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Individualized homoeopathic approach in Alopecia Areata: An evidence-based case report

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Abstract

Alopecia areata, often known as spot baldness, is an autoimmune condition characterized by hair loss in one or more areas of the body. It usually causes a few coin-sized bald spots on the scalp. Psychological stress or illness are risk factors for the development of alopecia areata.

The case presented here is of a 14-year-old girl who had complained of patchy hair loss for 9 months and was treated with symptomatic homoeopathic medicine with a 6-month follow-up.

Homoeopathic treatment for alopecia areata works by balancing the hyperactive immune system that is harming the hair follicles. Homoeopathic medications help with hair restoration in bald patches.

Keywords: Bald, Hairfall, homoeopathy, improvement

Introduction

Alopecia areata (AA) is an autoimmune disease that causes non-scarring alopecia patches on the scalp and body hair. The disorder can affect one or more discrete, well-circumscribed patches of hair loss on the scalp or body, or it can affect the entire scalp or body (alopecia totalis) (alopecia universalis). The global lifetime prevalence of Alopecia areata is around 2% [1]. It affects people of all ages and both sexes. Because of the presence of an organ-specific CD8+ T-cell-dependent response that largely damages hair follicles, hair loss is assumed to be an autoimmune process that leads to persistent inflammation. Infections, trauma, hormones, and stress have all been linked to an increase in the severity of the illness. Because severe symptoms are more common among first-degree relatives, the genetic component is critical. Vitiligo, lupus erythematosus, psoriasis, atopic dermatitis, thyroid disease, allergic rhinitis, pernicious anaemia, diabetes mellitus, and rheumatoid arthritis have all been related to it [2].

There is no specialised treatment for Alopecia areata sufferers. However, in patients with Alopecia areata, topical immunotherapy, intralesional, and topical or systemic corticosteroids are used. As a therapeutic option, immunosuppressive and biologic medicines are also accessible. Because of the possibility of side effects, patients taking these medications should be clinically checked on a regular basis [3]. Providing psychological assistance is an important component of dealing with Alopecia areata circumstances. With psychological support and disease education, long-term improvement is feasible [4]. Most of the time, the diagnosis is clinical and clear. In the case of diffuse chronic forms, a trichogram and biopsy are recommended [5].

Homoeopathic therapy can be gentle and safe for AA 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

A 14 years old Muslim girl from Hyderabad was brought to the clinic on 27-9-20 with the complaints of hair loss.

Presenting Complaint

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Table 1: Presenting Complaint

Location	Sensation	Modality	Concomitant
Head (Scalp) Since 9 months	Loss of hair in patches		
Nose Since 1 year	Recurrent Attack of cold	< Summer Season >Bathing with Cold water	

History of Presenting Complaint

Complaint started since 1 yr as recurrent attack of cold. Took allopathy no relief, Complaints of hair loss in patches starts since 9 months, applied different hair oils and taken multivitamin tablets but no relief. She told that she used to have thick hair previously. On enquiry her sister told that their father expired 1 year back and she was very much attached to father.



Fig 1: 27-9-20

Past History

Measles-6 yrs of age-Traditional treatment-Relieved

Family History

Father-Hypertension
Expired 1 year back (Cardiac Arrest)

Generals

Appetite - Normal Stool - Once in 3 days
Thirst - Normal Urine - Normal
Sleep - Disturbed Sweat – Increased
Dreams - Good

Reaction to

Desire- Bathing
Desire- Cold Food and Drinks
Aversion –Summer Season
Desire – Salt, Sweets, Pickles
Hot Patient

Menstrual History

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

Life Space Investigation

Girl was born in a middle class muslim family. Her Father was a business man and mother is a House wife. She used to be very friendly with father and share everything to father. She is having 2 elder sisters and she is the youngest. She is very irritable and usually consolation aggravates her complaint. She is good in her studies. She is not having any best friends and she was having only limited friends. Suddenly her father expired due to cardiac arrest when she was studying in 8th std. After that incident she become more introvert. she wont express her tears in front of others and now adays she is getting anger for even least matters. She wont be mingling with others easily and it will take some time for mingling with others.

