



MANAGEMENT OF EXCESSIVE HAIR FALL WITH SCALP FLAKING: A CASE STUDY

Prakash Jha ¹

¹Chief Homoeopathic Consultant, Miraroad Branch, Dr Batra's Positive Health Clinic Pvt. Ltd.

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ABSTRACT: Hair fall associated with scalp flaking and itching is a common concern affecting both physical appearance and psychological well-being. Homoeopathic management offers a holistic approach, focusing on the individual's constitution, mental-emotional state, and physical symptoms, aiming to restore balance and improve hair health. This case study reports the management of a young adult male presenting with long-standing hair fall, persistent scalp flaking, and severe itching. Over a structured treatment period, individualised interventions including lifestyle modification, nutritional optimisation, scalp care, and constitutional support led to a gradual and sustained reduction in hair fall, decreased scalp flaking, and improvement in overall well-being. The case highlights the importance of a comprehensive, patient-centred approach in managing chronic hair and scalp disorders, demonstrating notable improvement.

INTRODUCTION

Hair loss is a multifactorial disorder that affects individuals worldwide, with patterns ranging from diffuse shedding to localised baldness. Common causes include genetic predisposition, nutritional deficiencies, hormonal imbalances, chronic stress, and scalp conditions such as dandruff or seborrheic dermatitis¹. Clinically, patients present with excessive shedding, visible thinning, scalp flaking, itching, and sometimes scalp irritation or minor bleeding.



If left unmanaged, chronic hair loss can lead to psychological distress, including low self-esteem, anxiety, and social withdrawal ². Complications may include secondary scalp infections and worsening hair fragility. Homoeopathic management emphasises individualised treatment based on physical, mental, and emotional constitution. Interventions focus on correcting underlying imbalances, supporting hair follicle health, and enhancing the body's natural regenerative mechanisms ³. This case study illustrates a holistic approach to chronic hair fall with scalp flaking and itching, highlighting the role of personalized care, lifestyle modification, nutritional support, and mental-emotional well-being in achieving sustained improvement.

CASE PROFILE

A 25 years old male presented with persistent scalp flaking and severe itching for the past one and a half years, accompanied by excessive hair fall, often exceeding 100 strands per day. Significant stress was noted following the death of a close family member. Initial management included weekly anti-dandruff shampoo, topical applications, and nutritional supplementation including iron, vitamins, and essential fatty acids. Despite continued supplementation and topical care, hair fall and scalp flaking persisted intermittently, with mild improvements following hair trimming and seasonal adjustments. Treatment adjustments over time focused on maintaining scalp hygiene, nutritional support, regular use of medicated shampoos, occasional oiling, and stress management. Periodic monitoring of blood parameters and hair root strength guided ongoing management.

H/O PAST ILLNESS

No major illnesses or hospitalizations reported and No prior chemical treatments or significant scalp interventions.

H/O FAMILY ILLNESS

Elder brother has a history of baldness.

GENERAL SYMPTOMS

The patient's appetite and thirst was good. His stools were regular and voided urine without any difficulty. He sleeps 7 to 8 hrs a day. Perspiration was normal with no unusual odor. He desires for non veg foods like Chicken, mutton and fish. He has aversion to bitter gourd and bottle gourd. Thermally he is hot patient.



EXAMINATION OF THE PATIENT

Scalp examination revealed occasional bleeding points initially, which resolved later, with ongoing dry scalp and small flakes. Additional observations included mild acne on the back and dryness on the arms.

Wood's Lamp Examination: Pale white fluorescence visible on scalp

LABORATORY INVESTIGATIONS

Borderline low ferritin and vitamin B12 levels, normal thyroid function, and slightly elevated LDL cholesterol.

MENTAL GENERALS

The patient was born and brought up in Uttar Pradesh and had a relatively happy and stable childhood with no significant difficulties. Academically, he performed well, completing his post-graduation as a topper, and had a keen interest in singing, which he actively pursued. His father, who ran a medical store, was strict, while his mother, a housewife, was close and supportive, exerting a more nurturing influence on him. The patient has three elder sisters who are married, and an elder brother; he has been living with his paternal uncle's family for the past ten years. Socially, he is friendly, outgoing, and mixes easily with others, maintaining a close circle of about 15 friends, but he enjoys company and can be the center of attention. Personality-wise, he is confident, bold, disciplined, and decisive, yet not easily angered or revengeful. He has no major fears and is fastidious, enjoys religion, and likes wearing black.

