



A Case of Vitiligo With Constitutional Homoeopathic Treatment Formulated By Lycopodium

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Abstract

Background-Vitiligo is an autoimmune disorder of skin commonly known as leukoderma which occurs due to deficiency of melanin pigment.

Object-Treatment of vitiligo with homoeopathic medicine.

Case report- A 26 years old male patient with vitiligo around his nape of the neck and dorsal surface of the hand was considered as the subject of the present study. Based on his totality of Symptoms, constitutional medicine Lycopodium 1M to 10M, was able to fully cure within 8 months.

Conclusions- A 26 years old male with Vitiligo was treated with individualized homeopathic medicine. It is believed that homeopathy is effective in treatment of Vitiligo with careful selection of medicine as per the totality of the symptoms of the patient.

Key words-Vitiligo, Homoeopathy, Lycopodium clavatum, Constitutional medicine

Introduction-In humans there is wide variation in normal skin color (pale white, light brown, dark brown and black) is seen. Skin chromophores brown (melanin), red (oxyhemoglobin), yellow-orange (carotene) responsible for skin color. Skin color of the individual depends on the genetic make-up and environmental effects like ultraviolet radiation exposure. Melanocytes are the main site of melanin synthesis.¹

Pigmentary disturbances include decrease or increase in pigmentation which could be either epidermal or dermal. These pigmentary changes are the result of changes in number of melanocytes or amount of melanin. Vitiligo is a disease in which melanocytes (pigmentproducing cells) are damaged or destroyed resulting in a patchy loss of pigment from areas of skin.² Vitiligo characterized by milky

white cutaneous macules. The causes of the vitiligo are not well defined but some researches done to define autoimmune disorder. In India, the incidence of vitiligo treatment 3 to 4 percentage in overall population.

Homeopathy treats the patient not the disease. Homeopath does not focus on end results i.e. the white spots, but on the cause of Vitiligo. The best way to treat Vitiligo is through oral medication of homoeopathic medicine rather than by application of local medicines. A case of Vitiligo was treated by constitutional homeopathic remedy selected through repertorization.³

Case report- A 26 years old male patient suffering from vitiligo around planter surface of the both hands, neck and patches above the upper lip since 3-4 years ago visited the patient considered for the history taking. He took some conventional medicine but there was no relief. A constitutional medicine *Lycopodium clavatum* 1M to 10M was prescribed based on the totality of the symptoms for 8 months.

Presenting complaints:

white patches on both planter surface of the hand, neck and above the upper lip since 3-4 years ago.

Bloated abdomen with much flatulence in lower abdomen.

History of presenting complaints:

All complaints stated developed gradually. In first visit patient presented with small white patches before 2 years patches developed gradually. Patient was very depressed because his wife and his parents domineer for job and his work. His parents decided to get him married for take responsibility. He was very calm and gentle but some times sad and melancholy because his wife and parents harm his dignity, so he was timid and loss of self confidence same 3 years ago.

Past history: Jaundice since 10 year ago.

Family history:

Grand father (paternal) – Diabetes mellitus (died)

Grand mother (paternal)- arthritis (alive)

Personal history:

He married since 3 years.

Government job preparation since 2 years.

Physical generals:

Appetite- Normal, 2 times a day, 4-5 chappati at a time.

Thirst- Normal, 3-4 liter per day, 1-2 glass at a time. Normal temperature of water.

Desire- Sweet, cold things

Aversion- Not Specific

Stool- semi-solid, 2 times a day, satisfactory, flatulence when he eats spicy food.

Sweat- Profuse in armpits.

Tongue- Clean & moist

Thermal- chilly patient

Mind- Religious insanity, aversion to company and yet he dreads to solitude. Melancholy, want to self confidence. Resignation towards family.

Analysis and evaluation of the symptoms-

Mental generals- Religious, aversion to company and yet he dreads to solitude, felling of sadness which lasts for long time, want to self confidence, resignation towards family.

Physical generals- Desire cold things, sweet

Particular symptoms- white small patches on the nape of the neck, above of the upper lip, flatulence in lower abdomen with bloated abdomen.

