



MEDICAL THERAPIES AND PHARMACOLOGY

# GLUTATHIONE-A NOVEL DRUG TO TREAT HYPERPIGMENTATION

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Introduction: Glutathione, a thiol-tripeptide is an antioxidant with antimelanogenic properties.

Objective: To study the efficacy of glutathione in various hyperpigmentary disorders.

Material and Methods: Tab.Glutathione 500mgs and vitamin C 1gm were given to patients with hyperpigmentation of varied etiology. Vitamin C increases the bio-availability of glutathione. Melasma, photomelanosis, post-acne pigmentation, PIH due to hair dye allergy etc were treated.

Results: Glutathione along with Vitamin C lead to early and greater response in melasma. Photomelanosis, post acne pigmentation and PIH due to other causes cleared sooner with greater patient satisfaction.

Conclusion: Glutathione by causing inhibition of tyrosinase and indirectly via it's antioxidant effect has the potential in the management of melasma and hyperpigmentation.

