



## Gut Bacteria and Vitiligo

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Research suggests that [gut-friendly bacteria](#) could play a crucial role in treating [vitiligo](#).

- The treatment **suppresses harmful T cells** that attack pigment and boosts **protective regulatory T cells**.
- **About Vitiligo:** Vitiligo is a **skin condition** where the skin **loses its pigment (melanin)**, leading to **white patches**. It is an autoimmune disorder.
  - **Causes:** It results from **melanocytes (pigment-producing cells)** destruction due to autoimmune responses, **genetic mutations**, stress, or environmental triggers.
  - **Affected Population:** Vitiligo affects **0.5%-2%** of the global population, with India's prevalence ranging from **0.25% to 4%**.
- **About Gut-Friendly Bacteria (Probiotics):** They are **beneficial microorganisms** that help maintain a **healthy gut microbiome**. E.g.,
  - **Lactobacillus:** Aids lactose digestion, prevents diarrhea.
  - **Bifidobacterium:** Enhances gut health, reduces inflammation, boosts immunity.
  - **Saccharomyces Boulardii:** Probiotic yeast that prevents diarrhea, supports gut balance.

**Read More:** [Microbiome Link to Autism](#)

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