



Patient's Journey Report:

Mrs Aarshi Salaria

“A Journey From Fear to Confidence”

Introduction

This report documents the patient journey of Mrs. Aarshi Salaria, a 33-year-old woman suffering from Vitiligo for quite some time and has visited L&B Clinics in search of holistic treatment. Her main source of concern was the progression of this condition, as it may very well affect her face; in hopes of addressing the root cause of the disease. This report illustrates her recovery process as it also reflects the commitment of L&B Clinics toward empathetic, effective care through new designs in treatment.

Patient Overview

- **Patient Name:** Mrs. Aarshi Salaria
 - **Age / Gender:** 33 years, Female
 - **Diagnosis:** Vitiligo
 - **Initial Consultation Date:** 24/05/24
 - **Primary Concern:** Mrs. Salaria sought treatment to address the root cause of her vitiligo and expressed concern about the potential spread to her face.
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Initial Condition and Complaints

- **Primary Symptoms:** Hypopigmented spots on the abdomen, back, breast, ankles, legs, and thighs.
- **Psychological Impact:** Concerns about potential spread to her face.

Vitiligo Overview:

Vitiligo is an autoimmune condition affecting the skin. This disease causes the loss of pigment in the skin, leading to a white patch appearance. This is a result of the destruction of melanocytes, which are responsible for the coloration of the skin. Vitiligo may manifest on many parts of the body and tends to cause psychological unease in the patient as most individuals experience a change in their skin.



Treatment Plan:

Mrs. Salaria was enrolled in a HOLISTIC treatment plan at L&B clinics, starting from 24/05/24

Initial Visit and Treatment Initiation:

- **Rx start:** 1st June 2024
- **Medications Prescribed:** HOLISTIC treatment focusing on lifestyle modifications, dietary changes, and natural supplements.
- **Initial Instructions:** Regular monitoring of symptoms and adherence to prescribed treatment.

Follow-ups:

Date	Observations	Patient Feedback	Treatment Adjustments
19/07/24	Slight hypopigmentation noticed on the left side of the neck. Some improvement in spots on the back.	Expressed hopefulness.	Continued with initial holistic treatment.
21/08/24	Significant improvement in pigmentation; patch size is gradually reducing across affected areas.	Noted visible improvements	Further adjustments to optimize repigmentation

Follow-ups:

Treatment Break	due to patient's personal reason		
11/03/25	Spots on elbow & forehead completely better. spots on back abdomen: Improvement 30%	Noted visible improvements	Further adjustments to optimize repigmentation
5/05/25	Spot on back is reduced & normal pigmentation can be seen Slight increment on the leg/shin skin pigmentation	Noted visible improvements	Further adjustments to optimize repigmentation
10/06/25	Spots on back is reducing as compare to previous follow up. Visible reduction in patch size across multiple areas	Noted visible improvements	Further adjustments to optimize repigmentation

PICTURES WITH IMPROVEMENT

JUNE-2024



JULY-2024



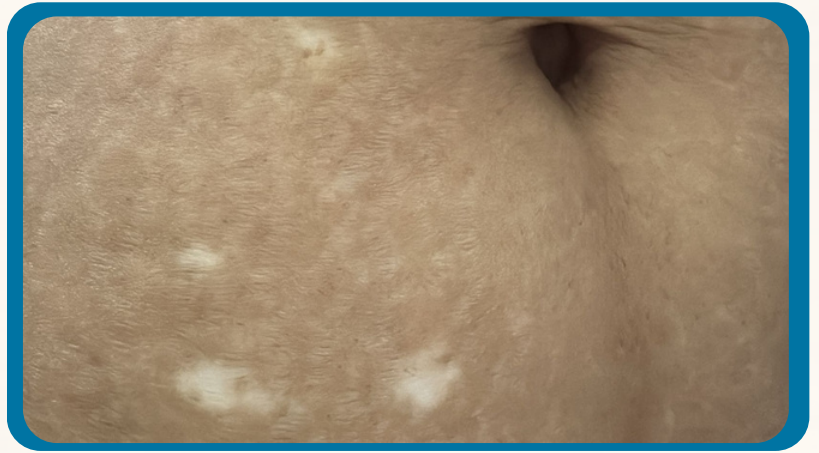
AUGUST-2024



VITILIGO PATIENT AARSHI SALARIA

PICTURES WITH IMPROVEMENT

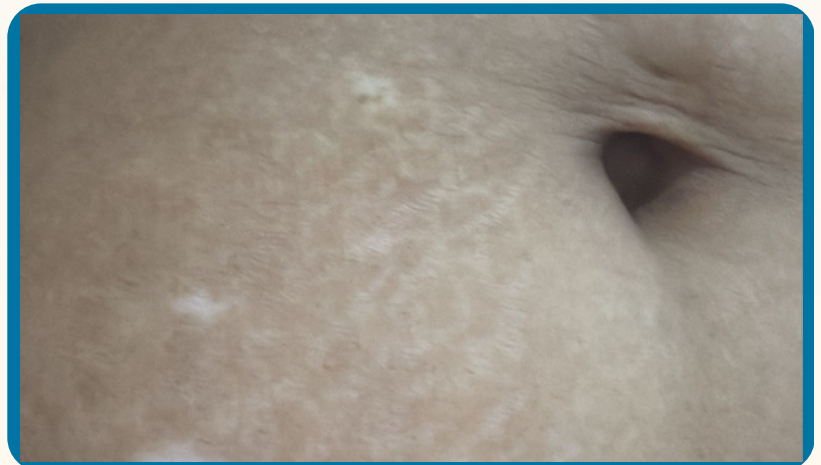
MARCH-2025



MAY-2025



JUNE-2025



VITILIGO PATIENT AARSHI SALARIA

Patient Feedback

"I was very anxious about my condition and its effect on my face. The team at L&B Clinics not only helped in treating my condition but also addressed my fears. Their holistic approach is unique, and I see visible improvements, which gives me immense relief."

— Mrs. Aarshi Salaria

Holistic Plan:

- **Continued HOLISTIC Treatment:** The focus will remain on natural remedies, lifestyle changes, and dietary modifications to address the root causes of Vitiligo.
- **Regular Monitoring:** Follow-ups every 15-20 days to track progress and adjust treatment as necessary.
- **Dietary Adjustments:** The patient was not allowed to consume caffeinated beverages, sour foods, alcoholic beverages, or foods that increase inflammation.
- **Support and Counseling:** Ongoing support for mental health and emotional well-being, addressing mood swings and stress management.

Conclusion

Mrs. Aarshi Salaria's treatment experience with L&B Clinics bears testimony to the mastery put into effective, patient-oriented care for vitiligo through a holistic and innovative approach in the clinic. Her case is a good example of improvement that can be made with continued follow-up and a customized treatment plan. L&B Clinics continues to provide advanced, integrative care to bring renewed confidence and comfort to each patient.

“Healing Beyond Boundaries”



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