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Hair fall and its homoeopathic management

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Abstract

Hair holds significant significance in shaping an individual's appearance and personality. Its importance extends beyond aesthetics, impacting both psychological and sociological aspects across all age groups. Physicians, armed with fundamental knowledge about prevalent causes of hair disorders and a comprehensive understanding of hair fall assessment, can play a pivotal role in addressing these concerns.

Recognizing the root causes of hair disorders and effectively assessing hair fall are crucial steps in managing these issues. In the realm of holistic medicine, various homeopathic remedies have demonstrated successful outcomes in treating hair problems. A physician well-versed in these remedies can offer tailored solutions, acknowledging the unique needs of each patient.

In essence, the relationship between individuals and their hair is multifaceted, intertwining physical and emotional elements. Physicians equipped with a holistic approach, particularly within the realm of homeopathy, can contribute significantly to the overall well-being of their patients by addressing and resolving hair-related concerns.

Keywords: Psychological, appearance, fundamental

Introduction

Hair is universally acknowledged as a symbol of beauty across diverse cultures, wielding significant influence within the rich tapestry of civilized societies. Its profound impact on the cosmetic industry in affluent cultures further underscores its importance. The prevalence of hair fall is a shared experience worldwide, with estimates suggesting its impact on a substantial portion of the global population, ranging between 0.2% and 2%.

This article aims to delve into the nuanced aspects of assessing hair fall and to illuminate the pivotal role that homeopathic management plays in addressing this common concern. Understanding the intricate process of evaluating hair fall is crucial for effective intervention. Moreover, exploring the therapeutic potential of homeopathic remedies adds depth to the discourse, shedding light on a holistic approach to managing this widespread issue.

In essence, this exploration will not only unravel the complexities of hair fall assessment but also illuminate the transformative role that homeopathic management can play in nurturing and restoring the vitality of one's crowning glory.

Anatomical structure of hair

Hair has 2 distinct components namely

1. Follicle
2. Shaft

Follicle: this is the living part which is present under the skin.

Shaft: this is the non-living part which is above the skin.

Follicle consists of 3 morphological components ^[1].

1. Cuticle
2. Cortex
3. Medulla

Cuticle	Outer most part with cosmetic properties Semi-transparent Protective layer Composed with Keratin layer
Cortex	Middle component with mechanical properties It is composed with fibres It provides flexibility & stretching
Medulla	The central part with structural protein Composed of amino acids.

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Hair cycle

The hair cycle has three main phases:

Growing Phase (Anagen):

1. New hair cells keep growing in the hair bulb, making the hair longer.
2. About 90% of our hair is usually in this growing phase.
3. When this phase ends, the hair root starts to detach from its base.

Transition Phase (Catagen)

1. This phase lasts for 2 to 4 weeks.
2. By the end, the hair root fully separates from its base.
3. It acts as a middle stage between active hair growth and the next phase.

Resting Phase (Telogen)

1. Blood supply to the hair is cut off during this phase.
2. The hair gradually falls out of the skin.
3. This resting phase can last for several months, preparing for the next round of hair growth.

These simple stages help us grasp the natural cycle of hair – how it grows, transitions, and eventually renews itself in a continuous loop ^[2].

Causes of hair fall

Hair loss is a common occurrence, with the shedding of 50-100 hairs daily being considered normal as part of the hair growth cycle. However, when hair loss becomes more noticeable, it may be attributed to various factors, and distinguishing between them is essential, given that it can be either temporary or permanent.

1. Hormonal Imbalances

Disruptions in androgen levels, male hormones present in both men and women, can impact the hair growth cycle, potentially leading to hair loss.

2. Genetic Predisposition

Hereditary factors play a role, as genes inherited from both parents can influence an individual's susceptibility to male or female pattern baldness.

3. Stress, Illness, and Hormonal Changes

Temporary hair loss can result from physical or emotional stress, illness, or hormonal fluctuations following childbirth. Managing stress and addressing underlying health issues may aid in reversing this type of hair loss.

4. Medications

Certain medications, including chemotherapy drugs, blood thinners, beta-blockers for blood pressure, and oral contraceptives, can cause temporary hair loss. Awareness of medication side effects is crucial.

5. Physical Trauma

Burns, injuries, and exposure to X-rays can lead to temporary hair loss. Typically, hair regrows once the injury heals, unless scarring occurs.

6. Autoimmune Diseases

Conditions like alopecia areata involve the immune system attacking hair follicles, resulting in hair loss. In most cases, the hair grows back, albeit potentially finer and lighter

initially.

7. Cosmetic Procedures

Excessive shampooing, perms, bleaching, and dyeing can contribute to overall hair thinning by weakening and making hair brittle. Discontinuing such practices often allows for hair regrowth.

8. Underlying Medical Conditions

Health issues such as thyroid disease, lupus, diabetes, iron deficiency anemia, and eating disorders can contribute to hair loss. Addressing the primary medical condition is key for hair restoration, unless scarring has occurred.

9. Dietary Factors

A low-protein or severely calorie-restricted diet can cause temporary hair loss. Maintaining a balanced diet rich in essential vitamins and minerals is crucial for overall hair health.

