



## Vitilego Cure by Homoeopathy

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### ABSTRACT

Vitiligo known as leucoderma is a relatively common skin disorder, in which white spots or patches appear on the skin. These spots are caused by destruction or weakening of the pigment cells in those areas, resulting in the pigment being destroyed or no longer produced.

In most cases vitiligo is believed to be an autoimmune-related disorder. In vitiligo only the colour of the skin is affected but texture and other skin qualities remain normal. The hair may also turn white that grows in areas affected by vitiligo.

### INTRODUCTION

#### What is Vitiligo?

Vitiligo is a skin pigmentation disorder generally characterized by white patches of skin on different parts of the body. Melanocytes or skin-pigment cells present in the skin are usually affected; however the mucous membrane and the retina may also show signs of loss of this pigment.

It is estimated that 1-2% of the world's population around the globe are affected by Vitiligo. It is indiscriminate of race, sex and age; however most individuals affected are below the age of 45 years.

It occurs when the melanocytes, cells responsible for skin pigmentation, die or are unable to function. The precise cause of vitiligo is complex and not fully understood. There is some evidence suggesting it is caused by a combination of auto-immune, genetic, and environmental factors

#### Causes

There is no known cause of Vitiligo and the specific mechanism of its manifestation unknown. Simply put, the Melanocytes responsible for skin-pigment are either destroyed by auto-antibodies or they destroy themselves.

#### Predisposing factors

Individuals suffering from autoimmune conditions such as those affecting the thyroid and adrenal gland,

diseases such as 'alopecia areata' may be predisposed to Vitiligo.

Vitiligo may also be hereditary and runs in families. However, most vitiligo patients may not have any family history or predisposing factors as mentioned above.

#### Triggers leading to Vitiligo

Vitiligo usually (but may not always) occurs after the following triggers:

- Emotional distress
- Major illness
- Chemicals
- Skin trauma
- Sunburn

Ongoing research and clinical studies emphasize on treating vitiligo as a systemic disorder and not a local skin disease.

It is evident that numerous factors such as genetics, emotional and physical factors trigger vitiligo and may precipitate destabilization of the immune system.

A remedy in Homeopathy selected after carefully reviewing all such factors is known as a 'constitutional remedy' and is capable of helping the individual systemically.

#### We often resort to prescribing remedies which have an influence on and:

- Correct Immune dysfunction

- Considers genetic predisposition
- Rectifies associated autoimmune diseases
- Corrects Emotional Distress
- Revives broken down immunity
- Stimulate Melanin Cells & Melanin Production

### LESION

- Start as white localised macules.
  - Rounded, well defined at onset.
  - Adjacent lesions coalesce.
  - As they increase in size, become irregular.
  - Spread to involve greater parts of the body.
  - Depigmented lesion is surrounded by area of apparent hyper pigmentation.
  - No sensory loss in lesion.
  - Every little trauma heals with depigmentation.
- Lesions are hypersensitive to sunlight

### Leucoderma (Vitiligo)

The diagnosis of vitiligo is made based on a physical examination, medical history. A skin biopsy may show total absence of melanocyte cells confirming the diagnosis. Crohn's disease can also be associated with other medical conditions, including arthritis, osteoporosis, eye infections, blood clots, liver disease, and skin rashes.

Complications Normally, there will be complications, even if left untreated, except that it will spread more. But if maltreated, complication can arise from drugs. Since there is no 100 per cent guarantee or sure cure in any system of medicine, people often go on with drug cocktails from various systems of medicines and doctors. This mode of treatment often brings drug effects or side-effects. Likewise, people often go for external application, dyeing, bleaching, etc., which make the skin more sensitive and cause infection or boils. Everyone knows that being in the hot sun make's skin darker.

