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Alopecia areata and Homoeopathy

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Abstract

Spot baldness, also known as alopecia areata, is a disorder where hair is lost from all or some parts of the body. On the scalp, it frequently causes a few coin-sized bald spots to appear. All ages, races, and genders are equally affected by alopecia. The best way to treat alopecia areata is with homoeopathic treatments. They are largely successful because it promotes hair growth.

Keywords: Alopecia areata, homoeopathy, thyroiditis

Introduction

Alopecia areata is an autoimmune disorder that affects the hair follicles and results in hair loss. It often manifests as distinct bald patches on the scalp, although it can also result in hair loss across the body's hair-bearing regions. Other autoimmune diseases like SLE, vitiligo, autoimmune thyroiditis, and autoimmune hemolytic anaemia are linked to it. In alopecia areata, the immune system mistakenly attacks hair follicles, causing inflammation. Anyone may suffer from alopecia areata. All racial and ethnic groups are impacted equally by it, and so are men and women. Although it can start at any age, it typically strikes in a person's teens, twenties, or thirties. It tends to be more severe and progressive in children under the age of 10 when it does occur.

Risk factors

- Family history, such as a close relative with alopecia areata
- Disorders like Down syndrome, thyroid problems, or vitiligo
- Insufficient vitamin D
- Stress
- Poor Nutrition

Furthermore, nivolumab-induced alopecia areata is a recognised condition. This occurs to patients who are taking the cancer medication nivolumab. Hair loss demonstrates the drug's efficacy in these circumstances.

Pathophysiology

Alopecia areata's precise pathogenesis is still a mystery. The most widely held theory holds that alopecia areata is a T-cell-mediated autoimmune condition that is more likely to occur in those with certain genetic predispositions.

Classification

1. **Diffuse alopecia areata:** Hair loss may also occur more diffusely across the entire head.
2. **Alopecia areata monocularis:** one patch of baldness. Anywhere on the cranium could be the site.
3. **Alopecia areata multilocularis:** There will be multiple areas of hair loss
4. **Ophiasis:** Refers to hair loss around the cranium that takes the form of a wave.
5. **Alopecia areata barbae:** Loss of hair is limited only to beard.
6. **Alopecia areata totalis:** Complete or nearly complete baldness on the head.
7. **Alopecia Areata universalis:** Hair loss that ranges from complete to almost complete on all bodily parts with hair.

Clinical Features

Loss of hair is the primary sign of alopecia areata. On the scalp, hair typically flakes off in patches. These blotches frequently measure a few millimetres or less. Some individuals experience localised hair loss. Some experience hair loss in multiple spots.

Any part of the body, including the beard area in males, the eyebrows, or the eyelashes, may be affected by alopecia areata, which usually starts with the sudden loss of round or oval patches of hair on the scalp. Short broken hairs or "exclamation point" hairs, which are narrower at their base than their tip, are frequently present around the patch's borders. The bare areas typically show no signs of a rash, redness, or scarring. Before their hair comes out, some people claim to experience tingling, burning, or itching on certain patches of their skin.

Diagnosis

Alopecia areata is usually diagnosed based on clinical features. Although additional tests may help with the diagnosis.

Trichoscopy: Using a dermatoscope, examine the head, hair shaft, and hair follicles. Exclamation point hairs, broken or dystrophic hairs, yellow dots, and black dots are signs of an active illness.

Hair Pull Test: This can support hair loss confirmation and is frequently positive in alopecia areata. Involves providing light traction while holding 40–60 tightly bunched hairs. Positive if more than 10% of the hairs can be removed with ease.

Skin Biopsy: Possibly necessary if the prognosis is unclear. Histopathology of acute alopecia areata shows dense lymphocytic infiltrates encircling anagen hair follicles in a "bee-swarm pattern." The size of the anagen follicles decreases as the disease worsens, while the size of the catagen and telogen follicles increases.

