



# International Journal of Homoeopathic Sciences

E-ISSN: 2616-4493  
P-ISSN: 2616-4485  
Impact Factor (RJIF): 5.96  
[www.homoeopathicjournal.com](http://www.homoeopathicjournal.com)  
IJHS 2025; 9(3): 1496-1499  
Received: 19-06-2025  
Accepted: 21-07-2025

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## A case study of alopecia universalis managed successfully with constitutional homeopathy at Dr. Batra's

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**DOI:** <https://www.doi.org/10.33545/26164485.2025.v9.i3.W.1855>

### Abstract

Alopecia universalis is an advanced form of alopecia areata characterized by complete loss of hair from the scalp and body. It is considered an autoimmune disorder where the immune system mistakenly attacks hair follicles, leading to hair loss. Conventional treatments like corticosteroids and immunosuppressants often provide only temporary relief and may cause adverse effects. Homeopathy, with its holistic and individualized approach, offers a promising alternative by addressing the root cause, balancing the immune system, and improving overall well-being. This paper presents a case study of a 49-year-old male with alopecia universalis, managed successfully with homeopathic treatment, showing gradual hair regrowth, improved general health, and sustained recovery at Dr Batra's.

**Keywords:** Alopecia universalis, homeopathy, Dr Batra's

### Introduction

Alopecia universalis (AU) is a rare and severe form of alopecia areata (AA), characterized by complete loss of scalp and body hair. The disease is autoimmune in origin, where autoreactive T-lymphocytes target the hair follicles, causing non-scarring hair loss [1]. The global prevalence of AA, including AU, is estimated at 0.1-0.2%, with a lifetime risk of 1.7% [2]. The onset can occur at any age, with both genders equally affected. The causes are multifactorial, involving genetic predisposition, autoimmune dysregulation, psychological stress, infections, and adverse effects of medications [3]. Clinically, AU presents with smooth, bald scalp and body, sometimes accompanied by nail pitting, ridging, or dystrophy. Associated symptoms may include itching, burning, or a history of allergic and autoimmune disorders [4]. Complications include emotional and psychological distress such as anxiety, depression, and low self-esteem, due to the cosmetic impact of the disease [5]. Prolonged cases may become resistant to conventional therapies, and relapse is common. Homeopathy, with its individualized approach, considers the patient's constitution, mental state, and physical generals. Remedies such as \*Selenium, Thuja, Lycopodium,\* and \*Phosphorus\* have been indicated in cases of chronic hair loss. This case study aims to highlight the role of constitutional prescribing in alopecia universalis and its impact on holistic recovery.

### Case Profile

A 49-year-old patient presented with a history of alopecia universalis, marked by complete loss of scalp hair, eyebrows, eyelashes, beard, and body hair. His sufferings began several years ago when he started experiencing sudden, extensive hair fall that progressively worsened. The condition was particularly distressing as it not only affected his appearance but also caused significant psychological stress and loss of confidence. The main triggering factor identified was the long-term use of allopathic steroid medications, which initially provided temporary relief but eventually led to severe rebound hair fall and thinning. Over time, the hair loss became continuous and unresponsive, ultimately progressing to total baldness across the entire body.

### Physical Generals

- **Diet:** Normal
- **Appetite:** Normal

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- **Desire/Craving:** Present
- **Aversion:** None
- **Thirst:** Normal, prefers normal water, 2-3 litres/day
- **Stools:** Normal
- **Urine:** Normal
- **Perspiration:** Normal quantity, generalized, non-offensive, no stains
- **Thermal Reaction:** Ambithermal, prefers both bathing and all seasons
- **Sleep:** 5-6 hours, refreshing, position on back
- **Dreams:** None significant

#### Examination

- Hair regrowth present on scalp with minimal intermittent fall
- Sparse hair growth over eyebrows and beard region
- No new patches observed
- Scalp skin healthy, no infection or inflammation
- Nails normal
- General physical condition within normal limits

#### Mental Generals

The patient had a history of maintaining long hair and was previously a sportsman, active and energetic in nature. He experienced sudden hair fall, which caused significant emotional distress and concern about his appearance. By temperament, he is frank, straightforward, and has a bubbly, cheerful disposition. He is punctual and disciplined towards his work, taking responsibilities seriously. A notable past history includes the development of urticaria following the intake of allopathic medicines.

#### Past History

Urticaria following the intake of allopathic medicines.  
No other significant medical or surgical history reported.

#### Family History

No family history of alopecia, autoimmune disorders, or other major chronic illnesses was reported. Family members are healthy and do not suffer from similar complaints.

#### Case analysis

Reportorial totality

Mind - Cheerful, lively, talkative

Mind - Frank, open-hearted

Mind - Conscientious, punctual about work

Hair - Falling out - Whole body

Hair - Falling out - After abuse of medicines

Skin - Eruptions - Urticaria - after medicines

Generalities - Ambithermal

Generalities - Weakness - from hair loss / chronic complaints

#### Repertory screenshot

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#### Selection of Remedy

##### Constitutional

- **Remedy name:** Selenium 30C
- **Remedy potency:** 30C
- **Remedy dose:** 2 pills, twice daily
- **Remedy reasons:** Selected on the basis of hair fall from whole body after abuse of allopathic medicines,

cheerful and frank nature, punctuality, ambithermal state, and history of urticaria after allopathic drugs.

