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## Individualization in homoeopathy: A case study of alopecia areata

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### Abstract

Alopecia areata is a condition that causes hair to fall out in small patches. These patches may connect, however, and then become noticeable. The condition develops when the immune system attacks the hair follicles, resulting in hair loss. In homoeopathy this condition can be treated effectively on the basis of individuality.

**Case Summary:** A case of 47 years female suffering from alopecia areata treated effectively by Nat. Mur. 1M on the basis of constitutional approach.

**Keywords:** Alopecia areata, Individualization, simillimum, nat. mur, constitutional approach

### Introduction

Individualization word came from IN = not & Deciduous = divisible meaning not divisible. Dr. Hahnemann taught us not to prescribe on disease diagnosis but to prescribe on a person having a disease.

Dr. Orthopedic talk like a person is suffering from OA, RA, SLE but Dr. Homeopaths talk like a person is suffering from Rhus. Tox. OA or Bryonia RA.

In homeopathy a prescription selection upon individualization of a person not on the basis of diagnosis and pathology.

Aphorism 153 Dr. Hahnemann talks about more striking, singular, uncommon and peculiar characteristic signs and symptoms of a case.

For example, fever with thirst - common symptoms. Fever without thirst - unexplained PQRS, characteristic symptoms.

It is very important for individualization on the basis of homeopathic prescriptions made. Any phenomenon in the universe is based on cause and effects. Even if the cause is the same the effects will vary depending upon the constitution of the person on which it operates.

Even non-living things are no similar For example, no two rivers are alike no two trees are alike.

So how can living beings be ???

For example, cause of the same situation break up in the relationship, different persons act or cope differently so the effects will vary from person to person. One person gets depressed, weeps in solitude for months and years together - Nat. Mur.

Second person becomes very talkative, revengeful - laches is. 3<sup>rd</sup> person very indifferent to his life even he makes suicidal attempt Aurum. Met.

No two individuals are alike both in health and in disease. Every individual is characterized by some unique features which differentiate him from the other individuals belonging to the same class or group.

The disease condition stated in the books of the allied subjects and observed in the patients is not identical.

Constitution gives = Individuality to a person.

Aphorism 71 tripods of individualization

Individualized study of each remedy gives in materia medica.

Individualized examination of the patient.

Individualization of the remedy which is most similar to the patient in regard to the symptoms depth and pace of ailments.

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**Case history**

Name: Mrs. Parmar.  
 Age: 47 years.  
 Sex: Female.  
 Religion: Hindu.  
 Occupation: Government school teacher.  
 Address: Vadodara.  
 Presenting complaint.

**Location**

Scalp.  
 Hair falling from roots, no dandruff.  
 Nape of neck.

**Sensation**

No itching.  
 Pain radiating to right arm.

**Modality**

Agg. From washing Agg. From combing.  
 Agg. From movement Better from.

**Past history of illness and treatment**

Fissure in ANO - 5 years ago - homeopathic treatment is taken - cured.

**Family history**

Father: Alive healthy.  
 Mother: Alive healthy.  
 Brother/sister: 1 brother alive healthy.  
 Children: 1 boy and 1 daughter both are healthy.

**Personal history**

Appetite: Adequate.  
 Desires: Spicy+3.  
 Aversion: Not specific.  
 Bowels: Once a day satisfactory.  
 Urine: 6-7 times/day.  
 Sleep: Sound.  
 Vaccination: As per schedule.  
 Perspiration: As per season.

**Thermal state**

Hot  
 Open air - Like  
 Bath: With cold water  
 Covering: Only in extreme winter

**Menstrual history**

Age of menarche: 15 year.  
 Menses - Regular.  
 Duration: 4-5 days.  
 Flow: Normal bright red color, clots occasionally, smelling strong no any complaints during menses.

**Obstetrics history**

2 full term pregnancy.  
 Normal delivery.

**Patient as a person**

Nature of a person is very ambitious.  
 Image conscious.  
 Duty bound person.  
 Her husband is very dominating and aggressive in nature that affects her very badly. Do not like her husband's nature.  
 Not satisfied.  
 Care for her children.  
 Like to do things in her own manner.  
 Not a good relationship with her in-laws.  
 Angry in a certain situation but can't express her anger.  
 Suppressed her anger.  
 Don't discuss her issues with others easily.  
 She did planning for the future of children.

