Homoeopathic treatment of Vitiligo: A case report

Dr. S Bidwalkar, Dr. Yashasvi Shakdvipiya and Dr. Noopur Kumari

Abstract
Vitiligo is a common chronic skin depigmentation disorder. It is an autoimmune skin condition that results in the loss of the melanin pigment. A case report of an 8 year male child is presented here which was treated with individualized homoeopathic medicine after proper case taking and repertorization.

Keywords: Autoimmune disease, Vitiligo, depigmented, patches, reportorial totality, constitutional medicine, individualized, homoeopathy

Introduction
Vitiligo results due to stoppage of melanin formation by the melanocytes and presents as asymptomatic depigmented macules anywhere on the body including mucous membranes of lips and genitalia. There is a marked reduction or even absence of melanocytes and melanin in the epidermis [1-2]. Vitiligo is not a rare condition but is difficult to treat and is associated with psychological distress [3]. The exact cause of the Vitiligo is not known and different patterns of vitiligo may have different pathogenesis [4,5]. Some studies suggested that Vitiligo is an autoimmune disease in which the body’s immune system attacks its own healthy cells. It sometimes runs in family suggesting that genetics may play a role [6].

In some cases people with Vitiligo often report with some sort of triggering factors like injury, sunburn, illness, any emotional stress, pregnancy etc. [5,6]. Different patterns of vitiligo are:- (a) Vitiligo Vulgaris - it is the commonest type which usually occurs after second decade. (b) Segmental Vitiligo - restricted to one part of the body and usually occurs in younger individuals (c) Generalised Vitiligo - have extensive lesions. Depigmentation usually occurs before the age 20 [4].

Case report
A 8 year male child was reported at Sindhi camp campus OPD on 14/8/18 with a complaint of hypopigmented spot over chin, neck, nape of neck, both ears, scalp since 8 to 9 months.

History of Presenting Complaints
Patient was apparently well 9 months back when he gradually started complaining of hypopigmented spots first seen over his chin, the descending below towards the neck, then to both ears and lastly over nape of neck and scalp. The spots were earlier smaller which gradually started increasing in size.

Past Medical History - nothing specific
Family History - nothing specific

Mental Generals
Ailments started after he got afraid of the fight between his family members ***
Doesn’t wear dirty clothes***
Weeps when alone **
Desire for company *
Obstinate in nature *

Physical Generals
Appetite- 1 chapati/ meal, 3 meals / day, 3 cups of milk per day
Thirst- drinks 1 to 1-1/2 litres per day
Desire- salty***, sweets**, cold food and drinks**
Stool- hard stools **, offensive **, black, constipated, passes once in 3 to 4 days
Thermal reaction- Hot
Sleep- sound, refreshing sleep, sleeps for 8-10 hours
Skin Examination
Margins of patch - defined
Colour of patch - white
No. of patches - multiple
Hair in patches - white

General Examination
General built - lean and thin
Pulse - 78bpm
Respiratory rate - 16 breaths per minute

Analysis of Symptoms
Mentals
Ailments started after he got afraid of the fight between his family members
Doesn’t wear dirty clothes
Weeps when alone
Desire for company
Obstinate in nature

Physical generals
Desire for salty food

Desire for sweets
Desire for cold food and drinks
Constipated, hard, black and offensive stools

Particulars
Hypopigmented spots over chin, neck, nape of neck, both ears and scalp

Evaluation of Symptoms
1. Ailments started after he got afraid of the fight between his family members
2. Doesn’t wear dirty clothes
3. Desire for salty food
4. Offensive stools
5. Hypopigmented spots over chin, neck, nape of neck, both ears and scalp
6. Weeps when alone
7. Desire for sweets
8. Desire for cold food and drinks
9. Constipated hard, black and offensive stools
10. Desire for company
11. Obstinate in nature

Table 1: Repertorial Totality

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Repertorial totality</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ailments started after he got afraid of the fight between his family members</td>
<td>Mind - Ailments From - fright</td>
</tr>
<tr>
<td>Doesn’t wear dirty clothes</td>
<td>Mind - CLEANNESS - mania for</td>
</tr>
<tr>
<td>Weeps when alone</td>
<td>MIND - WEEPING - alone, when</td>
</tr>
<tr>
<td>Desire for salty food</td>
<td>GENERALS - FOOD and DRINKS - salt - desire</td>
</tr>
<tr>
<td>Desire for sweets</td>
<td>GENERALSS - FOOD and DRINKS - sweets - desire</td>
</tr>
<tr>
<td>Desire for cold food and drinks</td>
<td>GENERALSS - FOOD and DRINKS - cold drink, cold water - desire</td>
</tr>
<tr>
<td>Constipated hard, black and offensive stools</td>
<td>STOOL - HARD - burnt, as if</td>
</tr>
<tr>
<td>Hypopigmented spots over chin, neck, nape of neck, both ears and scalp</td>
<td>SKIN - DISCOLORATION - white - spots</td>
</tr>
</tbody>
</table>

