



A Case Report of Alopecia Areata Treated with Homoeopathy

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Abstract

This is a case report of a male patient diagnosed with alopecia areata. It is sudden hair loss that starts with one or more circular bald patches that may overlap. When patient came for consultation he was unable to use his right side of body. After thorough case taking totality of symptoms were erected and the case was repertorized using synthesis repertory in which we got few homoeopathic medicines including Calcarea carbonica, Sepia, Lycopodium, Carbo-veg, Phosphorus, and others. Prescription was made finally on the basis of physical and mental generals keeping in the mind materia medica and homoeopathic principles.

Key Word- Alopecia areata, Calcarea carbonica, Numbness, Synthesis repertory, Homoeopathy.

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Received – 10/08/2021

Revised- 21/9/2021

Accepted – 28/09/2021

INTRODUCTION

Alopecia areata¹ is a condition that causes hair to fall out in small patches, which can be unnoticeable. These patches may connect, however, and then become noticeable. The condition develops when the immune system attacks the hair follicles, resulting in hair loss. Sudden hair loss may occur on the scalp, and in some cases the eyebrows, eyelashes, and face, as well as other parts of the body. It can also

develop slowly and recur after years between instances.

The condition can result in total hair loss, called alopecia universalis, and it can prevent hair from growing back. When hair does grow back, it's possible for the hair to fall out again.

How to Cite this Article- Srivastava M., A Case Report of Alopecia Areata Treated with Homoeopathy. TUJ. Homo & Medi. Sci. 2021;4(3):54-58.

There's currently no cure for alopecia areata. However, there are treatments that may help hair grow back more quickly and that can prevent future hair loss, as well as unique ways to cover up the hair loss. Resources are also available to help people cope with stress related to hair loss.

Symptoms

The main and often the only symptom of alopecia is hair loss. You may notice:

- Small bald patches on your scalp or other parts of your body
- Patches may get larger and grow together into a bald spot
- Hair grows back in one spot and falls out in another
- You lose a lot of hair over a short time
- More hair loss in cold weather
- Fingernails and toenails become red, brittle, and pitted

The bald patches of skin are smooth, with no rash or redness. But you may feel a tingling, itching, or burning sensation on your skin right before the hair falls out.

Causes

Alopecia areata is an autoimmune condition. An autoimmune condition develops when the immune system mistakes healthy cells for foreign substances. Normally, the immune system

defends your body against foreign invaders, such as viruses and bacteria.

If you have alopecia areata, however, your immune system mistakenly attacks your hair follicles. Hair follicles are the structures from which hairs grow. The follicles become smaller and stop producing hair, leading to hair loss.

However, it most often occurs in people who have a family history of other autoimmune conditions, such as type 1 diabetes or rheumatoid arthritis. This is why some scientists suspect that genetics may contribute to the development of alopecia areata.

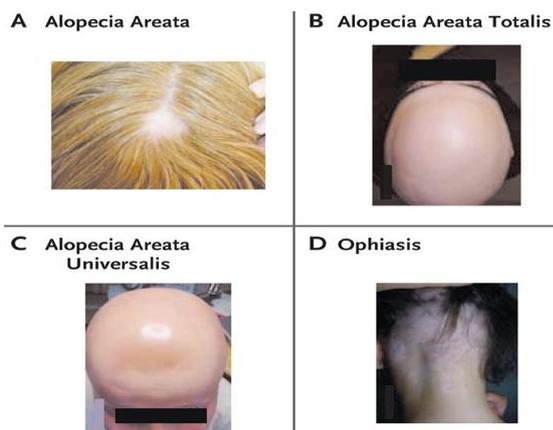
Types

The main symptom of alopecia areata is hair loss. Hair usually falls out in small patches on the scalp. These patches are often several centimeters or less. Hair loss might also occur on other parts of the face, like the eyebrows, eyelashes, and beard, as well as other parts of the body. Some people lose hair in a few places. Others lose it in a lot of spots.

You may first notice clumps of hair on your pillow or in the shower. If the spots are on the back of your head, someone may bring it to your attention. However, other health conditions can also cause hair to fall out in a similar pattern. Hair loss alone isn't used to diagnose alopecia areata.

There are different types of this condition. Alopecia areata is most common in its main form, but there are other, more rare types:

- Alopecia areata totalis means you've lost all the hair on your head.
- Alopecia areata universalis is the loss of hair over your entire body.
- Diffuse alopecia areata is a sudden thinning of your hair rather than lost patches.
- Ophiasis alopecia areata causes hair loss in a band shape around the sides and back of your head.



