

Case Study

A Case of Alopecia and Its Homoeopathic Approach

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Abstract Hair is an ornament & beauty of every person life. It is an outward filamentous growth made up of keratin protein. It has major cosmetic role along with other sensory & homeostatic function. Homoeopathy has wonderful role to reduce hair fall & re-growth of new hair. This article is an attempt to overview of hair cycle, why hair is fall, homoeopathic approach of hair fall or alopecia with different repertorial rubric analysis & a very interesting case history.

Keywords *Hair fall; Homoeopathy; Constitutional medicine; Miasm*

Introduction

Hair loss not only hereditary and age-related but can be the first sign of medical disorder like anemia, hypothyroidism, diabetes, polycystic ovaries, stress and other.

Hair, our crowning glory, not only represents beauty, power and strength but much more. A study showed that 41 per cent of men with full heads of hair were selected for job interviews compared to only 27 per cent of balding men rejection at work and marriage can result in loss of self-esteem and can even lead to depression and suicide 25% of men do experience hair loss before they attain the age of 21. Hair loss can affect both the genders. It is estimated that 13% of women suffer from baldness before they menopause stage [1].

Homoeopathy is the holistic system of medicine which mainly deals with individualistic approach. For prevention of hair fall, homoeopathy plays a significant role by its dynamic medicine.

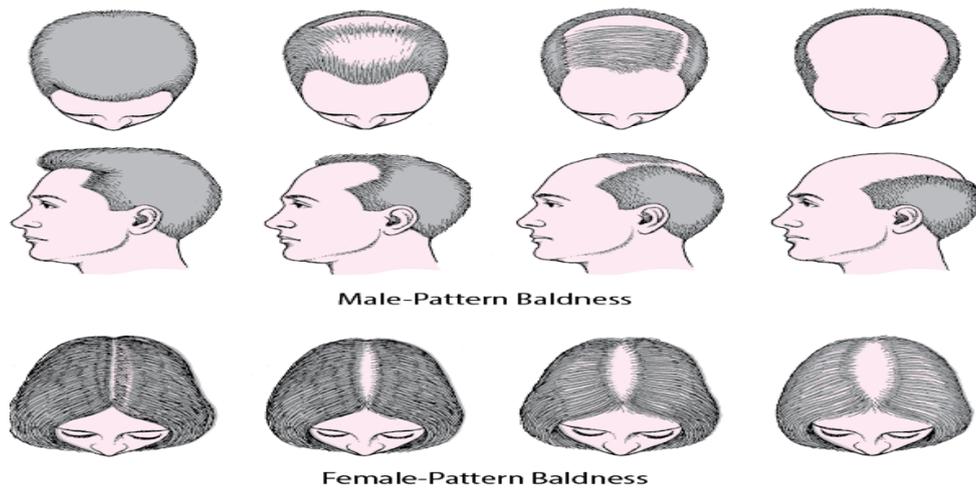


Figure 1: Pattern of Hair loss

Normal Hair Cycle

The cycle of hair growth takes place in three steps which are discussed below:

- 1) **Anagen**
(Growth phase: upto 85% hair this phase)
- ↓
- 2) **Catagen**
(Resting phase: upto 1% hair in this phase)
- ↓
- 3) **Telogen**
(Falling phase: upto: 15% hair in this phase)

