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## A case report: Vitiligo treated by homoeopathy

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### Abstract

Discussing case of a 50yrs old woman having white discolouration on her face with itching treated at personal clinic with individualised homoeopathic medicine. When the patient came for consultation, she was presented with white coloured patches on forehead, around mouth with itching with associated symptoms of abdominal discomfort. The case was repertorised after systematic case taking and making the totality of symptoms form the characteristic symptoms of the patient using synthesis repertory on Radar software to select the simillimum of the case, in which we got few homoeopathic remedies including Lycopodium, Sulphur, Phosphorus, Graphitis, China and others.

**Keywords:** Vitiligo <sup>[12]</sup>, Lycopodium <sup>[14]</sup>, homoeopathy

### Introduction

Vitiligo, a common depigmenting skin disorder, has an estimated prevalence of 0.5–2% of the population worldwide. The disease is characterized by the selective loss of melanocytes which results in typical nonscaly, chalky-white macules. In recent years, considerable progress has been made in our understanding of the pathogenesis of Vitiligo which is now clearly classified as an autoimmune disease. Vitiligo is often dismissed as a cosmetic problem, although its effects can be psychologically devastating, often with a considerable burden on daily life. In 2011, an international consensus classified segmental Vitiligo separately from all other forms of Vitiligo, and the term Vitiligo was defined to designate all forms of nonsegmental Vitiligo <sup>[1]</sup>.

Vitiligo, a depigmenting skin disorder, is characterized by the selective loss of melanocytes, which in turn leads to pigment dilution in the affected areas of the skin. The characteristic lesion is a totally amelanotic, nonscaly, chalky-white macule with distinct margins. Considerable recent progress has been made in our understanding of the pathogenesis of Vitiligo, and it is now clearly classified as autoimmune disease, associated with genetic and environmental factors together with metabolic, oxidative stress and cell detachment abnormalities <sup>[2, 3]</sup>. Vitiligo should not be dismissed as a cosmetic or insignificant disease, as its effects can be psychologically devastating, often with a considerable burden on daily life <sup>[4]</sup>.

### Case Study

This is case of a 50yr old woman having white discoloured patches on face and since 3yrs associated with itching sensation which gets ameliorated in open air. Started insidiously on the right side first on the right side and then moved to left side of the face. Fullness of abdomen was also present for 8 months which gets worse after eating and gets better after passing flatus.

### Presenting Complaints

- White discoloured patches on face since 3yrs
- Location: on upper and lower lips, above the lips, forehead (worse on left side)
- Sensation: Itching
- Modalities: Agg- Nothing Significant
- Amel- open air
- Fullness of abdomen for 8 months
- Modalities: Agg- after little eating
- Amel- after passing flatus

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**Physical Generals**

- Appetite: Increased, regular, easy satiety
- Thirst: Thirst less
- Desire: Sweets
- Aversion: Nothing Significant
- Intolerance: Fatty food causes indigestion
- Stool: Satisfactory, D<sub>1</sub>N<sub>0</sub>
- Urine: regular, clear, non-offensive
- Sleep: 6-7hrs, Refreshing

- Perspiration: Generalised, non-staining, non-offensive
- Tongue: Clean and moist

**Mental Generals**

- Impulsive, do her work in a hurry
- Memory weak,
- Confused, lack of confidence
- Do not able to speak in gatherings
- Desires company

**Table 1:** Analysis and Evaluation of Symptoms

Symptoms	Physical Generals	Mental Generals	Particulars
1	Increased appetite with easy satiety <sup>++</sup>	Impulsive, do her work in a hurry <sup>++</sup>	White discoloured patches on face <sup>+++</sup>
2	Desire for sweets <sup>++</sup>	Weak memory <sup>+</sup>	Worse on left side <sup>+</sup>
3	Intolerance from fatty food causes indigestion <sup>++</sup>	Confused, lack of confidence <sup>++</sup>	Itching sensation in the patches <sup>++</sup>
4	Complaints generally aggravated between 4-8 pm	Does not able to speak in gatherings <sup>++</sup>	Itching gets better in open air <sup>++</sup>
5			Fullness of abdomen Agg: little eating <sup>++</sup> Amel: passing of flatus

**Provisional Diagnosis**Vitiligo <sup>[5]</sup>**Totality of Symptoms**

- White discoloured patches on face
- Itching sensation in the patches ameliorated by open air
- Fullness of abdomen aggravated by little eating with easy satiety
- Fullness ameliorated by passing flatus
- Desires sweets
- Intolerance from fatty food causes indigestion
- Do her work in a hurry, impulsive
- Does not able to speak in public
- Lack of confidence

**Rubrics Selected <sup>[6]</sup>**

- Mind- Memory- weakness of memory
- Face- Discolouration- brownish yellow forehead at edges of hair
- Face- Discolouration- white- itching
- Face- Discolouration- white- mouth, around
- Face- Discolouration- white-spot
- Stomach- Appetite- increased
- Abdomen- Fullness, sensation of- eating - after
- Abdomen- fullness, sensation of –flatus amel – passing
- Generals- Food and Drinks – sweets – desire
- Condition in general- Time- afternoon – 4 to 8 pm

**Analysis of the case**

After the analysis and evaluation, the characteristic

symptoms used in constructing the totality of the symptoms. “Lack of confidence, weak memory” were important mental symptoms in the case. “Increased appetite with easy satiety, desire for sweets, Aggravation of symptoms between 4 to 8 pm in general” were important physical generals. “Discolouration on face with sensation of itching ameliorated by open air, fullness of abdomen aggravation by little eating and amelioration by passing flatus” were the particulars symptoms in the case.

