



CASE STUDY

ALOPECIA AREATA TREATED WITH INDIVIDUALIZED HOMOEOPATHIC MEDICINE: AN EVIDENCE BASED CASE REPORT

Farazi Mirza¹, Vijaya Goswami²

¹PGR, Department of Practice of Medicine, ²Assistant Professor, Bakson Homoeopathic Medical College & Hospital, Greater Noida, Uttar Pradesh – 201306

Abstract

Received- 12/02/2024

Revised- 25/03/2024

Accepted- 30/03/2024

Key Word- Alopecia Areata, Hair fall, Homoeopathy, Individualization, *Pulsatilla, Tuberculinum*

Corresponding Author:-
Farazi Mirza, PGR, Department of Practice of Medicine, Bakson Homoeopathic medical college & hospital, Greater Noida, Uttar Pradesh – 201306 [Email: fmirza260@gmail.com]

Background: Alopecia Areata is a non-scarring hair loss in the form of patches. It is an auto-immune disease and can be found in any age or sex. **Objective:** This is a case report of a 24 year old un-married female patient who had several bald patches on her scalp and was not getting any changes with conventional treatment and home remedies. She has diagnosed with Alopecia Areata and now she want to take homoeopathy to treat her hair. **Methods:** Tuberculinum was given as first prescription to counter her past history and family history of tuberculosis (miasmatic block) which is followed by Pulsatilla on the basis of individualization and totality of the symptoms. **Results:** After administration of Pulsatilla her bald patches starts covering with hair and get fully covered with hair in around 2 months.

INTRODUCTION

The word 'Alopecia' is the medical term used for baldness which actually comes from a Greek word for fox 'Alopex', and was given that name because of the fur loss associated with fox mange. On the other hand, the word 'Areata' originates from a Latin word 'Area', which refers to an open area or patch.¹ It is characterized by acute and complete or partial hair loss accompanied by few or bald patches, more often round or oval in shape. These bald patches usually found on the scalp, but can also be seen on beard area in men and some other hairy areas of the body too. Most of the people who are diagnosed with Alopecia areata are otherwise healthy. In many pediatric cases, these patches can show regrowth of hair without treatment as well.²

It is very common among children and teenagers but can be seen at any age as well. The incidence between both the sexes is somehow equally distributed. It is actually an auto immune disorder which takes place when our immune system start attacking the hair follicle, apart from the auto immune cause, it can also triggered by severe stress levels.³ An actual cause is unknown for why our immune system starts attacking our hair follicles. There are some researches which show some unusual cell-mediated immune elements in alopecia areata. It has seen that family

history plays an important role as well, in 25-30% of patients family history used to be present.² It is believed that it tends to run in families.

Alopecia Areata can be of different types but the most common one to notice are of three types. The first and most commonly found is of 'Patchy Alopecia Areata' in which we can find the patchy hair loss of any shape. It can be found on scalp, beard or any hairy area. Another type 'Alopecia Totalis' is considered when the whole scalp become bald while 'Alopecia Universalis' is the severe form of hair loss in which the hair fall is from whole body.⁴ Sometimes these can be found associated with other autoimmune conditions too; for example, thyroid disorders, leucoderma, diabetes mellitus type 1 and psoriasis etc. In auto immune diseases homoeopathy has shown tremendous results and even in alopecia Homoeopathy has beneficial outcomes and this can be a hopeful treatment method in future.

CASE PRESENTATION

An un-married female patient of 24 year old came to clinic on 24 August, 2021 with chief complaints of excessive hair fall and baldness with multiple patches on scalp. They were occurring gradually for last six months and now progressing circumferentially. As per her words there was no itching in those spots and she didn't even mention any other

signs of irritation. There was no any other sign of inflammation or scarring present.

History Of Presenting Complaints:

The patient has noticed first patch of baldness on vertex in Feb 2021, for which she had used some home remedies like onion juice, oiling etc., but she didn't get any satisfactory results. Then she went to an allopathic doctor but during the treatment she has noticed few more bald patches which make her more anxious. After approximately two months, she came to the clinic for homoeopathic treatment.

