



Vitiligo Treated With Homoeopathic Medicine: A Case Report

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ABSTRACT

Vitiligo is the most prevalent pigmentary disorder occurring worldwide, although any part of the skin or mucous membranes may be affected which in turn affect the Quality of life of the person. A 35 year old female patient came with complaint of white macule on upper back, forearm & forehead since 6 years, taking allopathic medicines for 3 years without any improvement and quality of life worsen. Case taking was done followed by repertorization using Synthesis repertory from Radar 10 software and Individualised Homoeopathic medicine was given and after 12 follow-ups we find that patient not only satisfied with Homoeopathy but also quality of life increased. This case proves the positive role of Homoeopathic medicine in treatment of vitiligo.

KEYWORDS: Homoeopathy, Vitiligo, Radar, Sepia officinalis.

1. INTRODUCTION:

Vitiligo is a pigmentary skin disorder of epidermis, which is caused due to the absence of pigmentary cells from epidermis that develop white macules & patches on the body. ^[1]

The etiology of vitiligo unknown but there are many theories that claim the cause of disorders. Some of the common theories are the genetic predisposition, oxidative stress theory, promotion of cellular stress and pathologic influence of lymphocytes T. ^[2]

Worldwide prevalence of vitiligo are from 0.004 % to 2.28 %. ^[3] Highest incidence of vitiligo was recorded in Indian subcontinent followed by Mexico and Japan. Nearly half of cases onset of vitiligo are before 20 year of age. Most of studies report that Females are more affected rather than male. ^[4]

2. CASE STUDY:

Mrs. ABC, 35 years-old, female, fatty with wheatish complexion, Hindu, Married, Vegetarian, Housewife, attended at OPD of Dr. Girendra Pal Homoeopathic Hospital & Research Centre, Saipura, Jaipur (Rajasthan) was present herself with known case of Vitiligo on 24/8/2022, on further enquiry she told that complaints had started gradually after death of her child. Complaining of white macule on upper back, forearm & forehead. She took alternative medicines orally and as an external application applies many ointments on affected area but no relief.

2.1. PRESENTING COMPLAINTS: White color macule on upper back, Forearm & Upper back since 6 years.

2.2. HISTORY OF PRESENTING COMPLAINTS: She was apparently well before 6 years then gradually she started white color spot first on forearm then back and after that on forehead. Her one child died in a road accident in 2015.

2.3. PAST HISTORY: History of typhoid fever in 2014.

2.4. PHYSICAL GENERALS:

Desire: Chalk⁺³

Tongue: Thick, Moistened & Tip red⁺².

Appetite: 4 chapattis / Meal / twice a day, Emptiness in abdomen when think about food.

Mouth: Dryness in mouth at night.

Stool: Once in a day, Satisfactory.

Thermal Reaction: Chilly

2.5. MENTAL GENERALS:

Violent anger.

Sympathy raises the anger.

Doesn't like Company, want to be alone.

2.6. MENSTRUAL HISTORY: Normal Menstrual cycle of 4-5 days since menarche, irregular since 6 years after death of son.

2.7. OBSTETRIC HISTORY: G₃ P₃ A₀ L₂₊₁ (Died)

2.8. FAMILY HISTORY:

Paternal: Father: Father 62 year old had a history of hypertension since 10 years.

Maternal: Mother 58 year old had a history of Knee pain since 25 years.

2.9. REGIONAL EXAMINATION:

Skin: White color macule.

Sites of patches: Forearm, Upper back & Forehead.

2.10. ANALYSIS OF THE CASE:

Mentals:

Violent anger.

Sympathy raises the anger.

Doesn't like Company, want to be alone.

Physical Generals:

Desire: Chalk

Tongue: Thick, Moistened & Tip red.

Appetite: 4 chapattis / Meal / twice a day, Emptiness in abdomen when think about food.

Mouth: Dryness in mouth at night.

Stool: Once in a day, Satisfactory.

Thermal Reaction: Chilly

Particular:

White color macule on upper back, Forearm & Upper back

2.11. EVALUATION OF THE SYMPTOMS:

1. Ailments from Grief
2. Violent anger
3. Sympathy raises the anger.
4. Doesn't like Company, want to be alone.
5. White color macule
6. Red tip tongue
7. Intense desire for chalk
8. Dryness in mouth at night
9. Emptiness in abdomen when think about food

15/12/2022	White discoloration was slightly replaced with normal skin.	Rx Rubrum 30, TDS for 1 Month
17/01/2023	Status quo	Rx Sepia officinalis 10M one dose Rubrum 30, TDS for 1 Month
20/02/2023	The area of white spots getting smaller.	Rx Rubrum 30, TDS for 1 Month
24/03/2023	White discoloration was improved other symptoms were also getting better.	Rx Rubrum 30, TDS for 1 Month
21/04/2023	The area of white spots getting smaller.	Rx Rubrum 30, TDS for 1 Month
22/05/2023	Along with skin complaints other symptoms like dryness of mouth & tongue also improved.	Rx Rubrum 30, TDS for 45 days
3/07/2023	All Complaints resolved, patient feeling better	Rx Rubrum 30, TDS for 2 Months
1//08/2023	Patient feels good. No complaint of skin.	Rx Sepia officinalis 10M one dose Rubrum 30, TDS for 1 Month

2.17. PICTURES:



Before Treatment



After Treatment



Before Treatment



After Treatment



Before Treatment



After Treatment

3. DISCUSSION AND CONCLUSION:

Above case report shown that Homoeopathy has massive and beautiful work on the quality of life (Qol) of those who are suffering from Vitiligo. Homeopathic medicines includes a holistic approach to the understanding of the patient and integrates this approach to provide individualized patient treatment. Individualized Homoeopathic medicine may favorably heal the case without any secondary effect of disease along with curing other complaints appeared along with vitiligo. Certain diseases may manifest when genetic predisposition combines with stress, and homeopathy recognizes these factors. Homoeopathy has proved its effectiveness in such type of cases and so this case further proves the therapeutic value and strong power of homoeopathic medicines in the treatment of Vitiligo.

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