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What is pigmentation and how to treat it? by Whitney

Article published on July 21st 2012 | Health

When the color of the skin changes because of morbid then the skin is affected with pigmentation. It happens because of excessive exposure of skin in sunlight along with the dirt in the environment. Melanin is a skin layer that plays an important role in protecting the skin from coloring.

Melanin is responsible for the production of the melanosomes cells. When the melanosomes cells are damaged, then they become less efficient and thus pigmentation occurs. Discoloring of skin is certainly not desirable by anyone. You will have to look for a number of solutions in order to fade pigmentation.

Before you are about to treat this skin disorder, you will have to be familiar with this thing. Here are some of the causes of pigmentation.

â€¢ One of the main causes of pigmentation is Albinism. It is a hereditary disorder that causes skin, hair and eye paleness.

â€¢ Spending time under the sun and getting the skin tanned is also one of the ways that lead to pigmentation. The skin is affected by the ultra violet sun rays directly which damage the melanin cells and thus they fail to protect the skin which ultimate leads to pigmentation.

â€¢ Less nutritious diet is also one reason of the reason why skin pigmentation occurs.

â€¢ One of the earlier symptoms of pigmentation is Jaundice.

â€¢ Other reasons which can lead to pigmentation include pregnancy side effects, menopause, melasma or skin related ailments

Here are the ways through which one can clear pigmentation or get rid of pigmentation.

ïƒ˜ Mixture of fresh cream and lime is useful in reducing the damage caused by pigmentation.

ïƒ˜ Lime juice and basil leaves paste can also help in making the skin glowing and reduce pigmentation.

ïƒ˜ Boiled cumin seeds water when used for washing the face can also reduce the pigmentation damage as it will make your skin fresh and glowing.

ïƒ˜ Orange peel powder can also be applied on face for getting rid of pigmentation and pimples.

ïƒ˜ Guava and Banana paste can also be helpful in solving skin discoloring.

ïƒ˜ Application of cucumber juice, rose water, fresh radishes, and maintaining a healthy diet will ensure that pigmentation never erects around you.

Freckles are also one such skin disorder that is similar to pigmentation. They are the brown spots that may appear all over the body because of heavy sun exposure. They are also caused because of failure of the melanin cells.

Both these skin disorder sure make the person look unpleasant. The best treatment for getting of them can only be suggested by the dermatologist. Hence, before you choose any product or

treatment make sure you consult your dermatologist. He will certainly suggest you the right and the best solution according to the type of your skin.

Apart from this, you can always protect your skin through the remedies that have been mentioned above. They will not do any harm to you, instead they will be useful for you in a number of ways.

Article Source:
http://www.articleside.com/health-articles/what-is-pigmentation-and-how-to-treat-it.htm - Article Side

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Whitney Houston is an author of clearskincare(http://www.clearskincare.com.au), one of the best acne treatments and pigmentation treatments site. She is writing articles on a Freckles since long time.

Article Keywords:
Freckles

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