



## A Case Study of Vitiligo

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**ABSTRACT**

Homoeopathy is able to treat vitiligo with different level of success. Some cases were fully cured whereas a re-occurrence of white spots were noted in few cases, although the intensity of white spots were lessened. All treated cases responded to homoeopathy, therefore, we may draw a conclusion that it is feasible to manage, treat and cure cases of Vitiligo with homoeopathy.

### KEYWORDS

#### INTRODUCTION

The word Vitiligo is derived from the Latin vitelius, meaning calf. The white spots of vitiligo resemble white patches on a calf. Vitiligo is characterized histologically by absence of epidermal melanocytes. It may be an autoimmune disease associated with antibodies (vitiligo antibodies) to melanocytes. Studies suggest there is some genetic mechanism involved in the etiology of vitiligo and that it is polygenic in nature. There is a positive family history in at least 30% of cases. Both sexes are affected equally. The production of melanin in the skin by melanocytes is increased by the action of sunlight.

When the skin requirement of melanin is not met well from our daily food (i.e. food without vegetables, fruits etc.) then skin becomes discoloured from the areas of the skin where the colouring pigment melanin is less supplied, and skin becomes white. Thus proper and balanced diet is very necessary for the maintenance of skin colour. Excessive fried food, alcohol, meat, eggs and fish destroys the body tissues and cells and thus affect the manufacture of colouring pigment for the skin.

According to Homoeopathy, skin disease is an external manifestation of the internal imbalance of the vital force i.e. no external malady can arise, persist or grow without some internal deviation. It is the internal affection that has to be treated, restoration of the internal imbalance itself leads to disappearances of external manifestations.

Homoeopathy offers a holistic approach that is its application is based upon individual variations of the sufferers of same ailment. Thus, it not only considers the local aspect of the disease but also considers the diseased persons as an individual entity.

#### SOME RUBRICS OF VITILIGO IN KENT'S REPERTORY

**SKIN - DISCOLORATION, - spots**  
berb.sabin.Sec.

#### SKIN - DISCOLORATION, - bluish

acon.Aeth.ail.am-c.Ant-t.ApisArg-n.arn.Ars.aur.Bapt.Bell.bism.Brom.bry.bufocadm-s.calc.Camph.Carb-an.Carbn-s.CARB-V.chin.chinin-ar.cocococc.con.cop.CROT-C.Crot-h.Cupr.cur.DIG.gels.Hydr-ac.Kali-br.LACH.Laur.led.merc.mur-ac.najanat-m.Nux-m.NUX-V.OP.Ox-ac.ph-ac.phos.Phyt.plb.puls.rhus-t.samb.Sec.sil.sponge.Stram.syph.Tarent.thuj.VERAT.VERAT-V.vip.

#### SKIN - DISCOLORATION, - bluish - spots

aeth.anan.anthraci.ant-c.apisarg-n.ARN.Ars.bad.bar-c.bar-m.berb.borx.Bry.calc.Carb-ac.Carb-v.chlol.Con.CROT-H.dulc.

euphr.Ferr.Hep.Lac-c.LACH.laur.Led.Lyc.merc.mosch.nit-ac.Nux-m.Nux-v.Op.PH-AC.PHOS.Plat.plb.Puls.rhus-t.rutaSars.SEC.sil.Sulph.SUL-AC.tarent.ter.

#### SKIN - DISCOLORATION, - brown,liver spots

am-c.Ant-c.ant-t.Arg-n.arn.Ars.ars-i.Aur.bad.borx.bry.cadm-s.calc.calc-p.calc-s.canth.carbn-s.Carb-v.caust.Con.cop.cor-r.crot-h.CUR.dros.Dulc.ferr.ferr-i.graph.Hyos.Iod.kali-ar.kali-bi.kali-c.kali-p.LACH.Laur.LYC.MERC.merc-i-r.Mez.nat-act.Nat-c.nat-p.NIT-AC.Nux-v.petr.Phos.Plb.puls.rutasabad.SEP.sil.stann.SULPH.sul-ac.tarent.Thuj.Tub.

