

## Brief note on skin pigmentation disorders.

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Accepted on November 10, 2021

### Description

Pigmentation is known as the coloring of the skin. Pigmentation disorders were mainly caused due to the improper synthesis of the pigments. The pigment present in the skin is known as Melanin, which gives skin its color. The melanin is produced by the skin cells called melanocytes. There are many different conditions that can affect the production of the melanin hormones such as UV radiation, sunlight and food diet. Due to the deficiency of folic acid in diet, it may cause the pigmentation disorder. Vitamin C can help in regulation of pigmentation. It aids in the reduction of melanin production by regulating melanin hormone pigmentation disorders.

### Types

There are two types of pigmentation. Hyper pigmentation and Hypo pigmentation, hyperpigmentation is the condition of excessive production of the melanin hormones. Hypo pigmentation is the condition of reduction in production of the melanin hormones. The hyperpigmentation disorders include Post inflammatory hyperpigmentation (Irregular, darkly pigmented patches at sites of the injury), Melasma (light brown patches on face), Solar lentiginos and Ephelides (red or tan to light brown on legs and arms). Hypopigmentation disorders include Vitiligo (Hypopigmented macules and patches on face, hands), Pityriasis alba, Tinea versicolor (Hypopigmented or pink plaques on neck), Postinflammatory hypopigmentation is mainly caused by the loss of the pigment. In recent days, the commonly caused pigmentation disorder is melasma. Melasma is hyperpigmentation disorder that causes pigmented, and well-defined macules on the regions of face. It was mainly caused due to the intake of oral contraceptives, phenytoin (Dilantin), the main treatment used to cure this condition is Triple combination therapy, chemical peels, light or laser therapy, sunscreen. The physician can diagnose this disorder by examining your skin. They will use a wood's lamp which is known as black light to see variations in the color of your skin. Therefore, the darkening of the skin in the form of patches, are the main symptoms of

hyperpigmentation. Patches can differ in size from person to person and develop anywhere on the body. The main reasons for hyperpigmentation are exposure to sunlight and inflammation, as both circumstances can increase melanin production. If your body produces too much melanin, your skin gets darker. It was mainly observed in the conditions of pregnancy, Addison's disease, and sun exposure can all make your skin darker. If your body produces too little melanin, your skin gets lighter. This condition is known as Vitiligo, which leads to lightening of the skin.

### Conclusion

Hydroquinone is the drug used to lighten the dark patches of skin during the conditions of hyperpigmentation and melasma caused during pregnancy, birth control pills, hormone medicine, and injury to the skin. This medicine helps by inhibiting the process in the skin that leads to discoloration or hyperpigmentation. This disorder can be treated by using various lightening creams, face acids, retinoids, chemical peel, laser peel, IPL therapy, microdermabrasion and dermabrasion. Avoid exposure of skin to the sunlight. Use a sunscreen lotion with an SPF value of 30 or higher to protect the skin and this prevents hyperpigmentation from becoming darker, there are several methods, including cosmetics, re-pigmentation using UV light therapy, steroid creams which are used to treat the pigmentation disorders.

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