

Homoeopathic Approach in Treating Vitiligo: Review Article

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ABSTRACT

An autoimmune condition is vitiligo. Due to internal immune system failure, it manifests externally as a skin condition. Therefore, rather than applying anything externally, the treatment should focus on addressing the immune system's imbalance, which is its underlying cause. In most cases of vitiligo, homeopathy provides great treatment because it adheres to the same premise. Here, an effort is made to explain the causes of vitiligo and the homoeopathic method to treating it.

Keywords: Melanocytes, Skin color, Focal areas, autoimmune disease

INTRODUCTION

Melanin often controls the hue of skin and hair. The cells that make melanin die or stop working, which causes vitiligo. People with various skin tones can get vitiligo, but those with darker skin may detect it more readily. Neither the ailment is infectious nor life-threatening. It could cause stress or make you feel self-conscious.

The immune system targets and kills the skin's melanin-producing melanocytes in the autoimmune condition known as vitiligo. The actual cause of vitiligo is uncertain; however, it is thought that either melanin is lost or produced improperly. Skin color loss due to melanocyte destruction results in white patches of skin. In the majority of cases, the patches' surrounding hair also becomes gray (amelanotic). In vitiligo, the rate and extent of color loss are

unpredictable. Any portion of the body's skin can be impacted. The inside of the mouth, genitalia, and even the eyes may be affected¹. Malignant melanoma may be connected to it².

People with extensive disease are more likely to have a family history of vitiligo, and this form is linked to other autoimmune diseases. Through the Kobner phenomenon, trauma and sunburn may hasten the onset of vitiligo. While melanocytes may be the target of a cell-mediated autoimmune attack, the pathophysiology is unknown, and it is unclear why only limited areas are affected². Blood can include antimelanocytic antibodies.³

Clinical features:

Patchy loss of skin pigment is the primary symptom of vitiligo. Typically, sun-exposed parts including the hands, feet, arms, cheeks, and lips are where the discoloration initially becomes visible. Although vitiligo can start at any age, 50% of the time it appears before the age of 20. The illness advances gradually⁵. They frequently have symmetry, especially when they cover the face and limbs⁶. Lesions can occasionally be linked to other conditions such as halo nevus, malignant melanoma, hyper- and hypothyroidism, pernicious anemia, Addison's disease, and diabetes mellitus. These lesions will spread quickly⁴.

Clinical criteria for Classification of Vitiligo

Active (V)

- ✓ New lesions are forming
- ✓ The size of the lesion is expanding
- ✓ Border poorly defined

Quiescent/stable (V2)

- ✓ No new lesions appearing
- ✓ lesion stationary in size
- ✓ Border hyperpigmented and well defined

Improving

- ✓ Lesion shrinking
- ✓ No new lesions appearing.
- ✓ Border well defined, spontaneous repigmentation.

Zosteriformis / Segmental

- ✓ Unilateral distribution of lesion
- ✓ Preferably along the course of the nerve⁵
- ✓ With a border that is clearly defined
- ✓ Showing symptoms of spontaneous repigmentation

DIAGNOSIS

A unique device known as a Woods lamp may be applied to those with fair skin. To illuminate areas of damaged skin that would be difficult to notice with the naked eye, this lamp emits ultraviolet light into a pitch-black space.

HOMOEOPATHIC MANAGEMENT

In homoeopathy, a patient is treated as a person, not as a sick person. As a result, we will individualize each case by taking into account all of the symptoms (both specific and general mental symptoms). In this way, we can discover a constitutional drug. So, by administering a constitutional medicine, we can even stop their propensity to become ill.

To halt future harm and, to the extent feasible, undo it, homeopathic medications work at the level of immune cells. While post-primary vitiligo, which results from the death of melanocytes as a result of eczema, cellulitis, dermatitis, burns, or chemical injury, denotes syphilitic miasm, primary

vitiligo is primarily tubercular miasm. The absence of symptoms in initial vitiligo makes it resemble a one-sided condition, as described by Dr. Samuel Hahnemann in aphorism 173 (aphorisms 172–184) of the Organon of Medicine⁷.

1. Syphilinum: Absolute genuflection and weakness in the morning. syphilis-related ailments. eruption with an unpleasant smell that is reddish brown. extreme underweight⁸

2. Psoralea cor: Applying tincture to the skin involves diluting it with water. The similar method can be applied to Psoralea Cor 30. Therefore, we can combine constitutional medicine with an exterior application.

3. Arsenicum sulphuratum flavum: Both squamous syphilides and leucoderma. About the genitalia, skin itched⁸. skin darkening that appears in regions of light or white skin.

4. Nitric Acid: There is a specific location for action in the body outlets where the skin and mucous membrane converge. At the confluence of the muco-cutaneous are white dots. Particularly in kids, there is a desire to consume chalk, pencils, etc. more at the angle of the mouth, eyes, nose, nipples, glans penis, vulva, etc. Sycotic treatment works best on people who are past middle age and have dark skin tones. those who are prone to diarrhoea, take the cold quickly, and have chronic conditions. physical irritation that is excessive⁸.

