



A Case of Alopecia Areata Treated with Individualized Homoeopathic Remedy

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ABSTRACT

Alopecia areata is a condition characterized by localized hair loss and considered to be autoimmune disease. Alopecia areata mainly affects the hair of scalp but may also affect other hair bearing areas of the body. A case of 26 years female with the complaint of patchy hair loss from vertex treated with individualized homoeopathic remedy over a period of 5 months is presented in this case report.

Keywords- Alopecia areata, Homoeopathy, Lycopodium, Hair loss

Introduction-

Alopecia areata usually presents with well-defined, localised, non-inflammatory, non-scarring patches of hair loss, usually on the scalp^[1]. It affects up to 2% of the global population. It can affect all ages, but the prevalence appears higher in children compared to adults (1.92%, 1.47%). A greater incidence has been reported in females than males, especially in patients with late-onset disease, defined as age greater than 50 years.^[2]

Presentation of Alopecia areata

There are multiple different patterns of presentation of hair loss in AA. The most common is patch, with circular patches recognizable on the scalp or beard areas which may coalesce with progression. Ophiasis describes a band of alopecia along the parietal and occipital areas, whereas sisaipho refers to an opposite pattern. More extensive hair loss is seen in diffuse patterns, with a decrease in density diffusely, and totalis, with complete scalp alopecia.^[2] Pathognomonic 'exclamation mark' hairs are seen (broken hairs, tapering towards the scalp) during active hair loss.^[1]

Treatment of Alopecia areata in Allopathy

No definitive cure has been established, and treatment has focused mainly on containing disease activity. Glucocorticoids, Intralesional corticosteroids, Topical corticosteroids, Systemic corticosteroids, Oral mini pulse steroids, Minoxidil, Anthralin, Topical immunomodulators, [PUVA](#) (psoralen plus ultraviolet light A), Cyclosporine A (CsA), Tacrolimus, Sulfasalazine, Mesotherapy, Biological therapy are used in allopathic system of medicine for treatment of Alopecia.^[3]

Treatment of Alopecia areata in homoeopathy

Homoeopathic remedies can offer gentle and safe treatment for patients suffering from AA. Homoeopathy treats the person as a whole. This includes a detailed medical history of the patient, family and causative factors. Any underlying predisposition factor and susceptibility is also considered. Homoeopathic literature mentions many medicines for Alopecia namely Alumina, Arsenicum album, Floricum acidum, Graphites, Natrum muraticum, Nitricum acidum, Phosphoricum acidum, Phosphorus, Pix liquida, Selenium, Sepia, Syphilinum, Thallium, Vinca minor etc.^[4]

Case report

A 26 year old female patient visited clinic on 04/12/2022 with following complaints

Present complaints

- Patch on scalp due to hair fall, at a spot, at vertex
- Premature graying of hair
- Catches Cold frequently
- Easy fatigue, as if feverish
- Headache- vertex and occiput mostly during travel, office work

Physical generals-

Appetite- hungry in morning; not so much at night

Morning- fruits/ dry fruits

Lunch- 2-3 chapati with vegetables and pulses

Evening- 1 chapati with vegetables and then tea

Night- vegetables

Thirst- approx. 3 litre water/ day

Stool- no urge for stool; can only defecate 2-3 hours after walking or taking warm water. Stool is large and brownish in appearance

Desires- ice creams and sweets

Sleep- 1 A.M. to 8 A.M., sound sleep; Position- On abdomen

Dreams- of day events related to life. Eg. Marriage, office

Mental generals-

Anger- very short tempered; shouts during anger

Clinical Findings-

Weight- 53 kg; Pulse- 79/min; SpO₂- 98

Other general and systemic examination reveal no abnormal sign.

Analysis and Evaluation of symptoms

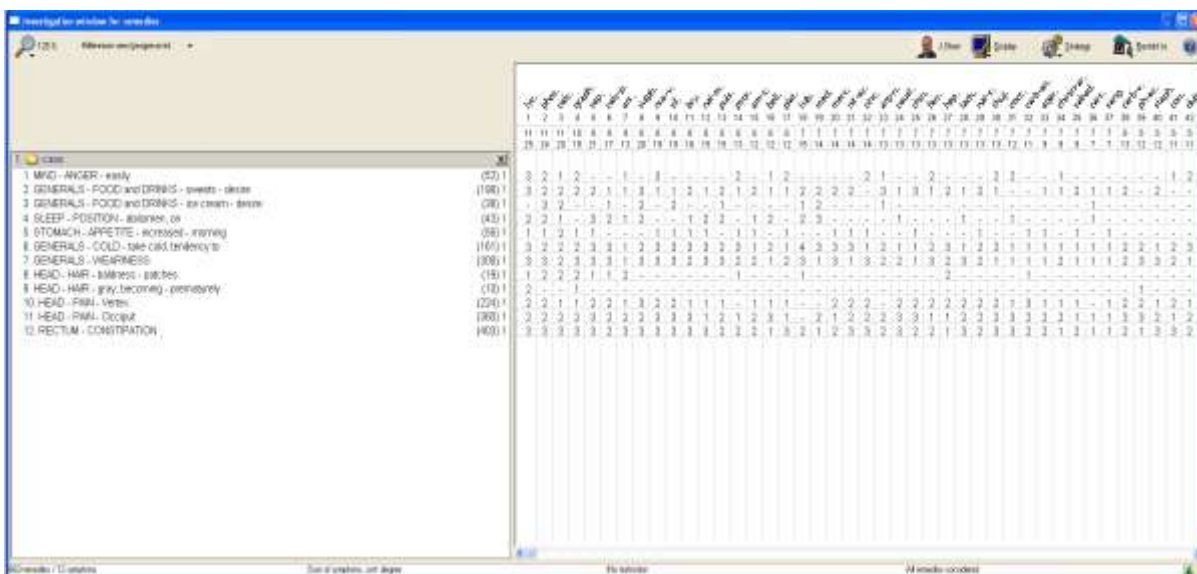
Mental Generals	Physical Generals	Particulars
Anger- very short tempered; shouts during anger	Appetite increased in morning	Patchy bald spot on vertex with premature graying of hair
	Stool- constipated; large and brownish in appearance	Headache- vertex and occiput mostly during travel, office work
	Desires- ice creams and sweets	Easy fatigue, as if feverish
	Sleep Position- On abdomen	
	Tendency to take cold	

