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## Evidence based case report of alopecia areata treated with fluoric acid

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### Abstract

Alopecia areata (AA) is an autoimmune disease that causes patches on the scalp and body hair. Hair loss can have many forms ranging from loss in well-defined patches to diffuse or total hair loss, which can affect all hair-bearing sites. Patchy alopecia areata affecting the scalp is the most common type. The case presented here is of a 18-year-old girl who had complained of patchy hair loss with itching of scalp and dandruff for 8 months and was treated with symptomatic homoeopathic medicine with a 4-months follow-up. This article is about Homoeopathic management of a case of Alopecia Areata

**Keywords:** Alopecia areata, bald, individualized medicine, fluoric acid

### Introduction

Alopecia areata is a common autoimmune disorder that often results in unpredictable hair loss and is characterized by sudden and patchy hair loss.

The word “areata” means patchy. Because this disease often causes patchy hair loss, it’s usually called alopecia areata. “Alopecia” means hair loss.

This condition results from the immune system by attacking on normal healthy hair follicles, leading to hair loss without permanent damage to the follicles. Alopecia areata often presents as isolated, smooth, non-scarring patches of hair loss, typically on the scalp, but it can occur anywhere with hair growth. A variety of environmental factors like infection, drugs, trauma, stress, physical and psychological insults triggers Alopecia Areata.

Alopecia Areata typically presents with a patch of hair loss, may be single or multiple, or may coalesce. There may be nail changes in Alopecia Areata, they may show fine fitting, mottled Lunula, Trachyonychia, or Onychomadesis.

Homoeopathic therapy can be gentle and safe for Alopecia areata patients. Homoeopathy considers the whole individual. This section includes the patient's comprehensive medical history, family history, and risk factors. Any underlying sensitivity or predisposition factor is also considered.

### Case report: Date of case taking: 05-06-2023

A female patient named ABC, of aged 18 years, belongs to a lower middle-class family, complained of patchy loss of hair, at 3 places in scalp from 8 months which was gradually increasing. There is complete loss of hair at that regions with itching aggravated at night time and better by head bath from cold water. Sometimes it appears as dandruff. Used various types of shampoos on advice of dermatologist, but no relief.

### Past History

Chicken Pox-10 yrs of age-Traditional Treatment-Relieved

### Family History

Father-Hypertension on Allopathic Medication

Mother-Hypothyroidism on Homoeopathic Medication

### Generals

Diet - Mixed

Appetite - Normal

Thirst – Thirsty

Desires – Refreshing things like energetic Juices, Cold Drinks etc

Stool - Once in a day  
 Urine - Normal  
 Sleep – Sound sleep  
 Sweat – Normal  
 Thermals – Hot patient

**Menstrual History**

Menarche: 12 years  
 Menses regular  
 26-30 days cycle  
 Duration- 4-5 days  
 Flow normal

**General survey**

Patient was well oriented, alert and co-operative. Clinically no Pallor, Icterus, Clubbing, Cyanosis, Lymphadenopathy, Oedema

**Provisional Diagnosis:** Alopecia areata (ICD 11-ED70.2Z) with dandruff.

**On local examination**

There is patchy hair loss on scalp at Vertex and Frontal region of head in spots. Slight dandruff was seen.

**Analysis and evaluation of the case**

After analysis of symptoms of the case, the physical generals, mental generals and the particular symptoms are taken for the formation of totality.

- Desires Refreshing things.
- Hair Falling in Spots.
- Dandruff.
- Itching of Scalp
- < at night
- > by head bath from cold water

**Table 1:** Symptoms and Rubrics

Symptoms	Rubrics
Desires Refreshing things.	Stomach- Desire refreshing things
Hair Falling in Spots.	Haed- Hair fall in spots
Dandruff.	Head- Scalp
Itching of Scalp	Head- Scalp
> Head bath from Cold Water	Generalities- Bathing Cold

**Reportorial analysis**

Kent’s repertory was used for the repertorization. In reportorial result, the following remedies came up, Fluoric Acid, Phosphorus, Calcarea Carb, Ars Alb etc. Maximum symptoms were covered by Fluoric Acid. It was again cross verified with Materia Medica.

Eliminate	Disable	Weight	S.No	Symptom	(Chapter)	(Book)
No	No	1	1.	(023) DESIRES/refreshing things – Stomach	: KENT	
No	No	1	2.	(115) ITCHING/of scalp – Head	: KENT	
No	No	1	3.	(009) HAIR/falling/spots in – Head	: KENT	
No	No	1	4.	(011) BATHING/cold agg./amel. – Generalities	: KENT	

  

Prescription	Remedy Details	Normal Rep.	By Sym	By Marks	Save Chart	View Chart	Rubrics	Graphs	Delete	Print	Close	
Remedy(132)	1 2 3	4 5 6 7 8 9	0 1 2 3 4 5 6 7 8 9 0 1 2									Total (Marks/Rub)
FL-AC	2 2 3 2											9/4
CALC	2 3 2 -											7/3
PHOS	2 2 2 -											6/3
ARS	2 1 2 -											5/3
CALC-S	1 2 - 2											5/3
NAT-M	- 3 - 2											5/2
CARB-AN	1 2 1 -											4/3
CAUST	2 2 - -											4/2
PH-AC	3 1 - -											4/2
VERAT	3 1 - -											4/2
APIS	- 2 2 -											4/2
ARG-N	- 2 - 2											4/2
HEP	- 2 2 -											4/2

**Remedy with potency selection and administration**  
Fluoric Acid 200, 1dose 15days once at night and Rubrum

4-0-4 for a month was prescribed on 05-06-2023  
Patient was instructed to take medicines on empty stomach.

**Table 2:** Follow Up

Date	Symptoms	Treatment
7-07-2023	Itching of Scalp Reduced, Dandruff reduced, Bald Spots Still Persisting	Fluoric Acid 200 1 dose stat, PL 4-0-4 for 2 weeks
05-08-2023	New hair follicles start appearing in bald spots.	PL 4-0-4 for a month
08-09-2023	New hair starts to grow in bald spots.	PL 4-0-4 for a month
6-10-2023	New hair growth is continuing.	PL 4-0-4 for a month
08-11-2023	Bald spots are covered with hair.	PL 4-0-4 for a month
15-12-2023	No further hair fall noted	PL 4-0-4 for a month



### Conclusion

This case treated with homoeopathic medicine shows improvement by complete hair re-growth within a time span of 4 months. Medicine was selected according to individualization and improvement is assessed based on new hair growth and improvement in symptoms without any recurrence in a follow up period. This case shows positive role of homoeopathy in treating alopecia areata. Homoeopathy offers quick and safer treatment for Alopecia areata. It prevents recurrence.

### Conflict of Interest

Not available

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