



International Journal of Homoeopathic Sciences

E-ISSN: 2616-4493
P-ISSN: 2616-4485
Impact Factor (RJIF): 5.96
www.homoeopathicjournal.com
IJHS 2026; 10(1): 313-316
Received: 16-11-2025
Accepted: 20-12-2025

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Individualized homeopathy in patchy alopecia: A perimenopausal case from Dr. Batra's homeopathy clinic

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DOI: <https://doi.org/10.33545/26164485.2026.v10.i1.E.2204>

Abstract

Patchy hair loss (alopecia areata) is a common autoimmune hair disorder often precipitated by emotional stress, hormonal transition and physical exhaustion. Conventional management frequently provides symptomatic support with variable outcomes. This paper presents a case of recent-onset patchy alopecia in a perimenopausal nursing officer with significant emotional stress, sleep deprivation and hormonal imbalance, where prior conventional measures gave limited confidence and relief. An individualized classical homeopathic approach based on totality, mental evolution and miasmatic understanding resulted in visible regrowth, emotional stability and overall well-being. The case highlights holistic recovery and clearly demonstrates transformation achieved at Dr Batra's Homeopathy Clinic.

Keywords: Alopecia areata, patchy hair loss, perimenopause, emotional stress, individualized homeopathy

Introduction

Alopecia areata is a non-scarring autoimmune disorder characterized by sudden, localized hair loss, often associated with stress, endocrine changes and immune dysregulation. In perimenopausal women, fluctuating hormones, disturbed sleep and emotional burdens further aggravate susceptibility. Homeopathy, with its individualistic and mind-body approach, aims not merely at hair regrowth but at restoring systemic balance. This case illustrates the practical application of classical homeopathic principles in managing recent-onset patchy alopecia in a high-stress medical professional.

Case profile

- **Age/sex:** Adult female (perimenopausal)
- **Occupation:** Nursing officer, working in Operation Theatre
- **Marital/family status:** Married, anxious about children's future
- **Presenting complaint:** Patchy hair loss noticed 15-20 days prior to consultation

Presenting complaints

- Sudden patch of hair loss over the vertex, noticed recently
- Patch stable, non-itchy, non-scarring
- Fine, tiny hair regrowth visible at the periphery
-

Associated complaints

- Skin rash over forehead and hair partition area after use of sindoor (suspected contact/fungal dermatitis)
- Weakness and easy fatigability
- Hot flushes
- Mood swings and irritability

History of present illness

The patient reported sudden awareness of a bald patch on the vertex, which she had not noticed earlier due to her busy schedule. The condition appeared following a period of

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intense emotional stress related to the sudden accidental death of a ward boy on 30th January, who had been her close colleague and dependable support at work. Since then, she experienced disturbed sleep, emotional suppression and physical exhaustion.

Past, family and medical history

- **Past history:** No significant illnesses
- **Family history:** Brother suffering from a muscular disorder
- **Medical history:** Recently started on fluconazole and topical minoxidil (1 week prior to consultation)

Personal and Physical Generals

- **Diet:** Non-vegetarian; recent aversion to non-vegetarian food
- **Appetite:** Reduced for one month
- **Thirst:** Low (approximately 1 litre/day)
- **Stool/Urine:** Normal
- **Perspiration:** Associated with hot flushes
- **Sleep:** Previously disturbed due to work and stress; improving
- **Menstrual history:** Irregular cycles for one year; last menstrual period in first week of January
- **Thermal reaction:** Not specific

Mental and Emotional State

From childhood, the patient described herself as disciplined, responsible and duty-oriented, often taking on responsibilities beyond her age. Emotional expression was restrained; she rarely cried and preferred to manage difficulties silently. As she matured, this sense of responsibility intensified, especially in her professional life as a nursing officer. She became highly punctual, diligent and perfectionistic, easily irritated when others did not meet expected standards. In recent years, with increasing professional pressure, family responsibilities and perimenopausal changes, her tolerance reduced. The sudden

death of a close ward colleague caused a deep emotional impact, which she consciously suppressed. Although she did not openly grieve, recurrent thoughts about the incident persisted. She became more irritable, emotionally sensitive, worried about her children's future and physically drained, reflecting long-standing emotional suppression now manifesting at the physical level.

Clinical examination

- Single, well-defined alopecic patch over vertex
- No erythema, scaling or scarring
- Early peripheral regrowth visible
- Forehead rash along hairline corresponding to sindoor application

Homeopathic working and totality of symptoms

Mental generals

- Suppressed grief after loss of colleague
- Irritability, anger when work is not done properly
- Strong sense of duty and responsibility
- Emotional restraint; does not cry easily

Physical generals

- Perimenopausal state with hot flushes
- Weakness and fatigue
- Low thirst
- Hormonal irregularity (irregular menses)

Particulars

- Sudden patchy hair loss over vertex
- Early regrowth at margins

Repertorial rubrics (Illustrative)

- Mind - irritability - exertion, from
- Head - hair - falling - spots, in
- Head - hair - falling - menopause
- Generalities - heat - flushes of

