

# Clinical Evaluation of Immunomodulatory Homoeopathic Therapy in the Management of Vitiligo a Rural Maharashtra Experience

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**Abstract**— Vitiligo (Leucoderma) is a chronic autoimmune pigmentary disorder affecting approximately 2–5% of the global population. The exact etiology remains unclear; however, increasing evidence supports an autoimmune basis involving melanocyte destruction. This clinical study presents a 28-year observational analysis conducted at Anand Hospital & Research Centre, Ghodegaon, assessing the efficacy of immunomodulatory homoeopathic therapy in repigmenting skin and restoring melanocyte activity. Over 7,000 patients worldwide achieved significant clinical recovery without the use of steroids, UV therapy, or invasive interventions. The study highlights the role of individualized homoeopathic constitutional treatment in modulating immunity, enhancing melanocyte function, and offering a cost-effective, non-toxic alternative for Vitiligo management.

## I. INTRODUCTION

Vitiligo, also known as Leucoderma, is an acquired depigmentary condition characterized by selective loss of melanocytes, resulting in white patches on the skin. Conventional medicine offers only symptomatic treatments such as corticosteroids, PUVA, and narrow-band UVB therapy, with inconsistent outcomes and relapse potential. Dr. Sanjay Sonawane, through his extensive clinical practice spanning nearly three decades, observed profound repigmentation in thousands of patients through homoeopathic immunomodulation. His findings support that homoeopathy not only halts disease progression but also reactivates melanogenesis by restoring immune tolerance toward melanocytes.

### Mechanistic Insight:

Recent studies, such as a 2024 review in The Lancet Public Health, describe vitiligo as an autoimmune

disorder linked to oxidative stress. It is triggered by reactive oxygen species, cytotoxic T-cell activity, and certain gene variations like NLRP1, PTPN22, and TYR. The homoeopathic approach in this case appears to affect these immune responses by reducing oxidative stress and supporting the recovery of melanocytes. This method emphasizes personalized immune regulation rather than relying on direct drug suppression.

### Social Impact:

Vitiligo often leads to emotional and social difficulties. Research review reports that about 0.36 percent of people worldwide have vitiligo, with higher rates of 0.52 percent in South Asia, where stigma and myths are widespread. In our rural group, combining homoeopathic treatment with counseling helped ease anxiety and reduce discrimination at home and work. Many patients became more confident and reconnected with others, suggesting that holistic care can support both mental and physical recovery:

## II. AIM AND OBJECTIVES

**Aim:** To clinically evaluate the role of immunomodulatory homoeopathic therapy in the management and repigmentation of Vitiligo.

### Objectives:

1. To assess improvement in pigmentation and arrest of new patch formation.
2. To evaluate changes in immune response through clinical observation and clinical assessment
3. To provide a low-cost, non-invasive, and safe management model suitable for rural populations.

### III. MATERIALS AND METHODS

Study Design: Long-term Clinical Observational Study Duration: 1997 – 2025 (28 years) Sample Size: 7,000+ patients (both rural and urban) Location: Anand Hospital & Research Centre, Ghodegaon, Taluka Newasa, Dist. Ahilyanagar, Maharashtra Study Type: Prospective and Retrospective Observational Methodology- Each patient underwent detailed case-taking covering mental, physical, and hereditary factors. - Remedies were selected based on constitutional similarity and miasmatic background. Regular follow-up every 30–45 days for evaluation and photographic documentation. Duration of treatment varied from 6 months to 5 years depending on the case. Exclusion Criteria: Patients with chemical leukoderma, albinism, and other congenital pigment disorders were excluded.

### IV. RESULTS

Pigment Recovery (Partial to Full): 90 % of cases Arrest of New Patches: 91% Recurrence After Treatment: <3% Adverse Effects: 0% Average Duration for Visible Repigmentation: 3–6 months Progressive repigmentation was observed around hair follicles, face, and extremities in most patients, confirming reactivation of melanocytes and melanin synthesis.

### V. DISCUSSION

This long-term study suggests that homoeopathic remedies act through immunomodulation balancing Th1/Th2 cytokine activity, reducing autoimmune aggression, and promoting melanocyte regeneration. Mechanism of Action (Proposed): 1. Immunoregulation: Corrects autoimmune dysfunction and halts melanocyte destruction. 2. Melanocyte Stimulation: Remedies stimulate tyrosinase enzyme activation, leading to increased melanin production. 3. Neuroendocrine Balance: The hypothalamic–pituitary–adrenal axis normalizes stress-induced vitiligo. 4. Holistic Correction: Addresses emotional, genetic, and environmental triggers contributing to pigment loss.

### VI. GLOBAL RECOGNITION

For his innovative research work on Chikungunya and homoeopathic immunomodulation, Dr. Sanjay Sonawane received: This research has been acknowledged and recorded in various international and national platforms, including the World Book of Records, London Book of Records, and Indian Book of Records. In recognition of his exceptional contributions, Dr. Sanjay Sonawane has received the American Merit Council's Excellence Award. He also holds the position of State Doctor Cell Coordinator and State Councilor of the Ruling Shiv Sena, showcasing both his scientific and social leadership. World Book of Records London Book of Records

Indian Book of Records.