#### SKIN - DISCOLORATION, - dark spots in old people

ars.aur.bar-c.Carb-an.Con.Lach.Lyc.op.Sec.

#### SKIN - DISCOLORATION, - dirty

ars.borx.bry.bufoFerr.Ferr-i.Iod.merc.Nat-m.Nit-ac.phos.Plb.PSOR.sec.stram.SULPH.tarent.Thuj.tub.

#### SKIN - DISCOLORATION, - gray

Iod.

#### SKIN - DISCOLORATION, - spots

berb.sabin.Sec.

#### SKIN - DISCOLORATION, - gray spots

Iod.nit-ac.

#### SKIN - DISCOLORATION, - green spots

Arn.ars.Bufocarb-v.CON.crot-h.Lach.med.nit-ac.sep.sul-ac.ver-at.vip.

#### SKIN - DISCOLORATION, - mottled

ars.Carb-v.chlol.cop.Crot-h.LACH.nux-m.Nux-v.ox-ac.Verat-v.

#### SKIN - DISCOLORATION, - pale

Acet-ac.Anan.ApisArs.bar-c.BELL.benz-ac.CALC.Calc-s.Carb-ac.carb-an.Carb-v.caust.Chin.Chinin-ar.COCC.Con.Cupr.Dig.FERR.Ferr-ar.Ferr-p.Fl-ac.graph.Hell.Helon.ign.kali-ar.Kali-c.Kreos.LYC.mang.Merc.Merc-c.Nat-m.Nat-s.NIT-AC.Nux-v.olnd.op.ph-ac.Phos.PLAT.Plb.Podo.PULS.sabin.sang.SEC.Sep.Sil.Spig.staph.SULPH.Sul-ac.sumb.tab.valer.VERAT.zinc.

#### SKIN - DISCOLORATION, - pale - spots

lach.

#### SKIN - DISCOLORATION, - red

Acon.AGAR.agn.Am-c.ant-c.APISArn.BELL.bov.Bry.calc.camph.canth.carb-v.chin.cocc.coc-c.coll.Com.con.cop.Crot-c.Crot-h.Crot-t.cur.cycl.Dulc.euphr.ferr-p.GRAPH.hyos.ign.kreos.lach.led.

Lyc.Manc.MERC.Nat-m.nit-ac.Nux-v.olnd.Op.paeon.petr.Ph-ac.  
Phos.phyt.plb.Puls.RHUS-T.RutaSabad.sec.sep.sil.spong.squil.  
stann.STRAM.Sulph.sul-ac.Tarax.tell.teucr.til.zinc.

**SKIN - DISCOLORATION, - red - scratching,after**  
agar.am-c.ant-c.arn.Bell.bov.canth.chin.dulc. Graph.kreos.lyc.  
Merc.Nat-m.nux-v.Olnd.op.petr.ph-ac.puls.RHUS-T.rutaspong.  
tarax.teucr.

**SKIN - DISCOLORATION, - red - streaks,after**  
calc.carb-v.euph.par.ph-ac.Phos.Sabad.

**SKIN - DISCOLORATION, - red - spots**  
acon.aeth.agn.Alum.Ambr.AM-C.am-m.Ant-c.ant-t.ApisArn.  
ARS.ars-i.aur.bar-c.BELL.benz-ac.Berb.brom.Bry.calad.CALC.  
canth.caps. Carb-an. Carb-v.caust.cham.chel.chin.Chlol.cinnb.  
cist.clem.COCC.Coc-c.coff. Con.cor-r.croc.Crot-h.Crot-t.cupr.  
Cycl.Dros.Dulc.elapsferr.ferr-ar.ferr-i.Graph.hep.hyos.iod.Ip.  
Jug-c.kali-ar.kali-c.kali-i.kali-n.kali-s.LACH.Lyc.Mag-c.mag-m.  
mang.MERC.mez.nat-act.nat-c.nat-m.nat-p.NIT-AC.nux-v.oena.  
ol-j.op.par.Petr.Ph-ac.PHOS.phyt.Plb.puls.rhod.Rhus-t.SABAD.  
Samb.sars.sec.SEP.Sil.spong.squil.Stann.Stram.SULPH.SUL-AC.  
sumb.Tab.Teucr.thuj.verat.vip.zinc.

