



International Journal of Homoeopathic Sciences

E-ISSN: 2616-4493

P-ISSN: 2616-4485

www.homoeopathicjournal.com

IJHS 2023; 7(1): 160-164

Received: 09-11-2022

Accepted: 16-12-2022

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Segmental vitiligo in extremes of age treated with homoeopathy in tribal villages of Chhattisgarh: A case series

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DOI: <https://doi.org/10.33545/26164485.2023.v7.i1c.748>

Abstract

Background: Segmental vitiligo (SV) is a small but unique subset of vitiligo requiring due importance due to its lack of response to medical treatment. The characteristic feature of SV is the distribution pattern of the lesions. Many authors have considered the pattern to be dermatomal or quasidermatomal, blaschkoid or following acupuncture lines. Two cases of SV from rural area of Chhattisgarh described in this literature.

Objective: The objective of this study was to present the role of homoeopathy in segmental vitiligo (SV) through a case series of patients.

Methods: Two cases of SV aged 07 years and 74 years of patients came to the Govt. Homoeopathic Dispensary Jagdarpur (Bastar) and Chhura (Gariaband) respectively. After a thorough case taking, constitutional homoeopathic medicine *Silicia* and *Natrum muriaticum* respectively were prescribed.

Results: Both individualized homoeopathic medicines showed a positive role in the treatment of disease segmental vitiligo. The outcome was assessed by photographic images of the skin were presented before and after treatment.

Conclusion: SV should not be ignored will be required to collaborate with dermatologists (if needed) to identify the most appropriate management with homoeopathic medicines depending on the clinical form, extent and stability of the lesions. However, case series/clinical trials are required to substantiate the results of *Silicea* or *Natrum muriaticum* in SV. Limitation in this case series was that Vitiligo Symptom Score (VSS) was not recorded.

Keywords: Segmental vitiligo, homoeopathy, *Silicia*, *Natrum muriaticum*

Introduction

Segmental vitiligo usually has an early onset in childhood in contrast to non-segmental vitiligo, which predominantly affects adults. In segmental vitiligo, the lesions develop rapidly over short span of time in a localized area and then remain stable, whereas non-segmental vitiligo has a highly variable course with periods of progression, remission, and stability^[1]. Segmental vitiligo responds poorly to medical treatment^[2, 3] and surgical methods are the treatment of choice^[2]. The characteristic feature of segmental vitiligo is the distribution pattern of the lesions. Many authors have considered the pattern to be dermatomal or quasidermatomal, blaschkoid or following acupuncture lines^[2].

Methods

Two cases of SV were treated with homoeopathic medicines selected on the basis of individualisation, considering location, sensation, modalities (i.e., aggravating and ameliorating factors) and concomitants of the symptoms in each case.

Case Reports

Case 1

A 6-year old innocent girl presented at the outpatient department at Govt. Homoeopathic Dispensary Jagdarpur, Bastar (C.G.) with only white patches (patient's own language) on eyelids, nose and few on scalp on 06.03.2021. She had white patches on both eyelids including eyebrows, nose and few on scalp since one year. No itching, no burning, nor any other complains. [Figure 1 shows the presentation at the time of consultation].



Fig 1: Baseline visit (06.03.2022)

She suffered from her childhood recurrent attack of cough and cold. She also had a constant predisposition to get affected by humid conditions. Grandfather suffered from diabetes mellitus and Grandmother was a patient of hypertension. The patient was shy, timid, obstinate and playful in nature. She had also fear of darkness. Her ailments were started after a history of fright. The appetite of the patient was good. She had strong desires for sweets. Thirst, Bowel movements urination, sleep, dreams had no significant points of deviations. The patient had an extreme

intolerance to the cold (dry and wet) of winter and rainy seasons. She also had tendency of profuse sweating, especially on palm and soles.

Local and systemic examination

White patches on eyebrows, head and scalp. Non tender, Non edematous.

It was a case of Segmental Vitiligo.

Analysis of the case

After analysis and evaluation, the characteristic symptoms were used in constructing the totality of the case. "Shyness, timid, obstinate, playful, fear of darkness and ailments from fright were important mental symptoms in this case. Desire for sweets and profuse sweat on palm and sole were physical generals. White patches on both eyelids including eyebrows, nose and few on scalps were the particular symptoms in this case.

Basis of prescription

On repertorial analysis (Figure 2), many medicines were competing with each other, namely *Silicea* (7/13), *Kali Carbonicum* (6/8) and *Carcinosin* (6/6). So, the maximum number of symptoms was covered by *Silicea* (7/13) and also after consultation with *Materia Medica* [10], *Silicea* was selected as the first prescription mainly based on the mental symptoms.