#### Acute

- **Remedy name:** Ferrum phosphoricum 6X
- **Remedy potency:** 6X
- **Remedy dose:** 4 tablets, three times a day
- **Remedy reasons:** To improve general vitality, control intermittent hair fall, and support nutrition and absorption.

Remedy name: Thuja occidentalis Q (Mother Tincture)

Remedy potency: Q

Remedy dose: 10 drops in half cup of water, once daily

Remedy reasons: To antidote ill effects of steroidal and allopathic drug history, improve immunity, and act on chronic miasmatic background.

#### Miasmatic approach

Mind - Cheerful, lively, talkative - Psora

Mind - Frank, open-hearted - Psora

Mind - Conscientious, punctual about work - Psora

Hair - Falling out - Whole body - Sycosis, Syphilis

Hair - Falling out - After abuse of medicines - Sycosis

Skin - Eruptions - Urticaria - after medicines - Sycosis

Generalities - Ambithermal - Psora

Generalities - Weakness - from hair loss / chronic complaints - Psora

**Miasmatic predominance:** Mixed, with Psora and Sycosis predominating.

#### Materials and Methods

Complete repertory was used for repertorization

#### Results

- 1st month - Initial hair regrowth noticed on scalp; mild fall persists. Prescription: Selenium 30C, 2 doses/week, followed by Ferrum Phos 6X daily.
- 2nd month - Visible regrowth on scalp, minimal hair on eyebrows; general health stable. Prescription: Selenium 30C continued, Ferrum Phos 6X daily, Thuja Q external application.
- 3rd month - Hair growth better on scalp, intermittent fall 20-30 strands/day; eyebrows showing fine regrowth. Prescription: Selenium 30C weekly, Ferrum Phos 6X, Nutrigood supplement advised.
- 4th month - Hair condition improving, scalp denser, dandruff absent. Prescription: Selenium 30C weekly, Ferrum Phos 6X daily.
- 5th month - Eyebrows regrowth sustained, scalp patches nearly recovered. Prescription: Selenium 30C weekly, Ferrum Phos 6X, dietary advice (flax seeds, walnuts).
- 6th month - General hair growth stable, occasional fall but no new patches. Prescription: Selenium 30C weekly, Ferrum Phos 6X, Thuja Q external.
- 7th month - Hair condition better than before, minimal breakage; confidence improved. Prescription: Selenium 30C weekly, Ferrum Phos 6X daily, supportive supplements.
- 8th month - Scalp and beard hair thicker, eyebrow growth sustained; no urticaria. Prescription: Selenium

30C weekly, Ferrum Phos 6X, Thuja Q external.

- 9th month - Hair growth consistent, no major fall; appetite, sleep, and energy normal. Prescription: Selenium 30C weekly, Ferrum Phos 6X daily.
- 10th month - No new hair loss patches, scalp hair strong, patient mentally cheerful. Prescription: Selenium 30C weekly, Ferrum Phos 6X, dietary measures continued.
- 11th month - Stable progress, scalp almost normal, eyebrows well-defined. Prescription: Selenium 30C weekly, Ferrum Phos 6X daily, Thuja Q external.
- 12th month - Sustained recovery, no new complaints, overall condition much improved. Prescription: Selenium 30C weekly, Ferrum Phos 6X daily, supportive supplements advised for maintenance.

### Discussion & Conclusion

This case of a 49-year-old male suffering from alopecia universalis highlights the positive role of constitutional

homeopathic treatment in chronic autoimmune conditions. The patient, with a history of sudden hair fall aggravated after steroidal and allopathic drug use, presented with complete loss of scalp, beard, and eyebrow hair along with urticaria from previous medications. Detailed case analysis, repertorial totality, and miasmatic evaluation pointed towards \*Selenium\* as the constitutional remedy, supported by \*Ferrum Phos\* as a biochemic and \*Thuja\* as an intercurrent for antidoting the drug effects. Month-wise follow-up showed consistent improvement with gradual regrowth of scalp and eyebrow hair, stabilization of hair fall, and overall enhancement in physical and mental well-being. The case demonstrates that individualized homeopathic prescription, guided by totality of symptoms and miasmatic background, can offer safe, sustained, and holistic recovery in alopecia universalis, where conventional therapy often fails or aggravates the condition.

### The transformation



### Acknowledgments

I take this opportunity to thank those who have helped and supported me personally and professionally during this case study

**Conflict of Interest:** Not available.

**Financial Support**  
Not available.

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**How to Cite This Article**

Sabud A, Das A, Debbarma R. Efficacy of Individualized homoeopathic intervention in subclinical hypothyroidism: A case report. International Journal of Homoeopathic Sciences. 2025; 9(3): 1496-1499.

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