**SKIN - DISCOLORATION, - red - spots - bluish-red**  
Anthraci.apisArs.Bell.crot-h.elapsLach.PHOS.

**SKIN - DISCOLORATION, - red - spots - brownish-red**  
calc.cann-s.Carb-v.NIT-AC.Phos.SEP.thuj.

**SKIN - DISCOLORATION, - red - spots - coppery**  
alum.Ars.calc.cann-s.CARB-AN.carb-v.Cor-r.crot-t.Kreos.LACH.  
led.Mez.Nit-ac.phos.phyt.Rhus-t.rutasyp.h.ust.Verat.

**SKIN - DISCOLORATION, - red - spots - fiery red**  
acon.bell.ferr-ma.stram.

**SKIN - DISCOLORATION, - red - spots - pale red**  
nat-c.phos.Sil.teucr.

**SKIN - DISCOLORATION, - red - spots - rose-colored**  
cann-s.carb-an.carb-v.cocc.cop.rhod.sars.sep.tep.teucr.

**SKIN - DISCOLORATION, - red - spots - scarlet**  
acon.AM-C.am-m.arn.Ars.bar-c.BELL.Bry.Carb-an.carb-v.caust.  
cham.coff.Croc.dulc.euph.hep.Hyos.iod.ip.lach.MERC.ph-ac.  
phos.rhus-t.Stram.Sulph.

**SKIN - DISCOLORATION, - red - spots - violet**  
ferr.nit-ac.phos.verat.

**SKIN - DISCOLORATION, - spots,burnt,as if**  
ant-c.Ars.carb-v.caust.Cycl.euph.hyos.kreos.rhus-t.sec.stram.

**SKIN - DISCOLORATION, - white**  
APISARS.calc.carb-v.Fl-ac.KALI-C.lac-c.sumb.

**SKIN - DISCOLORATION, - white - spots**  
Alum.am-c.ARS.Aur.Berb.Calc.carb-an.cocaMerc.Nat-c.nit-ac.  
Phos.Sep.SIL.Sulph.

**SKIN - DISCOLORATION, - white - spots - becoming bluish**  
Calc.

**SKIN - DISCOLORATION, - white - spots - with dark borders**  
Calc.

**SKIN - DISCOLORATION, - yellow,jaundice,etc.**  
ACON.agar.agn.Aloelum.Ambr.Am-m.ant-c.Ant-t.Arn.Ars.  
ars-i.asaf.astac.Aur.aur-m-n.Bell.Berb.Bry.bufoCalc.Calc-p.  
calc-s.cann-s.Canth.carbn-s.Carb-v.CARD-M.Caust.cedr.Cham.  
CHEL.CHIN.Chinin-ar.CHION.cinacocococc.CON.Corn.corn-f.  
croc.CROT-H.cupr.Dig.dol.dulc.elat.eup-per.euph.ferr.ferr-ar.  
Ferr-i.gels.graph.Hep.Hydr.Ign.IOD.iriskali-ar.kali-bi.kali-c.kali-p.  
LACH.laur.Lept.LYC.mag-m.mang.med.MERC.Merc-c.myric.  
nat-act.nat-c.Nat-m.nat-p.NAT-S.NIT-AC.NUX-V.olnd.Op.petr.

ph-ac.PHOS.PLB.Podo.Ptel.Puls.ran-b.rheumrhus-t.sabad.Sang.  
Sec.SEP.Sil.Spig.Sulph.sul-ac.tab.tarent.thuj.verat.vip.

**SKIN - DISCOLORATION, - yellow,jaundice,etc. - spots**  
ambr.ant-t.ARN.ars.canth.CON.crot-c.elapsFERR.hydr.c.iod.ka-  
li-ar.kali-c.Lach.Lyc.Nat-c.nat-p.PETR.PHOS.Psor.Rutasabad.SEP.  
stann.SULPH.Thuj.vip.

