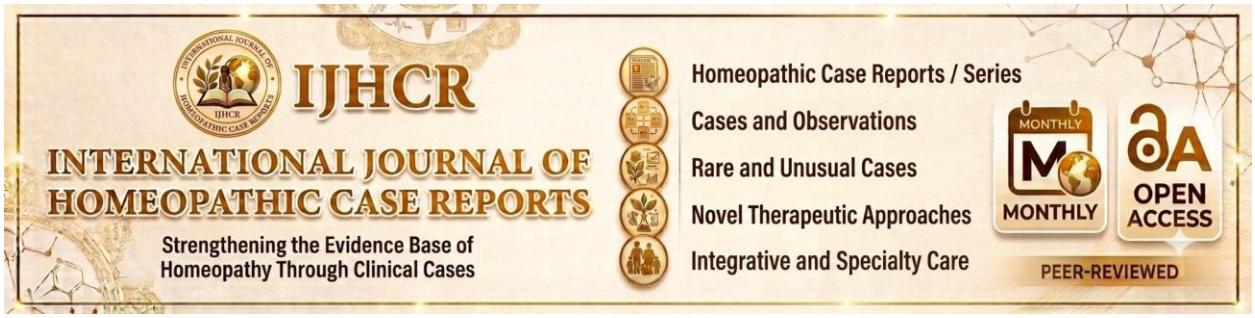

Volume 1, Issue 1, August 2026 **Category of Article: Case Report**

Article ID: CR16IJHCR3471

DOI: https://doi.org/10.5281/zenodo.22026509

Homeopathic Management of Localized Vitiligo in an 8-Year-Old Child: A Case Report

Dr Ambreen Fatima

Chief Homeopathic Consultant

Jabalpur Branch,

Dr Batra's Positive Health Clinic Pvt. Ltd.

Qualification BHMS

Email id chc-jabalpur@drbatras.com

Mobile 9752266956

Abstract

Background

Vitiligo is an acquired depigmenting disorder characterized by loss of normal skin pigmentation. In children, localized lesions may have considerable psychosocial implications, particularly when lesions occur in visible areas. Detailed documentation of lesion characteristics, progression, associated features and psychosocial factors is important when monitoring treatment response.

Case Presentation

An **8-year-old female student** presented with a small depigmented patch over the **back of the neck**, first noticed approximately **5 years earlier** as a very small spot. The lesion gradually increased to approximately **1 cm in diameter**. Wood's lamp examination showed **pale white fluorescence**.

The child had no significant past illness. She was described as a sincere, calm and quiet student who was friendly, social, humble and active in outdoor sports. She was sometimes stubborn and easily hurt. She had a simple family background, with her father working as a driver and

her mother being a homemaker. She occasionally felt embarrassed when friends asked about the white spot but otherwise did not remain preoccupied with it.

Based on the recorded case assessment, **Calcarea carbonica was selected as the constitutional remedy**.

Outcome

Serial follow-ups documented progressive repigmentation. Pigmentation initially appeared from the margins of the lesion, followed by progressive return toward normal skin colour. By **February 2025**, the lesion was described as almost gone with normal pigmentation appearing. Continued improvement was documented subsequently, and by **28 April 2026**, the spot was reported as **almost gone, with hardly any trace visible**.

Conclusion

This case demonstrates the documented long-term clinical course of a localized vitiligo lesion in a child, with progressive repigmentation recorded over serial follow-ups. The case highlights the importance of documenting lesion size, Wood's lamp findings, serial clinical examination and psychosocial characteristics during individualized case management.

Keywords: Vitiligo; localized vitiligo; child; repigmentation; Calcarea carbonica; constitutional prescribing; case report.

Introduction

Vitiligo is characterized clinically by areas of depigmented skin resulting from loss of functional melanocytes. In children, even a small visible lesion can sometimes become a source of embarrassment or concern.

Longitudinal documentation is particularly useful in localized disease because changes in pigmentation can be followed over time through clinical examination and standardized photographs.

The present case describes an **8-year-old girl with a localized vitiligo patch over the posterior neck**, with serial documentation of progressive repigmentation over approximately two years.

Patient Information

Parameter	Details
Age	8 years
Sex	Female
Occupation	Student
Class	4th standard
Chief complaint	White patch over back of neck

Duration	Approximately 5 years
Initial morphology	Very small depigmented spot
Current size at presentation	Approximately 1 cm
Location	Back of neck
Wood's lamp	Pale white fluorescence visible
Constitutional remedy selected	**Calcarea carbonica**

Chief Complaint

The patient presented with a **small vitiligo spot over the back of the neck**.

History

- Lesion initially appeared as a **very small dot**
- Present for approximately **5 years**
- Gradually increased in area
- Reached approximately **1 cm diameter**
- No associated significant past illness was reported
- No other major complaints documented

Clinical Examination

Wood's Lamp Examination

Pale white fluorescence visible.

