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Individualized homoeopathic approach in Vitiligo: A case report

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Abstract

Vitiligo is a disorder of the immune system in which the melanocytes, the pigment cells of the skin are destroyed causing affected areas to turn pale. Frequently seen as whitish patches in the skin. All skin tones are affected by vitiligo, however those with dark or black skin may notice it more. Homoeopathy with its individualistic and holistic approach considers patient as a whole and treats the sick by finding a right similimum.

A 60 year old female patient came with the complaint of whitish discoloration all over the body. Complaint started at the age of 45 years, Initially it was on the lower lip, then gradually has spread all over the body. After detail interrogation the patient's totality was framed and with the help of repertorization Natrum mur was selected and Patient showed good improvement after that.

Homoeopathic treatment of vitiligo is achieved through the administration of similimum after detailed case analysis. The homoeopathic treatment for vitiligo is addressed to enhance the melanocyte formation by stimulating the natural process called melanogenesis. It also controls the spread of vitiligo by attempting to correct the immune system.

Keywords: Vitiligo, homoeopathy, individualization, Natrum muriaticum

Introduction

Vitiligo, causes white spots or patches on the skin. These blemishes are brought about by the death or weakening of the pigment-producing cells in specific regions, which leads to the death or cessation of pigment production. Vitiligo is typically thought to be an autoimmune condition. Only the skin's colour is impacted by vitiligo; its texture and other characteristics are unaffected. In vitiligo-affected areas, the hair that develops there may also turn white.

It is difficult to pinpoint what causes vitiligo. According to some data, it may be brought on by a mix of genetic, environmental, and auto-immune factors. The skin's basal layer contains pigment-producing cells called melanocytes. Melanocytes have vanished from a region of the skin in vitiligo, causing white regions to take the place of pigmented ones.

These patches typically begin as little white dots that become larger over time. The patches can be specific to a location, universal, or broad (entire skin surface). The affected people are typically primarily troubled by the cosmetic aspect of the white spots, which are typically asymptomatic.

Although vitiligo can affect any part of the body's skin, it most frequently affects the elbows and hands, as well as the areas around the mouth, eyes, rectum, and genitalia. UV black light is used to confirm the diagnosis of vitiligo. The absence of Melanocytes can be seen in skin sample. Based on how the lesions are distributed, there are two different forms of vitiligo.

Segmental: Vitiligo only affects one side of the body, and lesions don't grow larger over time.

Non-segmental: Vitiligo affects both sides of the body without any clear demarcation of the hypopigmented patches. Lesions fade over time.

The person is treated holistically with homoeopathy. This implies that in addition to treating the patient's pathological state, homoeopathy treats the patient as a whole. For the treatment of similar conditions, homoeopathy has a lot of potential.

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Case Report

A 60 year old female patient came with the complaint of whitish discoloration all over the body. Complaint started at the age of 45 years, Initially it was on the lower lip, then gradually has spread all over the body.

Presenting Complaint

Whitish discolouration all over the body since 15yrs.

History of Presenting Complaint:

The complaint started at the age of 45 yrs, whitish discolouration initially appeared on the scalp, ears, lips, tips of fingers and then gradually whitish discolouration spread all over the body parts from above downwards. Took ayurvedic and allopathic treatment but no improvement.

Past History

Bronchial asthma-Since Childhood-Allopathy-Temperory relief

Family History

Mother had complaints of vitiligo
Father died due to cancer

Generals:

Appetite - Reduced Stool - Regular
Thirst - Decreased Urine - Normal
Sleep - Disturbed Sweat - Normal
Dreams - Horrible dreams

Reaction to

Aversion- Covering
Desire- Cold Food and Drinks

Desire – Fanning
Hot Patient

Personal History

Lean built
Non vegetarian
Weight 40kgs

Menstrual History

Menarche: 15 years
Menses was regular
30 days cycle
Flow normal
Menopause-51 years

Life space investigation

Patient was born and brought up in Bhavani. She was married at the age of 20yrs. She was in joint family and having 1 son. Her husband is alcoholic and used to hit her and abusive. She was harrassed by in-laws, at that time she used to think of death frequently and try attempted suicide 2 times. After the death of her husband she is living with her son. She is more contended, She never complaints about anything.

Totality of presenting complaint

- Contended
- Dreams of horrible things
- Appetite reduced, Few mouth fills full the stomach
- Whitish discolouration of skin
- Suicidal disposition
- Hot patient
- Thirstless

Symptom	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50
1. MIND - CONTENTED	1	1	1	1	3	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
2. MIND - DREAMS - frightful	6	8	6	6	6	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
3. STOMACH - APPETITE - diminished	15	13	10	10	10	16	14	14	13	12	12	11	11	11	11	10	10	9	9	8	7	7	7	7	7	5	5	13	13	12	12	11	11	11	11	11	10	10	10	10	9	8	8	8	8	7	7	7	6	6
4. STOMACH - APPETITE - easy satiety	1	1	1	1	3	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
5. SKIN - DISCOLORATION - pale	2	4	4	1	3	1	4	3	3	4	4	4	3	4	3	3	3	1	4	4	3	3	1	1	4	4	3	3	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	
6. MIND - SUICIDAL disposition	3	1	1	3	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1		

Fig 1: Repertorial Totality 13-11-20



Fig 2: First Prescription on 13-11-20

RX

1. Natrum Muriaticum 200/1 dose
2. SL BD For 1 month

Table 1: Follow ups

Date	Symptoms	Prescription/Dose	Justification
15-12-20	Dreams reduced Appetite improved Discolouration of skin persist, No new patches	RX 1.Natrum mur 200/1 dose 2.SL BD for 1 month	Improving
15-1-2021	Patches started to reduce in the scalp Other areas patches persist as same, No new patches Generals good	RX 1.SL BD for 1 month	Improving
16-2-2021	Patches slightly reducing No new patches generala good	RX 1.SL BD for 1 month	Improving
15-3-2021	No further improvement No new patches Generals good	RX 1.Natrum mur 200/1 dose 2.SL BD for 1 month	Stand Still
15-4-2021	Patches slightly reducing No new patches generala good	RX 1.SL BD for 1 month	Improving
15-5-2021	New patches started to develop in eye brows. other b patches persist as same, Vertigo since 2 days aggravated on morning	RX 1.Natrum mur 1M/1 dose 2.SL BD for 1 month	Stand Still
16-6-2021	Patches reducing No new patches generala good	RX 1.SL BD for 3 month	Improving



Fig 3: 16-2-21



Fig 4: 16-6-21



Fig 5: 16-6-21

Conclusion

This case treated with homoeopathic medicine shows improvement within a time span of 6 months. Medicine was selected according to individualization and improvement is assessed based on improvement of patches and improvement in symptoms. There is even improvement in mental and physical symptoms. This case demonstrates the efficacy of homoeopathy in the treatment of vitiligo and supports the value of prescribing based on a reportorial approach and the whole spectrum of symptoms.

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