#### Differential Diagnosis

- Post inflammatory hypo or depigmentation
- Chloasma or melanoderma
- Nevus depigmentosus
- Chemical leucoderma
- Pityriasis versicolor
- Pityriasis alba
- Leprosy
- Morphoea

#### Homoeopathic View

Homoeopathy therefore requires a case-taking which includes the totality of the symptoms- the patient's temperament, mental state , general reactions to heat ,cold storm, food and so on ,any striking or peculiar symptoms ,as well as his or her pathology .

In Aphorism 201 Hahnemann states, "...The local affection, however is never anything else than a part of the general disease, but a part of it increased all in one direction by the organic vital force and transferred to a less dangerous (external) part of the body, in order to allay the internal ailment".

#### REGIONAL RESEARCH INSTITUTE OF HOMOEOPATHY, JAI-PUR

(CCRH AYUSH DEPARTMENT GOVT OF INDIA)

#### CASE - 1

#### "A CASE STUDY OF VITILIGO RESPONDS TO HOMOEOPATHIC TREATMENT"

Study by: Dr.Ramesh Prasad

**Date:** 28-7-15  
**Unit:** RRI, (H) Jai.

**Name:** ABC  
**OPD/IPD Reg. No.:**1651/15

**Age/Sex:** 14 yrs / F  
**Article No:** 01

**Father's Name:** XYZ  
**Marital Status:** Unmarried

**Address & Contact No:** V.P.O Bajra balam Ka Rasta, Jaipur

**Education:** Vllth class **Occupation:** Student

**Religion:** Muslim  
**Veg./Non-Veg./Mixed:**

**Socio-economic Status:**  
a) Lower Group (Upto Rs. 25000/month)

**Locality:** Urban

**Result:** Mild improvement

#### PRESENT COMPLAINTS:

White discoloration on skin in spots since 6 year, on - Leg, hands, neck, back, scalp, hair, forehead, Face, Upper and Lower eye lid.

Pain forehead for last 11 months

< sun exposure

< physical exertion

> by pressure

**HISTORY OF PRESENT ILLNESS**

Patient was apparently well 6 year back when she started noticing appearance of white hypopigmented spots on her hair, scalp, leg, hands, forehead, neck & back, Face, Upper and Lower eye lid starting first on her Left below the eye then spread general as a whole body . The spots gradually turned into irregular patches.

Onset: starts gradually in upward direction

Location: Lower Feet of Extremities and hair, scalp, leg, hands, forehead, neck, back, Face & Upper and Lower eye lid.

She also having complains of pain in forehead for last 11 months, which aggravate by sun exposure and physical exertion and ameliorate by pressure.

**PAST MEDICAL HISTORY & HISTORY OF PREVIOUS TREATMENT WITH ITS EFFECTS:**

Fever lasting for 15 days, took allopathic t/t, since 3 years ago

**FAMILY HISTORY:**

Father:- Healthy alive

Mother:- Headache off and on since 3 yrs.

Brother:- Nothing

**H/O ANY SUPPRESSION:** Not specific

**AILMENTS FROM:** Not specific

**ALTERNATING COMPLAINTS (IF ANY):** Not specific

**PATIENT AS A PERSON**

**Appetite:** Satisfactory, 2-3 chapattis/meal, two meals/day

**Thirst:** ½-1glass at once 5-6 glass per day of cold water

**Desire:** Salty and sour food

**Aversion:** Milk, bread & sweet

**Stool:** Regular in morning without strain satisfactory

**Urine:** Day-3-4, night 1times, yellowish watery

**Perspiration:** On neck, palms & soles, non staining

**Menstruation:**Menarche: appear ,Onset: Normal Cycle: / Regular Flow: Normal ,Colour: redish,

Associated complaints: N/S

**Obstetric History:** N/A

**Sexual History:** N/A

**Bathing Habits:** Regular in summer, alternate in winter with seasonal water

**Thermal Reaction:** Sensitive to heat, chilly

**Sleep:** Night 6-8 hrs, position on lateral sides, some time salivation during sleep, sound refreshing sleep.

**Addiction:** N/A

**H/o Vaccination:** Done

**Mind:**

Always clings to mother

Shy nature

The child is obstinate.

