



E-ISSN: 2706-8927
P-ISSN: 2706-8919
Impact Factor (RJIF): 7.28
www.allstudyjournal.com
IJAAS 2025; 7(12): 145-147
Received: 02-11-2025
Accepted: 05-12-2025

Dr. Vanya Raj
Medical Officer, A 69, Awas
Vikas Colony, Tiwaripur,
Gorakhpur, Uttar Pradesh,
India

A Case report of Vitiligo cured by individualized homoeopathic medicine

Vanya Raj

DOI: <https://www.doi.org/10.33545/27068919.2025.v7.i12c.1803>

Abstract

Vitiligo is a chronic depigmentary disorder of the skin resulting from the destruction of melanocytes. It poses therapeutic challenges in conventional medicine, where outcomes are often temporary and unsatisfactory. Homoeopathy, through individualization, aims to address both the disease and the patient's sleep is normal. This case report presents the successful treatment of vitiligo in an adolescent male with *Calcareo phosphorica* as the individualized prescription and *Tuberculinum* as an intercurrent remedy, selected based on miasmatic background.

Keywords: Vitiligo, homoeopathy, calcarea phosphorica, tuberculinum

Introductions

Vitiligo affects nearly 1–2% of the population globally. ^[1] Though benign in nature, it significantly impacts psychological and social well-being. ^[2] Conventional therapies such as corticosteroids, phototherapy, and immunomodulators often fail to provide permanent results. ^[3] Homoeopathy offers a holistic and miasmatic approach, considering the totality of symptoms and individual susceptibility. *Calcareo phosphorica* is indicated in lean, emaciated individuals with defective assimilation and growth problems, whereas *Tuberculinum* as an intercurrent remedy helps to clear miasmatic blocks and enhances the action of the constitutional remedy.

Case history Presenting Complaints

A 9-year-old male presented at *outpatient department* on 12 November 2023 presented with depigmented patches on right side of eyelids and left leg for the last 7-8 months. (first appeared under right eyelids then on left leg). Despite using topical steroids, patches still persist and progressive.

History of presenting illness

Patches started around the right-side eyelid, gradually spreading to left leg for past 7-8 months. No associated itching, burning, or scaling. The condition worsened during stressful.

Past History

Recurrent respiratory infections during childhood, cervical lymphadenopathy

Physical General

- **Appetite:** Normal
- **Cravings:** Eggs, salt, sweets, and occasionally for indigestible items like chalk and pencils (suggestive of pica).
- **Thermal State:** Chilly patient.
- **Thirst:** Thirsty for cold drinks.
- **Susceptibility:** Catches cold easily, especially with weather changes.
- **Sleep:** Disturbed due to study pressure and overcrowding of thoughts.

Mentals

- Prefers company and traveling.
- Displays introverted behaviour with marked low self-esteem.

Corresponding Author:
Dr. Vanya Raj
Medical Officer, A 69, Awas
Vikas Colony, Tiwaripur,
Gorakhpur, Uttar Pradesh,
India

- Tends to ruminate over his health condition, which aggravates his complaints.

General Examination

Appearance- He is dark complexioned, and thin. B.P-120/70 mmHg, Pulse-86 bpm, Respiratory

Clinical Findings Diagnosis

Based on clinical presentation and ICD-11 classification: ED63.0

Vitiligo

Case Analysis

Mental	Physical Generals	Particulars
He likes company++	Chilly Patient	Depigmented patches on right side of eyelids and left leg
Travelling desire++	Desires eggs, salt, sweet	
Introvert+	Desires indigestible things	
Low self-esteem++	Thirsty for cold drinks	
Thinking about his complaints aggravate the complaint.	Takes cold easily at every change of weather	

Evaluation of symptoms

- He likes company
- Travelling desire
- Introvert
- Low self-esteem
- Thinking about his complaints aggravate the complaint