This supported the clinical assessment of a depigmented lesion.

Lesion

- Localized
- Posterior neck
- Approximately 1 cm at the documented presentation
- Progressive repigmentation subsequently observed

Physical Generals

Parameter	**Finding**
Appetite	Normal
Food craving	Sweet
Thirst	Normal
Urine	Normal
Stools	Normal
Thermal state	Hot

Covering	Thin
Seasonal preference	Winter
Bathing	Seasonal
Perspiration	Normal
Perspiration distribution	Generalized
Odour	Non-offensive
Sleep	~6 hours
Sleep quality	Refreshing
Sleep position	Back

The recorded physical-general profile therefore included **desire for sweets, hot thermal state, preference for thin covering and refreshing sleep**.

Family History

- Father – driver
- Mother – homemaker
- Single child

The family was described as living a simple life, with the father having a relatively modest income.

No relevant hereditary history for vitiligo was documented.

Past History

No significant past illness was reported.

Past history: Nil significant.

Life-Space Assessment

The child was a **Class 4 student** and was described as sincere in studies.

Academic characteristics

- Sincere student
- Good in studies
- Ambitious
- Wants to achieve something good in the future

Social characteristics

- Friendly
- Very social

- Humble
- Active
- Enjoys outdoor games
- Loves sports

Emotional characteristics

- Easily hurt
- Sometimes stubborn
- Short-tempered/anger can be expressed quickly
- Otherwise calm and quiet

Psychosocial Impact of the Lesion

The patient was generally not highly preoccupied with the lesion.

However, the history documented that:

She sometimes felt embarrassed when her friends asked about the white spot.

Otherwise, she continued to participate in outdoor activities and sports and remained active in her daily routine.

This is relevant because the lesion was visible but did not appear to substantially restrict her social or physical activities.

Mental Generals

The case record describes the child as:

Sincere + calm + quiet + friendly + social + humble + active + easily hurt + sometimes stubborn + playful + ambitious.

She was also described as religious and regularly performed prayer with her mother before going to school.

She reportedly believed in God and would write God's name first in her notebooks.

Emotional profile

- Easily hurt
- Short-tempered
- Sometimes stubborn
- Jolly and playful
- Generally calm and quiet

Interests

- Outdoor sports
- Playing

- Watching cartoons

Totality of Symptoms

Particular

Localized vitiligo patch over posterior neck

Chronology

Started as a very small dot → gradually increased to approximately 1 cm.

Physical generals

Desire for sweets + hot patient + thin covering + normal thirst + refreshing sleep.

Mental generals

Sincere + calm + quiet + friendly + social + humble + active + easily hurt + sometimes stubborn + religious + ambitious.

Psychosocial component

Occasional embarrassment when peers asked about the white spot.

Homeopathic Treatment Plan

Sr. No.	Category	Remedy	Rationale
1	Constitutional	**Calcarea carbonica**	Selected according to the recorded constitutional assessment
4	Supportive care	SPF / sun precautions / skin repigmentation kit	Documented during follow-up

Constitutional Remedy

CALCAREA CARBONICA

The case record specifically identifies **Calcarea carbonica** as the constitutional remedy.

The prescription was considered in the context of the overall constitutional picture rather than solely the local white patch.

Clinical Reasoning

Localized vitiligo

↓

Posterior neck

↓

Long-standing lesion

↓

Initially very small → gradually enlarged to ~1 cm

↓

Pale white fluorescence on Wood's lamp

↓

Child with sincere, calm, quiet disposition

↓

Friendly + social + humble

↓

Easily hurt + sometimes stubborn + short-tempered

↓

Active + loves outdoor sports

↓

Desire for sweets + hot thermal state + thin covering

↓

Calcarea carbonica – Constitutional Prescription

Follow-up and Clinical Course

Initial phase

The lesion was initially described as a small vitiligo spot over the posterior neck. The patient was advised regular treatment, dietary measures and sun protection.

Early follow-up

The first documented response was:

- Slight change in the patch
- Normal skin colour beginning to appear from the upper/marginal area
- Outer border showing formation of normal pigmentation

11 June 2024

- Outer line of the patch showed improvement
- Normal skin pigmentation began forming from the outer circle
- Patient was regular with medication
- Diet was maintained
- SPF was being used
- Child continued outdoor sports with appropriate precautions

15 July 2024

- Vitiligo spot over neck **improving**
- Normal skin pigmentation becoming visible
- Repigmentation kit being used
- Diet and sleep satisfactory

19 August 2024

- Spot described as **very much better**
- Normal pigmentation beginning to form
- Continued treatment and dietary measures

16 September 2024

- **Very good improvement**
- Spot changing toward normal skin colour
- Progressive repigmentation documented