In the case of leucoderma patients, it will be more, i.e., extreme darkening of the skin and sunburn. Excess exposure to the sun even for treatment purpose, may cause blisters, ageing of the skin, wrinkling and extreme darkness of the skin. Also, if they had previously tolerated the sun (while having a sunbath), it may become intolerable when they suffer from leucoderma. Itching red rash or blisters may develop due to polymorphic light reaction of the sun. Everyone should be careful about this as sunlight is a leading cause for skin cancer. Leucoderma can reflect

in the mind, causing psychological fears, emotional upset, shame, and socio

Behavioral changes by trying to avoid being in the public, attitude of others who insult by avoiding contact. These changes restrict their social behaviour and communications. There may also be fear of ugliness, fear of hereditary (infecting the generation), contagiousness, other diseases, cancer



Figure 1:



Figure 2:



Figure 3:



Figure 4:

**Here is the method to use papaya to treat vitiligo:**

- Cut papaya fruit into different pieces.
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- Rub papaya pieces on white patches.
- Dry it naturally and apply other pieces of papaya.
- You might drink papaya juice each day to relieve melanin cells caused by vitiligo.

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Figure 5:



Figure 6:



Figure 7:

**Foods to Avoid Vitiligo**

The patient should also avoid eating too many seafoods like crabs, lobsters, shrimps, and prawns. Also, he/she must try to avoid eating too many citrus type fruits like oranges, limes, and grapefruit if he/she is prone to vitiligo.

**Self Care Measure**

Expose the affected areas of the body to the early morning sun for 20-30 minutes daily.

Use a mild soap while bathing.

Avoid using any cosmetic applications on skin.

Make sure that your diet contains enough iron, meat, liver, cereals, beans, lentils and green leafy vegetables which are some of the best sources of iron.

Avoid consuming sour foods, citrus fruits, tamarind, fish, lobsters, red meat, crabs and prawns.

Use of synthetic clothes should be restricted.

Avoid Steroids.

### Symptoms

Vitiligo usually begin between ages 10 years and age 30 years, the characteristic symptom is white patches (depigmentation) on the skin. These patches are more commonly found on sun-exposed areas of the body, including the hands, feet, arms, face, and lips. The patches can be Focal (only a few areas affected), Segmental (one side of the body), and Generalized (on the whole body).

Once medicinal action sets in skin-pigment will appear within the white spots. Occasionally, change in color-tone of the white spots to pinkish may be noticed.

The new color or pigment which appears has the same color as your surrounding skin

There won't be any hyper-pigmentation (darkening) of the spots as witnessed with other treatments. Avoid stress and learn to relax.

Keep a positive attitude.

### Homeopathy for Vitiligo

- ✚ Homeopathy treats the person as a whole. It means that homeopathic treatment focuses on the patient as a person, as well as his pathological condition.
- ✚ The homeopathic medicines for vitiligo are selected after a full individualizing examination and case-analysis, which includes the medical history of the patient, physical and mental constitution.
- ✚ A miasmatic tendency (predisposition/susceptibility) is also often taken into account for the treatment of chronic conditions.
- ✚ The homeopathic remedies for vitiligo given below indicate the therapeutic affinity but this is not a complete and definite guide to the treatment of this condition.
- ✚ The symptoms listed against each medicine may not be directly related to this disease because in homeopathy general symptoms and constitutional indications are also taken into account for selecting a homeopathic remedy for vitiligo.

### Homoeopathic Treatment

Homoeopathic medicines have shown very encouraging results in most cases of Leucoderma. Since it offers a comprehensive treatment as it goes to the root of the problem by helping build up immunity and eventually restores the pigmented patches back to the normal skin color.

Homoeopathy considers Leucoderma as a local expression of a system disturbance. Leucoderma is a condition which requires an in-depth study of the individual case and only Constitutional Homeopathic treatment can help. The duration and success of treatment depends on extend of the patches and the duration of the illness. Big patches require more days whereas small spots yield faster.

Treating Leucoderma is a long process and may require one year or even more to cure it completely. Constitutional Homeopathic medicines stimulate the Melanocyte function to be able to produce body's own normal Melanin pigment. After starting the treatment the skin starts becoming pink, turns brown thereafter and starts regimenting slowly.