Past History: The patient has history of tuberculosis in her teenage. In her last two three years, the patient has experienced recurrent upper respiratory tract infections with every change of weather. She used to experienced epistaxis in every summer.

Family History: In her family, her father was suffering from bronchitis and her mother had cholelithiasis. In her paternal grandparents both had pulmonary tuberculosis and they died due to this cause. Her paternal uncle had pulmonary tuberculosis. In her maternal grandparents, as per patients' words both had abdominal cancer and the reason of their death is same.

Personal History: Patient does not smoke and drink. She follows a non-vegetarian diet. She received all of her vaccines on schedule and experienced no negative side

effects. Her developmental milestones happened on appropriate time. No any specific allergy noticed.

Gynecological History: She had her first menses at the age of 14 years. Her cycle mostly regular and duration of the cycle is 25-29 days. The duration of the menstrual phase is only 2-3 days, with very scanty bleeding. There is no such abnormal pain present during cycle. At the commencement of her menses she used to have romantic dreams. No any other abnormal vaginal discharge mentioned.

Physical General: Patient is sensitive to change of weather, and her thermal reaction is more towards hot. She is not so thirsty, as she needs to drink water by remembering. Her appetite is average, likes to eat non-veg especially chicken. She likes to drink tea a lot, around 4-5 cups a day. Her bowel is normal, very occasionally constipated. She likes spicy food. Perspiration is scanty and there is no odor. She used to sleep late at night and wakes up late in the morning.

Mental General: Patient said that she is very mild and gentle in nature. She can never say no to anyone for anything. She is very shy as a person. She is immensely emotional and cries very easily. She has mood swings as well and her feeling changes very quickly. She is so depressed about her family financial issues, she used to earn and help her family. She had her

entrance exams but due to her family pressure she was obliged to earn. She is so anxious about her admission and starts crying while describing this. She likes to be in company and feel better by consolation of her friends and loved ones.

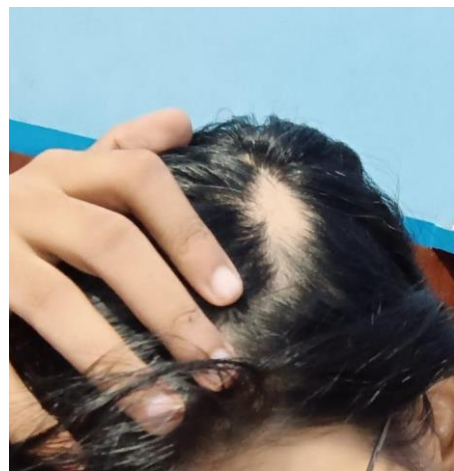
General Physical Examination: Patient was conscious with Ectomorphic built. Patient weighs 43kg and her height is around 160 cm. Her pulse was 74 beats per minute with blood pressure 110/80 mmHg. Her respiratory rate was 17 breaths per minute. Her nutrition was good and there was no sign of pallor, cyanosis and icterus. There is no lymphadenopathy. Her nail and skin was healthy and her oral health is good.

Local Examination: There are multiple bald patches on scalp without any sign of inflammation. There is no scarring as well.

Diagnosis: It was diagnosed as Alopecia Areata clinically.



Figure 1 (Before and During Treatment)



Evaluation Of Symptoms With Miasmatic Analysis: Evaluation and Analysis of symptoms done as per the Kentian method.

| S. No. | Classification of Symptoms | Symptoms | Intensity | Miasm |
|--------|----------------------------|-------------------------|-----------|---------|
| 1. | Mental Generals | Timid and shy in nature | 3+ | Psora |
| | | Tearful about life | 3+ | Sycosis |
| | | Anxious about future | 3+ | Sycosis |
| | | Company desire | 2+ | Psora |
| 2. | Physical Generals | Desire for tea. | 3+ | Sycosis |
| | | Sleep late in night. | 3+ | Sycosis |
| | | Desire for spicy food. | 2+ | Psora |
| 3. | Physical Particular | Bald patches | 3+ | Psora |

Totality Of Symptoms:

1. Timid and shy in nature
2. Tearful about life
3. Anxious about future.
4. Company desire
5. Desire for tea.
6. Sleep late in night.
7. Desire for spicy food.
8. Bald patches.

