



Case Report

NATURAL HERBAL VITILIGO TREATMENT, HONEY: AN APPLIED CASE STUDY

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ABSTRACT

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Vitiligo is chronic idiopathic disorder of skin pigmentation that plays havoc with the social livings of patients. Its major symptom is the occurrence of white patches/lesions on human skin. It affects 1-2 % of general population. A 15 years juvenile patient was affected by generalized Vitiligo with no familial history of the ailment. The patient was asked to take two table spoonful of honey per oral mixed with one cup of boiled milk of cow early in the morning daily. White de-pigmented skin was observed to be partially re-pigmented after 4 months with the reversal of disease progression.

Key Words: Vitiligo, Leucoderma, Pigmentation, Natural formulation, Honey, Milk.

INTRODUCTION

Vitiligo is chronic idiopathic disorder of skin pigmentation that plays havoc with the social livings of patients. Its major symptom is the occurrence of white patches/lesions on human skin¹. It affects 1-2 % of general population, being more prominent in darker skin and less visible in lighter skin². Amongst total prevalence, 25% cases were affected below the age of 14 years³. Vitiligo is the disease of ancient ages as mentioned in Ebes Papyrus (2500BC)¹. Psychiatric symptoms badly devastate the personality of the effected. Lower self esteem, lack of confidence, social phobia, anxiety and depressive episodes prevail if the ailment is not managed properly. These conditions are negative feedback for the patches to multiply and their spread on different body organs⁴. There are different goals to manage the Vitiligo. Multiple regimens are used therapeutically such as corticosteroids, u.v light, psoralins etc. Effected lesions especially those on face can be camouflaged with the use of cosmetics. Surgery is also one of the used remedy⁵.

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Present study enlightens the use of natural formulation to fight Vitiligo. Milk

(also called complete diet) is used as solvent and Honey (the natural syrup) as solute to formulate the solution of this natural formulation. Honey has been mentioned as the cure of diseases in revolutionary book of skies i.e. Al Quran. "Then eat from all the fruits and follow the ways of your Lord laid down [for you]." There emerges from their bellies a drink, varying in colors, in which there is healing for people. Indeed in that is a sign for a people who give thought" ⁶.

CASE REPORT

A 15 years juvenile male patient (AB +Ve blood group) was affected by generalized Vitiligo since the age of 6 years with no familial history of the ailment. No disease was diagnosed other than Vitiligo since then. He has been continuing his studies in class 9th and reported the lack of real interests in studies and feeling the sense of inferiority due to being stigmatic by Vitiligo particularly on face. His face was near to be totally de-pigmented before the start of natural remedy (Fig-1, Pictue-A). Other effected body parts were forearms, elbows, chest and genitalia etc. There was history of taking Unani, Homeopathic and allopathic treatment but none was successful in stopping the progression of Vitiligo. Ointment containing powder form of *Psoralia corylifolia* was started but patches testing failed due to the development of contact dermatitis at day 2. Considering the profile of the case, it was recommended to keep on using the natural formulation that contains the mixture of cow's milk and honey. Patient was asked to take two table spoonful of honey per oral mixed with one cup of boiled

milk of cow early in the morning (once a day). Photographs of the patient were taken at day 1st. Patient continued using the natural formulation. He was observed and photographs taken at interval of 60 days initially and 30 days thereafter. Dramatic improvement and clear observation of re-pigmentation on face and elbow in 1st follow up meeting was very encouraging for the patient and the investigator, therefore the treatment protocol was adopted for next two follow up with the interval of 30 days each.

White de-pigmented skin was observed to be partially re-pigmented after 4 months with the reversal of disease progression (Fig-1) and side effects were not reported with this natural formulation as elucidated in hemato-biochemical and serological laboratory investigations at the completion of trial (Table-1). Measureable change observed from picture A to B after completion of 1st two months of therapy while healing was not observed to be accelerated in the same rate in preceding pictures (Picture-C and Picture D) of the Fig-1. This might be either due to the change of source of honey or left over of volunteer from school resulting negative daily routine of subject that aggravated anxiety symptoms.

