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## A case study on androgenic alopecia treated with individualised homoeopathic medicine

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### Abstract

One of the most typical chronic conditions that dermatologists encounter on a global scale is Androgenic Alopecia. It has impact on both sexes, but most severely in males and it is characterised by increasing hair loss, particularly of scalp hair. It frequently starts during adolescence and creates psychological impact, which is known to affect a person's quality of life and sense of self-worth. To overcome this situation, Homeopathic medicine helps through the similimum of the patient. This was shown through a case which was treated successfully through the Homoeopathic medicines; as a result it showed the improved quality of life.

**Keywords:** Androgenic alopecia, homoeopathic medicine, lycopodium clavatum

### Introduction

Hair is the factor that determines physical beauty and an important aspect of human appearance<sup>[1]</sup>. Alopecia is defined as any type of pathological hair loss anywhere on the skin surface<sup>[2]</sup>. Androgenic alopecia is the most prevalent type of alopecia<sup>[3]</sup>. It is also known as Pattern hair loss, which commonly affects the top and front of the scalp. The onset of androgenic alopecia can occur as early as the beginning of adolescence, but the risk of hair loss rises with advancing age<sup>[3]</sup>. It is a widespread issue affecting, both men (70%) and women (40%), especially it affects the scalp.<sup>[2]</sup>

### Causes

The genetics, circulating androgens, especially dihydrotestosterone (DHT)<sup>[4]</sup>, oxidative stress<sup>[5]</sup>, microbiota of the scalp<sup>[6]</sup>, all seems to have a role in male pattern hair loss. In female pattern hair loss, still the cause remains unclear<sup>[4]</sup>.

### Pathological traits

The main pathophysiological characteristics of Androgenic Alopecia are altered hair cycle development and Follicular miniaturization<sup>[7]</sup>. Hair growth occurs in three cyclical phases: anagen (growth), catagen (transition), and telogen (rest)<sup>[8]</sup>. In this condition, the telogen phase, which either remains the same length or lengthens with each cycle, but the anagen phase shortens. This result in empty follicular pores and baldness because the anagen period is so short that the growing hair cannot grow long enough to reach the skin surface<sup>[7]</sup>. The histopathological characteristic of Androgenic Alopecia is shrinking of the hair follicle. Hair loss is probably permanent once the arrector pili muscle, which connects circumferentially around the primary follicle, has separated from all secondary follicles and the primary follicles have gone through shrinkage and detachment<sup>[9]</sup>.

### Pattern of hair loss

In male-pattern hair loss, the bitemporal area, vertex scalp and mid frontal scalp are the three scalp regions most commonly affected? Beginning at the anterior hairline and progressing posteriorly across the head in bitemporal hair loss<sup>[10]</sup>. The hairline recedes with time, forming an "M" shape<sup>[11]</sup>. Centrally located hair loss over the vertex scalp spreads circumferentially. Hair follicle shrinkage causes a pattern of hair loss resembling a Christmas tree over the mid-frontal scalp. Usually the hair loss occurs in this pattern<sup>[10]</sup>. In Female-pattern hair loss, the hair on the entire scalp often thins out diffusely and falls<sup>[12]</sup>.

**Psychological impact**

There is evidence, that balding males may experience psychological issues that are made worse by how others see them. Women's and non-balding men's negative perceptions of men with male pattern baldness were similar to the psychosocial impacts that the patients themselves described, according to a Korean study on how these groups see balding men<sup>[13]</sup>. Notably, more than 90% of those on survey said that bald guys looked less attractive. Women were more likely than non-balding men to hold this opinion. Such unfavourable opinions could worsen balding men's social abilities<sup>[14]</sup>. It causes distress, low self-esteem and drop in confidence level in affected men<sup>[15]</sup>.

**Case report**

A 34 Years old, gentle man reported to the Out Patient Department on 21.08.2021, with the complaints of Hair loss, since 12 years. His complaint started during his college final year. Hairfall began in temporal region then to frontal and to vertex area. Now greying of hair also started. Hair loss from root of the scalp. Complaints got worse on hair washing, covering the head while wearing helmet. There is no history of weight gain, no itching, no dandruff, no eruptions. Took Alternative treatment for 2 years, but no improvement.

- There is no history of significant past illness.
- There is strong family history of male pattern baldness- both of his grandfathers, father, and his 2 elder brothers had the same complaint.
- He was born and brought up in middle class family. His childhood was good and he had no interest in studies, so he started to take care of his family business. He is worried about his appearance that he looks old and all

the girls reject him due to his appearance. So he is having the fear that he won't get married and has inferiority complex.

