



Original Research Article

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SUCCESSFUL HOMOEOPATHIC TREATMENT FOR VITILIGO

Dr Shaheena Kadri

MD Hom, Medical Director / CHC, Dr Batra's Positive Health Clinic Pvt. Ltd., JLT

Email id: drshaheena.kadri@drbatras.com

Abstract

Vitiligo is a chronic skin disorder that causes depigmentation due to the destruction of melanocytes. Homeopathy offers a holistic approach to treating vitiligo, focusing on individualized remedies aimed at restoring pigmentation. This case study focuses on a 6-year-old Pakistani child who came to Dr Batra's presented with hypopigmented patches on the face. Despite conventional treatments, there was no significant improvement. After homeopathic treatment, the child showed remarkable improvement, with significant re-pigmentation.

Keywords

Dr Batra's, Vitiligo, homeopathic treatment, hypopigmented patches

Introduction

Vitiligo is an autoimmune disorder where the body's immune system attacks its own melanocytes, leading to depigmented patches on the skin. The exact cause is unknown, but genetic, autoimmune, and environmental factors are believed to play a role. The condition can cause emotional distress, and treatment options are often limited. Homeopathy provides a gentle approach, considering not just the physical symptoms, but the emotional and psychological factors contributing to the ailment.

Chief complaint:

A 6-year-old Paksitani child came to Dr Batra's presented with hypopigmented patches on the face, despite trying other treatments, there was no significant improvement.

The patches were progressively increasing, accompanied by dryness but no itching.

The child also experienced recurrent episodes of epistaxis, particularly during dry weather.

Physical Generals

Parameter	Details
Diet	Normal
Appetite	Good
Desire	Fruits, cold drinks, sweets
Aversion	Nothing specific
Thermal Reaction	Chilly patient
Thirst	Normal but desires cold water
Stools	Normal
Urine	Normal
Perspiration	Normal
Sleep	7 to 8 hours, restful
Dreams	Nothing specific

Mental Generals

The child was born in Pakistan and raised in Dubai, living with parents and three siblings. He has a younger brother and elder siblings. He is affectionate, happy, and initially shy but becomes comfortable once he mingles. The child was pampered by his parents and grandparents, which caused some insecurity when his younger sibling was born. Initially feeling jealous, he later adjusted and became very caring toward his brother.

He is active, playful, and sensitive, often caring for his siblings and parents. He has mood swings and may get angry, especially with his sister, with whom he frequently fights. When

upset with his parents, he reacts by crying. With his siblings, he may hit back. At school, he is obedient and shy, though not proactive. He does not engage in fights at school but tends to do so with siblings at home.

Case Analysis

Rubrics

Skin: Vitiligo

Mind: Jealousy

Mind: Anger

Generalities: Anemia

Repertory screenshot

Remedy Name	Calc-p	Iga	Lach	Merc	Puls	Kali-c	Nat-m	Nat-c	Ph-ac
Totality	6	6	6	6	6	6	6	5	5
Symptom Covered	3	3	3	3	3	2	2	3	3
[KT] [Mind]Jealousy:	1	1	3		2				1
[KT] [Mind]Anger,irascibility(see irritability,quarrelsome):	2	3	1	1	1	3	3	1	2
[KT] [Skin]Discoloration:White:Spots:				2				2	
[KT] [Generalities]Anaemia:	3	2	2	3	3	3	3	2	2

Selection of Remedy

Remedy	Reason
Constitutional	Calcarea Phos 200C, 2 doses only Constitutional suitability based on chilly nature, emotional swings, and family dynamics.
Acute	Ferr phos 12x 2 tabs only twice Given for recurrent epistaxis and the possibility of anemia due to frequent nosebleeds.

Miasmatic Approach

Symptoms	Psora	Sycosis	Syphilis	Tubercular
Vitiligo	✓			
Anemia	✓			
Mood Swings	✓			
Jealousy	✓			
Crying	✓			

Results

Months	Progress	Prescription
1st Month	Initial improvement in pigmentation, no change in nosebleeds.	Calcarea Phos 200C, 2 doses, followed by Ferr phos 12x 2 tabs only twice
2nd Month	Significant reduction in patch size, skin becoming smoother.	Calcarea Phos 200C, continued, Ferrum Phos 12X continued.
3rd Month	Further repigmentation, reduced frequency of nosebleeds.	Ferrum Phos 12X continued.
4th Month	Major improvement, patches reduced significantly.	Calcarea Phos 200C, continued.
5th Month	Almost complete repigmentation, fewer epistaxis episodes.	Ferrum Phos 12X continued.
6th Month	Clear improvement in pigmentation and skin texture.	Calcarea Phos 200C, 2 doses, Ferrum Phos 12X continued.
7th Month	No recurrence of patches, nosebleeds reduced.	Ferrum Phos 12X continued.
8th Month	Excellent skin tone, stable condition.	Maintenance with Ferrum Phos 12X
9th Month	No recurrence of vitiligo or nosebleeds.	Ferrum Phos 12X continued.

10th Month	Full recovery; skin and overall health restored.	Ferrum Phos 12X continued.
11th Month	Complete resolution of symptoms.	Ferrum Phos 12X continued..
12th Month	Full resolution; treatment discontinued.	Continued with a healthy lifestyle.

Discussion & Conclusion

This case demonstrates the significant effectiveness of homeopathic treatment in vitiligo, addressing both the physical symptoms and emotional factors contributing to the disease. By selecting the appropriate remedies based on the patient's constitutional and acute symptoms, homeopathy can restore pigmentation and overall health. The child's case reflects the potential for homeopathy to make lasting improvements in chronic conditions like vitiligo.

The Transformation



Patient testimonial



Acknowledgments

I would like to express my heartfelt gratitude to my mentors, colleagues, and the patient's family for their support during this treatment journey. Special thanks to Dr. Batra's team for their guidance and resources in managing vitiligo cases with homeopathy.