

## Alopecia Areata Cured with Individualized Homoeopathy Medicine – An Evidence Based Homoeopathy Case Report

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### KEYWORDS

**Alopecia areata,  
Homoeopathy,  
Individualization, Phosphorus.**

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### ABSTRACT

Alopecia areata is an autoimmune disease affecting genetically susceptible people characterized by loss of hair in sharply defined areas of skin. Alopecia areata affects all ages people and affects 1 to 2% of the human population. Alopecia areata is still a puzzle to many dermatologists due to its unpredictable response to medications like the recurrence of complaints, variation in clinical presentations like alopecia totalis, alopecia universalis, ophiasis. A 25 years old boy presented with clinically diagnosed Alopecia areata condition at OPD, Sainath Hospital, Rajkot Homoeopathic Medical College, Rajkot. The patient was treated with individualized homeopathic medicine for 8 Months. There was a complete cure of Alopecia areata without any side effects and recurrence of lesions. Individualized homeopathic medicine selection after considering totality of symptoms proves worth. This case report supports the positive role of homoeopathy in treating alopecia areata.

### Introduction:

Alopecia areata is an autoimmune disease that causes temporary, non-scarring hair loss while maintaining the hair follicle. Hair loss can manifest itself in a variety of ways, affecting all areas of the body that bear hair, from discrete patches of loss to diffuse or complete loss. The most prevalent kind of alopecia areata affects the scalp in patches. Approximately 2% of the general population may experience alopecia areata at some point in their lives. According to

modern medicine there is no medicinal treatment for this condition. In conventional method Alopecia areata can be treated with a variety of therapeutic treatments, however none of them are curative or preventative, most of them are suppressive. On the other hand along with many case reports narrative reviews shows various remedies are there to treat those cases to cure such as Silicea, Lycopodium, Graphitise, Acid flour, phosphorus, Syphylinum, Tuberculinum etc. In narrative study it is seen there is number of

reports which confirms at least complete resolution of the alopecia, but still the evidences are less for concluding its effectiveness and efficacy. In different homoeopathic literature we found treatment for this condition. This case report explores the use of homoeopathy as an alternative treatment for alopecia areata.

### Case history:

### Date Of Case Taking: 8<sup>th</sup> May 2024

A 25 years old boy presented with clinically diagnosed Alopecia areata condition at OPD, Sainath Hospital, Rajkot Homoeopathic Medical College, Rajkot

### Chief complaint:

Patient clinically diagnosis of alopecia areata before 3 to 4 months.

C/o of 2 patchy hair loss in occipital region since 3to 4 months.

Dandruff and itching of scalp since 2to 3 months.

A/f : not taken food properly.

Internship compilation work stress.

Profuse perspiration all over body.

Desire: cold drinks, sweet

Family History: Grand Father – Haemorrhoid

Father – Haemorrhoid

Analysis and evaluation of symptom with miasmatic analysis

| Sr. No | Symptoms                                      | Analysis            | Evaluation | Miasmatic Analysis |
|--------|---|---------------------|------------|--------------------|
| 1      | Anger   | Mental General      | +++        | Psoric -syphilitic |
| 2      | Social & talkative                            | Mental General      | ++         | Psoric             |
| 3      | Desire for company                            | Mental General      | ++         | Psoric             |
| 4      | Desire: cold drinks, sweet                    | Physical General    | +++        | Psoric             |
| 5      | Appetite: decreased, not taken food properly. | Physical General    | +++        | Psoric             |
| 6      | Profuse perspiration all over body.           | Physical General    | ++         | Sycotic            |
| 7      | 2 patchy hair loss in occipital region        | Particular Symptoms | +++        | Syphilitic         |
| 8      | Dandruff and itching of scalp.                | Particular Symptoms | +++        | Psoric             |

Miasmatic interpretation:

Dominating Miasmas: Syphilitic

Fundamental Miasmas: Psoric

Totality Of Symptoms

2 patchy hair loss in occipital region

Dandruff and itching of scalp

Anger +++

Social & talkative

Desire for company

Desire: cold drinks, sweet

Appetite: decreased, not taken food properly.

Profuse perspiration all over body.

