

CLINICAL INSIGHTS FROM “A STUDY TO EVALUATE THE EFFICACY OF PIX LIQUIDA FOR INDIVIDUALS SUFFERING FROM ALOPECIA AREATA”: A CASE REPORT

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ABSTRACT

Alopecia Areata is an auto immune condition characterized by loss of hair mainly from the scalp. Loss of hair or baldness in alopecia areata is commonly referred as patchy or spotty baldness of non-scarring type. This Alopecia occurs without any obvious cause. A male patient aged 30 years consulted for Alopecia Areata. Homoeopathic medicine Pix Liquida was prescribed to patient. Severity of Alopecia Tool (SALT) score was used to check severity of Alopecia. After administration of Homoeopathic drug Pix Liquida Patient recovered.

INTRODUCTION: The characteristic of alopecia is hair loss. It can be further classified into subtypes which include scarring and non-scarring, along with localized and diffuse. [1] Alopecia areata, an autoimmune disorder, can be recognized by patchy and nonscarring alopecia of the scalp. **Etiology:** The following factors are implicated in the etiology of Alopecia

Areata:

Immunological elements: Alopecia Areata is regarded as an immunological condition. Dermal papillae in lesions release cytokines that both draw lymphocytes to the perifollicular area and encourage their proliferation. Affected follicles have significant major histocompatibility complex (class I and class II) immunoreactivity in

contrary to healthy hairs. Alopecia Areata's correlation with various autoimmune conditions, including vitiligo, atopy, pernicious anemia, and autoimmune thyroid illness often seen.

Genetic factors: Alopecia Areata may have a genetic foundation because it may run in some families. **Emotional aspects:** Emotional stress can trigger Alopecia Areata in certain patients. [2] Approximately twenty percent of patients with alopecia areata show a family history, and the disease has an autoimmune origin with a significant hereditary component. In addition to atopy, it is linked to Down syndrome and other autoimmune conditions, including thyroid disease. [1]

Alopecia areata is common type of alopecia which can occur in both male and female equivalently and it can start at any age. [2] AA is currently the globe's second most common hair loss disorder, affecting about 2 percent of the population (nearly 147 million people), with estimates indicating ongoing growth. Extensive clinical research has demonstrated Alopecia Areata's profound effect on psychological health, including anxiety, sleeplessness, and low self-esteem, especially in instances of extreme severity.[3] In addition to genetic predisposition, various triggering components such as stress, hormones, food, infectious agents, vaccines, and many others have been implicated in the pathogenesis of Alopecia Areata. Stress is considered one of the causes. Emotional trauma from a family death or an accident has been described as triggering factors in specific cases. Iron deficiency was observed in 24-71% of females with AA.[4] Other autoimmune diseases like thyroid disease, vitiligo, and mental health disorders like anxiety and depression sometimes coexist

with AA. The significance of integrated care that attends to both medical and psychological needs is highlighted by this comorbidity pattern. [5]

Clinical Features: Morphology: Patients most frequently present with well-circumscribed, circular areas of hair loss, 2-5 cm in diameter on scalp area. In extensive cases, coalescence of lesions and/or involvement of other hair-bearing surfaces of the body also seen.[6]

SALT has been used extensively since the early 2000s for determining the degree of scalp hair loss in AA patients. Four views of the scalp are separated by the investigator in the SALT score: the top (40%), back (24%), right side (18%), and left side (18%). The scalp surface area inside each view is further separated into four quadrants, and the percentage of hair loss is then calculated. The overall SALT score is determined by a weighted average of the percentages, which are weighted based on the region of the scalp they represent.[7]

Pix Liquida is Homoeopathic remedy which is prepared from Liquid Tar. [9]

Different mucous membranes are affected by the tar and its compounds.[10] For alopecia, pix liquida was proven to be helpful. It's skin signs are significant. It is a good cough remedy. discomfort of the bronchi following influenza. Flaky eruptions are also one of the signs of this remedy. A great deal of itching is also a prominent symptom of this remedy. [8]

Material and Method: The study was carried out with the approval of the Institutional Ethics Committee (IEC). A quasi-experimental study was conducted with a one-group pre-and-post design, assessing the effect of homeopathic medication Pix Liquida. This study aims to analyze the condition of Alopecia Areata

patients before and after a single homoeopathic medication using Pix Liquida. Patients who met the inclusion and exclusion criteria and provided informed consent were included in the study. Homoeopathic medicinal potencies of 30C, 200C, and 1M were prescribed as per the requirements of each case. Patient improvement and disease severity were assessed using the SALT score during the first consultation, the fourth follow-up, and the eighth follow-up.