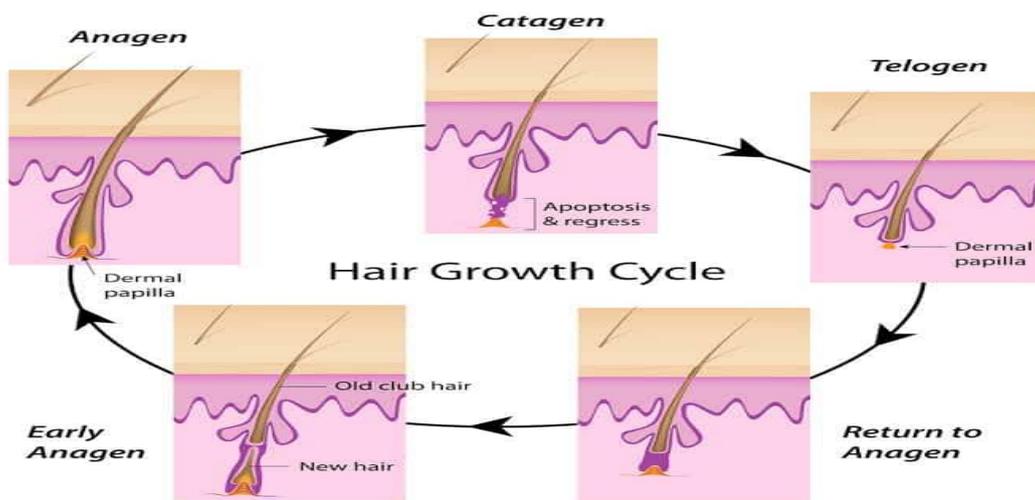


Figure 2: Normal Hair Cycle

Causes

- **Positive Family History**
 - Genetic
 - Seborrheic Dermatitis
- **Metabolic Disorder**
 - Hypertension,
 - Diabetes,
 - High Cholesterol
- **Nutrition Deficiency**
 - Protein,
 - Iron,
 - Vitamin B12, Folic Acid and Biotin
- **Underlying Disease**
 - Thyroid Disorder,
 - Ovarian Cysts, PCOS in women,
 - Use of contraceptives pills, monoposal female

Examination

- **Pulling Test of Hair:** To know no. of hair falling during pulling finger in hair
- **Video Microscope Hair Examination:**
 - a) Scalp Condition (Dry, Oily, Scaly, etc)
 - b) T: V Ratio (a ratio of terminal and vellus hair should be 90:10),
 - c) Caliber (Thickness of hair). [1]

Homoeopathic Approach

Homoeopathy believes that there is no disease, only sick person. We treat the person as a whole. Basically, we search the uncommon, peculiar, characteristic symptom which helps to formulate the totality of symptoms. In case of Hair fall, we first deals with patient complaint as a whole & select the medicine on the basis of individualistic approach. Different repertory have huge number of medicine of hair fall, I discuss few important rubric of different repertory.

1. Rubric from Dr. Kents Repertory [2]

HEAD Hair, Falling

Carb-s., carb-v., grap., Lach., fl-ac. Nat-m, sep, thuj.

Hair baldness: Baryta Carb.

Patches-apis., phos., sep.,

Color Change- kali-i.

Grief From- Ph.-ac

Menopause- Sepia

Handful- phos.

Parturition- after- lyc., sulph.

Pregnancy During- Lachesis

Spot-in (alopeciaAriata)- Apies Mel, Fl-ac, Phos.,

Forehead-nit-mur., phos.,

Occiput-sil., staph.

Side-ph-ac., staph.

Temples-lyco., nat-mur.,

2. Rubric from Boericke's Repertry [3]

HEAD-Hair falling out: alum., ant-c., sel., sep., sil.,

Greasy: merc., ben-n.

3. Rubric from Synthesis 9.0 [4]

Head hair falling: carb-v., grap., Lach., fl-ac. Nat-m, sep, thuj.

Combing the hair when: cath.,

Delivery after: lyc., plat.,

Abdominal Disease after: lyc.,

Injury From: hyper.

A Case of Hair Loss

Chief Complaint

A 16 years girl having hair loss for last 8 months. There is itching & rawness sensation. The complaint aggravated at night, during change of weather, cold. She had pain in the head which was relief after sleeping.

History of Present Complaint

She had tremendous hair fall & itching since 8 months. She took conventional medicine & use shampoo, but no result.

Past History

She suffers from viral hepatitis at the age of 12 years. At that time she took conventional medicine & recovery occurs. But, now days after taking spicy food she had slight pain in epigastric region & it relieve after taking cold water.

Family History

Father suffers from bronchial asthma for last 7 years & taking conventional medicine. Father also having hair fall problem. Mother suffers from allergic rhinitis for last 2 years & taking homoeopathic medicine.

Personal History

She loves travelling. Diet is regular & Vaccination course is completed without any complication yet.

Mental General

The patient is restless & ambitious. She had weakness of memory, can't sustain previous event. She wants to know new things & had fear of death.