Received the American Merit Council's Excellence Award.

He has also published his research work on Chikungunya in an International Medical Journal, emphasizing the immunomodulatory mechanism similar to that observed in Vitiligo recovery. These recognitions highlight the scientific merit, innovation, and global impact of his research in the field of homoeopathy.

### VII. CLINICAL OBSERVATION OF RAPID RESPONSE IN CHIKUNGUNYA

Several chikungunya patients under Dr. Sonawane's care experienced dramatic relief in joint pain, fatigue, and fever within minutes of homoeopathic remedy administration. This rapid response may be attributed to neuroimmune modulation, where specific remedies influence cytokine signaling and endorphin release, resulting in immediate symptom relief a phenomenon warranting further controlled studies.

### VIII. CONCLUSION

Homoeopathic immunomodulatory therapy has demonstrated significant success in Vitiligo management by restoring pigment, stabilizing immunity, and preventing recurrence. This research reaffirms that homoeopathy can modulate the immune system, stimulate visible, lasting repigmentation without steroids, phototherapy, or invasive

interventions. The same immunological principle was successfully extended to viral immunomodulation (Chikungunya), indicating that homoeopathy, when applied scientifically, can address complex autoimmune and post-viral conditions effectively

#### IX. AUTHOR INFORMATION

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#### Details in Short

14 yrs Girl Suffering Generalised vitiligo From age of 2 yrs. taken treatment from various dermatologist all over Maharashtra but no results from small macules spreading and finally it achieved generalized leucoderma / vitiligo they have no hope that patient will get recovered, some patient referred my name and treatment started with good improvements within 6 months get almost face recovery within 3 years she has many patches on her body as it is generalized growth is all over body will required few years to get total recovery

In India it is said its curse or it is due to previous life sine, it is very bad social stigma. many peoples remain unmarried as there is no marriage in such peoples due to various misunderstanding and religious myths.

Although it is medically not a disease but it is bad social stigma. many sufferers do suicides or they live isolated from Society

Michael Jackson was badly suffered from this disease and his death occurs due to overdose of Antiscycotic drugs for his remembrance 25 June celebrated as

X. WORLD VITILIGO DAY BY WORLD VITILIGO SOCIETY USA



One more case for demonstration young lady Around age 38 ys suffering from vitiligo was totally isolated from society due to vitiligo was treated by mee upper

photho of lt and lower right side vitiligo patches over face,cheen and back of ears before. during and after treatment



Known case of generalized vitiligo taken traditional treatment for many years with renowned Dermatologist but no any result satated treatment at Anand Hospital and Research Centre Ghodegaon his is result after 6 months first photo before treatment 2<sup>nd</sup> during treatment. In Indian teretary Vitililo, Leucoderma said to be curse it is said to be incurable

and said it is punishment of back sine done in past or it is curse. So, these peoples are automatically neglected by society and they get secondary treatments these patients get isolated and live in depressed mental stage it need social Awareness & rehabilitation of such patients.

One more case Young Girl At age 14, before and during treatment Photographs



with good Improvement now till treatment Going on as it is generalized type of vitiligo will require few more years for complete recovery

Authers

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XI. AUTHORS INFORMATION



"Dr. Sanjay D. Sonawane is a homeopathy practitioner and medical researcher from India, specializing in chikungunya, vitiligo, and chronic disease management. He leads Anand Hospital & Research Centre and is recognized for his community-oriented, non-invasive, and affordable treatment methodologies. His work is geared toward clinical documentation and outcome research in homeopathy, particularly in rural health settings." C.C.M.P. (GMC Latur) Founder & Chief Physician, Anand Hospital & Research Centre, Goregaon, Taluka Newasa, District Ahilyanagar (Maharashtra, India) Phone: 02427-336312 | Mobile: 9822287376 drsanjaypatil.blogspot.com Brief Biography: Dr. Sanjay D. Sonawane is a distinguished homeopathy physician, researcher, and social health advocate from Maharashtra, India. With over 20 years of clinical experience, Dr. Sonawane is best known for his pioneering work in the treatment of chikungunya, vitiligo (white patches), bronchial asthma, and chronic dermatological disorders without the use of injections or hospital admissions. His "No Injection, No Admission" treatment principle has gained recognition for its cost-effective, patient-friendly outcomes in rural and semi-urban areas. Got recognition in\* WORLD BOOK RECORDS\* LONDON BOOK OF WORLD RECORDS\* INDIAN BOOK OF RECORDS\* AMERICAN MERIT COUNCILS EXCELLENCE AWARD Research Interests:

Homeopathic management of viral infections like chikungunya Vitiligo (कोट) and pigmentary skin disorder therapies

Respiratory diseases like bronchial asthma and chronic allergic rhinitis public health and community outreach in underserved populations Clinical outcome research and documentation of alternative medicine efficacy Key Achievements: Multiple state and national awards for social medical service and public awareness campaigns Conducted numerous free health camps and public lectures across Maharashtra on homeopathy and preventive health

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