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## A Case report of Vitiligo cured by individualized homoeopathic medicine

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### 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 *Calcarea 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.<sup>[1]</sup> Though benign in nature, it significantly impacts psychological and social well-being.<sup>[2]</sup> Conventional therapies such as corticosteroids, phototherapy, and immunomodulators often fail to provide permanent results.<sup>[3]</sup> Homoeopathy offers a holistic and miasmatic approach, considering the totality of symptoms and individual susceptibility. *Calcarea 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.

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- 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	
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	Depigmented patches on right side of eyelids and left leg

### 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 3:** Dated 14/10/24



**Fig 2:** Dated 20/4/24



**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 miasmic 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 miasmic influence that may have hindered sustained response. This sequence aligns with classical homoeopathic principles, where an intercurrent remedy is used to remove miasmic 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 miasmic 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 miasmic 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.

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