Mental generals

- Angered Easily
- Introvert
- Consolation Aggravation
- Desire to be alone

Totality of Presenting Complaint

- Mind Grief
- Angered Easily
- Desire to be Alone
- Consolation Aggravation
- Desire sweets
- Desire Salt
- Head-Loss of Hair in Patches
- Nose Coryza Amelioration Bathing in cold water
- Nose Coryza Aggravation Summer Season

Repertorial Totality

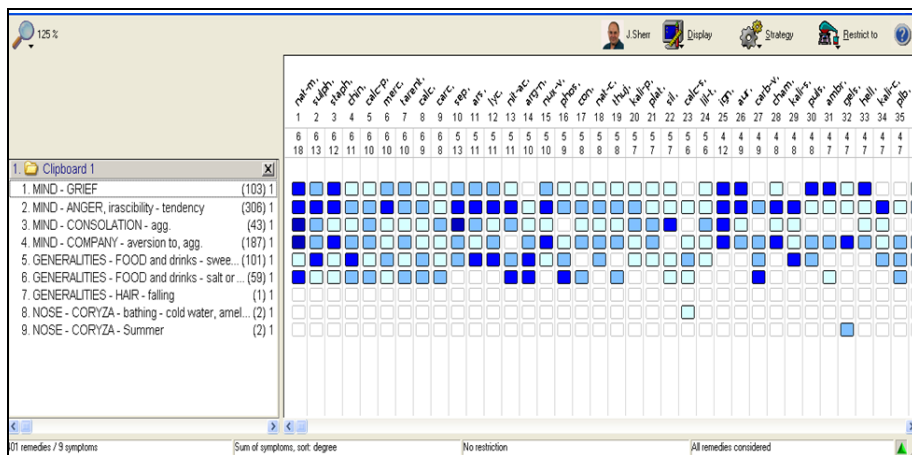


Fig 2: Repertorial Totality

First Prescription on 27-9-20

RX

1. Natrum Muriaticum 0/3 Daily HS
2. SL BD For 2 wks

- Along with medication advised to involve her in

small house hold work (Covid time so no class)

- Advised to do daily morning exercise
- Eat healthy

Follow ups

Table 2: Symptoms

Date	Symptoms	Prescription/Dose	Justification
11-12-20	New hair follicles starts appearing in bald spaces Sleep-Good	Natrum Mur 0/3 Daily for 2 wks	Improving
28-12-20	New hairs starts to grow in bald spaces Generals-Good	Natrum Mur 0/3 Daily for 2 wks	Improving
11-1-21	New hair growth in continuing Generals-Good	Natrum Mur 0/3 Daily for 2 wks	Improving
25-1-21	New hair growth in continuing Generals-Good	Natrum Mur 0/3 Daily for 2 wks	Improving
8-2-21	New hair growth in continuing Anger reduced Generals-Good	Natrum Mur 0/3 Daily for 2 wks	Improving
22-2-21	Since 1 wk no further improvement No new hair growth	Natrum Mur 0/6 Daily for 2 wks	Stand still
8-3-21	New hair growth is continuing Generals-Good	Natrum Mur 0/6 Daily for 2 wks	Improving
22-3-21	Hair growth is continuing Generals-Good	Natrum Mur 0/6 Daily for 2 wks	Improving
5-4-21	New hair growth is continuing She is mingling with others easily Generals-Good	SL Daily for 2 wks	Improving
19-4-21	Bald spots are fully covered with hair	SL Daily for 2 wks	Improving. New hair in patches are too short than remaining hair so advised to shave the scalp hair
26-4-21	Uniform hair growth is there over the scalp Recurrent attacks of cold is not there now Generals-Good	SL Daily for 2 wks	Improving Advise to stop the medication and to report after 1 month



Fig 3: 25-1-21



Fig 6: 7-8-21

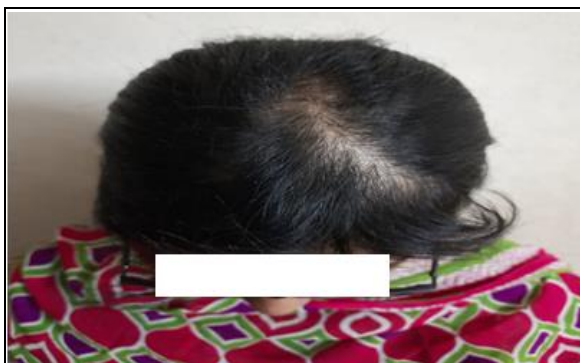


Fig 4: 5-4-21



Fig 5: 25-5-21

Conclusion

This case treated with homoeopathic medicine shows improvement by complete hair re- growth within a time span of 6 months. Medicine was selected according to individualization and improvement is assessed based on new hair growth and improvement in symptoms. There is improvement in mental and physical symptoms with complete hair re-growth without any recurrence in a follow-up period. This case shows positive role of homoeopathy in treating alopecia areata and confirms significance of prescription on the basis of reportorial approach and on the basis of totality of symptoms.

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Conflicts of interest: None declared.

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