Stressful events in his life include a breakup four years ago, which caused temporary emotional distress, and more recently, the death of his father two months back, which has been a significant source of grief. He occasionally feels anxious about his mother's health and tends to overthink, but overall he demonstrates good coping skills. The patient derives happiness from spending time with his mother and engages in hobbies such as cricket, singing, and watching movies. His upbringing, interpersonal relations with peers and teachers, and familial support have contributed to a balanced, socially adept, and resilient personality.



CASE ANALYSIS

Reportorial totality: _Synthesis repertory was used for repertorization

Repertory used	Rubrics selected
Synthesis Repertory	MIND – LOQUACITY MIND – MAGNETIZED – desire to be HEAD – HAIR – falling HEAD – ITCHING of scalp HEAD – SCALP; complaints of GENERALS – FOOD and DRINKS – ice cream - desire

Table 1: Analysis and Reportorial Totality

REPERTORY CHART

MIND		Remedies	ΣSym	ΣDeg	Symptoms
1 MIND - LOQUACITY	×	phos.	6	15	1, 2, 3, 4, 5, 6
2 MIND - MAGNETIZED - desire to be	×	calc.	6	14	1, 2, 3, 4, 5, 6
		sil.	5	13	2, 3, 4, 5, 6
HEAD		nat-m.	5	10	1, 3, 4, 5, 6
3 HEAD - HAIR - falling	×	sulph.	5	10	1, 3, 4, 5, 6
		lyc.	5	9	1, 3, 4, 5, 6
4 HEAD - ITCHING of scalp	×	staph.	5	9	1, 3, 4, 5, 6
		podo.	5	6	1, 2, 3, 4, 6
5 HEAD - SCALP; complaints of	×	puls.	5	6	1, 3, 4, 5, 6
		lach.	4	10	1, 2, 3, 4
GENERALS		bar-c.	4	9	1, 3, 4, 5
6 GENERALS - FOOD and DRINK	×	graph.	4	9	1, 3, 4, 5
		ars.	4	7	1, 3, 4, 5
desire		aur.	4	7	1, 3, 4, 5

Figure 1: Repertorisation Result



SELECTION OF REMEDY

- **Phosphorus 200:** Selected based on personality traits — talkative, enjoys being the center of attention, and cravings for ice cream.
- **Kali Sulphuricum 6X:** Applied as a lotion (LA powder mixed with water) directly on the scalp for scalp health and reduction of flaking.
- **Sabal MT (Q):** Topical application on the scalp to support hair growth and strengthen hair roots.

OBSERVATION AND RESULT

Month	Progress / Observations	Prescription / Advice
1st Month (Dec 2024)	Weight 58 kg; itching and flaking excessive; few bleeding points; hair fall >100 strands/day; stress due to father's death.	<i>Phosphorus 200</i> (personality-based); <i>Kali Sulphuricum 6X</i> (LA powder mixed with water, apply on scalp); <i>Sabal serrulata MT (Q)</i> topical application; dietary advice: salads, sprouts, black dates, black raisins, walnuts, roasted als, seasonal fruits. Awaited blood tests.
2nd Month (Dec 2024)	Blood tests: Hb 13.2, Ferritin 32.3, RBC 4.78, B12 265.3, D3 38.4, TSH 1.97; hair fall still very excessive; flaking +++; itching +++; appetite normal.	<i>Phosphorus 200</i> ; <i>Kali Sulphuricum 6X</i> ; <i>Sabal serrulata MT (Q)</i> ; <i>Cap Hemfer</i> twice daily; Tab Neurobion Forte OD; continue dietary recommendations.
3rd Month (Jan 2025)	Patient reports cut-short hair; feeling better.	<i>Phosphorus 200</i> ; <i>Kali Sulphuricum 6X</i> ; <i>Sabal serrulata MT (Q)</i> ; continue previous supplements and dietary advice.
4th Month (Mar 2025)	Weight 57.2 kg; hair trimmed 3 weeks back; small itching and flaking recurred; photos taken; consuming flax, chia, sunflower seeds; using keto-PS shampoo 2x/week; serum AD	<i>Phosphorus 200</i> ; <i>Kali Sulphuricum 6X</i> ; <i>Sabal serrulata MT (Q)</i> ; continue hemfer BD and Neurobion Forte OD; continue salads, sprouts, green tea; maintain topical regimen.