10. Vitamin Deficiencies

Deficiencies in vitamins A, B, C, D, and E, as well as iron and zinc, have been linked to hair loss. Addressing nutritional gaps can support healthy hair growth.

The intricate factors contributing to hair loss empowers individuals to make informed choices, whether through lifestyle modifications, medical interventions, or addressing specific health concerns. Consulting with a healthcare professional can provide tailored guidance for effective management and potential restoration of hair health ^[3].

Assessment of hair fall

Assessment of hair fall involves various diagnostic tests to differentiate between different types of hair loss and evaluate the strength and fragility of the hair. Here's an enhanced version of the information:

1. Card Test

The card test serves to distinguish newly growing hairs from broken ones. An 8 × 12 cm card with contrasting white and black colors is placed against the affected scalp area. This test helps identify characteristics such as tapered ends for newly growing hairs, blunt ends for broken hairs, and miniaturized hairs with smaller calibers than normal strands.

2. Hair Pull Test

A simple bedside test, the hair pull test assesses active hair loss. Approximately 50 to 60 hairs are grasped between the thumb, index, and middle fingers, and a gentle pull is executed along the hair shaft from the scalp towards the ends. The presence of more than 5 to 6 easily extractable hairs indicates a positive pull test, signaling active hair loss. This test should be conducted across all scalp regions, and patients are advised to avoid head washing at least 24 hours prior.

3. Tug Test

The tug test evaluates hair fragility. A group of hairs is held in the middle of the shaft length, and a pulling force is applied from the end of the hair shaft with the other hand. Breakage of the hair shaft during the test indicates fragile hair and potential hair shaft abnormalities.

4. Hair Mount

Microscopic hair examination, known as the hair mount test, helps differentiate disorders of the hair cycle and identify hair shaft abnormalities. This detailed examination provides insights into the structural integrity of the hair, aiding in the diagnosis of specific conditions.

These diagnostic tests collectively offer valuable information about the quantity of hair loss and provide a comprehensive understanding of the strength and fragility of the hair. This multifaceted approach enables a more accurate assessment and targeted treatment strategies for individuals experiencing hair fall [4].

Homoeopathic management [5-8]

Natrum muriaticum

Abundant hair loss, even at the slightest touch, particularly affecting the frontal head and temples. This tendency for hair fall has roots in childhood and is associated with the ill effects of grief, fright, and anger. Interestingly, despite the presence of grief, the individual struggles to cry but finds comfort in consolation.

Vinca minor

Persistent tangling and matting of hair, accompanied by ongoing hair loss. The fallen hair is replaced by graying strands, and bald patches emerge, covered by short, woolly hair. Moist eruptions with an offensive discharge occur due to the matted hair. Mental exertion and anger contribute to these complaints.

Fluoric acidum

Hair loss following fevers, resulting in dry and easily breakable new hair. Bald spots develop, and premature aging becomes apparent. The individual may display lascivious tendencies and show aversion to loved ones but engage pleasantly with strangers.

Lycopodium

Early greying and hair loss, especially on the vertex and later on temples. Dandruff is a concurrent issue. Hair problems follow abdominal diseases or childbirth. Characteristics include fear of solitude, resistance to new experiences, lack of self-confidence, and constant stress.

Cochlearia

Hair loss coupled with dandruff, possibly linked to impaired red blood cell production. The individual appears dull and sluggish, with complaints related to suppressed foot sweat and nervous excitement.

Thuja occidentalis

White scaly dandruff and brittle, dry hair prone to splitting and falling out. Hair growth is slow, and a crimped appearance is observed. Complaints may stem from poorly treated gonorrhoea, vaccination, or sunstroke. Fixed ideas, a hurried nature, aversion to company, and irritability with slight contradiction characterize the individual.

Phosphorus

Itchy scalp with extensive dandruff, resulting in significant hair loss. Dandruff falls out in clouds, and isolated bald spots may form. Emotional fragility, heightened excitability, and a fear of death when alone are prevalent. Complaints are linked to strong emotions, sexual excess, and loss of vital

fluids.

Wiesbaden aqua

Rapid hair growth followed by excessive fall, with the new hair darkening and becoming hard and brittle. The individual exhibits impatience, depression, and hopelessness, often stemming from an emotional state.

Conclusion

Homeopathy, unlike conventional medicine, approaches the treatment of ailments by considering the individual as a whole, not merely focusing on isolated organs or symptoms. To pinpoint the perfect simillimum, the homeopathic physician delves deep into the understanding of the sick person, exploring the root cause, mental nuances, and physical aspects. While hair fall may seem like a straightforward concern, the selection of the correct medicine requires a comprehensive grasp of the individual's totality.

In the pursuit of a true cure, the physician must go beyond surface-level symptoms, exploring the interconnected nature of mental and physical health. By addressing the underlying causes and understanding the individual's unique constitution, homeopathy aims to bring about holistic healing. Hair fall, in this context, is not treated as a standalone issue but rather as a reflection of the body's internal imbalance. Therefore, the selection of the appropriate remedy hinges on the meticulous matching of the medicine to the totality of the person, ensuring a tailored and effective approach to restoration and well-being.

Conflict of Interest

Not available

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