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Homeopathy adds colour to life and skin: Constitutional homeopathy in childhood vitiligo - a retrospective study

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Abstract

Vitiligo is a multifactorial polygenic disorder with complex pathogenesis, characterized by the absence of functional melanocytes in the skin leading to depigmentation. Current conventional treatments often come with long-term side effects, prompting an exploration of alternative therapies such as homeopathy. This retrospective case study investigated the effectiveness of homeopathic constitutional treatment in 30 childhood vitiligo cases aged 1 to 12 years, with various types of vitiligo. Patients underwent individualized homeopathic prescriptions based on standard case-taking formats and were monitored for six months or more. Objective parameters such as repigmentation, spread cessation, and recurrence were assessed along with patient compliance. Results showed that 63% of patients experienced marked improvement, 23% achieved stability, and 14% showed no change. Treatments primarily included Tuberculinum, Calc carb, Calc sulph, Calc phos, and Nat mur, with positive responses particularly in cases with a family history of autoimmune conditions. Patient compliance was high, with over 85% of children hopeful and 90% of families experiencing reduced financial burden and anxiety. Statistical analysis revealed significant improvements without the need for separate control groups. This study concludes that homeopathic treatment, when tailored appropriately, can effectively manage childhood vitiligo regardless of various factors, leading to enhanced self-esteem and overall well-being.

Keywords: Vitiligo, childhood, homeopathy, constitutional treatment, repigmentation, autoimmune conditions, retrospective study, case-taking, alternative therapy, self-esteem

Introduction

Being a multi-factorial polygenic disorder with a complex pathogenesis related to both genetic and non-genetic factors. Although, precise cause still remains unknown. However, it is agreed upon the absence of functional melanocytes in Vitiligo skin and a loss of histo-chemically recognized melanocytes, owing to their destruction and progressive decrease of melanin from the skin. A critical appraisal of the current available treatment modalities of Vitiligo points that we are still far away from an ideal weapon for Vitiligo treatment. In the present era, we have wide spectrum of many effective treatments for Vitiligo with several systemic reviews of different conventional therapies, along with their long-term side effects and thus a growing number of parents are now turning to Homeopathy being the treatment of choice. There are different homoeopathic approaches for the treatment of Vitiligo. Some use specific medicines whereas some use constitutional approach. In childhood getting a correct constitutional medicine could be a challenge. Hence, a retrospective study was designed to explore the role of homoeopathic constitutional approach in childhood Vitiligo.

Methodology

Retrospective case study was conducted over 30 Vitiligo cases of childhood age group of 1 to 12, in order to understand the scope of constitutional prescription in treating Vitiligo. The selected cases have completed six months or more of homeopathic treatment. All the selected cases were within the age group of 1 to 12 suffering from either types of Vitiligo: vulgaris, segmental, mixed, focal, guttate, mucosal and acro-facial with an average duration of vitiligo present for 2.6 years. None of the patient was taking any other treatment apart from homeopathy for the vitiligo during the study period. The individualized homeopathic prescriptions were based upon the standard case taking format. The results were considered upon the objective parameters such as re-pigmentation, stopping further spread of the

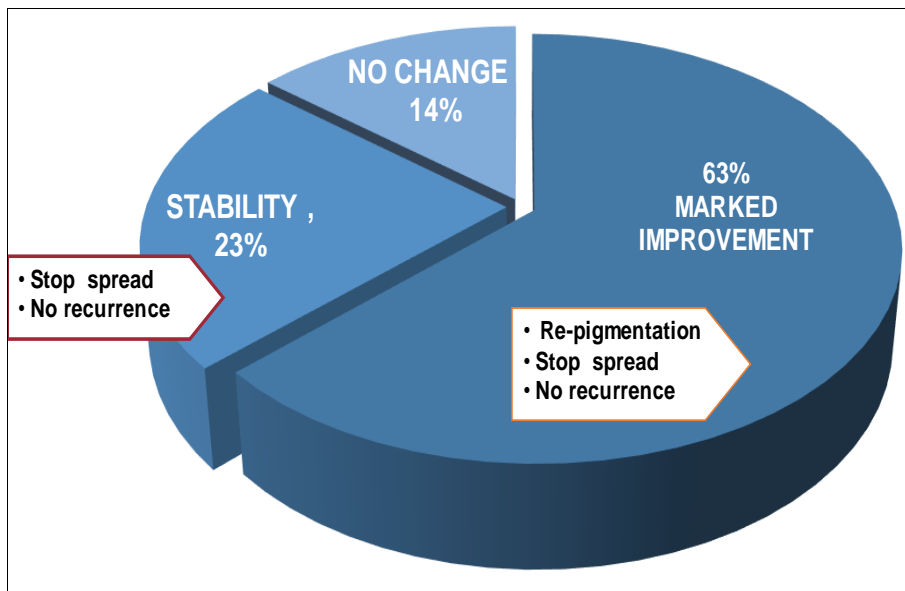
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disease, recurrence and photographic evidences. The improvements in cases were observed on the base of an original baseline assessment with subsequent progress. The results were noted in terms of no. of patches, spread and re-

