diseases into the curable diseases.

He is known all over the world for designing the Dexamethasone-Cyclophosphamide (DCP) Therapy which cures autoimmune diseases like pemphigus, other bullous diseases, and collagen vascular diseases (SLE, PSS, DM, etc.) and has also designed curative treatment for vitiligo and for psoriasis as well.

He is the founder of two associations of Contact Dermatitis and Pulse Therapy respectively and has authored several books, some of which are being used as textbooks in Dermatology.

He has been the Editor of the Indian Journal of Dermatology, Venereology and Leprology and has published almost 200 research papers in reputed journals.

He was conferred the Dermatologist of the Millennium Award in the year 2000 and still continues to work tirelessly.

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