Repertorial Sheet

Fig 1: Showing repertorization of case from Synthesis Repertory 9.0 (English) using RADAR 10.0
Prescription
Sulphur 30/1 Dose
Rubrum 30/ TDS/ 14 days

Basis of Prescription: Considering the results of repertorization and thermal reaction of the patient a single dose of Sulphur is prescribed in 30 potency as per the need of the case which is followed by Rubrum. The medicine was repeated wherever the improvement ceases [7]

Follow Up Sheet

<table>
<thead>
<tr>
<th>Date</th>
<th>Symptoms</th>
<th>Prescription</th>
</tr>
</thead>
<tbody>
<tr>
<td>14/8/18</td>
<td>On the basis of repertorization</td>
<td>Sulphur 30/1 dose</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Rubrum 30/ BD/ 14 days</td>
</tr>
<tr>
<td>28/8/18</td>
<td>Same as before</td>
<td>Rubrum 30/ BD/14 days</td>
</tr>
<tr>
<td>11/9/18</td>
<td>The spots over B/L ears are getting darker</td>
<td>Rubrum 30/ BD/14 days</td>
</tr>
<tr>
<td>25/9/18</td>
<td>The spots over chin are getting pigmented and the margins are getting closer</td>
<td>Rubrum 30/ BD/14 days</td>
</tr>
<tr>
<td>9/10/18</td>
<td>The spots all over affected areas are getting pigmented</td>
<td>Rubrum 30/ BD/21days</td>
</tr>
<tr>
<td>30/10/18</td>
<td>No further improvement is seen</td>
<td>Sulphur 30/1 dose</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Rubrum 30/ BD/14 days</td>
</tr>
<tr>
<td>13/11/18</td>
<td>The spots over nape of neck is getting pigmented</td>
<td>Rubrum 30/ BD/30 days</td>
</tr>
<tr>
<td>18/12/18</td>
<td>The spots are getting pigmented</td>
<td>Rubrum 30/ BD/30 days</td>
</tr>
<tr>
<td>15/1/19</td>
<td>No further improvement is seen</td>
<td>Sulphur 30/1 dose</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Rubrum 30/ BD/30 days</td>
</tr>
<tr>
<td>12/2/19</td>
<td>The spots are same</td>
<td>Sulphur 200/1 dose</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Rubrum 30/ BD/30 days</td>
</tr>
<tr>
<td>12/3/19</td>
<td>The spots over chin are getting pigmented and smaller in size</td>
<td>Rubrum 30/ BD/30 days</td>
</tr>
<tr>
<td>16/4/19</td>
<td>The spots over chin, nape of neck and both the ears are getting smaller in size</td>
<td>Rubrum 30/ BD/30 days</td>
</tr>
<tr>
<td>14/5/19</td>
<td>The spots are getting pigmented</td>
<td>Rubrum 30/ BD/30 days</td>
</tr>
<tr>
<td>11/6/19</td>
<td>The spots over neck are getting smaller and pigmented</td>
<td>Rubrum 30/ BD/30 days</td>
</tr>
<tr>
<td>16/7/19</td>
<td>No further improvement is seen</td>
<td>Sulphur 200/1 dose</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Rubrum 30/ BD/30 days</td>
</tr>
<tr>
<td>13/8/19</td>
<td>The spots all over the affected areas are getting darker and smaller in size</td>
<td>Rubrum 30/ BD/30 days</td>
</tr>
<tr>
<td>10/9/19</td>
<td>The spots all over the affected areas are getting darker and smaller in size</td>
<td>Rubrum 30/ BD/30 days</td>
</tr>
</tbody>
</table>
Discussion and conclusion

Vitiligo is one of the most common cosmetic problems nowadays. It leaves a long lasting impression on the psychological development of the patient. Homoeopathy helps in reducing this stress by treating the patient on the psychological as well on the physical aspect. Homoeopathy treats the patient as a whole not just its end products of disease. Homoeopathic medicines are prescribed after getting the totality of the symptoms of the patient. In the above mentioned case medicine was prescribed after proper case taking and repertorization which not only improved the depigmented spots but also improved the general health of the patient as reported by him in his follow ups.

References