DISCUSSION

The patient in the current study was juvenile male, therefore the risk factor was more pronounced in experimental medicated/herbal trial either oral or topical. However considering the consisting will of patient and his guardian after written informed consent, ointment containing powder form of *Psoralia corylifolia* was tried and discontinued

Hemato-Biochaemical and Serological Profile during Treatment:

Haematology	Values	Biochemistry	Values	Serology	Values
Blood Group	AB+VE	SGPT (ALT)	16	CRP	-VE
Haemoglobin	15.3	Calcium	8.2		
(g/dl)		(mg/100ml)			
TLC	8000				
(/cmm)					
ESR	4	Total Proteins	6.3		
(mm/hour)		(gm/dl)			
Platelets	261,000				
(/cmm)					
Neutrophils	76%				
(/100 WBC)					
Lymphocytes	16%				
(/100 WBC)					
Monocytes	8%				
(/100 WBC)					

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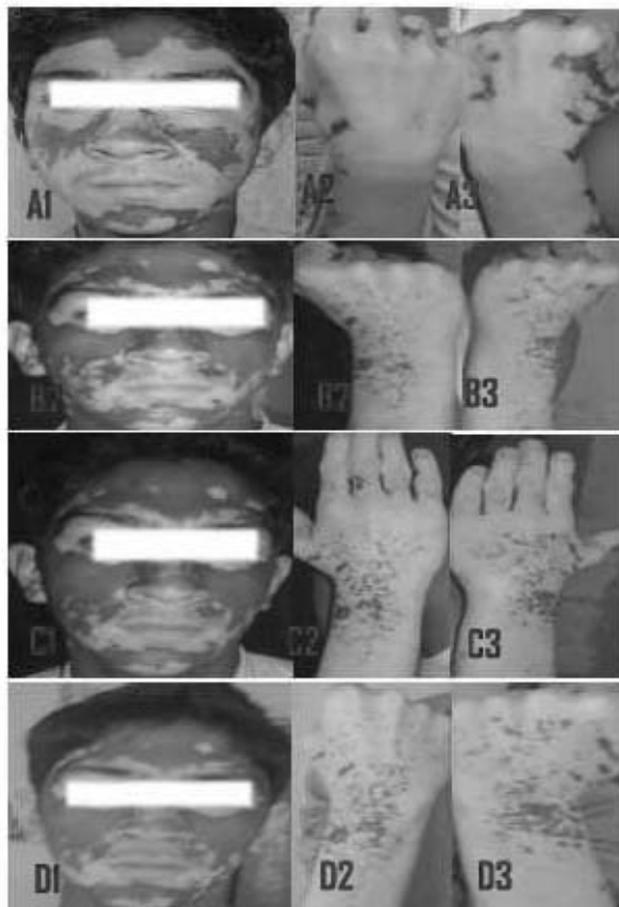


Fig. 1 Evolution of Pigmentation

- A₁ (Face) = Before therapy,
 A₂ (Right Arm) = Before therapy,
 A₃ (Left Arm) = Before therapy
- B₁ (Face) = 60 days after therapy
 B₂ (Right Arm) = 60 days after therapy
 B₃ (Left Arm) = 60 days after therapy
- C₁ (Face) = 90 days after therapy
 C₂ (Right Arm) = 90 days after therapy
 C₃ (Left Arm) = 90 days after therapy
- D₁ (Face) = 120 days after therapy
 D₂ (Right Arm) = 120 days after therapy
 D₃ (Left Arm) = 120 days after therapy

immediately due to failure of patch testing. Profile of the patient let the researcher to think about natural and safer remedy that based the idea of using the mixture of honey and milk.

Honey is a natural combination (super saturated solution of

sugar) of vitamins, enzymes, minerals, amino acids, organic acids⁷. Honey contains wide variety of components depending on the source on which the bees forage. Climatic factors and vegetation environment can influence on the properties of Honey. Honey contains proteins, fats, carbohydrates, polyphenols and vitamin C etc⁸ Honey encompasses highly complex antibacterial spectrum due to the components of sugar, low pH, hydrogen per oxide, peptides, there are large variations in concentrations of these multiple compounds. For mild to moderate burns, the topical application of honey potentiates skin growth and healing of wounds⁹. Contents of honey accelerate pigmentation¹⁰. In addition to carbohydrate, fat, glucose, sucrose and water honey contains more than 180 substances that depicts its complex nature, to be used as antibacterial, anti-parasitory, antiviral, anti-inflammatory, antioxidant, antitumor and anti-mutagenic effects. Facial Vitiligo has been successfully treated with the combination of honey, *Allium cepa* and *Avena sativa* in a case study¹.

In brief, current formulation is rich in antioxidant, anti-inflammatory components coupled with abundant nutrients to nourish the skin into normal position.

CONCLUSION:

White patches of Vitiligo were re-pigmented partially and disease progression was halted within 4 months with the natural and safer remedy comprised of honey and milk. Current formulation is rich in antioxidant, anti-inflammatory components coupled with abundant nutrients to nourish the de-pigmented skin into normal. Further studies, involving the adult cases and large number of patients are suggested with same formulation to confirm melanogenic effects of mixture of milk and honey in generalised Vitiligo.

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****Editing and thorough revision as a Co supervisor

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