



International Journal of Homoeopathic Sciences

E-ISSN: 2616-4493

P-ISSN: 2616-4485

www.homoeopathicjournal.com

IJHS 2023; 7(3): 242-244

Received: 26-06-2023

Accepted: 29-07-2023

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A brief review on utility of vinca minor in scalp complaints with emphasis on alopecia areata: A short evidence based case report

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DOI: <https://doi.org/10.33545/26164485.2023.v7.i3d.919>

Abstract

Alopecia areata is common scalp complaint, seen in any age group. It is an auto immune disorder effecting the hair follicles, causing loss of hair in patches. It constitutes a life time risk of approximately 2%. Alopecia areata does not carry significant sex or ethnic predominance. Peak incidence occurs in the second and third decades and most patients experience onset before the fourth decade. Homoeopathy is 2nd most widely used therapy all over world and is cost effective method of treatment. This article is about a short review on "Vinca Minor" and its utility in scalp complaints with an evidence based case report of Alopecia Areata, which was treated successfully with Homoeopathy.

Keywords: Vinca minor, plica polonica, eczema, matting of the hair, alopecia areata

Introduction

Vinca minor is commonly called as lesser periwinkle, belongs to apocynaceae family. Homoeopathic Proving's were conducted by Rosenberg and Schier on 8 persons. It has affinity on mucous membrane and skin, especially of scalp. This remedy is almost specific for a well-known clinical condition "Plica Polonica". It has tendency to produce eczema of scalp, especially of pustular variety, which produces a lot of nightly itching and burning of skin after scratching with offensive smelling discharges. There is matting of the hair together from formation of crusts over the discharge. It may be frequently associated with vermin complaints. This remedy is also useful for Alopecia. The bald spots are sometimes covered with very fuzzy' grey hair or with short wholly hair. Sometimes the alopecia is patchy, called alopecia Areata, where on single spots there is growth of white hair. There is frequent hairfall which is replaced with grey hair.

There may be associated mental symptoms like lachrymose mood, with Sadness and fear of death, Peevish and quarrelsome, which soon followed by repentance. There is tendency to start, especially on exerting mind.

There may be history of frequent epistaxis, increased salivation, apthous ulcers. Nausea sensation with coffee. Thirstless. Hunger, with loss of appetite before the hunger gets satisfied. Sleeplessness. Dreams of lascivious type. There may be associated menstrual disorders in females.

Case report: Date of case taking: 2-1-2023

A male patient named R, of aged 23 yrs. works at post office, belongs to lower middle class family, complained of patchy loss of hair, at 2 to 3 places in scalp from 3 months. There is complete loss of hair at that regions. There is crust formation with offensive sticky discharge at some places in scalp with itching aggravated at night time. Sometimes the crusts fall off, sometimes it appears as dandruff. There is perspiration of scalp which is offensive. Used various types of shampoos on advice of dermatologist, but no relief.

P/H: There is no similar history in the past.

F/H: Family history of alopecia also negative.

Generals: Appetite: Low, does not feel like having food. Thirst: Low. Bowels: Regular, soft. Urine: No abnormality, sleep: Due to itching, there is disturbed sleep. Dreams-not specific. Thermally- towards hot. Perspiration- offensive, sticky, on scalp.

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General examination: Person look- unhealthy, lean, ectomorphic. Untidy. Stinky smell with him.

On local examination: There is patchy loss of hair on scalp at top of head, and near left ear. Slight dandruff was seen.

Probable Diagnosis: Alopecia areata.

Totality formed: Dandruff, alopecia areata, bald spots, and sticky offensive discharge from the scalp lesions, itching aggravated at night time. Offensive, sticky perspiration of scalp, thirstless.

Remedy and potency: Vinca Minor 200, weekly dose for 1 month.

Date	Symptoms	Prescription
2.1.2023	Dandruff, alopecia areata, bald spots, and sticky offensive discharge from the scalp lesions, itching aggravated at night time. Offensive, sticky perspiration of scalp, thirstless.	Vinca minor 200 weekly dose for one month
10.2.2023	Itching reduced. New hair growth started. Dandruff reduced. No crusts formation. Overall feeling better by 70%	Sac lac pills for 30 days
18.4.2023	Hair grown on bald places. Sometimes recurring dandruff on and off. Desire to eat sweets. Hunger intolerance. Increased thirst.	Sulphur 1m one dose followed by sac lac pills.
15.5.2023	No complaints	Sac lac pills one month
17.6.2023	No complaints	Sac lac pills one month

Images before treatment



Images during treatment: Hair growth is visible in bald patches



Discussion and Conclusion

Homoeopathy cures the complaints in quick manner, safely and permanently. In this case, the remedy Vinca Minor 200 was selected based on formation of totality. It quickly relieved complaint, and patient was very much better within a month. When there was recurrence in the complaint, Sulphur 1m one dose was given as an antipsoric prescription which helped patient to recover completely. There has been no further complaint as of yet, and the case is still being followed. Therefore, in alopecia areata, plica polonica, eczema, and other scalp issues despite being a rare remedy, Vinca Minor can be employed as it has a strong affinity.

Conflict of Interest

Not available

Financial Support

Not available

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How to Cite This Article

Sriharitha A. A brief review on utility of vinca minor in scalp complaints with emphasis on alopecia areata: A short evidence based case report. International Journal of Homoeopathic Sciences. 2023;7(3):242-244.

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