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CASE STUDY

HOMOEOPATHIC EFFICACY IN ALOPECIA TOTALIS

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ABSTRACT

Alopecia totalis (AT) is a chronic condition characterized by complete scalp hair loss, affecting a small percentage of those with alopecia areata (AA), an autoimmune disorder causing non-scarring hair loss. AT is a more extensive form of AA, and when it extends to include total body hair loss, it is termed alopecia universalis. Conventional steroid treatments for alopecia carry significant side effects, while homeopathy offers a safer, more personalized approach that addresses the root cause. This paper discusses the progress and success in treatment of my patient, Mrs. Reshmaben Ganiwala, who has been battling alopecia totalis for six years.

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INTRODUCTION

Alopecia areata (AA) is a chronic autoimmune disorder leading to nonscarring hair loss, where T-lymphocytes mistakenly attack hair follicles. It commonly presents as smooth, round patches of hair loss, known as alopecia areata focalis (AF). A more severe subtype, alopecia totalis (AT), involves complete scalp hair loss, while alopecia universalis (AU) extends to the loss of all body hair. Early signs include scalp discomfort, itching, or tingling, and the rapid progression can lead to complications such as depression, anxiety, and potentially permanent hair loss.

CASE DETAILS

A 47-year-old female presented with a chief complaint of sudden-onset hair loss in patches, which has persisted for the past 6-7 years. The hair loss began abruptly after applying hair color for two hours, with the initial patch appearing in the occipital region. She experiences daily hair fall, losing approximately 50-100 strands each day. She uses Sunsilk shampoo twice weekly and rarely oils her hair. She has occasional dandruff and sometimes experiences itching. Her medical history includes migraine and thyroid disorder since 2010, managed with Thyronorm 100 daily, and a past case of malaria. Her family history is unremarkable. She has a good appetite but occasionally skips meals and follows a non-vegetarian diet. She consumes 2-3 liters of water daily, experiences profuse perspiration, and has disturbed sleep with no significant dreams. She is sensitive to heat. During follow-up appointments, her condition showed improvement over time. Hair fall gradually reduced, with current daily loss around 10-12 strands.

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Dandruff and itching resolved, and while digestion remained proper, sleep continued to be disturbed. She experienced some acne eruptions after therapy and was advised to use a skin care kit. The patient expressed satisfaction with the treatment, noting significant hair regrowth and overall improvement.

Physical Generals

Diet	Irregular, fasting 3/4 days a week
Appetite	Increased appetite, weight gain
Desire	Not specific
Aversion	Fat food ,warm food
Thermal reaction	Hot thermal
Thirst	Thirstless
Stools	Clear
Urine	Clear
Perspiration	Less
Sleep	Sleepiness in afternoon
Dreams	Nad

Mental General: Born and raised in Surat, the patient completed her education up to the 12th grade. Her childhood was marked by good academic performance and a mischievous nature. She manages a small parlour and values her independence, avoiding asking for money from her husband. After the death of her brother-in-law from cancer, she and her husband took on the responsibility of caring for his three children. Known for her helpful and talkative nature, she enjoys household chores with music. Although she was once highly reactive and quick to argue, she now remains calm and defers to family opinions on decisions. She describes herself as jolly, close to her family, which includes her retired husband, married daughter, working son, daughter-in-law, and granddaughter. She becomes angry when things are not in their proper place or when people do not listen to her but otherwise has no significant fears or regrets. Her hobbies include playing games on her phone. She began menstruating at 12 years old, has had three pregnancies with two live births, and underwent a hysterectomy in 2011.

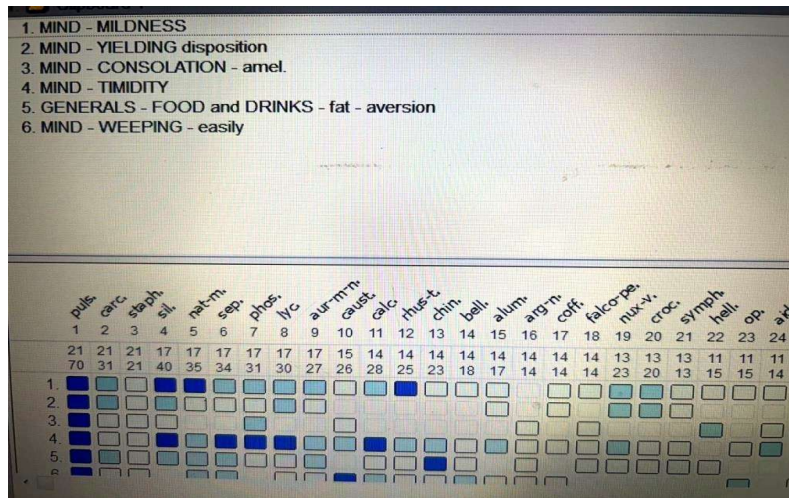
Past history: None.