Reportorial Totality: Anxiety- future about, Salient grief, Anger+++ , Memory active, Mildness, Reserved, Restlessness, Sensitive, oversensitive- light, Sympathy, Timidity, Desire: cold drinks, sweet, Appetite: decreased, not taken food properly, Profuse perspiration all over body, 2 patchy hair loss in occipital region, Dandruff and itching of scalp.

| Repertorisation  |        |        |         |        |        |        |        |
|--|--------|--------|---------|--------|--------|--------|--------|
| Symptoms: 11 Remedies: 285   Applied Filter                            |        |        |         |        |        |        |        |
| Remedy Name  | Lyc    | Phos   | Ars     | Calc   | Sep    | Nat-m  | Sulph  |
| Totality / Symptom Covered   | 22 / 9 | 20 / 9 | 19 / 10 | 19 / 9 | 18 / 9 | 17 / 9 | 17 / 8 |
| [Kent ] [Mind]Anger,irascibility (see irritability,quarrelsome): (137) | 3      | 2      | 3       | 2      | 3      | 3      | 3      |
| [Boenning ] [Mind]Anticipations, from: (7)                             |        |        | 1       |        |        | 1      |        |
| [Kent ] [Mind]Company:Desire for: (58)                                 | 3      | 3      | 3       | 2      | 2      |        |        |
| [Kent ] [Mind]Loquacity (see speech): (96)                             |        | 2      | 1       | 1      |        | 1      | 1      |
| [Kent ] [Head]Dandruff: (30)   | 2      | 3      | 2       | 2      | 2      | 3      | 3      |
| [Kent ] [Head]Hair :Baldness:Patches: (7)                              | 1      | 2      |         | 2      | 1      |        |        |
| [Kent ] [Head]Itching of scalp: (115)                                  | 3      | 2      | 1       | 3      | 2      | 3      | 3      |
| [Kent ] [Stomach]Appetite:Diminished: (112)                            | 2      | 1      | 1       |        | 1      | 1      | 1      |
| [Kent ] [Perspiration]Profuse: (133)                                   | 3      | 2      | 3       | 3      | 3      | 3      | 2      |
| [Kent ] [Stomach]Desires:Sweets: (36)                                  | 3      |        | 1       | 2      | 2      | 1      | 3      |
| [Kent ] [Stomach]Desires:Cold drinks: (95)                             | 2      | 3      | 3       | 2      | 2      | 1      | 1      |

Selection Of Dose &Potency: According to susceptibility of patient & seat of disease condition.

Prescription: PHOSOPHROUS 1M  
SINGLE DOSE

Followed by SACLAC 4pills TDS for 1 month

FOLLOW UP:

| Date        | Complaint  | Prescription   |
|-------------|--|--|
| 08/05/2024  | Improvement Seen In Hair Growth & Itching Reliving             | Saclac 4pills Tds For 1 Month  |
| 08/06/ 2024 | Improvement Seen In Hair Growth & Itching Reliving             | Saclac 4pills Tds For 1 Month  |
| 08/07/2024  | Dandruff Present & Itching Of Scalp.<br>Standstill Hair Growth | Phosphorous 1m Single Dose<br>Followed By Saclac 4pills Tds For 1 Month. |
| 08/08/2024  | Improvement Seen In Hair Growth & Itching Reliving             | Saclac 4pills Tds For 1 Month  |
| 07/09/2024  | Improvement Seen In Hair Growth & Itching Reliving             | Saclac 4pills Tds For 1 Month  |
| 08/10/ 2024 | Dandruff Present & Itching Of Scalp.                           | Phosphorous 1m Single Dose   |

|            |  |  |
|------------|--|--|
|            |  | Followed By Saclac 4pills Tds For 1 Month. |
| 08/11/2024 | Completed Reslove Hair Growth In Patchy Hair Loss. | No Need To Medicine.                       |

### Photos for Alopecia Areata

| Before Treatment  | After Treatment  |
|---|--|
|  |  |
| Salt Score Before - 12  | Salt Score After - 0   |

### Discussion:

Alopecia areata mostly presented as one-sided local disease. The patient was presented with 2 hair loss patches over the occipital region. This case was treated with individualized homoeopathic medicine, the case was cured with complete regrowth of hair in bald patches without any recurrence in the follow up period.

### Conclusion:

Homoeopathy is a system of medicine based on the principle of "Similia Similibus Curentur". I treats patient as a whole and not just symptoms. After careful case taking, analysis and repertorization done systematically, then the selection of the right medicine with a suitable potency and dosage results in remarkable cures. Complete hair re-growth and without any recurrence of bald patches in observation period is documentary evidence. This case showed a positive role of Homoeopathy in treating Alopecia areata.

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### Conflict of Interest

There is no conflict of interest in this study.

### Ethical Approval

The author certify that they have obtained verbal consent for publishing his reports. In this case report identify is not revealed in any form.

### Data Availability

Due to patient privacy consideration the raw data cannot be made publically available however deidentified summary data and analysis code are available from the corresponding author upon reasonable

request, we are committed to supporting legitimate ethical-aligned inquiring.

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