- In physical generals, appetite and thirst are good and adequate, he is having desire to take hot food, and craving for sweets. His bowel and bladder habits are regular. Though, he has sound sleep from 11pm to 7 am, he feels drowsy throughout the day. Perspiration is more in axilla with offensive smell and no stains. He has intolerance to fast food which causes heart burn and indigestion.
- General Appearance- Earthy complexion, medium stature, old looking appearance and dry skin.
- Physical make up- Carbo-nitrogênio constitution, melancholic temperament, and thermal state is hot patient
- On local examination of scalp, there is Hairloss in vertex, temporal and frontal region, thin hair. No dandruff, no eruptions.

**Clinical diagnosis:** Androgenic Alopecia

**Case analysis**

After taking a detailed case, the totality of the symptoms were constructed by analysing the case in depth. Using this totality, synthesis repertory was chosen and the case was worked out in RADAR 10.0.028 version.

- Old looking appearance
- Offensive perspiration in axilla
- Desire for warm food and sweets
- Baldness
- Hair fall mainly in vertex
- Grey hair

1. GENERALS - FOOD and DRINKS - sweets - desire	(175) 1
2. GENERALS - FOOD and DRINKS - warm food - desire	(30) 1
3. CHEST - PERSPIRATION - Axilla - offensive	(34) 1
4. HEAD - HAIR - falling - Vertex; from	(5) 1
5. HEAD - HAIR - baldness	(27) 1
6. HEAD - HAIR - gray, becomes	(23) 1
7. FACE - EXPRESSION - old looking	(51) 1

  

	lvc	sulph.	sil.	nat-m.	bar-c	ars.	graph.	phos.	sep.	med.	tub.	thul.	calc.	bry.	op.	ph-ac.	amb.	glycy-r.	sec.	staph.	zinc.	carb.	syd.	arg-m.	arg-met.	nit-ac.	flu-ac.	hep.	pebr.	sabad.	abrot.	anthraci.	apis	ferr.	kali-bi.	kali-i.	knorr.	lach.	mag-m.	merc.	moni.	nux-m.	plb.	sul-ac.	plur-n.	lac-h.	aeth.	amp.	ars-sf.	aur.			
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3.	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	
4.	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	
5.	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
6.	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
7.	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■

**Fig 1:** Repertorisation

**Prescription**

Rx,

1. Lycopodium 30/ 16 doses- weekly twice on alternate three days once, early morning empty stomach.
2. Blank pills (4-4-4) before food. - For 2 months.

**Basis of Prescription**

- Loss of self confidence
- Premature baldness and gray hair
- Great falling out of hair

- Old looking appearance
- Desire for sweet
- Likes to take food and drinks hot
- Offensive perspiration especially on axilla.
- Drowsy during day
- Dryness of skin
- Hot patient

**Follow up**

**Table 1:** Follow- up

Date	Follow up	Prescription
1 <sup>st</sup> follow up- after 2 months	Drowsiness reduced.	Lycopodium 200, 8 doses, early morning empty stomach, weekly once
	New hair started to grow.	
	Inferiority complex better than before.	
2 <sup>nd</sup> follow up- after 2 months	Patient feels active	Lycopodium 1M, 8 doses, early morning empty stomach, weekly once
	New hair started to grow in vertex	
	No inferiority complex, the patients feels better.	
3 <sup>rd</sup> follow up- after 2 months	Hair started to grow in vertex and in mid frontal scalp.	Lycopodium 10M, 8 doses, early morning empty stomach, weekly once
	His marriage date was fixed, and he was happy	

### Progress of the case Before treatment

**Fig 2 and 3:** Before treatment

### After treatment

**Fig 4 and 5:** After treatment

### Discussion:

Androgenic alopecia which is not only the physical problem but it creates psychological impact in a person's life. So based on individualisation Lycopodium was selected and prescribed in the increasing potency. Lycopodium is a well-known constitutional remedy, which addresses the person as a whole. The patient's overall improvement demonstrated that Lycopodium works at all levels of the plane to enhance the patient's Quality of Life.

### Result

Lycopodium Clavatum was given in increasing potency, based on his totality of symptoms. There is a marked improvement in physical state as well as in psychological state. The patient got married and he is leading a happy life.

### Conclusion

Homoeopathic medicines based on individualisation showed significant improvement in the treatment of androgenic alopecia. Thus, homoeopathic medicines helps to enhance the Quality of Life in patients with Androgenic alopecia.

### Conflict of Interest

Not available

### Financial Support

Not available

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