

## Review Article

# Leucoderma (Vitiligo), Brief History and The Homoeopathic View Point

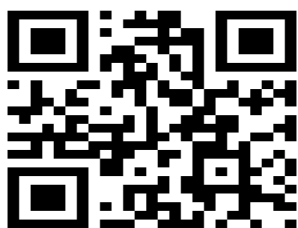
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### ABSTRACT

This disease, which has got white patches on the skin, is known for centuries and different medical sciences are trying to cure it in different ways. First and foremost, it is not a contagious disease, but causes a lot of disfigurement particularly in ladies. Several marriages have broken down and there is a lot of mental confusion in one who develops this disease. This is more like a social stigma in this country. Once white spots suddenly start appearing on the body, particularly in ladies on exposed parts such as face, hands, neck, and toes, it will mar their appearance and people look upon them with an eye of curiosity. As such, the treatment of this disease is more important from cosmetic point of view.

**Keywords:** Leucoderma, homoeopathy, management



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## INTRODUCTION

Causations — View of Modern Medicines  
Chronic amoebic dysentery and intestinal parasites are universally found responsible for this disease. This is so common in our country, that practically in about 50% of the patients, the stool report shows cyst of *Entamoeba histolytica* or ova of threadworms or round worms. Those who believe in auto intoxication theory state that not only the above cause, but chronic constipation is one of the causes of this unfortunate disease. A regular healthy stool is essential. Loss of pigment melanin is considered the most important cause of this disease, but how and why the pigment decreases, no one is able to tell definitely. Mostly conditions like shock, fear, anxiety and mental strain are very often considered responsible for the same. Cases have been mentioned in literature where continuous air raids or shock of burn has turned the skin white overnight or in a few days.

Family history is also responsible though some authors differ from the same.

A paper on vitiligo and albinism published in Indian Journal of Medical Science, 27/06, 1973 by Dr. J. C. Shroff, retired Prof. of Dermatology, Sir J. J. Hospital and others give some interesting reading. It states that a relationship has been found to exist between vitiligo and several presumably autoimmune disorders, i.e., pernicious anemia, thyroid diseases and diabetes mellitus. It is reported that vitiligo is associated with certain organ specific autoimmune conditions.

Nath, R. L. and others have studied the serum proteins in vitiligo by paper electrophoresis and failed to establish any appreciable change in the serum proteins pattern. Vitiligo is found to be common in persons with blood group AB. The variations in plasma proteins in pathological states and in other conditions form an important subject to study.

Causations — Homoeopathic Viewpoint:

Now we shall discuss the homoeopathic viewpoint for these conditions. According to us, white patches are not only due to the loss of pigment called melanin but also due to constitutional disorder. The skin is a mirror on which nature reflects at the earliest, many disorders taking place in the body. Most of the physicians including ayurvedics are coming to the view point that besides external applications, internal medication pertaining to the cause and symptoms of the disease are found helpful, so various remedies are given by them to the patients suffering from this disease.

Our second view point is a suppression of any disease particularly skin diseases. Application of strong and powerful ointments, which temporarily burn the skin and change the color. Cautery of the skin particularly the growths on the skin like warts or moles are very often responsible for some peculiar skin diseases and this is one of them. In one of my cases, a young girl Miss B., the daughter of a friend of mine, developed extensive white patches all over the body after her warts were injected and removed by a physician. After suppression of skin disease or removal of the warts by cutting or cautery. Thuja will be found very helpful. I have used this remedy in persons who have been repeatedly vaccinated, who have nightmares and the skin over the vaccination marks has turned white.

#### **Diet and regimen**

Diet plays an important part and certain foods are considered responsible for this disease. Modern people eat too much and it is a fashion to eat out, they don't know what they eat under various fancy names. Flesh of unhealthy animals particularly the flesh of pigs such as ham, bacon, pork should be avoided by these patients. This animal harbors a lot of parasites and eggs which are in the form of cysts. After eating, have cyst wall is digested and the tiny worms are released in the intestines, to do havoc in human beings. Ayurvedic physicians strongly recommend to avoid contrary diet. For example, milk with oily food or curds

with sour dishes and radish. Milk and curds with flesh and fish is also to be avoided. Fruits, milk and meat together, is contrary food. Green and red radish, beetroots, carrots, plums, spinach, black currants are very good as diet. Bran should not be removed from the wheat flour. According to Dr. Mufti, psoralens may be the components of normal diet as they're present in such plants as celery, figs, parsley, carrots, caraway, anisi, citrus fruits, etc. They may also play a role in the physiology and biochemistry of normal human skin. As such, the food will play an important part in the cure of this disease.

#### **Treatment**

No remedy can be specified in homoeopathic treatment as it all depends upon the symptoms of the patient, the personal history, the past history, the family history, along with the mental symptoms. Results have been encouraging if patient tired of other treatment continues this treatment for at least a couple of years.

Late Prof. Subodh Mehra, a homoeopathic physician experimented with some 250 patients who were under his homoeopathic treatment for leukoderma. Besides the usual medicines being given, routine blood examinations as blood group and serum sodium, potassium and inorganic phosphorus levels were estimated. It was observed that there were certain points where the ratio between sodium and potassium is low, high and very high. He classified them into four groups— (1) Hormonal, (2) Hereditary, (3) Acquired, (4) Idiopathic.

1. Hormonal : In this category the large number of cases had low sodium, potassium range (15-20) and sodium phosphorus range (80-125) ratios. The homoeopathic drug of choice as per symptoms for this case was found to be sepia followed by Thua and Silicea depending on the history of repeated vaccination and skin diseases.

2. Hereditary : 50% of cases gave history of this disease in their families. Majority and low sodium potassium ratio (range 15-30) and with higher sodium and phosphorus ratio. The sodium potassium ratio was found

to be high in large number of cases (range 125-150). When in the history the cases indicated night aggravation of bone pains or salivation of mouth during sleep. Syphilinum CM was generally administered before Thuja or Silicea. The result was satisfactory. However, depending on the symptoms, individual cases were given Tuberculinum LM or Calcarea carb as an intercurrent remedy.

3. Acquired : Here there was no family history of leukoderma but the patient had suffered from diseases of gastro intestinal tract such as amoebic or bacillary dysentery, gastroenteritis, enteric fever and were treated with chemotherapeutic drugs and antibiotics. Probably as a result of these powerful drugs, the intestinal mucosa is affected which causes tyrosine deficiency leading to disturbed melanin formation. The remedies of choice for these cases were Nux vomica, Bacillinum, Chelidonium or Phosphorus. Thereafter constitutional remedies such as kali sulph., Cal. carb. or Cal. Phos. or Nat. sulph, were given.

4. Idiopathic: These cases could not come in all the above categories. In the course of above studies an interesting observation was made that the majority of cases suffering from leukoderma belong to blood group O RH+ compared to a few of RH+ with A group was an exception. Research minded physicians are requested to verify this statement and see if they can add something more to the same.

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