As Homeopathy treats it from within, when the constitutional treatment is completed satisfactorily, it is unlikely that the patches reappear again as compared to treatment with conventional medicines. Homoeopathic drugs are FDA approved, cost effective and easy to use with no side effects.

Homeopathy treats patients, not the disease, for betterment or cure. Also Homeopathy treats leucoderma as a general complaint rather than a local skin problem. So, Homeopathy does not believe in external applications. The treatment can also give good improvement in cases of white patches after burns or contact with chemicals. The duration and success of treatment depends on the duration, extent of the patches, and patient's susceptibility. During the course of treatment, in white spots, there appear black dots or spots as the process of regimentation which later merge together or coalesce to mask the diseased whiteness.

### Homoeopathic medicines

#### Nit. Acid

- Homeopathic remedy for vitiligo where White spots are found at the muco-cutaneous junction. More at the angle of the mouth, eyes, nose, nipples, glans penis, vulva, etc. Along with it, there may be fissure



at the same spot. In some of the patients along with this there is a desire for eating chalk, pencils, particularly in childrens.

### Thuja

- Homeopathy for vitiligo where there is history of vaccination. There is dreams of falling, startling in sleep, have warts on face or on the body, with loss of appetite after vaccination.
- There is history of tuberculosis or respiratory diseases.
- Adapted to hydrogenoid constitution of Grauvogl. Acts well in lymphatic temperament, in very fleshy persons, dark complexion, black hair unhealthy skin. Ailments from bad effects of vaccination; from suppressed or maltreated gonorrhoea. Fixed ideas: as if a strange person were at his side; as if soul and body were separated as if a living animal were in abdomen; of being under the influence of a superior power.

### If you have a Leucoderma patient in your house

Maintain a pleasant atmosphere in the house. It is very important that the patient is relaxed and stress free.

1. Treat the patient equally with the rest of the family members.
2. Encourage the patient to take part in social activities.
3. Educate relatives and friends about the nature of the disease. Convince them about its harmless nature.

Thus, it is possible to be Leucoderma free with Homeopathic treatment; hence one must consider Homeopathy for healthier living. We believe in strong Patient-Doctor relationship and our motto is: 'Healthy People Wealthy Nation.

In homoeopathy there is no use of steroids or UV rays and no surgical measure is required. It has a holistic approach that it treats the patient as a whole and considers the totality as a whole taking into account The mentals, physical generals and particulars of the patient. In this particular case it resembled *Calcarea Carbonica* and when it was prescribed in LM potency the case got its direction of cure with diminishing size of patches. The LM potency was prescribed to the patient and there was no aggravation's

The patient had some Psoric and Syphilitic manifestations from a miasmatic and pathogenesis point of view, with destruction of melanocytes in its background. Secondly, vitiligo being a one sided disease, considering patient's physical make-up, tendency to catch cold, rapid emaciation and narrow chest it was expected that *Tuberculinum* would bring about the clear picture of the patient and help in building the totality. Also, being a nosode, it would pave the way for better action of subsequent medicines.

Research In an observational study of vitiligo where 1258 patients were treated, *Arsenical sulphuricum flavum*, *Arsenicum Album*, and *Nitric Acid* were found to be useful and *Syphillinum* was effectively used as an intercurrent remedy <sup>[5]</sup>. In another case *Phosphorous* 30 was found of great help to reduce the hypo pigmented patches and treatment was continued for a period of 19 months.<sup>[6]</sup>

In the present study the medicines which were found useful were *Tuberculinum* and *Calcarea Carbonicum*.

### Conclusion

The remedy when prescribed according to the principles of homoeopathy, leads to the permanent restoration of health, which was demonstrated in this case. The patches are reducing in size and gaining normal skin texture. The correct approach for analysis and evaluation has to be followed. This case again proves beyond doubt the importance of a good case taking, paving the way for correct repertorization and final selection of the simillimum.

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