**PHYSICAL EXAMINATION:**

**General:**

**Built:** Normal

**Weight:**24 kg

**Temp.:** Afebrile

**Pallor:** Present

**Pulse:** 74/bpm

**Icterus:** Absent

**B.P.:**108/72 mm of hg

**Cyanosis:** Absent

**R/R:**16/min

**Edema:** Absent

**Clubbing:** Absent

**Skin:** Dry & warm

**Lymphadenopathy:** Not palpable

**Tongue:** Clean, moist

**Systemic Examination:**

**SKIN**

**Eruptions:** Nothing specific

**Discharge:** nil

**Itching:** absent

Pigmentation: Hypo-pigmented, white discolored spots and patches on her hair, scalp, leg, hands, forehead, neck & back, Face, Upper and Lower eye lids starting first on her Left below the eye then spread general as a whole body.

**Analysis of the Case (Kent’s method):**

**Mental general-**

Shy, obstinate, angry

**Physical general-**

Desire for salty, sour food, desire for cold things, heat flushes <eating, perspiration on palms & soles

**Particular-**

White spots on skin ,hair become gray ;pain forehead<mental exertion,<in sunlight,>in pressure

**Common-**

White discoloration of skin

**Evaluation of the Symptoms:**

Desire for Salt & Salty thing

Aversion for Sweets

Marked Pallor

Pain forehead<sun exposure

Shy

Aversion for milk

White spots

**Repertorial Totality:**

S. No.	Symptoms	Chapter/Rubric
	Desire for Salt & Salty thing	GENERALS – FOOD and DRINKS - salt - desire
	Aversion for Sweets	GENERALS – FOOD and DRINKS – Sweets - Aversion
	Marked Pallor	GENERALS - ANAEMIA
	Pain forehead<sun exposure	HEAD PAIN – sun - from exposure to

	Shy	MIND – TIMIDITY – children; in
	Aversion for milk	GENERALS – FOOD and DRINKS – Milk - Aversion
	White spots	SKIN – DISCOLORATION – white - spots

Justification of selection of remedy (potential differential field): After repertorial analysis & also reference to materia medica Nat. Mur. was selected.

Justification of selection of potency:

6 potency was selected as action on deep constitutional level is desired based on individuality of patient and chronicity.

Justification of repetition of doses:

In first prescriptions, Nat.Mur. 6/BD or Rubrum 30/tds is prescribed according to the chronicity and susceptibility of the patient.

Judicial interpretation of remedy response:

The remedy is expected to act on a deep constitutional level.

**Diet & Regimen:** Avoid sour food, salt & salty things.

Eat green vegetable.

Early morning sun bath to effected area.

**Repertorial Analysis:**

S. No.	Remedies & Their Relative Value
1.	Phos.-15/7
2.	Nat-m – 14/7
3.	Sulph – 13/7
4.	Calc – 12/6
5.	Sil.- 9/6

Justification of selection of repertory: Synthesis, because of marked mental & fine physical generals and characteristic particular symptoms are present.

**Auxiliary Measures:** Yoga & Meditation.

Clipboard 1	
1. GENERALS - FOOD and DRINKS - salt - desire	(108) 1
2. GENERALS - FOOD and DRINKS - sweets - aversion	(73) 1
3. GENERALS - ANEMIA	(210) 1
4. HEAD - PAIN - sun, from exposure to	(66) 1
5. MIND - TIMIDITY - children; in	(24) 1
6. GENERALS - FOOD and DRINKS - milk - aversion	(89) 1
7. SKIN - DISCOLORATION - white - spots	(26) 1

