



ROLE OF HOMOEOPATHIC MEDICINE IN THE TREATMENT OF A CASE OF ALOPECIA AREATA IN ADULT AGE GROUP: A CASE REPORT

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ABSTRACT

The case report focus on 24years adult patient presented with alopecia areata in the occipital region. After analysing the case, evaluating the symptoms, and constructing the totality . He was prescribed homoeopathic medicine phosphorus 200, 1 dose based on the repertorial result and symptom similarity and observed the effectiveness of the medicine in this case.

INTRODUCTION

Alopecia areata is an autoimmune disorder that can lead to unpredictable hair loss. Alopecia areata is the second most frequent non-scarring alopecia, after male and female pattern alopecia. In most cases, hair falls out in small patches around the size of a quarter. There may be only a few patches, but alopecia areata can affect wider areas of the scalp. If there is complete loss of hair on the scalp then it is said to be alopecia totalis. If there is hair loss throughout the entire body then it is said to be alopecia universalis.



Alopecia areata is one of the most common autoimmune condition and it affects roughly 147 million people worldwide. It can affect anyone regardless of age, gender or race, but the peak incidence is in the second and third decades of life. It can be caused due to any of the factors like, Environmental factors: Exposure to allergens, irritants, toxins, infections, pollutants; Genetical factors, certain medications, extreme stress, due to some associated autoimmune diseases.

Hair growth and maintenance depends on 3 phases of hair cycle, anagen (active growth phase), catagen (involution phase), and telogen (resting phase). The type and length of the hair depends on the anagen phase. In alopecias, hair shedding occurs even before the anagen starts leaving the hair follicle empty (kenogen). Thus, alopecia areata is generally a kenogen.⁽⁵⁾

The most prominent symptom of alopecia areata is patchy hair loss. Coin sized patches of hair begins to fall out, mainly from the scalp. Any site of hair growth may be affected, though, including beard and eye lashes. But mainly affect the scalp. The hair loss can be sudden. It may be localised or can spread diffusely also.⁽⁴⁾

Homoeopathic remedies can offer gentle and safe treatment for patients suffering from alopecia areata. Homoeopathy treats person as a whole. Homoeopathic remedies for alopecia areata affect the body by optimizing the immune system. Thus, homoeopathy can provide an effective and permanent solution to this problem. There are many remedies in homoeopathy which can treat the case of alopecia areata, remedied like phosphorus, fluoric acid, Lycopodium, silicea, vinca minor, etc.

But in this case the prescribed medicine was phosphorus because all the mental aspects of the patient were considering to it, and the symptoms like white coloured dandruff with itching of the scalp along with hair loss is mentioned in the given remedy. Hence, when the patient treated as a whole phosphorus was matching to him in all aspects.⁽²⁾

CASE REPORT

A 24 years old male XX reported to the outpatient department on 15/9/23 with the complaint of hair fall in patches at the occipital region of the scalp since 2 months. It was sudden in onset but the condition is progressing gradually. Along with this condition he is having dandruff due to which he has itching over the scalp. He didn't take any treatment before reporting to us. In the past he had suffered from dengue (8 months back) and underwent allopathic treatment and got relieved. On the physical level he has desire for sweets and always prefer cold food and cold water for bathing and he cannot tolerate the hot climate. He is a calm and joyful person but since 2 months he is getting irritated and becoming anger for small things and shouting on everyone for no reason. On examination there is loss of hair in the occipital area of the scalp and white coloured dandruff is observed while inspecting and affected area is soft and complete baldness is noted while palpating. No any signs of pallor, cyanosis, clubbing,



oedema, lymphadenopathy.

PROVISIONAL DIAGNOSIS - ALOPECIA AREATA

ANALYSIS OF SYMPTOMS

COMMON	UNCOMMON
- Hair fall in patches - Dandruff - Itching of the scalp	- Hair fall in patches at occipital region - White coloured dandruff - Desires: sweets - Thermal state: Hot patient - Joyful, calm, Anger

EVALUATION OF SYMPTOMS

- Joyful, calm, anger.
- Desires: sweets
- Thermal state: hot patient
- Hair fall in patches at occipital region of scalp
- Itching of the scalp with dandruff
- White coloured dandruff

REPERTORIAL TOTALITY (3)