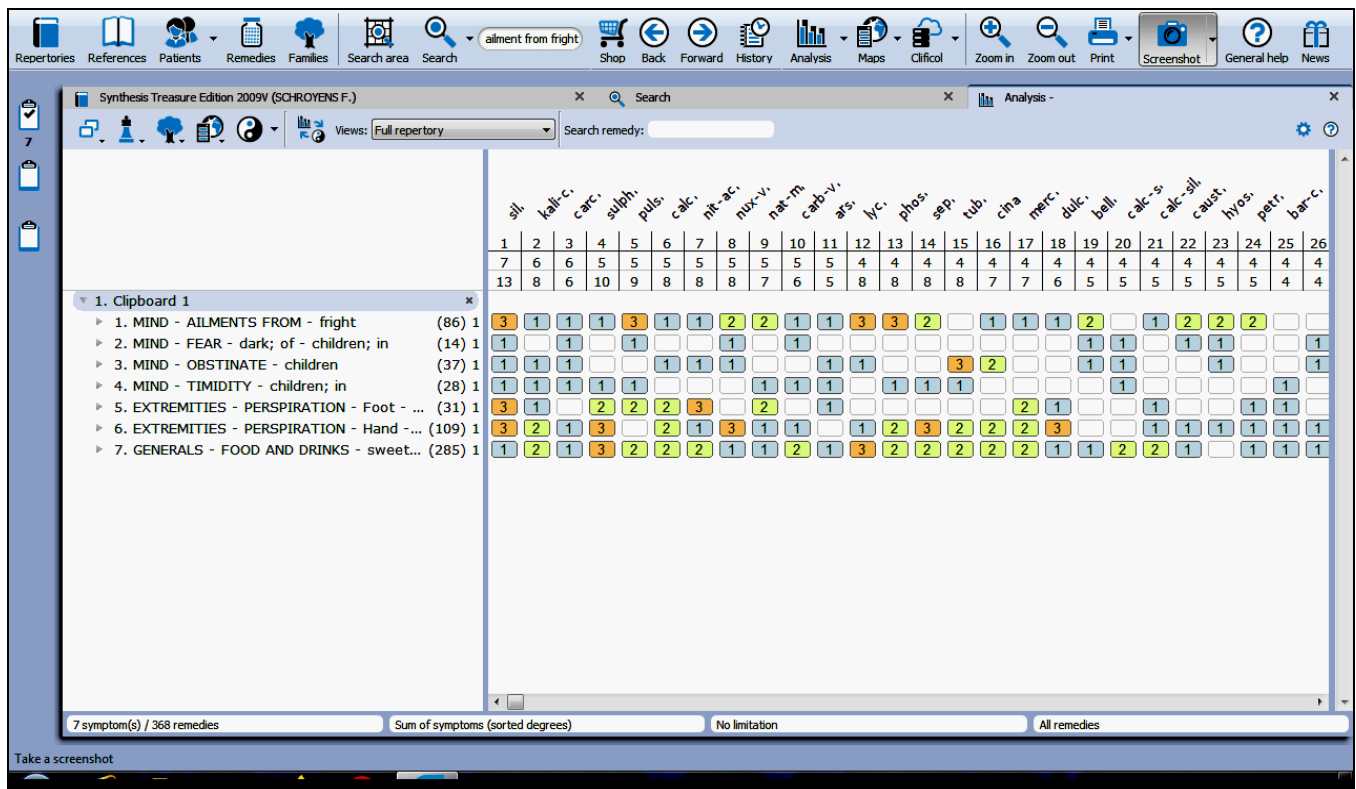


Fig 2: Repertory sheet showing repertorization of the case on first visit (06.03.2021)

Hence, *Silicea* was selected as the individualized constitutional medicine of the case in the first visit on 06.03.2021. It was prescribed in 200CH potency, seven dose (four globules of size thirty) to be taken in the morning on empty stomach after waking.

to appear over the hypo-pigmented patches.

Prescription: So, Placebo was prescribed for one month. 03.04.2021-80% hypo pigmented patches were replaced by normal color of skin except slight patches on left eyebrow. [Figure 3].

Time line with follow-ups: 15.3.2021-Pigmentation started

Prescription: Placebo was prescribed for one more month. 26.04.2021-Not so much improvement since last visit. [Figure 4].

22.9.2021-Patient came after five months. She complained that all hypo pigmented patches were replaced by normal color of skin. [Figure 5]

Prescription: So, prescription was *Silicea* 1 M 1 dose with Placebo 29 doses.

Prescription: Placebo was prescribed for one more month.

Photographic presentation



Fig 3: 2nd follow up (03.04.2021)



Fig 4: 3rd follow up (26.04.2021)



Fig 5: End of treatment (22.09.2021)

Case 2

A 74 years old Hindu, middle class old man visited the out-patient department (OPD) at Govt. of Homoeopathy Dispensary, Chhura, Gariabandh on 26.05.2022 (Thursday) in Siyan Jatan Clinic with the chief complain of multiple white spots on his chest since last 01 year (patient’s own language). The chief complained were multiple white spots on his chest but no pain and itching, constipation since 3 months last, pain in left hands and legs since 2weeks, flatulence in abdomen (Occasionally) and headache occurs infrequently.