  

	phos	nat-m	sulph	calc	sil	nat-c	ars	carb-v	puis	chin	merc	seap	nik-ac	ign	zinc	carb	tub	sarc	graph	staph	calc-p	halic	sub-ac	nux-v	calc-s	calc-sil	iod	syd	arg-m	byr	bell	caust	lach	med	ant-t	boac	con	nat-s	acet-ac	agar	albe	alum	aur-c	cina	cocc	ferro	gly-cyng	ham	mag-m	nat-r	
	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	
7	7	7	6	6	5	5	5	5	5	5	5	5	5	5	5	5	5	4	4	4	4	4	4	4	4	4	4	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
15	14	13	12	9	11	10	10	10	9	9	9	8	7	7	6	6	5	8	8	7	7	7	6	5	4	4	4	4	7	6	6	6	6	5	5	5	5	4	4	4	4	4	4	4	4	4	4	4	4	4	4
1	4	4	1	2	1	1	1	3	-	2	1	1	2	-	-	2	2	1	-	1	2	-	1	-	1	-	-	1	3	-	-	2	-	2	-	-	2	1	1	1	2	-	-	-	1	-	2	1	-	1	
2	2	1	2	1	1	-	2	-	1	-	2	-	1	1	2	1	1	1	3	-	1	2	2	1	-	1	1	1	2	-	-	2	-	1	-	-	-	-	-	-	-	1	-	-	-	1	1	1	-		
3	3	3	3	3	1	2	3	2	3	3	2	3	2	2	1	1	1	3	3	3	3	3	2	-	1	1	1	2	2	2	2	2	3	2	3	2	2	2	1	1	1	-	1	1	2	-	2	1	2		
4	1	2	2	2	-	3	-	2	3	2	-	-	1	1	-	-	-	-	-	-	-	-	2	1	-	-	-	3	3	-	3	-	-	-	-	-	-	-	2	1	1	2	1	2	1	1	-	-			
5	1	1	1	-	1	-	-	1	1	1	-	1	-	1	1	1	1	1	1	-	1	-	-	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-			
6	2	2	2	2	2	3	1	2	2	1	1	2	1	2	-	1	1	1	-	3	1	1	1	2	1	1	1	1	2	1	-	1	-	2	1	1	2	1	-	-	-	2	-	1	-	-	2	1			
7	2	1	2	2	3	2	3	-	-	2	3	1	1	1	-	-	-	1	-	-	-	-	-	-	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-			

**FOLLOW-UP SHEET**

Patient's Name: ABC

OPD/IPD No 1651/15

DATE	SYMPTOMS	PRESCRIPTION
28.7.15	As per repertorisation	Nat. Mur. 6/2Dose, Rub. 30/BD x 20 days
18.8.15	No change in hypopigmented spots, child's behavior is better, general feeling better	Rub. 30/BD x 7 days
25.8.15	No change in hypopigmented spots, child's behavior is better, general feeling better	Nat. Mur. 6/2Dose, Rub. 30/BD x 20 days

15.9.15	>in hypo pigmentation, spots turning pinkish in color & > pain head	Rub. 30/3x14 days
29.9.15	>in hypo pigmentation, spots turning pinkish in color Esp. back of the ear & > pain head	Nat. Mur. 30/2 Dose, Rub. 30/BD x 30 days
30.10.15	>in hypo pigmentation, spots turning pinkish in color & pain head relived	Nat. Mur. 30/2 Dose, Rub. 30/BD x 7 days
07.11.15	>in hypo pigmentation, spots turning pinkish in color esp. below lower and upper eye lids	Nat. Mur. 200/1 Dose, Rub. 30/BD x 10 days

17.11.15	>in hypo pigmentation, spots turning pinkish in color	Rub. 30/BD x 10 days
24.12.15	Sq	Rub. 30/3 x 7 days
08.01.16	Sq	Nat. Mur. 1M/1 Dose, Rub. 30/BD x 21 days
31.01.16	>in spots, no new spots appearing, old spots turning pinkish in color.	Rub. 30/3x14 days
15.02.16	in spots, no new spots appearing, old spots turning pinkish in color, fading away in some areas	Rub. 30/3x14 days
02.03.16	Spots on forehead almost gone, spots on the hand, fingers remain.	Rub. 30/3x 30 days
13.04.16	Marked improved upper & lower eye lids, back of head but hand & foot finger discoloration minor improvement.	Nat. Mur. 1M/1 Dose, Rub. 30/BD x 30 days

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