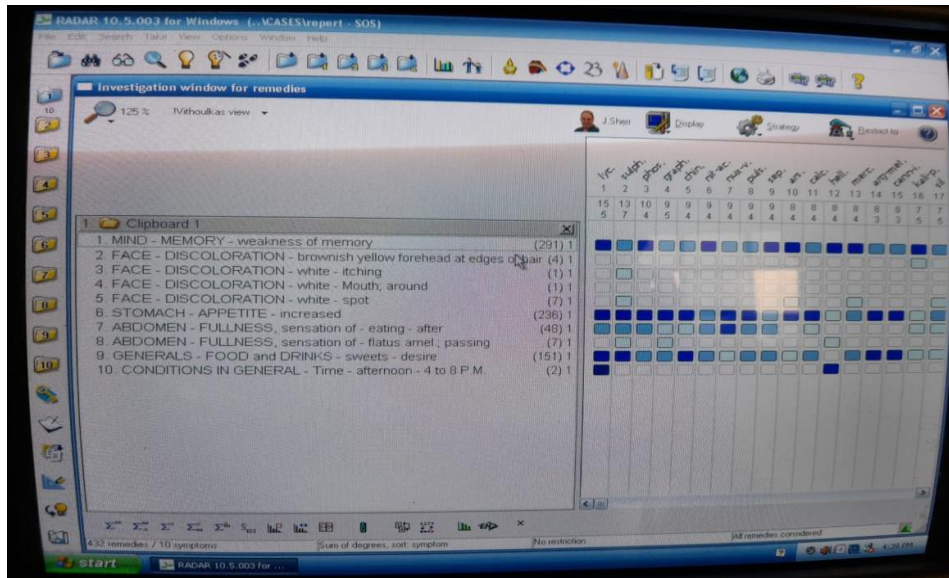
The selection of the remedy was done on the basis of repertorisation by Radar Software version 10.0 using synthesis repertory Belgium Archibal 2009 <sup>[6]</sup>. The repertorisation chart is shown in the figure. Where the top five remedies were Lycopodium 15/5, Sulphur 13/7, Phosphorus 10/4, Graphitis 9/5 and China scoring 9/4.

On the basis of reportorial analysis and with consultation of Boericke’s *Materia Medica*<sup>7</sup>, Lycopodium was selected as the first prescription as it scored highest in the reportorial result though it covers only five rubrics but the gradation is highest, as increased appetite with easy satiety, desire for sweets, General aggravation between 4 to 8 pm, lack of confidence was marked in the patient and according to the appearance of the patient in comparison to sulphur and phosphorus, *Lycopodium* was selected.

After prescribing the single dose of Lycopodium the white patches have reduced drastically with relief in itching and fullness of abdomen also relieved after the given medicine. Follow up was

**Prescription***Lycopodium* <sup>[7]</sup> 30**Table 2:** Follow up Date-wise description of medicine

Date	Symptoms	Medicine prescribed
10-06-2019	Ist visit of the patient	Lycopodium 30 / 3 dose Rubrum met 30/ 15 days
25-06-2019	No change in the presenting complaints	Rubrum met 30/ 15 days
10-07-2019	Slight improvement in itching in the white patches with fullness of abdomen	Rubrum met 30/ 15 days
25-07-2019	No change seen in white patches	<i>Lycopodium</i> 30 / 3 dose
10-08-2019	Slight decrease in the white patches on forehead	Rubrum met 30/ 15 days
25-08-2019	Improvement in white discolouration around mouth	Rubrum met 30/ 15 days
10-09-2019	Improvement in itching and white discolouration	Rubrum met 30/ 15 days
25-09-2019	Further improvement in white discolouration	Rubrum met 30/ 15 days
10-10-2019	No further white patches left	Rubrum met 30/ 15 days



**Fig 1:** Repertorial Analysis



**Fig 2:** Before Treatment



**Fig 3:** After Treatment

**Conclusion and Discussion**

Homoeopathic medicine selected on the basis of homoeopathic principles proved to be very effective in this case of Vitiligo and shown remarkable results in the treatment. *Lycopodium* was selected on the basis of physical

generals and particulars of the case keeping in mind the materia medica and homoeopathic philosophy. Treatment was continued for 5 months. Medicine was given in very few doses which appeared very effective in treatment of the case.

The potency selection was done on the basis of susceptibility of the patient as stated by Dr Close<sup>8</sup>

1. The greater the characteristic symptoms of the drug in the case, the greater the susceptibility to the remedy and the higher the potency required.
2. Age: medium and higher potencies for children
3. Higher potencies for sensitive, intelligent persons.
4. Higher potencies for persons of intellectual or sedentary occupation and those exposed to excitement or to the continual influence of drugs.
5. In terminal conditions even the crude drugs may be required.

He also writes “Different potencies act differently in different cases and individuals at different times under different conditions. All may be needed. No one potency, high or low, will meet the requirement of all cases at all times.”

Potency was selected on the basis of susceptibility of the patient and organic condition of the disease, the susceptibility of the patient was low so 30 potency was selected.

This case of Vitiligo re-established the strength of homoeopathy and proves the homoeopathic principles and philosophy as stated by Dr Hahnemann. It also elicited that homoeopathy can cure such type of chronic diseases in a very few doses in a very short period of time without any aggravation and side effects.

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