Symptoms: 11			Remedies: 236							
Remedy Name	Phos	Lyc	Phos	Lyc	Nat-m	Sulph	Calc	Graph	Ars	
Totally / Symptoms Covered	18 / 9	17 / 8	17 / 8	16 / 6	13 / 6	13 / 6	12 / 7			
[Kent] [Mind]Cheerful, gay, happy (see Mirth): (120)	2	2	1	2		1	1			
[Kent] [Mind]Tranquility: (65)	1	1	1						2	
[Kent] [Mind]Anger, irascibility (see Irritability, Quarrelsome): (137)	2	3	3	3	2	2	3			
[Kent] [Stomach]Desires:Sweets: (36)		3	1	3	2		1			
[Kent] [Generalities]Warm :Agg: (80)	2	2	2	2		2				
Symptoms: 11			Remedies: 236							
Remedy Name	Phos	Lyc	Phos	Lyc	Nat-m	Sulph	Calc	Graph	Ars	
Totally / Symptoms Covered	18 / 9	17 / 8	17 / 8	16 / 6	13 / 6	13 / 6	12 / 7			
[Kent] [Head]Hair :Baldness:Patches: (7)	2	1			2	2				
[Kent] [Head]Hair :Falling:Spots in: (9)	2				2				2	
[Kent] [Head]Hair :Falling:Occiput,on: (5)										
[Kent] [Head]Dandruff:White: (5)	2		3							
[Kent] [Head]Dandruff: (30)	3	2	3	3	2	3	2			
Symptoms: 11			Remedies: 236							
Remedy Name	Phos	Lyc	Phos	Lyc	Nat-m	Sulph	Calc	Graph	Ars	
Totally / Symptoms Covered	18 / 9	17 / 8	17 / 8	16 / 6	13 / 6	13 / 6	12 / 7			
[Kent] [Head]Hair :Falling:Spots in: (9)	2				2				2	
[Kent] [Head]Hair :Falling:Occiput,on: (5)										
[Kent] [Head]Dandruff:White: (5)	2		3							
[Kent] [Head]Dandruff: (30)	3	2	3	3	2	3	3		2	
[Kent] [Head]Itching of scalp: (115)	2	3	3	3	3	3	3		1	

PRESCRIPTION



On 15/9/23 Rx

Phosphorus200 / 1 dose (4 pills, early morning empty stomach) B T (4-0-4)/2 weeks

FOLLOW UP-1 On 21/9/23

Complaint got aggravated and hair fall started to occur at right temporal region. Rx

Sac Lac (4-0-4) /2 weeks B T (0-4-0)/2 weeks

FOLLOW UP-2 On 20/10/23

New hair started to grow and dandruff also got reduced and itching of the scalp got relieved. Rx

Sac lac (4-0-4) / 1 week

PROGRESSION OF THE CONDITION

BEFORE TREATMENT

Fig-1.



Fig -2.



AT THE TIME OF TREATMENT

Fig -3



FOLLOW UP : 1.

Fig -4



FOLLOW UP : 2

Fig -5



DISCUSSION

Alopecia areata is a condition where hair loss occurs in patches. It is an auto immune disorder. It is mainly seen on scalp but it may be present over beard, chest, arms, legs, etc. It can begin in childhood or adulthood and can affect any sex group. Causes can be many namely stress, fungal infections, environmental causes, Genetic factors.⁽¹⁾

In this case hair loss in patches present at the occipital region of the scalp since 2 months and also presented with dandruff and itching over the scalp. The hair loss first started was in a specific site and then slowly progressed and started to spread in a diffuse manner. Considering this condition, constructed totality included the mental generals, physical generals and particulars of the patient and condition which therefore, individualise the case and the patient. After the case taking, symptom evaluation, Repertorization and Materia Medica differentiation were carried



out. Phosphorus 200 /1 dose was prescribed on 15/9/23, after that patient reported for the first follow up on 21/9/23 where the condition got aggravated and then case is continued with the B T and Sac Lac and again patient reported for 2nd follow up on 20/10/23 where the hair started to grow and the patient started to get cure.

CONCLUSION

In this case of alopecia areata the Homoeopathic treatment was effective and the patient is on the road of recovery. i.e., “From the progression of the disease to progression of cure”.

CONSENT OF PATIENT

Patient have agreed that his photos and other clinical information can be used for research work, and it can be reported in the journal.

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CONFLICT OF INTEREST: None

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