A CASE REPORT:

CHIEF COMPLAIN:

A Patient aged 30 years, unmarried male consulted at the outpatient department first time on 17-04-'23 for the complaint of Alopecia Areata, i.e. Loss of hair from circular patch of scalp region. He was employed in local company. Patient was completely conscious and oriented. Patient was suffering from presenting complaint of hair loss from one patch of scalp since 2 Years. Bald Patch was located at the Posterior region of scalp. Loss of hair was visible from the alopecic patch. No any history of injury to that part. The area of the patch was gradually increasing as described by the patient. Patients do not experience any burning sensation at area of the patch. Patient do not experience any itching sensation at the area of the bald patch. No any oozing discharge was noticed nor even experienced by patient.

Treatment taken: No any treatment taken for the presenting complain previously.

Comorbidities: Patients do not suffer with any other disease or comorbidities.

Past Illness: Suffered with – upto 16 years of age patient suffered with on and off cracked skin which was itching unbearably; occasionally while scratched, that cracked skin also bled

Family History: Father: suffering from indigestion and flatulence.

Personal History: Appetite: Good

Thirst: 11-12 Glasses/Day

Urine: Regular, Normal

Stool: Regular, Normal

Sleep: Regular, Sound

Perspiration: Moderate, Generalised

Likes: Likes fried and spicy food. After having fried and spicy food patient experiences sour eructation and also develops flatulence.

Life Space Investigation: Patient like to talk much but with selective persons only otherwise he does not open up or prefer to talk. He is sceptical by nature. He like to search and read a lot before purchase of any new product or goods for him or his family members irrespective of the value of the goods. Likes to watch movies and serials based on detective or investigator work. Generally, he likes to be involved in his daily routine. He usually performs his job well at workplace because he became angry and irritated easily if someone finds fault in his work. Before two years and 3 months ago he was struggling a lot in finding a job. He was under pressure weather he would be able to get good job or not. Under the pressure of not getting good job, he became more irritated and started having frequent arguments and quarrels with family members, friends and other persons. Before one and a half year ago he got a good job also. However, after such struggling and much irritated period of life he developed disinterest in so many engagements as well in relations of his life.

General Examination

Patient was conscious, cooperative & oriented with time, place and person during the case evaluation.

Vital Data:

PR – 76 beats/ min
 Temp – Afebrile at the time of examination
 BP- 126/84 mm Hg
 RR-16 /min
 Body Weight: 72 kgs
 Built: Moderately built and nourished.
 Scalp – No dandruff no itching
 Hairs – overall Black with some white hairs
 Eyes Conjunctiva - pink
 Sclera – clear
 Ears- no discharge
 Nose- no DNS/ Polyps
 Mouth: -
 Buccal mucosa- Pink.
 Teeth – hygiene maintained
 Tongue – pink
 Gums – Non bleeding
 Neck – no lymphadenopathy
 Nails- healthy
 No pallor, clubbing, cyanosis, icterus & pedal oedema

Local examination: At the Back of the scalp i.e. at the occipital region, well defined circular bald patch present. Skin of the bald area is smooth and shiny. At the periphery of the patch short, broken hairs was present. No any signs of injury were present at bald patch. Skin at the area of the bald patch was not showing any change in the colour compared to patient's skin.

Area of the bald patch was non tender on examination.
 Skin of the bald patch was not showing any rise of temperature
 There was no any burning sensation at area of the bald patch.
 There was no any itching sensation at area of the bald patch
 No any oozing discharge was present.

SYSTEMIC EXAMINATION:

CNS, CVS, RS, GIT, GUT: NAD

Totality of symptoms:

1. Talks with selective persons only
2. Loss of hair from one circular patch from back of scalp.
3. Loss of hair from 2 Years
4. Sceptical nature
5. Likes to watch movies and serials based on detective or investigator work
6. Easily irritated and quarrelsome
7. Likes fried and spicy food but experiences sour eructation and also develops flatulence easily after having such food

Diagnosis: Alopecia Areata.

The diagnostic assessment was conducted based on a detailed clinical evaluation and physical findings, which were essential in ruling out Alopecia Areata.

Prescription: Patient prescribed with Homoeopathic drug PIX LIQUIDA 30 C one dose at the time of first consultation.