Totality of Symptoms

1. Anger- very short tempered; shouts during anger

2. Appetite increased in morning
3. Stool- constipated; large and brownish in appearance
4. Desires- ice creams and sweets
5. Sleep Position- On abdomen
6. Tendency to take cold
7. Patchy bald spot on vertex with premature graying of hair
8. Headache- vertex and occiput mostly during travel, office work
9. Easy fatigue, as if feverish

Repertorization through Synthesis repertory using RADAR software



Repertorization through Kent repertory using Synopsis software

ID	Symptom name (Desktop 1)	Phos.	Sil.	Lyc.	Sep.	Graph.	Calc.	Hep.	Apis	Bac-c.	Nitac.	By.	Alco-s.	Sulph.	Ars.	Bell.	Calc-p.	Carb-v.	Natru.	Phac.	Zinc.	Alur.	Con.	Kali-c.	Lach.
39384	Head, hair baldness [29384] [11]	2	2	2	2	2			1	2	3										2				
39386	Head, hair, baldness, young people [29386] [2]	2									2														
39385	Head, hair, baldness, patches [29385] [8]	2		1	1	2	2	2	2																
39393	Head, hair, falling [29393] [104]	3	3	3	3	3	2	2	1	2	3	1	3	3	2	1	2	3	3	2	2	1	2	3	3
39405	Head, hair, gray, becomes [39405] [11]	2	3			1									2										
34556	Generals, cold, tendency to take [34556] [96]	2	3	3	3	2	2	3		3	3	3	2	2	1	2	3	2	3	2		3	2	3	
57701	Stomach, desires, ice cream [57701] [9]	3					2																		
53443	Rectum, constipation [53443] [212]	3	3	3	3	3	3	3	2	3	3	3	3	3	2	2	2	2	3	1	3	3	3	3	3
56886	Sleep, position, abdomen, on [56886] [18]					1						1			1	2	1								
41634	Head, pain, occiput [41634] [245]	3	3	3	3	2	3	2	3	3	3	3	3	2	2	3	2	3	2	3	2	2	2	2	3
44091	Head, pain, vertex [44091] [163]	2	2	2	2	1	1	2	3		2	2	2	3	1	2	2	2	1	2	2	2	2	2	2
Symptom count [11]		8	8	7	8	8	8	7	6	6	5	6	5	5	7	6	6	5	5	6	5	5	5	4	4
Value		100	100	95	95	80	80	75	70	70	70	65	65	65	60	60	60	60	60	60	55	55	55	55	55

Prescription with follow up

Date	Symptoms	Prescription
04/12/2022	Hair fall Premature graying of hair Headache Constipation (Figure- 1)	Lycopodium 200/ O.D. (4/12/22) Phytum 30/ T.D.S./ 20 days

25/12/2022	Headache relieved Abdominal complaints relieved (no constipation in last month) No changes in bald patch	Phytum 30/ T.D.S./ 30 days
26/01/2023	Improvement in general condition of patient but bald patch still the same	Phytum 30/ T.D.S./ 25 days
18/02/2023	No hair fall but bald patch shows no hair growth (Figure- 2)	Lycopodium 200/ O.D./ E.M.E.S. (23/02/2023) Phytum 30/ T.D.S./ 30 days
26/03/2023	Hair growth from centre to the outer side. (Figure- 3)	Lycopodium 200/ O.D. (01/04/2023) Phytum 30/ T.D.S./ 30 days
24/05/2023	Almost bald patch filled by the growth of hair. (Figure-4)	Phytum 30/ T.D.S./ 20 days



Figure 1- As on 04/12/2022



Figure 3- As on 26/03/2023



Figure 2- As on 18/02/2023



Figure 4- As on 24/05/2023

Conclusion-

The above case report provides evidence regarding effectiveness of homoeopathy in cases of Alopecia areata. The patient had a complete regrowth of hair within a period of merely 5 months without relapse or reoccurrence of the condition. However, more publications and research studies are needed to further increase the evidence of effectiveness of homoeopathy in cases of Alopecia areata.

References

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