- Multiple white spots were visible from last 1year. Ayurvedic physician suggested that it may be cured in homoeopathy. Then he came to the homoeopathic dispensary for treatment. Constipation from last 03 months and he needed to take regularly some Ayurvedic medicine for it.
- He suffered with skin disease (eruption with itching) last 02 years ago and treated by some external application. But there is no significant Family history.
- Mental generals were nothing particular. His appetite is

good. He has desire for pungent, salty food, rice and bitter. Thirst is less (only 1 lit. /day) with normal sweat. Bowel movements are irregular, constipated but stool is of hard consistency. Thermal reaction of patient is hot (prefers winter and cannot tolerate heat). Sleep is sound and tongue is covered with black color on both sides.

Local and systemic examination

The patient had non tender multiple white spots on the skin of his chest.

It was a case of Segmental Vitiligo (SV).

Analysis of the case

After analyzing the symptoms of the case the characteristic generals and particular symptoms were considered for framing the totality. Desire for bitter food, salty food, pungent food, rice, stool irregular, constipated, hard consistency, and hot patient were the important general symptoms. Skin white spots on chest were the particulars included in totality.

Fig 6: Repertorization Chart of 1st prescription on 26.05.2022

Basis of prescription

After analyzing repertorial totality (Figure 6) it was

observed that *Natrum muriaticum* and *Phosphorus* was covering maximum number of rubrics (4 out of 7) with

marks (15 and 14). The remaining are *Lycopodium clavatum* (4/12) and *Carbo vegetabilis* (3/12). On consulting materia medica, the constitution of the patient matches with that of *Natrum muriaticum* [10]. Hence, *Natrum muriaticum* was selected as the individualized constitutional medicine of the case. It was prescribed in 200 CH potency, 1 drachm in globules (globule no. 30), and the patient was asked to consume 4 globules, OD (once daily) for two days only in the morning on empty stomach after waking and to be followed with placebo (4 globules, OD) for fort night.

follow-ups:

1st follow-up 21.07.2022: Patient came after 2 months of 1st visit and reported that White spots of chest were slightly reduced. No pain in left hand. Constipation was much better, stool regularly occurred and with normal consistency. Flatulence in abdomen was only once or twice. Headache was also reduced. Treatment was continued and patient was advised to come after one month.

Photographic presentation



Fig 7: Base line visit on 26.05.2022



Fig 8: At the end of treatment on 17.11.2022

Discussion

Homoeopathy treats the person as a whole; it eliminates the exciting and fundamental causes by annihilating the disease manifestations (signs and symptoms). In the first case, important mental i.e. obstinate with fear of darkness, along

Prescription: Placebo was prescribed for again next one month.

2nd follow-up 25.08.2022: Patient came after 1 month of 2nd follow-up and reported that White spots of chest were much reduced. Along with no pain in left hand. Bowel habit was normal with normal consistency of stool. Flatulence in abdomen and Headache not appeared. Patient was advised to come again after 1 month.

Prescription: Placebo was prescribed for again next one month.

3rd follow-up 17.11.2022: Patient came after 3 months of last visit and reported that no white spots of chest (Figure: 8). No pain in left hand. Bowel habit was normal with normal consistency of stool. Flatulence in abdomen and Headache not appeared. Patient was advised to stop the medicine and if any symptom reappears then must come.

Prescription: No medicine was prescribed.

with profuse perspiration on palm, head and scalp were concluded for selection of the remedy. SV is a condition which requires an in-depth study of the individual case and only constitutional homeopathic treatment can help in such cases. Actually this case report showed the role of

effectiveness of homoeopathic medicine *Silicea* 200CH and 1M potency in SV. In second case proved that *Natrum muriaticum* is also effective to treat the SV if the totality of symptoms corresponds with the symptoms of medicines. This case showed that not only brought relief the chief symptom but also reduced some functional symptoms like flatulence, headache and pain in hand according to the Hering's Law of cure. There were so many studies with vitiligo and homoeopathy was done previously but this case is unique because here improvement occurred according to Hering's Law of cure which was not shown before.

Conclusion

SV should not be ignored will be required to collaborate with dermatologists (if needed) to identify the most appropriate management with homoeopathic medicines depending on the clinical form, extent, and stability of the lesions. However, case series/clinical trials are required to substantiate the results of *Silicea* or *Natrum muriaticum* in SV. Limitation in this case series was that Vitiligo Symptom Score (VSS) was not recorded.

Acknowledgement

Cooperation of the patient is also gratefully acknowledged who came for regular follow-ups during the treatment and expressed her willingness to share this case for publish in journal.

Financial Support and Sponsorship: Nil.

Conflict of Interest: There are no conflicts of interest.

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How to Cite This Article

Bagchi S, Sahu A, Roy M. Segmental vitiligo in extremes of age treated with homoeopathy in tribal villages of Chhattisgarh: A case series. *International Journal of Homoeopathic Sciences.* 2023;7(1):160-164.

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