Repertorial totality-

S.NO.	Symptoms	Chapter/Rubric
1.	Religious insanity, believe and faith for god	MIND-RELIGIOUS-affections
2.	Aversion to company and yet he dreads to solitude	MIND-desire for-aversion to solitude
3.	Felling of sadness which lasts for long time	MIND-SADNESS
4.	want to self confidence	MIND-CONFIDENCE-want of self
5.	Resignation towards family	MIND-RESIGNATION
6.	Desire cold things,	GENERALS-FOOD AND DRINKS-cold things- desire
7.	Desire sweet	GENERALS-FOOD AND DRINKS-sweet-desire
8.	white small patches on the nape of the neck, above of the upper lip	SKIN-DISCOLOURATION-WHITE
9.	Flatulence in upper abdomen	ABDOMEN-FLATULENCE-hypochondria

First prescription- After repertorization through Radar software 10.2 by using Synthesis Repertory prescribed *Lycopodium flavatum* 200 (1 dose morning, empty stomach).

S.no.	Symptoms and observation	Prescription
1.	after 2 weeks On examination: No change in white patches. Still the same medicine was prescribed with high potency, considering his constitutional and totality of symptoms.	Lycopodium flavatum 200 (morning on empty stomach)
2.	After 3 weeks On examination: slight change in white patches. Better	Rubrum 30/ tds for 14 days.
3.	After 5 weeks On examination: slight changes in white patches. Still the same medicine was prescribed with high potency, considering his constitutional and symptoms totality.	Lycopodium flavatum 200 (morning on empty stomach)
4.	After 6 weeks On examination: no change in white patches.	Rubrum 30/tds for 14 days.
5.	After 8 weeks On examination: no changes in white patches so the same medicine was prescribed with increased high potency, considering his constitutional and symptoms totality. Patches slight worse.	Prescription: Lycopodium 1M (Morning on empty stomach).
6.	After 9 weeks On examination: slight changes in white patches and increased his self confidence	Rubrum 30/tds for 14 days.
7.	After 11 weeks On examination: better changes in white patches and his self confidence increased, solitude condition better so the same medicine was prescribed with increased high potency, considering his constitutional and symptoms totality.	Prescription: Lycopodium 1M (Morning on empty stomach).



BEFORE TREATEMENT



AFTER TREATMENT

RESULTS AND DISCUSSION:

Homeopathic medication involves a holistic approach for the understanding of the patient. Certain diseases are manifested when genetic predisposition combining psychological, physical and physiological factors and, homeopathy recognizes these factors.⁴

Homoeopathic medicines such as Calcarea carbonica, Arsenicum album, Sulphur, Phosphorus, Natrum muriaticum, Thuja officinalis, Lycopodium clavatum, Mercurius solubilis and Arsenicum sulphuratum flavum were found to be most frequently prescribed in the Vitiligo cases, which are mostly the constitutional medicines with the exception of Ars. Sulph flavum.⁵

In relation to the present study on Vitiligo, literature indicates that principally, results of homeopathy treatment against Vitiligo are better when the patches are within relatively short time on the face and neck, hand. It is evident that numerous factors such as genetics, emotional and physical factors trigger Vitiligo and may precipitate destabilization of the immune system. A Homeopathy remedy selected after careful reviewing all such factors is known as a 'constitutional remedy' and is capable of helping the individual systemically.

Pigmentation in the affected patches are important as far as the psychological satisfaction of the patient is concerned.⁵ It was observed that most of the times combination therapies generally gave better results for Vitiligo, however, with marked improvement with single medicine in this case in remarkable.⁶ In the present case, exactly the same results as described above was recorded in the subject with a single medicine i.e. *Lycopodium* with different potencies. Therefore, it is concluded that there is a scope for the treatment for Vitiligo in Homeopathy through constitutional prescribing or based on the repertorization of the symptoms of the patient. The present case study also suggests that trial with empirical homeopathic formulations was not effective for the treatment rather a constitutional remedy was able for permanent cure of the disease.

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