Remedies	sep.	calc.	phos.	psor.	sulph.	apis	ars.	hep.	carban.	caust.	cocc.	fl-ac.	glon.	lach.	lyc.	mang.	nat-s.	nit-ac.	sul-ac.
Serial Number	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
Symptoms Covered	3	2	2	2	2	2	2	2	2	1	1	1	1	1	1	1	1	1	1
Intensity	7	5	5	5	4	3	3	3	2	3	3	3	3	3	3	3	3	3	3
Result	3/7	2/5	2/5	2/5	2/4	2/3	2/3	2/3	2/2	1/3	1/3	1/3	1/3	1/3	1/3	1/3	1/3	1/3	1/3
Clipboard 1																			
MIND - IRRITABILITY - exertion,from		2				1													
HEAD - HAIR - falling - spots,in			2	2	2		2	2	2				3						
HEAD - HAIR - falling - menopause		2																	
GENERALS - HEAT flushes of	3	3	3	3	3	1	1	1	1	3	3		3	3	3	3	3	3	3

Repertorization and remedy selection

Repertorization based on the revised rubrics highlighted remedies covering exertion-related irritability, menopausal hair fall with circumscribed patches, vasomotor heat flushes and a constitution marked by introversion and inner restlessness. Considering the patient's lifelong pattern of emotional containment, desire to be outdoors rather than confined indoors, strong sense of responsibility with

irritability on overexertion, and the current perimenopausal transition, *Lycopodium* was selected as the constitutional remedy.

Fluoric acid was prescribed as an intercurrent remedy, acting as a "rambaan" for patchy hair loss, supporting hair follicle regeneration and tissue-level response, while respecting the constitutional action.

Miasmatic assessment

The case reflects a predominantly psoric-sycotic miasmatic background, expressed through functional disturbances, hormonal irregularity, emotional suppression and localized autoimmune manifestation, with episodic acute stress acting as an exciting cause.

Treatment and prescription

- **Constitutional remedy:** Lycopodium (selected based on totality and constitutional correspondence)

Follow-up summary

Follow-up interval	Subjective changes	Objective findings	Prescription
Initial Visit	Marked anxiety about sudden hair loss, emotional heaviness due to suppressed grief, irritability after exertion, weakness, hot flushes	Single, well-defined alopecic patch on vertex; no scarring or itching; fine peripheral hair visible	Lycopodium 200 - constitutional remedy prescribed. Lifestyle advice given (hydration, meditation, diet).
2 Weeks	Improved sleep, reduced irritability, better emotional control, less fear regarding hair loss	Patch stable; no new patches; vellus hair at margins more prominent	Observation only. No repetition.
4-6 Weeks	Improved energy, reduced hot flushes, mood swings better controlled	Definite hair regrowth seen within the patch	Fluoric acid 30 introduced as intercurrent. Jaborandi MT advised for local application.
8-10 Weeks	Marked improvement in confidence, emotional calmness, reduced work-related stress	Patch size reduced; thicker and darker hair growth	Continued Fluoric acid as per response. Jaborandi MT continued.
3 Months	Overall sense of well-being, emotional resilience restored	Patch almost completely covered with normal hair	No repetition of Lycopodium. Supportive advice continued.

Transformation table

Aspect	Before treatment	After treatment
Hair loss	Visible bald patch on vertex	Significant regrowth, patch covered
Emotional state	Suppressed grief, irritability	Emotional balance, calmness
Energy levels	Fatigue, weakness	Improved vitality
Confidence	Anxious, fearful about condition	Confident and satisfied



Discussion

This case demonstrates the close interrelationship between emotional suppression, hormonal transition and autoimmune hair loss. The patient's long-standing tendency to suppress emotions, combined with acute grief and chronic occupational stress, acted as a trigger for alopecia areata. Rather than addressing hair loss alone, the homeopathic approach focused on the individual as a whole. Constitutional prescribing helped restore emotional balance, which reflected positively at the physical level. Early intervention in recent-onset alopecia improved prognosis. The gradual, sustained regrowth without aggressive local measures highlights the depth of action of individualized homeopathy. Importantly, the patient's trust and confidence

- **Intercurrent remedy:** Fluoric acid (used as a supportive "rambaan" remedy for patchy hair loss)
- **Acute support (if required):** As clinically indicated
- **Adjuvant advice**
 - Increase daily water intake
 - Meditation and stress-reduction practices
 - Adequate rest despite busy duty schedules
 - Balanced, hormone-supportive diet
 - Blood investigations advised

evolved alongside clinical improvement, reinforcing therapeutic success.

Conclusion

This case underscores the effectiveness of classical homeopathy in managing recent-onset patchy alopecia associated with emotional stress and perimenopausal changes. Individualized remedy selection based on totality, mental evolution and miasmatic understanding resulted in holistic recovery rather than symptomatic suppression. The case reinforces the importance of addressing emotional causation in dermatological conditions and clearly demonstrates a positive therapeutic transformation achieved at Dr Batra's Homeopathy Clinic.

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How to Cite This Article

Bhanawat A. Individualized homeopathy in patchy alopecia: A perimenopausal case from Dr. Batra's homeopathy clinic. International Journal of Homoeopathic Sciences. 2026; 10(1): 313-316.

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