



AN INTEGRATED APPROACH OF MANAGEMENT OF ANDROGENIC ALOPECIA WITH HOMEOPATHIC AND STEM CELL INTERVENTION- A CASE REPORT

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ABSTRACT: Androgenic alopecia (AGA) is the most common form of progressive hair loss in both men and women, characterised by miniaturisation of hair follicles leading to thinning hair and baldness, predominantly in the vertex and frontal regions. Homoeopathic treatment, with its constitutional approach, focuses on individualised care, aiming to restore the patient's overall health and stimulate natural hair regrowth. This case study presents a 37-year-old male suffering from chronic hair fall and vertex baldness, who received a combination of homoeopathic treatment and aesthetic therapies. Within months, the patient exhibited remarkable control of hair fall, visible regrowth, increased hair density and thickness. The treatment resulted in near complete coverage of bald patches, restoring both cosmetic appearance and confidence.

INTRODUCTION

Androgenic alopecia (AGA), commonly referred to as male or female pattern baldness, is a genetically predisposed condition characterized by progressive miniaturization of hair follicles¹. In men, it typically manifests as hair thinning at the vertex and receding hairline, while in women diffuse thinning is more common. Causes include genetic predisposition, hormonal influences (particularly dihydrotestosterone), aging, stress, nutritional deficiencies, and scalp disorders.



The condition presents with gradual hair loss, decreased hair density, thinning of hair shafts, premature greying, and sometimes scalp dryness or dandruff². If left untreated, AGA can lead to significant baldness and psychosocial distress. Complications are mostly cosmetic and psychological rather than medical. Traditional homeopathic approaches address the constitutional and individualized symptoms of the patient, aiming to restore hair growth by balancing the body's internal environment³. Integration with supportive aesthetic interventions, such as STM cell therapy, can enhance follicular regeneration and accelerate visible improvement, offering a holistic and patient-centered treatment modality.

CASE PROFILE

A 37 yrs old male patient presented with a three year history of progressive hair fall, primarily affecting the vertex region, associated with hair thinning, bald patches, and premature greying. The scalp was noted to be dry, with mild dandruff and occasional itching. The hair loss had been exacerbated following a febrile illness, which significantly increased the shedding of hair strands. Initial observations revealed a predominance of terminal hair with reduced vellus hair density, along with a generally dry scalp and normal hair thickness. The patient reported increased sweating on the scalp, particularly after travel or prolonged use of a helmet, which appeared to aggravate hair shedding. On detailed case taking Homoeopathy medicine was prescribed. Overall, the patient experienced substantial recovery of hair quality, density, and coverage, reporting satisfaction with the results and a marked improvement in hair health following comprehensive supportive care and therapy.

H/O PAST ILLNESS: Nothing relevant

H/O FAMILY ILLNESS

Positive family history of androgenic alopecia in male relatives

GENERAL SYMPTOMS

The patient had a good Appetite and thirst. His stools were regular and He voided urine without any difficulty. His sleep was good with no disturbance and sweat was generalised. He desires for sweets.



EXAMINATION OF THE PATIENT

The patient's Vital signs were within normal limits. His Scalp was dry with mild dandruff. Terminal hair ~55%, vellus hair ~45% was noted with Reduced hair density in vertex region with visible thinning & bald patches. Hair texture was normal to slightly fine and New hair growth visible in previously affected areas. Hair thickness ranges from 32–58 microns. No redness, scaling, or signs of infection was noted. Wood's lamp examination was normal.

MENTAL GENERALS

Born and brought up in Dehradun, he had a good academic and school life. His family consists of his father, mother, and an elder brother. They are financially well-off and have supported him throughout his life. The patient, since childhood, has been well-organized, punctual, and diligent in his approach to work and studies. From an early age, he displayed intelligence, sharpness, and a keen awareness of his surroundings. He has always been sensitive and conscious about his personal appearance, with a strong concern for how others perceive him. This awareness extended to relationships, where he harbored fears of losing his loved ones. Despite this sensitivity, he developed confidence, composure, and a polite, calm demeanor. Over time, he became a perfectionist, highly focused on his responsibilities, and often demonstrated workaholic tendencies. Socially, he is extroverted and articulate, balancing his drive for excellence with a charming and approachable personality. Overall, his mental constitution reflects a combination of sensitivity, intelligence, self-awareness, and disciplined temperament. At the age of 23, he met a girl and fell in love with her. Both the families disapproved their love due to different religion and caste. They opposed the relationship, and there were conflicts that lasted for around 12–13 years. Despite all the challenges, they are determined to marry with the blessing and approval of their parents. Because of these long struggles, he has always experienced stress about losing his love.