	daily; oiling mustard, coconut, castor 2x/week.	
5th Month (May 2025)	Weight 58.5 kg; BP 100/60; hair fall excessive; itching more in sun; flaking ++; stress due to mother's health; no bleeding points.	<i>Phosphorus</i> 200; <i>Kali Sulphuricum</i> 6X; <i>Sabal serrulata</i> MT (Q); continue dietary advice (salads, sprouts); maintain topical care; monitor hair fall.
6th Month (June 2025)	Weight 58.6 kg; itching reduced on vertex; hair roots weak; hair falls on slight touch; taking Follihair and Zincovit OD.	<i>Phosphorus</i> 200; <i>Kali Sulphuricum</i> 6X; <i>Sabal serrulata</i> MT (Q); continue supplements; monitor scalp and hair strength.
7th Month (Aug 2025)	Weight 59.5 kg; hair fall very severe; big flakes; severe itching; taking vitamins but no improvement; stress minimal; mother's bypass surgery done; punctual and workaholic.	<i>Phosphorus</i> 200; <i>Kali Sulphuricum</i> 6X; <i>Sabal serrulata</i> MT (Q); continue observation; ensure scalp care; review nutritional support.
8th Month (Aug 2025)	Weight 61 kg; flaking +++; itching +++; hair fall excessive; taking Zincovit, Follihairod, Hemfer, Neurobion Forte alternate days; advised CBC, serum ferritin.	<i>Phosphorus</i> 200; <i>Kali Sulphuricum</i> 6X; <i>Sabal serrulata</i> MT (Q); continue current supplements; monitor blood parameters; maintain scalp regimen.
9th Month (Sep 2025)	Weight 59.7 kg; hair trimmed 12 days back; itching and flaking reduced; hair fall less; no cold/cough.	<i>Phosphorus</i> 200; <i>Kali Sulphuricum</i> 6X; <i>Sabal serrulata</i> MT (Q); continue monitoring; CBC, serum ferritin advised; no supplements currently.

Table 2: Follow-up table showing the patients improvement



Scaly, flaky danduff

Figure 2: Before treatment


Normal scalp

Figure 3: After treatment

DISCUSSION

An article studies the role of kali group remedies in managing hairfall⁷. The patient presented with a long-standing history of excessive hair fall, scalp flaking, and intense itching, significantly affecting his physical appearance and psychosocial well-being. The condition was compounded by recent emotional stress due to the loss of a close family member, which may have contributed to the exacerbation of symptoms. Initial evaluation revealed borderline nutritional deficiencies and a family history of baldness, highlighting both constitutional and hereditary predispositions. The patient maintained a generally healthy lifestyle, including regular exercise and a balanced diet, but experienced intermittent stress and sleep disturbances, which could influence hair cycle dynamics.

Over the course of management, a holistic approach addressing both physical and mental health was emphasised. Nutritional optimisation, scalp care, and lifestyle adjustments were integral in supporting hair strength and reducing flaking and itching. Periodic monitoring of clinical parameters and careful observation of scalp condition helped guide interventions. Gradual improvements were observed in hair fall, scalp health, and overall well-being, particularly following lifestyle adjustments, dietary support, and attention to stress management. Psychological



factors, including confidence, coping with grief, and emotional resilience, played a key role in the patient's recovery trajectory.

CONCLUSION

This case underscores the multifactorial nature of chronic hair fall and scalp disorders, involving nutritional, hereditary, environmental, and psychological factors. A structured and individualised approach addressing both internal and external influences can lead to significant improvement in hair health and quality of life. The patient demonstrated a positive response to the comprehensive care plan, with a notable reduction in hair fall, decreased scalp flaking, and improved overall well-being. This highlights the importance of personalised, holistic management strategies in similar chronic scalp and hair conditions.

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***Address for**

Correspondence: Prakash Jha,
Chief Homoeopathic
Consultant, Miraroad Branch,
Dr Batra's Positive Health
Clinic Pvt. Ltd.

Email: @drbatras.com

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