Sr. No	First Prescription/ Follow up	Complain at the time of consultation /Follow up	Homoeopathic Medicine prescribed with Dose and Duration
01	First Prescription (17-04- '23)	Presenting complain of Alopecia Areata	Pix Liquida 30 one Dose, Placebo four globules twice a day (BD) for 15 days
02	1 st follow up (15 th Day) (02-05-'23)	No any improvement seen in the complain of the patient	Placebo four globules twice a day (BD) for 15 days
03	2 nd Follow up: (30 th Day) (17-05-'23)	No any improvement seen in the complain of the patient	Pix Liquida 200 one Dose, Placebo four globules twice a

			day (BD) for 15 days
04	3 rd Follow up: (45 th Day) (01-06-'23)	Mild Improvement seen in the complain of the patient	Placebo four globules twice a day (BD) for 15 days
05	4 th Follow up: (60 th Day) (16-06-'23)	Mild Improvement seen in the complain of the patient	Placebo four globules twice a day (BD) for 30 days
06	5 th Follow up: (90 th Day) (17-07-'23)	Mild Improvement seen in the complain of the patient	Placebo four globules twice a day (BD) for 30 days
07	6 th Follow up: (120 th Day) (17-08-'23)	Mild Improvement seen as compared to 5 th Follow up but bald patch is visible in smaller area compared to first consultation.	Placebo four globules twice a day (BD) for 30 days
08	7 th Follow up: (150 th Day) (18-09-'23)	Good Improvement seen compared to previous follow up but bald patch is still visible, which is decreased in size as compared with 6 th Follow up	Placebo four globules twice a day (BD) for 30 days
09	8 th Follow up: (180 th Day) (18-10-'23)	Good Improvement seen and entire bald patch not present	Placebo four globules twice a day (BD) for 30 days

SALT SCORE before and after administration of Homoeopathic remedy Pix Liquida

Sr.No.	DUARATION AT WHICH SCORE EVALUATED	SALT SCORE
1	SALT SCORE At first consultation	2.13
2	SALT score at 60 th Day i.e. at the 4 th Follow up	1.09
3	SALT score at 180 th i.e. at the Day-8 th Follow up	0

BEFORE



AFTER



Discussion: Patient thoroughly evaluated as per the laws and principles of Homoeopathy. Homoeopathic medicine pix liquida was given in 30C potency after the first consultation. Homoeopathic medicine Pix Liquida kept constant as the treatment of the patient

as and when required, as the study aimed with treatment of the Alopecia Areata with single remedy i.e. Pix liquida. After one month duration of treatment potency of the Pix Liquida changed from 30 C to 200 C as there was no any improvement in the patient's complain.

Followed by change in the potency patient gradually started improving after 3rd Follow up. Patient evaluated for the duration of the six months. For First four follow up i.e., up to 60 days patient evaluated at the interval of 15th day. Afterwards patient evaluated at the interval of 30 days. Thus, Patient evaluated for the 6 months i.e., for 180 days. Improvement in the bald patch was analysed by SALT score. SALT score also showed the zero value by the 180th day Follow up, which is indicative of absence of Alopecia Areata. After treatment duration of 6-month patient showed improvement. This also indicates the efficacy of Homoeopathy and the Homoeopathic remedy Pix liquida in relation to the patient's condition.

For more than 200 years, homoeopathy has been acknowledged as a legitimate medical practice throughout the world, advancing treatment, education, and research efforts in several healthcare facilities and medical schools. In order to induce a curative response from the organism against its own disorders or illnesses, it uses a therapeutic approach based on the idea of cure by similarity and dynamized doses.[11] Autoimmune disorders, such as Alopecia Areata, frequently experience relapses or do not yield satisfactory outcomes with conventional treatments. In structured interviews, it is commonly noted that many patients turn to homoeopathy because they are dissatisfied with certain aspects of traditional medical approaches.[12]

Conclusion: In instances of autoimmune diseases like alopecia Areata, Homoeopathic treatments can provide outcomes only when they are carefully

administered and evaluated thoroughly during follow-up periods. Thus, homoeopathy has the potential to restore a sick patient to a healthy state. The case discussed here demonstrates significant improvement in the patient's condition, which also reinforces the efficacy of homoeopathy and the homoeopathic remedy, Pix Liquida. SALT is a commonly used tool for evaluating the severity of alopecia Areata. It has been shown to be a useful tool for determining the severity of alopecia because it indicates a significant rise or decrease in alopecia severity.

Abbreviations: AA-Alopecia Areata, SALT-Severity of Alopecia Tool

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