

Speciality Centre For Leucoderma (Vitiligo)

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Restricted Food Articles-

Following food items produces changes in blood, hence should be avoided.

- 1) **Eggs, Fish, Beef, Brinjal** (Baigan), heavy and light food mixed simultaneously. **Poultry chicken** (Broiler) must be avoided.

Items which are supposed to increase the production of Phlegm and should be avoided

- 2) **Milk, Curd, Buttermilk, Lemon, Tamarind, Oranges** and varieties of all citrus fruits, **Guava (Jaam), Cashew Nuts, Melon and Watermelon** (Tarbuz and Qarbuz), **Tomatoes, Amla, Bananas & Pineapple**. Alcoholic beverages must also be avoided.
- 3) **Pickles** (Achaar) must be avoided as well.
- 4) Eating too many **mangoes** in short span of time has proven to increase the size of patches/spots.
- 5) **High potency** anti-biotics, steroids and heavy usage of analgesics should be avoided as much as possible as these will lower immunity thus causing more spread of white patches.

Recommeded Food Articles-

Wheat, Indian Millet, Pulses (especially Bengal Gram), Pure Ghee obtained from butter, Broad beans, French beans, Spinach, Bitter Gourd, Ridge Gourd, Onion, Beet root, Carrots, Chillies (red pepper), Black Pepper, Mutton, Bird's flesh roasted, Maize (corn), Figs (fresh and dry), Almonds, Pistachio nuts, Walnuts, Dates (khajoor), Mango, Apricots, Grapes, Potatoes, Rice, Papaya, Amaranth, Fenugreek, Drumsticks, Turnips.