**Systemic examination**

B. P: 120/80mmHg  
 Pulse rate: 75/min  
 R.R: 14 breath/min  
 Weight: 58 kg  
 Sclera/conjunctiva: Pallor

**Diagnosis:** Alopecia areata.  
 Patchy hair loss (Female Pattern Baldness).

**Case analysis****Totality of symptoms**

Hair falling from roots, no itching, no dandruff.  
 < From washing.  
 < From combing.  
 Desire spicy.  
 Like open air.  
 Thermal hot.  
 Suppressed anger.  
 Ambitious.  
 Image conscious.  
 Introvert.  
 Duty bound.

**Table 1:** Analysis and evaluation

Sr. No.	Symptoms	Types of symptoms	Intensity	Miasmatic analysis
1.	Suppressed anger	Characteristics mental general	+++	Sycosis
2.	Ambitious	Characteristics mental general	+++	Sycosis
3.	Image conscious	Characteristics mental general	+++	Psora
4.	Duty bound	Mental general	++	Psora
5.	Introvert	Mental general	++	Psora
6.	Desire spicy	Characteristic Physical general	+++	Sycosis
7.	Like open air	Physical general	++	Psora
8.	Hair falling from roots	Physical particular	+++	Sycosis

**Treatment Plan:** No other mode of treatment was adopted. A single suitable remedy was prescribed based on the analysis and evaluation and repertorization.

**Remedy selection:** After Repertorisation Nat. Mur. Covered all characteristic symptoms and having 2<sup>nd</sup> highest marks. Considering suppressed anger, ambitious, desire for

open air and Nat. Mur. Having mark action on hairs.  
 Rx Nat. Mur. 1M one dose in the morning.  
 SL for 15 days 4 globules.

Morning - Afternoon – Evening.  
 Nat. Mur. Covers most of the mental and characteristic symptoms of the case so potency is high.

<b>1 MIND - AILMENTS FROM suppressed :</b>	Remedies	ΣSym	ΣDeg	Symptom
	lyc.	8	16	1, 2, 3, 4, 6, 7, 8
<b>2 MIND - AMBITION - increa competitive :</b>	nat-m.	8	15	1, 2, 3, 4, 6, 7, 8
	aur.	8	13	1, 2, 3, 4, 6, 7, 8
<b>3 MIND - DUTY - too much sense of duty :</b>	sep.	7	12	1, 3, 4, 5, 7, 8
	ars.	7	11	1, 3, 4, 5, 7, 8
<b>4 MIND - RESERVED :</b>	tritic-vg.	7	10	1, 3, 4, 5, 7, 8
<b>5 MIND - TIMIDITY :</b>	carc.	7	8	1, 2, 3, 4, 7, 8
<b>6 HEAD - HAIR - falling :</b>	vanil.	7	7	1, 3, 4, 5, 7, 8
<b>7 GENERALS - AIR; OPEN -</b>	phos.	6	14	1, 4, 5, 6, 8
<b>8 GENERALS - FOOD and DR desire :</b>	puls.	6	14	1. 4. 5. 6.

Table 2: Follow up

Date	Alterations in symptoms	Interpretation	Prescriptions
5/10/21	Hair falling reduce 50% Generally Feeling better	Selection of drug is right Improvement	Nat. Mur. 1M one dose in morning
19/10/21	Hair falling stop 80% New hair growth are seen on bald spots	Improvement	Nat. Mur. 1M one dose in morning
2/11/21	Hair falling stop 100% New hair growth are seen on bald spots	Improvement	Nat. Mur. 1M one dose in morning
16/11/21	Patient feel much better and happy No hair falling Hair growth increased on bald spots	Improvement Amelioration is continued no Repetition of medicine	SL for 15 days 4 globules Morning - afternoon - Evening
30/11/21	Hair growth increased on bald spots	Improvement	SL for 15 days 4 globules Morning - afternoon - Evening
14/12/21	Hair growth increased on bald spots	Improvement	SL for 15 days 4 globules Morning - afternoon - Evening
28/12/21	Hair growth increased	Improvement	SL for 15 days 4 globules Morning - afternoon - Evening
11/1/21	Hair growth increased	Improvement	SL for 15 days 4 globules Morning - afternoon - Evening



Fig 1: After month new hair growth are seen

**Conclusions**

The articles which tries to unearth the evidence of homoeopathy in treating the case of alopecia areata. In this case homoeopathic medicine were selected on the basis of individualization and medicine was successful in treating alopecia areata. Thus Individual approach & Constitution give 100% results & permanent & consistent growth.

**Conflict of Interest**

Not available

**Financial Support**

Not available

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### How to Cite This Article

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