Diagnosis

If one have alopecia areata, the physician reach to this diagnosis after thorough examination, they

- Take a close look at the areas where patient have hair loss
- Pull gently on the hairs at the edges of the bald patch to see if they come out easily

- Check individual hairs and follicles to see if they're abnormally shaped
- Examine patients nails

Rarely, you may have a biopsy, which means a small piece of skin is removed from your scalp and looked at under a microscope.

Many conditions can cause hair loss. So your doctor may test your skin for a fungal infection or give you blood tests to check for thyroid, hormone, or immune system problems.

CASE REPORT

Personal Data

Name of patient: Mr. S. Kumar

Age: 20 years

Sex: Male

Marital Status: Unmarried

Presenting Complaints

Patient complains of patchy loss of hairs on scalp progressively since 4-5 years. The size of patch is increasing with time. The spot on scalp is smooth.

Hair falls out more in cold weather.

Patient is taking allopathic treatment for this complaint

History of Present Complaints

Patient noticed hair fall while combing since 4-5 years. Loss of hairs started forming a small smooth spot on vertex and it is increasing in size leaving a large sized patch on scalp.

Patient has small and hard swelling in neck since 6 years it is non-tender. Have small skin eruptions all over body with watery discharge from them since 3-4 months. He has carries of teeth of right side.

Past Medical History

Typhoid fever (2017)

Family History

Father-Diabetes mellitus

Physical Generals

- Thermal – Chilly
- Thirst – Thirsty
- Appetite-Normal
- Desire –Sour things
- Aversion –Nothing specific
- Stool –Normal
- Urine- Normal
- Perspiration –profuse and offensive on forehead
- Sleep –Sound Sleep
- Eye- Weak vision of right eye
- Riding cars- Nauseates

Mental Generals

- Dullness, Unable to do work actively
- Desires Company
- Sad and worried due to hair loss problem
- Excessive mental stress.
Anger++

Provisional Diagnosis

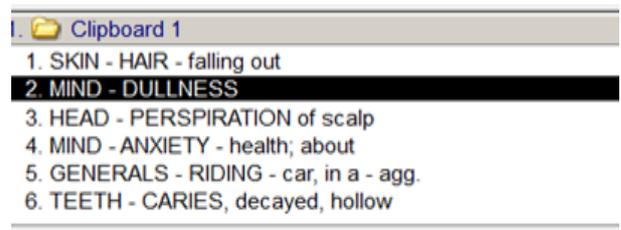
Alopecia areata

Rubrics Taken

- Skin-Hair-falling out
- Mind-Dullness
- Head-Perspiration of scalp
- Mind-Anxiety-health; about
- Generals-Riding-car, in a – agg.
- Teeth-Caries, decayed, hollow

Repertorial Analysis

Case was repertorized with synthesis repertory3 Repertorium Homoeopathicum Syntheticum’ written by Dr. Frederik Schroyens.



	sep.	calc.	lyc.	carb-v.	phos.	calc-p	graph.	kali-c.	sulph.	nat-m.	sil.	bell.	puls.	bar-c.	b
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Prescription

Calcarea Carb 200 BD
SL TDS

Investigations



Patient's scalp on 22/09/2020



Patient's scalp on 17/11/2020



Patient's scalp on 20/01/2021

/2020	Patch on scalp is decreasing in size.	Carb 200 BD
20/01 /2021	Patch on scalp is reduced. Hair loss improved. Swelling on neck resolved.	Sac lac 30 BD

CONCLUSION

Homoeopathic medicine selected on the basis of principles of Hahnemann proved to be very effective in case of Alopecia areata and showed good improvement.

REFERENCES

1. <https://www.healthline.com/health/alopecia-areata#symptoms>
2. <https://www.webmd.com/skin-problems-and-treatments/guide/alopecia-areata>
3. Schroyens, Frederik: Repertorium Homoeopathicum Syntheticum.

Follow-up

Date	Symptoms	Medicines
22/09 /2020	Patient 1 st visit for consultation	Calcarea Carb 200 BD
15/10 /2020	Hair loss with not much improvement Swelling on neck decreased	Sac Lac 30 BD
17/11	Hair loss is less.	Calcarea

Conflict of Interest: None

Source of Support: Nil

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