



Alopecia Areata and it's Homoeopathic Management

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ABSTRACT:

Alopecia areata (AA) is an autoimmune disorder characterized by non-scarring bald patches affecting the hairy areas of the body. The scalp is mostly affected in connection with childhood. Depending on the characteristic symptoms, the patient was given a single dose of 1M phosphorus and then observed. After administration of the drug, the patient's lost hair began to return and significant hair growth was observed. Thus, in this case, the effectiveness of phosphorus as a constitutional medicine was seen.

Keywords: Alopecia areata.

Introduction :

Alopecia areata (AA) is a chronic autoimmune disease that affects the hair follicles and sometimes the nails. It involves any hairy part of the body, but in most cases the scalp is affected. It is the most common form of non-scarring alopecia. It is believed to be an organ-specific autoimmune disorder with a genetic predisposition. [2] Autoimmune-mediated T-cell attack on the hair follicle. This results in patches of outermost alopecia on the patient's scalp, face, and other hairy skin on the patient's body. It accounts for 2-3% of new dermatological cases in the UK and USA, 3.8% in China and 0.7% in.

Pathogenesis:

Normally, the immune system is known to protect the body from bacteria and viruses. It is a shield that prevents them from entering the body. In autoimmune disorders such as alopecia, the immune system becomes dysfunctional and fails to recognize the body's own tissues. In alopecia areata, the immune system mistakenly attacks the hair follicles (the structure from which hair grows), resulting in coin-sized circular bald spots that can increase in size and number over time. However, the exact cause of what triggers the immune system to cause hair loss is still unknown. Microscopically, it has been observed that hair follicles (hair roots) are attacked by lymphocytes (immune cells) during the anagen phase (hair growth), resulting in hair growth.

Causes of alopecia areata:

Genetic factors: Many genes have been linked to alopecia areata which

participate in the body's immune response. Genes belonging to HLA (Human leukocyte antigen) are responsible for modifying the immune response and targeting hair follicles. Individuals with this disorder are often seen to have some other autoimmune disorder than alopecia areata that runs in their families.

Chemicals: Regular and long-term use of cosmetics such as shampoos, conditioners, serums based on sulfur, ether and paraben damage the hair follicles, thereby causing hair loss and later alopecia if not controlled in time.

Mechanical: Tying hair tightly for long periods of time causes the hairline to recede, leading to traction alopecia.

Hormonal factors: Alopecia is associated with certain hormonal fluctuations. Several cases of alopecia have been observed to occur at different stages of life where hormones play an active role. Alopecia areata is triggered during puberty, menopause and after childbirth.

Trichotillomania: It is a psychological disorder where a person is compelled to pull out their own hair on the scalp, eyebrows, eyelashes and other hairy parts of the body.

Fungal infection: Conditions affecting the scalp such as seborrheic dermatitis and tinea capitis can also lead to irregular hair loss in the affected area. This is a reversible condition as the hair grows back after the underlying fungal infection affecting the hair follicles is treated.

Associated disease status: Individuals suffering from other autoimmune skin diseases such as psoriasis, atopic dermatitis (eczema) and lichen planus are prone to developing alopecia areata. For example, a person suffering from scalp psoriasis has scaly, itchy skin that leads to hair loss and thus baldness in the affected area. A similar presentation is seen in two other skin disorders. When baldness occurs as a result of these underlying conditions, this type of alopecia areata is called alopecia areata. In this particular condition, the hair does not grow back due to permanent scarring over the hair follicles. This scar destroys the hair follicles there

Types of alopecia areata:

Alopecia Totalis: This variety causes hair loss all over the scalp

Alopecia Universalis: In alopecia universalis, there is a complete loss of hair all over the body including the scalp, eyebrows, eyelashes, beard, armpits and private parts.

Traction Alopecia: Baldness is caused by constant mechanical pulling of the hair. This condition is reversible if treated early, but can become irreversible in later stages.

Symptoms of alopecia areata:

Hair loss: The main symptom of alopecia areata is irregular hair loss. Hair falls out, which leads to the formation of circular bald spots in the affected area.

PinPoint Hair: This type of hair growth can be seen at the edge of bald spots resembling an exclamation mark.

Irritation: Some patients may complain of pain and itching in the bald area, although this may be minor.

Scarring: Areas of hyperpigmentation (dark discoloration) on bald patches can be seen in individuals suffering from scarring alopecia areata.

Reflected nails:

Diagnosis of alopecia areata:

The key to diagnosing alopecia areata is observing the circular bald spots on the scalp that are characteristic of alopecia areata. On examination, the bald spots have a smooth texture.

The diagnosis can also be confirmed by trichoscopy, which will show yellow and black dots (destroyed hair follicles). Blood tests such as thyroid function tests, blood sugar levels, C reactive protein, iron levels and more may be done to rule out any other autoimmune disease.

Homeopathic treatment of alopecia areata

There is no cure for alopecia areata in the conventional system of medicine. In some patients, the hair loss worsens even when they are on treatment. On the other hand, the homeopathic system of medicine provides a safe and effective solution to this menace. Many specific drugs are known to bring great results in the treatment of alopecia areata. Also, in some other cases, constitutional medicines give better results and prevent re-loss of hair. For this, a trained homeopathic doctor takes a detailed patient history. It elicits symptoms from both the psychological and physical realms of the patient, as well as the anamnesis and family history of the patient to determine the exact cause of the illness. After induction, the medicine that most closely resembles the manifestation of the disease state is prescribed. The medicine thus prescribed has been found to be the best homeopathic medicine in every single case of alopecia areata.

Some of the commonly indicated homeopathic remedies for alopecia areata are:

ACIDUM FLUORICUM- It is indicated for alopecia areata in very warm-blooded patients. Such patients feel very uncomfortable in a warm room and during warm applications. They are also prone to chronic and destructive processes such as bedsores, ulcerations, varicose veins and bone decay.

LYCOPodium CLAVATUM- It is suitable when hair loss is associated with abdominal, respiratory or urinary problems. Symptoms worsen between 4:00 PM and 8:00 PM. The patient as a person is domineering, greedy, stingy and cowardly. He likes sweet and hot drinks.

PHOSPHORUS - It is indicated for alopecia areata, when the hair falls out in large bundles. The human patient is tall, thin with glowing skin. It is hypersensitive to external influences such as light, odors, electrical changes and storms. Even in winter, they crave chilled drinks.

SELENIUM METALLICUM- It is indicated for loss of hair from the eyebrows, beard and genitals. The patient generally has great weakness, which is aggravated by heat.

VINCA MINOR- It is indicated for hair loss and its replacement by gray hair. There are also bald spots that are covered with short wavy hair.

CONCLUSION – Thus, Alopecia areata is a chronic autoimmune disorder leading to irregular hair loss from the scalp and even from other parts of the body. Its cause has not yet been elucidated, but is probably attributed to genetics. Because of uncertainty about the cause, prevention of alopecia areata is difficult.

The homeopathic system of medicine, which is thoroughly scientific and based on solid laws, provides a safe and effective solution to this problem. The constitutional medicine helps in hair regrowth, prevents recurrence of hair loss and even treats other chronic conditions coexisting with the patient at the time of treatment.

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