1. MIND – TIMIDITY – bashful
2. MIND – ANXIETY – future ,about
3. MIND – WEEPING – easily
4. GENERALS – FOOD and DRINKS – tea – desire
5. HEAD – HAIR – baldness – patches

Repertorial Analysis: The case was repertorized by following kentian method. So we have given importance to mental generals then physical generals and particulars for concluding the similimum. Repertorization was done with the help of synthesis repertory by using RADAR Opus software Version 3.2.15 – Beta Version. The following rubrics are analyzed for final repertorization:

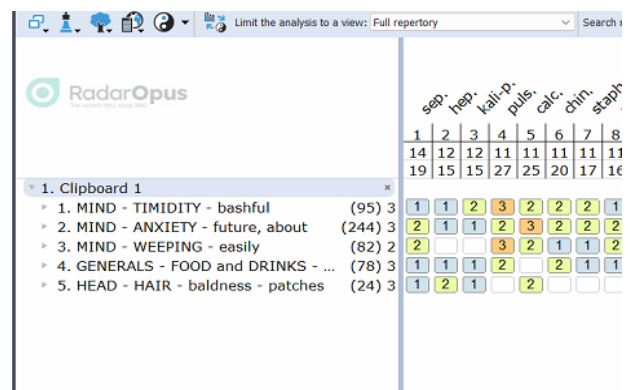


Figure 1 (Repertorial Sheet)

Repertorial Result:

- Sepia* – 19/14
- Hepar* – 15/12
- Kali phos.* – 15/12
- Pulsatilla* – 27/11

Calcarea – 25/11

Prescription: The case was actually started with *Tuberculinum 200C*, single dose, due to her family history and past history of severe tuberculosis. Then with the gap of 2 days *Pulsatilla 200C*, single dose was given followed by *Saccharum lactis*, 4 globules thrice a day for 15 days.

Justification Of Remedy Selection: *Pulsatilla* was selected as it got maximum marks in repertorization and covering all the rubrics of mental generals. The following key points of *Materia Medica* support the remedy:

- Patient was timid and shy
- Emotional and tearful
- Company desire.
- Sympathy ameliorates her trouble
- She can never say no to anyone
- Mood swings
- Thirst less
- Sleeps late in night wakes up late in the morning
- Desire for spicy food
- Scanty menses.

- Patient was neither chilly nor hot properly but more towards hot.

WHY NOT SEPIA? – *Sepia* was not selected because,

- Patient was not chilly.
- She was not indifferent
- There is no hysteric condition.
- She likes to be in company.

WHY NOT HEPAR? – We haven't selected *Hepar* because,

- Patient was not oversensitive.
- Patient was not chilly.
- She was not very hasty in work.
- There is no marked irritability.

WHY NOT KALI PHOSPHORICUM? – The patient hasn't prescribed *Kali phos.* because,

- Patient has good memory
- Patient was not indifferent to her family.
- She likes to talk and to be with her loved ones.
- She was not restless.

Follow-Up Of The Case:

| S.N | DATE | SYMPTOMS | PRESCRIPTION |
|-----|----------|--|---|
| 1. | 24-08-21 | Bald patches on scalp and anxiety about future. Past History and Family history of tuberculosis. | <i>Tuberculinum 200C</i> , stat dose was given with <i>Saccharum lactis</i> three times a day for 2 days. |
| 2. | 26-08-21 | No changes in the patches and anxiety. | <i>Pulsatilla 200C</i> , single dose <i>Saccharum lactis</i> three times a day for 15 days. Advice to eat proteinaceous food. |

| | | | |
|----|----------|--|---|
| 3. | 11-09-21 | No improvement in bald patches, but patient was feeling better in her respiratory situation. She said there is no change in the patches but internally she is feeling light. | Saccharum lactis three times a day for 15 days. |
| 4. | 26-09-21 | Hair fall reduces. Bald patches show no improvement which makes her anxious and tensed. | Pulsatilla 200C, single dose Saccharum lactis three times a day for 21 days. |
| 5. | 18-10-21 | Hair growth started in those bald patches. Minimal hair fall. She was so happy because her entrance exam went well too. | Saccharum lactis three times a day for 15 days. |
| 6. | 03-11-21 | No new complaint. She was feeling better both mentally and physically. Bald patches got covered with hair. | Saccharum lactis three times a day for 10 days. |

Results: All Bald patches were fully covered with hair and no abnormal hair fall is present now. Patient was even feeling better at every aspect. Her entrance exam went well and she is not so anxious nowadays.