Family history: None.

Case analysis: Repertorial totality.

Repertory used	Rubrics selected
Synthesis Repertory	Mind - Mildness Mind - Yielding Mind - Consolation - Amel Mind - Timidity Generals - Foods And Drinks - Fat Aversion Mind - Weeping Easily

Repertory screenshot



Selection of Remedy

Remedy	Reasons
Constitutional Remedy name Remedy potency Remedy dose-	Remedy reasons Pulsatilla 200 3 dose monthly
Acute Remedy name Remedy potency Remedy dose	Remedy reasons Fluoric acid 30 Twice a day
Intercurrent Remedy name Remedy potency Remedy dose	Remedy reasons Jaborandi Mt Local application od at night

Miasmatic approach

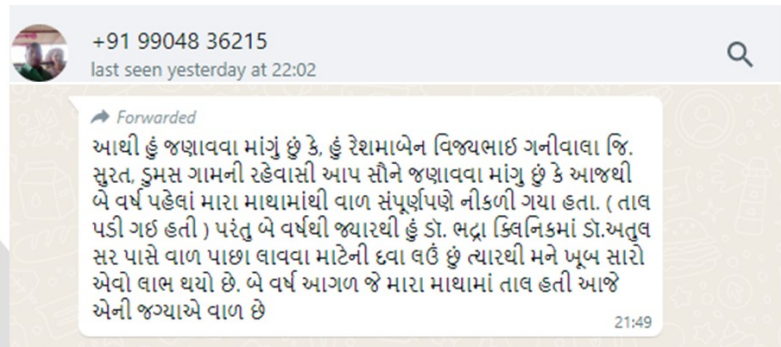
Symptoms	Psora	Sycosis	Syphilis	Tubercular
Mind - Mildness	✓			
Mind - Yielding	✓			
Mind - Consolation - Amel	✓			
Mind - Timidity	✓			
Generals - Foods and Drinks - Fat Aversion	✓			
Mind - Weeping Easily	✓			
Skin Condition	✓			
Emotional Impact of Hair Loss		✓		

MATERIALS AND METHODS

Synthesis repertory

RESULTS

MONTHS	PROGRESS	PRESCRIPTION
1st month	Hair fall: 50-100 strands daily; occasional dandruff and itching.	Pulsatilla 200, three doses monthly + Jab
2nd month	Hair fall reduced; dandruff and itching resolved.	Pulsatilla 200, three doses monthly + Biochemic remedies (if any)
3rd month	Further reduction in hair fall; stable condition.	Pulsatilla 200, three doses monthly + Continue with Biochemic remedies (if any)
4th month	Hair fall continues to decrease; improvement noted.	Pulsatilla 200, three doses monthly + Consider other remedies if needed
5th month	Significant improvement in hair growth; minimal hair fall.	Pulsatilla 200, three doses monthly + Adjust remedy potency or add additional remedies as needed
6th month	Hair fall has reduced to 10-12 strands daily; continued progress.	Pulsatilla 200, three doses monthly + Continue with adjusted remedies or biochemic remedies
7th month	Stable condition; hair regrowth evident.	Pulsatilla 200, three doses monthly + Maintain current treatment
8th month	Continued improvement in hair density; no significant issues.	Pulsatilla 200, three doses monthly + Assess need for further treatment
9th month	Hair fall minimal; significant hair regrowth observed.	Pulsatilla 200, three doses monthly + Evaluate ongoing need for treatment
10th month	Hair condition stable; minimal fall; overall improvement.	Pulsatilla 200, three doses monthly + Review and adjust if needed
11th month	Good progress; hair regrowth maintained.	Pulsatilla 200, three doses monthly + Continue with current treatment
12th month	Overall improvement; minimal hair fall; satisfied with results.	Pulsatilla 200, three doses monthly + Final review and adjust as needed

The transformation:

Hence I want to state that I am Reshmaben Vijaybhai Ganiwala. A resident of Dumas village, Surat, I would like to inform you that two years ago today, my hair completely fell out of my head. But since two years since I have had great benefit since taking hair regrowth medicine from Dr. Atul sir at Batra clinic. Today I have my hairs back as, I had hair on my head two years ago

DISCUSSION & CONCLUSION

Patient is taking treatment from last one year but having no impact on her after one year I saw her in srđ she got a ray of hope and by the God grace and my hard work I got success and saw month wise improvement in to miraculous hair growth which are very helpful in developing confidence and also brought her back to her life. She was very happy, now social and full of confidence.

Acknowledgments: Want to thank to Dr Batra's for giving me opportunity to take care of such patients and trusting me for above.

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