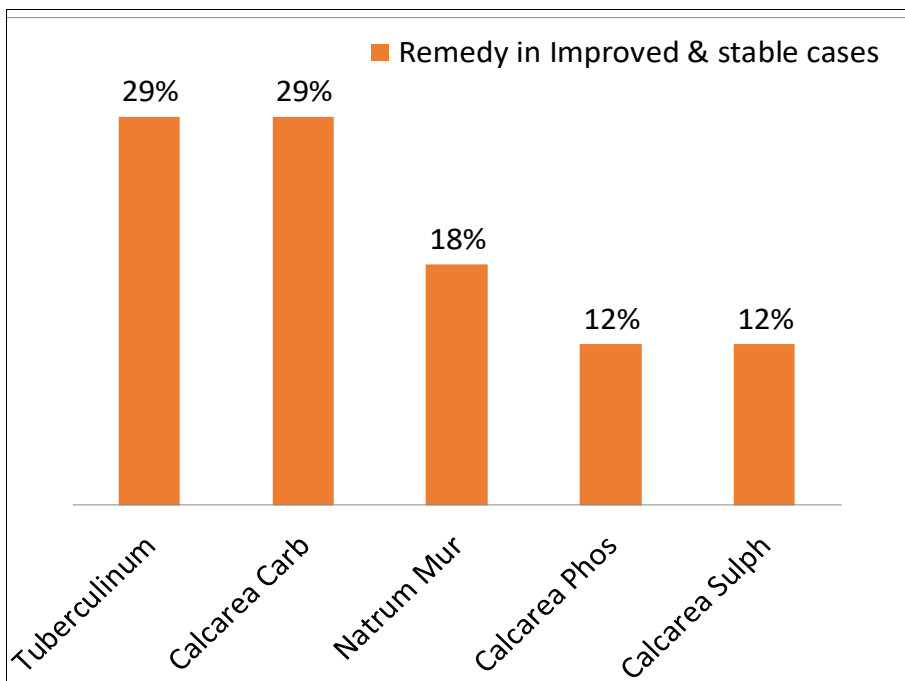
pigmentation. Each patient acted as a control for himself. Patient compliance: 86% continued the treatment whereas 14% discontinued the treatment



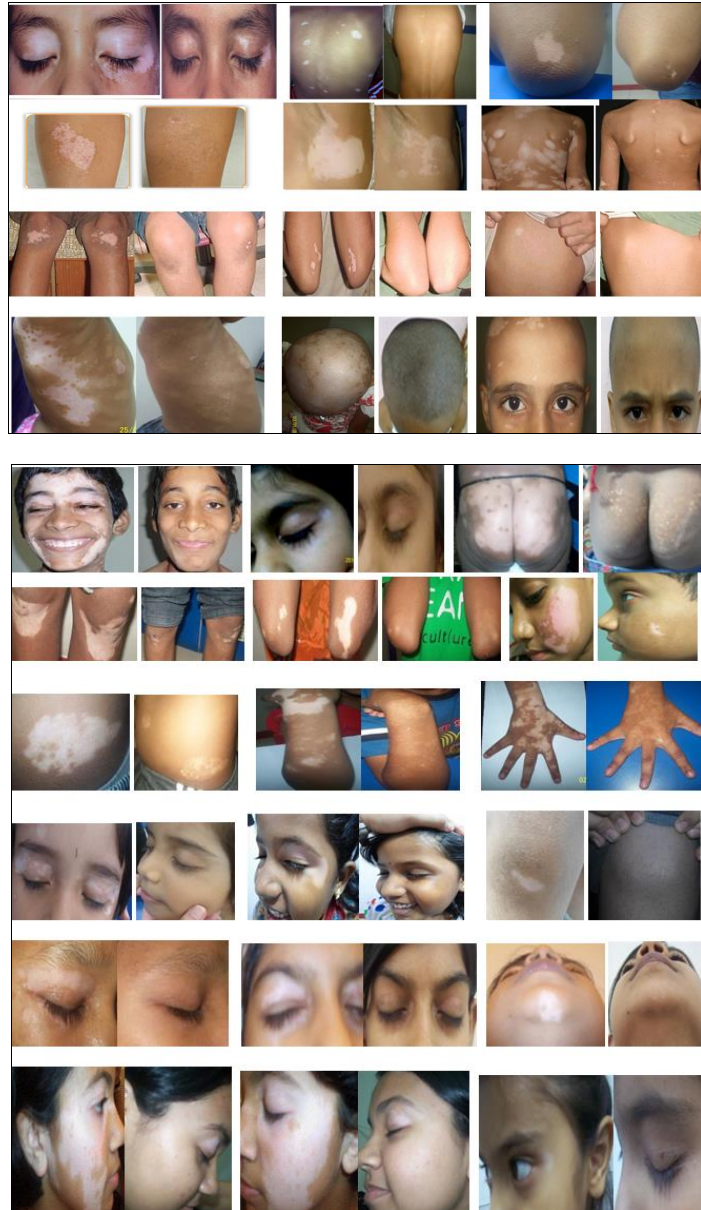
Results

The findings to treatment; 63% responded with marked improvement in terms of regimentation and stopping the spread of the disease while 23% only achieved stability in terms of stopping the spread of the disease and in 14% there was no change. 29% were treated with Tuberculinum and Calc carb, 18% with Calc sulph and 12% with Calc phos and Nat mur as individualized treatment single remedy prescription.68% did have family history of auto-immune condition also responded well to the treatment. Approx over

85% of children were found hopeful of getting better, were able to cope up with disease, reflected improved confidence & reduced self consciousness. Approx over 90% of children family - Reduced financial burden due to in expensive affordable treatment with homeopathy, developed faith in the treatment outcome, less anxiety as no fear of side effects. The results were quantitatively analyzed, descriptive statistics was used and frequency tables were made for the analysis. Inferential Statistical analysis was not done as there was no separate control group.



The transformation



Conclusion

This is to conclude by employing scientific homeopathic approach, the right similimum helps to attain the desired results irrespective of age, gender, early or late onset of Vitiligo, duration between the onset of disease and commencement of treatment, type of Vitiligo, positive family history of Vitiligo or any other autoimmune conditions and presence or absence of associated features. Furthermore, it is also seen there is improvement in self-esteem and a general sense of wellbeing.

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