Therapeutic intervention with Justification-

Based on the totality of symptoms, Calcarea phos 200 C, 3 dose was prescribed as the constitutional remedy, followed by placebo. Considering the strong tubercular miasmatic influence & stagnation in imp

Table 1: Follow-up and Outcome

Date	Change in symptomatology	Prescription
17/11/23	No change in symptoms	Calcarea Phos 200 C Rubrum 30 TDS for 1 months
18/12/23	No change in symptoms	Rubrum 30 TDS for 1 months
20/01/24	No new symptoms	Calcarea Phos 200 C Rubrum 30 TDS for 1 months
16/03/24	No new symptoms	Rubrum 30 TDS for 1 months
20/4/24	No new eruptions noted.	Calcarea Phos 1M Rubrum 30 TDS for 1 months Along with Tuberculinum 200c as an intercurrent remedy
8/07/24	Marked reduction in depigmented patches	Rubrum 30 TDS for 1 months
31/07/24	Improvement – slight	Rubrum 30 TDS for 1 months
11/09/24	A small spots left under eyes & on left legs	Calcarea Phos 1M Rubrum 30 TDS for 1 months
14/10/24	Complete repigmentation	No medication



Fig 1: Dated- 17/11/23



Fig 2: Dated 20/4/24



Fig 3: Dated 14/10/24



Fig 4: Dated 17/11/23



Fig 5: Dated 20/04/2024



Fig 6: Dated 14/10/24

Discussion

The present case highlights the significance of individualized homoeopathic prescribing in managing

vitiligo, a condition often resistant to conventional therapy. The marked improvement observed after administering *Calcarea Phosphorica* as the constitutional remedy suggests that addressing the patient's miasmatic background, temperament, and general symptoms can play a pivotal role in re-establishing pigment. The subsequent use of *Tuberculinum* as an intercurrent further facilitated progress, indicating underlying tubercular miasmatic influence that may have hindered sustained response. This sequence aligns with classical homoeopathic principles, where an intercurrent remedy is used to remove miasmatic blocks and enhance the action of the constitutional medicine. The progressive repigmentation and complete remission support existing literature that emphasizes individualized, holistic approaches over disease-specific prescriptions. While this single case cannot be generalized, it reinforces the therapeutic potential of constitutional and miasmatic management in vitiligo and encourages further systematic research to validate these observations.

Conclusion

This case highlights the potential role of individualized homoeopathic treatment in vitiligo, particularly when guided by miasmatic analysis. Remedies such as *Calcarea phosphorica* and *Tuberculinum* may contribute to repigmentation as well as improvement in the patient's general health. The positive clinical response observed underscores the need for larger, well-designed clinical studies to further evaluate and validate the effectiveness of these medicines in the management of vitiligo.

Acknowledgments

We are thankful to the patient and his family for their trust and cooperation, and our family & friends for their constant support. Their encouragement and contributions were instrumental in the successful treatment and documentation of this case.

References

1. Krüger C, Schallreuter KU. A review of the worldwide prevalence of vitiligo in children, adolescents and adults. *International Journal of Dermatology*. 2012;51(10):1206-1212.
2. Ongenae K, Van Geel N, De Schepper S, Naeyaert JM. Effect of vitiligo on self-reported health-related quality of life. *British Journal of Dermatology*. 2005;152(6):1165-1172.
3. Ezzedine K, Eleftheriadou V, Whitton M, van Geel N. Vitiligo. *Lancet*. 2015;386(9988):74-84.
4. Gupta R. *Textbook of Dermatology for Homoeopaths*. 2nd ed. New Delhi: B. Jain Publishers; 2013.
5. Manchanda RK. *Textbook of Dermatology for Homoeopaths*. New Delhi: B. Jain Publishers; 2002.
6. Hahnemann S. *The Chronic Diseases, Their Peculiar Nature and Their Homoeopathic Cure*. Dresden: Arnold; 1828.