Discussion: Alopecia sufferers used to experience a number of side effects when receiving conventional treatment and these side effects can sometimes be very dangerous. As a result, patients often seek for complementary and alternative forms of treatment. In these cases, Homoeopathy show very beneficial results and give no any other adverse consequences. Nowadays patients' inclination towards homoeopathy is increasing, with individualized homoeopathic remedies

there are favorable results for hair development on bald patches.

In this case study, the Alopecia Areata recovered concurrently with the growth of new hairs. Here we have started the case with *Tuberculinum* which has shown improvement in her old respiratory distresses very nicely. We can conclude that *Tuberculinum* has removed the miasmatic block of that tubercular history and family history. As Alopecia Areata is a chronic illness with unpredictable and variable course of events, such as relapses, remissions, or persistence of severe hair loss; prescription of constitutional medicine helped to accelerate the improvement over the course of few months, which was observed and was

photographed to show that Homoeopathy

is Evidence Based Medicine.



(After Treatment)

CONCLUSION: By following the principles of organon of medicine and guidelines of founder of Homoeopathy Sir C.F.S. Hahnemann, we were able to cure many difficult cases. In this case, *Pulsatilla* was selected by the totality of the symptoms while it was not on first number in repertorization but it got maximum marks and with the knowledge of Materia Medica we have selected it.

The case showed rapid and gentle improvement within 2 months so it was followed by *saccharum lactis* only; *Pulsatilla* was repeated only one time after a month. With this case and the pictorial proof we can easily understand the importance of homoeopathy in treating alopecia areata. All the bald patches were covered with new hair in this case and gave tremendous results.

PATIENT'S CONSENT: The patient's permission was obtained before the case's clinical photographs and publication.

REFERENCES:

1. Callander J., Yesudian PD, Nosological Nightmare and Etiological Enigma: A History of Alopecia Areata: *International Journal of Trichology*. 2018; 10(3): 140-141. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6028995/#:~:text=The%20Oterm%20alopecia%2C%20used%20by,a%20vacant%20space%20or%20p atch> [Accessed 21 June 2023]
2. Master F. J., Diseases of the Hair. In: *Skin Homoeopathic approach to Dermatology* 2nd revised edition. India: B. Jain publishers (P) Ltd. p. 685-686.
3. Liwen XU, Kevin X. Liu., et al A Practical Approach to the Diagnosis and Management of Hair Loss in Children and Adolescents: *Frontiers in Medicine*. 2017; vol 4 (112). Available from: <https://www.frontiersin.org/articles/10.3389/fmed.2017.00112/full> [Accessed 10 June 2023]
4. Gordon KA, Tosti A, Alopecia: evaluation and treatment: *Clinical, Cosmetic and Investigational Dermatology*. 2011; vol 4. Available from <https://www.tandfonline.com/doi/full/10.2147/CCID.S10182> [Accessed 10 June 2023]
5. Clarke JH, *A Dictionary of Practical Materia Medica*. Vol 1, London: The Homoeopathic Publishing Company; 1902.
6. Allen JH, *The Chronic Miasms Psora And Pseudo-Psora*. Vol 1, Chicago [Publisher Unknown] p. 31-36
7. Allen JH, *The Chronic Miasms Sycosis*. Vol 2, Chicago [Publisher Unknown] p. 49-58

How to Cite this Article- Mirza F., Goswami V., Alopecia Areata Treated With Individualized Homoeopathic Medicine: An Evidence Based Case Report. *TUJ. Homo & Medi. Sci.* 2024;7(1):41-49.

Conflict of Interest: None

Source of Support: Nil



This work is licensed under a Creative Commons Attribution 4.0 International License