CASE ANALYSIS

Repertorial totality

Repertory used	Rubrics selected
Synthesis Repertory	– MIND - CONSCIENTIOUS about trifles – MIND – INDUSTRIOUS – MIND – SENSITIVE – MIND - ANXIETY - time is set, if a – HEAD - HAIR – baldness – HEAD - HAIR - gray; becoming – HEAD - HAIR – falling – GENERALS - FOOD and DRINKS - sweets - desire

Table 1: Analysis and Repertorial Totality

REPERTORY CHART

Remedies	lyc.	nat-m.	bar-c.	phos.	sep.	sil.	sulph.	ars.	thu.	med.	staph.	aur.	calc.	graph.	kali-c.	tub.	bry.	kali-p.	carc.
Serial Number	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
Symptoms Covered	8	8	7	7	7	7	7	7	7	7	6	6	6	6	6	6	6	6	6
Intensity	19	13	15	15	15	15	15	14	12	9	12	11	10	10	10	9	7	7	6
Result	8/19	8/13	7/15	7/15	7/15	7/15	7/15	7/14	7/12	7/9	6/12	6/11	6/10	6/10	6/10	6/9	6/7	6/7	6/6
Clipboard 10																			
MIND - CONSCIENTIOUS about trifles	3	1	2	1	3	3	3	4	3	1	3	1	1	1	1	1	1	1	1
MIND - INDUSTRIOUS	2	1	2	1	2	1	1	1	1	1	1	3	1		1	3	1	1	1
MIND - SENSITIVE	3	3	2	3	2	3	3	2	1	2	3	2	2	1	2	1	1	2	1
MIND - ANXIETY - time is set, if a	1	1								1									1
HEAD - HAIR - baldness	1	1	3	2	2	2	1	2	2	1		1	2	2	1	1		1	
HEAD - HAIR - gray; becoming	3	2	1	3	1	2	1	2	1		1			1			1		1
HEAD - HAIR - falling	3	3	4	3	3	3	3	2	3	1	2	3	2	3	3	1	1	1	
GENERALS - FOOD and DRINKS - sweets - desire	3	1	1	2	2	1	3	1	1	2	2	1	2	2	2	2	2	1	1

Figure 1: Repertorial Result



SELECTION OF REMEDY

Remedy Name	Potency	Dose	Specific Reasons / Indications
<i>Lycopodium clavatum</i>	200C	1	Constitutional; premature balding on vertex, hair fall in bunches, itching of scalp, premature greying, dry scalp, intelligent, desire for sweets
<i>Thuja occidentalis</i>	1M	1	Specific indications noted in case
<i>Wiesbaden</i>	200C	2	Specific indications noted in case

Table 2: Analysis of Remedy

OBSERVATION AND RESULTS

Month	Progress	Prescription (Remedy, Potency, Dose)
1st Month	Hair fall increased after fever (dengue); >50 strands falling; mild dandruff; sweating on scalp	<i>Lycopodium clavatum</i> 200C, 1 Dose <i>Thuja occidentalis</i> 1M, 1 Dose <i>Wiesbaden</i> 200C, 2 Dose
2nd Month	Hair fall comparatively stable; hair caliber 38 microns; dandruff mild	<i>Lycopodium clavatum</i> 200C, 1 Dose <i>Thuja occidentalis</i> 1M, 1 Dose <i>Wiesbaden</i> 200C, 2 Dose
3rd Month	Hair fall comparatively better; hair caliber 46 microns; vertex region showing initial improvement	<i>Lycopodium clavatum</i> 200C, 1 Dose <i>Thuja occidentalis</i> 1M, 1 Dose <i>Wiesbaden</i> 200C, 2 Dose
4th Month	Hair fall reduced to 10–20 strands after wash; improved texture; 10 STM sessions completed	<i>Lycopodium clavatum</i> 200C, 1 Dose <i>Thuja occidentalis</i> 1M, 1 Dose <i>Wiesbaden</i> 200C, 2 Dose
5th Month	Hair fall reduced; some increase after travel/stress; new hair growth visible; advised further STM sessions	<i>Lycopodium clavatum</i> 200C, 1 Dose <i>Thuja occidentalis</i> 1M, 1 Dose <i>Wiesbaden</i> 200C, 2 Dose