5. Sepia: Feeling of bearing down, a yellow complexion, and notably among women. people with tuberculosis who have uterine reflexes and ongoing liver issues. Even in a warm room, it feels cold. disregard for those who are most cherished. Very depressing. cries when describing symptoms. pale or swallow; yellow around the lips; and yellow

markings. a saddle-like brownish dispersion on the cheekbones and nose. Every spring, vitiligo and ringworm-like eruptions occur⁸.

6. **Phosphorus:** Tall, skinny individuals with narrow chests, thin, transparent skin, severe nervous debility, and emaciation are weakened by animal fluid loss. High receptivity to outside stimuli, including light, sound, smells, touch, electrical changes, and thunderstruck. Symptoms that appear suddenly include prostration, fainting, sweating, shooting sensations, etc. vitiligo, fungus hematodes, excrescences, and skin lesion. Foot burning⁸.
7. **Tuberculinum:** Especially made for persons with fair skin and small chests. weak fiber, weak recuperative abilities, and highly weather-sensitive. Patient dislikes working and demands frequent changes; motion exhausts them severely. when colds are taken from even the slightest exposure, well-chosen remedies fail to help, and symptoms are continually changing. Rapid weight loss. vitiligo and skin conditions⁸.
8. **Hydrocotyle asiatica:** The skin symptoms are very important. Very copious perspiration. Inflammation and cellular proliferation in any part. Great thickening of epidermoid layer and exfoliation of scales. Vitiligo, Syphilitic affections. Acne, lupus, leprosy.
9. **Medorrhinum:** A powerful and deep-acting medicine often indicated for chronic ailments due to suppressed gonorrhoea. Intensity of all sensations. Weak memory. Time passes too slowly. Yellow. Intense and incessant itching, worse night and when thinking of it, very good medicine for vitiligo, copper-colored spots¹⁸.
10. **Mica:** It is very useful Medicine can be used as an intercurrent in early cases of

vitiligo, where u sees few spots here n there

11. **Sulphur:** For lean, stoop-shouldered persons who walk and sit stooping; walk stooping like old men. Dirty filthy people, prone to skin affection. Aversion to being washed; always < after a bath. Too lazy to rouse himself; too unhappy to live. Standing is the worst position for sulphur patients; they cannot stand; every standing position is uncomfortable. Sensation of burning. Skin affections that have been treated by medicated soaps and with ointments. Skin itching voluptuous; scratching >¹⁹.
12. **Natrum mur:** For bad effect of anger, excessive use of salts. For the anaemic and cachectic; whether from loss of vital fluids-profuse menses, seminal losses or mental affections. Marked disposition to weep; sad weeping mood, without cause, but consolation from others < her trouble. Skin around the nails dry and cracked. Vitiligo, Craving for salt, great aversion to bread. Great emaciation; losing flesh while living well throat and neck of children emaciate rapidly during summer complaint.
13. **Arsenicum album:** The skin shows whitish spots and skin is dry, dirty and rough. The skin complaint alternating with respiratory complaints like asthma is a strong pointer for using Arsenic Album. They may show anxieties about health, trifles and anxiety about others. Marked restlessness is often seen on both mental and physical planes. Warm applications over skin and warm drinks are highly desirable. Burning sensations in varying body parts may also be noticed. Extreme exhaustion may also be present⁷.
14. **Merc sol:** Memory is weak and no will power. Think he will loss his reasoning. Weary of life. Perspiration is profuse but not relieved by it. Vitiligo, almost constantly moist. Yellowish brown

crusts, Itching worse from warmth of bed. Glands swell when patient takes cold. All symptoms are worse at night. Worse during perspiration. Patients are sensitive to heat and cold⁷

15. Kali carb: Great weakness. Sensitive to every atmospheric change and intolerance of cold weather. Very irritable. Full of fear and imaginations. Hypersensitive to pain, noise and touch. Vitiligo, burning as from a mustard plaster. Better in warm weather⁷.

16. Elaps corallines: Depressed, imagines he hears someone talking; dreads to be left alone. Vitiligo; itching with tetter. Tips of fingers peel off. Itching eruption in axillae.

17. Ptelea trifoliata: Vitiligo in association with liver affection, The aching and heaviness in the region of the liver is greatly aggravated by lying on the left side. Stomach feels empty after eating. Stomach and liver symptoms associated with pain in limbs. Asthma⁷

18. Silicea: Lack of vital heat. prostration of mind and body. Great sensitiveness in taking cold. Intolerance of alcoholic stimulants. Imperfect assimilation and consequent defective nutrition. Sensitive to all impressions. Brain-fag. Obstinate, headstrong children. fixed ideas. Vitiligo. Every little injury suppurates. After impure vaccination. Offensive sweat on feet, hands and axillae⁷.

CONCLUSION

After a thorough case study, constitutional homeopathic medications are typically administered in the treatment of vitiligo. In homoeopathy, there is no specific instrument used, and patient improvement is evaluated based on symptomatology. By promoting the natural process known as

melanogenesis, the homeopathic treatment for vitiligo aims to improve the development of melanocytes. By making an effort to improve the immune system, it also restricts the spread of vitiligo.

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