Physical General

She was tall & looks beautiful. While enquiring her physical general aspects, it was found that she had much appetite, but hungry after eating, can't skip meal. She desire for cold drink. She easily catches cold & could not tolerate it. Her stool were satisfactory, no complaints in urine. Menstruation is normal. All complaints worse from cold.

Miasmatic Analysis

1. Restlessness :Psora
2. Weakness of memory :Syphilis
3. Desire for cold drinks :Syphilis
4. Complaints worse in cold :Psora
5. Hair falls out :Syphilis

It's a mixed miasmatic case, but syphilitic predominance.

Analysis & Evaluation of Symptoms

SL NO.	Symptom type	Symptom	Intensity
1.	Mental general	The patient unable to retain events, weakness of memory	+++
2.	Mental general	She is restless & roams here & there	++
3.	Physical general	Generally she feels worse in cold	+++
4.	Physical general	She had much appetite, cant skip food	++
5.	Physical general	She desire cold drinks	+++
6.	Particular symptom	Pain in the head, relief after sleeping	++
7.	Particular symptom	Hair falls out	+++

Totality of Symptoms

1. The patient generally worse in cold
2. She is restless, can't stay one place
3. She had lack of memory
4. She had much appetite
5. She desire for cold drinks
6. Pain in the head relief after sleeping
7. Hair falls out from head

Repertorial Totality

Symptom	Rubric
1. Generally patient worse in cold	GENERALITIES-COLD, agg.
2. Hair falls out from head	HEAD-HAIR, falling
3. Pain in the head ameliorate after sleeping	HEAD-PAIN, sleep, after, amel.
4. The patient have lack of memory power	MIND-MEMORY, weakness, of
5. She is much restless	MIND-RESTLESSNESS
6. She had much appetite	STOMACH-APPETITE, increased
7. She had desire for cold drinks	STOMACH-DESIRE, cold drinks

Repertorial Sheet

7 symptom(s)	1	2	3	4	5
Name of remedy	Phos	Sep	Ars	Graph	Lvc
Symp. covered	7	7	6	7	6
Totality	20	18	17	16	17
1. GENERALITIES, CO..					
2. HEAD, HAIR, falling..					
3. HEAD, PAIN, sleep,..					
4. MIND, MEMORY, w..					
5. MIND, RESTLESSN..					
6. STOMACH, APPET..					
7. STOMACH, DESIRE..					

Figure 3: Repertorization Sheet

Prescription

After repertorization, here we found that Phosphorus has possessed highest grade & highest matching. Then, we consultant with Materia-medica, here the patient is tall, beautiful looking & maximum symptoms indicate the reportorial remedy & we select it. But the potency has to be selected on the basis of susceptibility of the patient [5, 6].

Rx,

Phosphorus-200/ 1 dose, in early morning empty stomach

Advise her, not to use any shampoo, use coconut oil & take green vegetable, plenty of water.

Follow up

Date of visit	Response	Medicine Prescribed
14/08/2020	No improvement takes place	Rx, Sac-lac-200/ 2 drop BD
28/08/2020	Patients feels better, headache relief, slight improvement on hair falling reduce	Rx, Phytum-30/2 drop BD
18/9/2020	Patient appetite is reduce & its looks normal	Rx, Phytum-30/2 drop BD
16/10/2020	No further improvement, no changes occur. I change the potency	Rx, Phosphorus-1M/ 1 dose OD (M)
30/10/2020	New hair grow & patient is so happy	Rx, Sac-lac-200/ 2 drop BD
20/11/2020	No hair falls from last 2 weeks. New hair looks shiny.	Rx, Phytum-30/2 drop BD

Picture of the Patient**Figure 4: Before treatment****Figure 5: After treatment****Conclusion**

Hair loss is one of the most common problems in this modern era. There are numerous factors including environmental, genetic, immunological, psychological, cosmetic, endocrinal & so on. In Homoeopathy we treat the patient according to the symptomatology. We believe there is no disease, only a sick person. We had a large scope for this kind of case. With the help of constitutional medicine like phosphorus, we found a tremendous result. So, if we stand on our basic principle, an effective result has been established.

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