6th Month	Hair fall well controlled; visible improvement in vertex region; hair caliber 46–58 microns	<i>Lycopodium clavatum</i> 200C, 1 Dose <i>Thuja occidentalis</i> 1M, 1 Dose <i>Wiesbaden</i> 200C, 2 Dose
7th Month	Bald patches covered ~90%; hair thickness improved; dandruff subsided	<i>Lycopodium clavatum</i> 200C, 1 Dose <i>Thuja occidentalis</i> 1M, 1 Dose <i>Wiesbaden</i> 200C, 2 Dose
8th Month	Hair growth visible on vertex; quality improved; hair fall controlled	<i>Lycopodium clavatum</i> 200C, 1 Dose <i>Thuja occidentalis</i> 1M, 1 Dose <i>Wiesbaden</i> 200C, 2 Dose
9th Month	Hairfall controlled; scalp dry but healthy; continued visible new hair growth	<i>Lycopodium clavatum</i> 200C, 1 Dose <i>Thuja occidentalis</i> 1M, 1 Dose <i>Wiesbaden</i> 200C, 2 Dose
10th Month	Bald patches 99% covered; new hair growth visible; hair quality improved; patient very satisfied	<i>Lycopodium clavatum</i> 200C, 1 Dose <i>Thuja occidentalis</i> 1M, 1 Dose <i>Wiesbaden</i> 200C, 2 Dose
11th Month	Hairfall controlled; thickness improved; vertex covered; no dandruff or itching	<i>Lycopodium clavatum</i> 200C, 1 Dose <i>Thuja occidentalis</i> 1M, 1 Dose <i>Wiesbaden</i> 200C, 2 Dose
12th Month	Excellent overall improvement; hair density and quality restored; patient happy and stress reduced	<i>Lycopodium clavatum</i> 200C, 1 Dose <i>Thuja occidentalis</i> 1M, 1 Dose <i>Wiesbaden</i> 200C, 2 Dose

Table 3: Follow-up table showing the patients improvement



Figure 2.1: Before treatment



Figure 2.3: After treatment



Figure 2.2: Before treatment



Figure 2.4: After treatment

DISCUSSION

Some case reports reveal the effectiveness of homoeopathy in treating alopecia^{7,8}. In this case of Androgenic Alopecia, an individualized homoeopathic approach was adopted, and *Lycopodium clavatum* was prescribed as the constitutional remedy. *Lycopodium* is frequently indicated in cases presenting with premature greying, hair fall aggravated by stress, which matches the symptomatology of the patient. The prescription aimed to restore internal homeostasis and



improve the patient's adaptive response to stress. In addition to constitutional therapy, supportive measures such as nutritional counselling and scalp hygiene were implemented to promote follicular health and optimise outcomes. Progressive clinical improvement was observed during follow-up. Hair fall reduced significantly, scalp texture normalised, and new hair growth was noted in previously thinned areas. Improvement in hair caliber and density suggested reversal of follicular miniaturisation, while resolution of dandruff and itching reflected restoration of scalp health. The patient also reported better emotional stability and confidence, highlighting the holistic benefit of the integrative management.

CONCLUSION

This case illustrates that an integrative management strategy—combining constitutional homoeopathic treatment with supportive nutritional and topical care—can yield favorable outcomes in Androgenic Alopecia. Beyond mere symptomatic relief, this approach addresses both internal susceptibility and external factors influencing disease progression. Nevertheless, larger controlled studies are required to substantiate the reproducibility of such outcomes and to explore underlying mechanisms through which individualized homoeopathy may contribute to follicular recovery and hair regeneration

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