17 October 2024

- Old spot was **very much better**
- A small dot-shaped spot was suspected near the old lesion
- Wood's lamp examination suggested vitiligo
- Sun protection advised

18 November 2024

- Spot further improved
- Continued repigmentation treatment
- No major new concern documented

08 December 2024

- Further improvement documented
- Continued regular treatment and SPF

09 January 2025

- Skin colour progressively returning toward normal
- **No new formation**
- Continued skin-care and sun-protection measures

10 February 2025

- **Vitiligo spot almost gone**
- Normal pigmentation appearing

02 July 2025

- Normal skin pigmentation continuing to form

06 August 2025

- Condition improving
- Normal skin colour appearing
- No new spot documented

03 September 2025

- Spot becoming clearer
- Progressive return toward normal skin colour

05 October 2025

- Further improvement of the vitiligo spot

05 November 2025

- Spot further improved
- **No new spots**

03 December 2025

- Condition documented as better
- Diet maintained

07 January 2026

- Skin continuing to improve
- Spot further improved
- SPF maintained

04 February 2026

- Spot becoming progressively **dimmer**
- Natural skin colour continuing to return

02 March 2026

- Spot further improved
- Continued regular treatment and diet

28 April 2026

- **Condition good**
- Vitiligo spot described as **almost gone**
- **Hardly any trace visible**

Outcome Table

Parameter	**Initial presentation**	**Final documented follow-up**
Location	Posterior neck	Posterior neck
Lesion	Depigmented spot	Almost completely repigmented
Approximate size	~1 cm	Hardly any trace
Pigmentation	Depigmented	Natural pigmentation returning
New lesions	Not initially documented	No new spots documented in later follow-ups
Wood's lamp	Pale white fluorescence	Clinical improvement documented
Psychosocial effect	Occasionally embarrassed	Remained active/social
Outdoor activity	Continued	Continued with sun precautions
Overall outcome	Active localized lesion	**Near-complete clinical improvement documented**

Repigmentation Timeline

Initial lesion

Small depigmented spot
↓
Gradual increase to ~1 cm
↓
Early response
Normal pigmentation begins at margins
↓
June–August 2024
Progressive marginal repigmentation
↓
September 2024
Very good improvement
↓
October 2024

Old lesion much improved; possible small new dot assessed

↓

January 2025

No new formation; normal colour returning

↓

February 2025

Spot almost gone

↓

2025–2026

Continued repigmentation and no significant new lesions documented

↓

April 2026 – hardly any trace visible

Discussion

This case represents a long-standing, localized depigmented lesion in an 8-year-old child, with the lesion located on the posterior neck.

An important feature of the case is the **longitudinal follow-up**, with the same lesion repeatedly assessed over approximately two years. The documentation describes a consistent sequence:

initial depigmented lesion → marginal repigmentation → progressive colour restoration → near-complete clinical resolution.

The child remained physically active and continued participating in outdoor sports. Appropriate sun protection was repeatedly documented during the follow-up period.

The psychosocial assessment revealed that although the child was generally confident and socially active, she occasionally experienced embarrassment when peers asked about the white spot. This illustrates the importance of documenting the emotional and social impact of visible skin disorders in children.

The constitutional assessment documented a calm, quiet, sincere and socially friendly child who was active, humble, sometimes stubborn and easily hurt. **Calcarea carbonica** was recorded as the constitutional prescription based on the case assessment.

Prognosis

Based on the supplied longitudinal records, the lesion demonstrated a **favourable documented clinical course**, with progressive repigmentation and near-complete clinical resolution.

The final documented status: **“Vitiligo spot almost gone, hardly any trace can be seen.”**

Conclusion

An **8-year-old girl** with a **5-year history of localized vitiligo over the posterior neck** was followed longitudinally. The lesion had gradually increased from a very small dot to approximately **1 cm**, with **pale white fluorescence on Wood's lamp examination**.

The constitutional profile included a **sincere, calm, quiet, friendly and socially active child**, with occasional stubbornness, easy hurt feelings, short temper, love for outdoor sports and desire for sweets. **Calcarea carbonica** was selected as the constitutional remedy according to the recorded case assessment.

Serial follow-ups demonstrated **progressive repigmentation beginning from the margins**, followed by increasing restoration of normal skin colour. By February 2025 the lesion was described as almost gone, and by **28 April 2026 it was reported to have hardly any visible trace**.

The case highlights the value of **structured baseline documentation, serial lesion assessment, Wood's lamp examination, psychosocial assessment and long-term photographic/clinical monitoring** when reporting outcomes in localized vitiligo.

How to Cite this article:

Fatima A. Homeopathic Management of Localized Vitiligo in an 8-Year-Old Child: A Case Report. International Journal of Homoeopathic Case Reports. 2026;1(1):189-200.