Repertorial view**Kent repertory**

- Head - hair baldness
- Head- hair- baldness - patches
- Head - hair- baldness- young people
- Head - hair - Falling
- Head - hair - falling - forehead
- Head - hair - Falling - grief - from
- Head - hair - falling - spots in - and comes in white
- Skin - hair falls out
- Head - hair - falling - hand fuls - in
- Head - hair - falling - menopause
- Head - hair - falling - occiput - on
- Head - hair - falling - parturition - after
- Head - hair - falling - pregnancy - during
- Head - hair - falling - sides
- Head - hair - falling - spots - in
- Head - hair - falling - temples
- Skin - hairfalls out - unusual parts - on

Boericke repertory

Head - scalp - hair - falling out (alopecia)

Boenninghausen repertory

- Head - external - hair - Falling out - from head
- Head - external - hair - Falling out - ears - behind

The prescribers repertory

- Alopecia (see hair)
- Hair - dryness
- Falling off - with dryness
- Falling off
- Falling off from depressing, emotions
- Falling off with humid eruptions
- Scalp sensitive
- Baldness

Homoeopathic management

The body's immune system can be stimulated by homoeopathic medicines to successfully fight off the disease. Most instances of alopecia can be treated safely and effectively with homoeopathy. Medicines selected and prescribed by individualization could bring the deranged immunity back to normal.

Flouric Acid

One of the greatest homoeopathic treatments for alopecia areata is fluoric acid. It is equally effective for patchy hair loss that affects any area of the scalp. It is a remarkable aid in encouraging hair growth in bald spots. Those who require it might also have a scratchy scalp. Touch sensitivity can exist on the scalp.

Phosphorus

Phosphorus can be used to treat hair loss in any area of the scalp, although it works best when the front or the sides are particularly affected. Those who require it may exhibit a propensity for excessive scalp perspiration. Dandruff may be present, and the scalp may also feel hot.

Lycopodium

It is effective in treating bald patches, particularly those that affect the top of the scalp. The person's scalp itches and feels like it is burning. Aside from this, Lycopodium is a popular drug for treating premature hair ageing.

Calcarea Carb

When there is uneven hair loss and excessive sweating on the scalp, this medication may be administered. The scalp may also experience a chilly sensation. Additionally, the scalp may itch.

Vinca Minor

This medication is made from the "lesser periwinkle" plant. It is helpful in treating cases of alopecia areata, where hair tends to fall out in patches and be replaced by white hair. This may be accompanied by itchiness and ferocious scalp scratching.

Phosporic Acid

Early ageing causes hair to fall out. dull headache caused by eye strain after coition. When standing or moving, vertigo as night falls. Early greying and hair thinning, memory impairment. Indifferent, apathetic cannot gather his thoughts or choose the proper word. Comprehension is challenging.

grieving and psychological shock effects. Drowsiness and extreme stupor.

Selenium

Hair thinning. Pain over the left eye is made worse by strolling in the sun, headache caused by drinking tea. easy physical and mental fatigue with ageing. Degeneration following arduous illnesses. In Beard, genital, and brow all hair falls out.

Natrum Mur

Hair loss in anaemic females. Hair loss after grief. Headache along with hairloss, Hairloss in bunches from the scalp. Scalp Dry sensitive.

Sepia

Baldness during menopause. Hair loss following the delivery of the kid with mental depression, followed by subsequent apathy. Because the hair roots are so delicate, touching the hair hurts. Increased irritability and a snappish demeanour. Papular eruptions on the forehead, close to the hairline.

Conclusion

Homeopathy can successfully cure mild to moderate cases of alopecia areata. The secret to a successful recovery is an early diagnosis. Early detection and the absence of any other autoimmune diseases complicating the case both increase the likelihood of healing. Since alopecia areata is an internal illness, homoeopathy can correct the internal immune system and treat the condition. When compared to other forms of therapy, homoeopathy provides long-term relief. It significantly lowers the likelihood of relapse.

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