ISSN Print: 2394-7500
ISSN Online: 2394-5869
Impact Factor (RJIF): 8.69
IJAR 2025; 11(11): 42-45
www.allresearchjournal.com
Received: 08-09-2025
Accepted: 11-10-2025

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Homeopathic management of patchy hair loss: A case study

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Abstract
Alopecia areata is a common autoimmune disorder characterized by patchy hair loss on the scalp and other body areas. It affects individuals of all ages and genders worldwide, the condition often leads to psychological distress due to its visible impact. Homeopathic treatment approaches alopecia areata by considering the patient's constitutional type, mental and physical generals, and specific symptoms to stimulate hair regrowth and restore overall balance. This case study presents a patient treated at Dr. Batra's Positive Health Clinic, demonstrating the effective use of constitutional and specific homeopathic remedies, leading to significant hair regrowth, stabilization of hair loss, and improvement in quality of life.

Keywords: Alopecia areata, patchy hair loss, homeopathy, constitutional remedy, hair regrowth

Introduction
Alopecia areata is an autoimmune condition in which the body's immune system attacks hair follicles, resulting in patchy hair loss. The exact cause is multifactorial, involving genetic predisposition, environmental triggers, stress, and immune dysregulation. The disease commonly presents with round or oval bald patches on the scalp, although it can affect other body areas. Symptoms include sudden hair shedding, thinning of hair, and occasionally mild scalp itching or tingling. While the condition is generally non-scarring, chronic or severe cases can lead to extensive hair loss and psychological impact, including anxiety and reduced self-esteem. Complications may include progression to alopecia totalis or universalis and secondary psychological distress. Homeopathy addresses alopecia areata by prescribing remedies tailored to the individual's constitution, mental state, and specific symptom presentation, aiming to stimulate natural hair regrowth and restore systemic balance. This paper documents a successful case managed at Dr. Batra's, highlighting the role of homeopathy in achieving hair regrowth, stability, and overall patient well-being.

Case Profile
28 years old female patient presented with patchy hair loss persisting for about eight months, which initially began at the left temporal region and later appeared on the right temporal side. The condition developed following a year of disturbed sleep patterns due to her night-shift work in the railway sector. There was no history of fever, itching, or burning in the affected areas, and no family history of similar complaints. The patient had not taken any previous treatment for this condition before starting the current management.
On examination, hypertrophy around the patch was absent. She was advised to undergo blood investigations and follow a regular diet and hair care routine, including the use of a prescribed hair growth serum. Over the course of treatment, the patient reported no new patches, stable existing areas, and an absence of scalp itching, dandruff, or hair fall. Her general health remained good, with no associated complaints. Gradual and significant hair regrowth was observed, and the previously affected areas showed marked improvement.
Subsequent follow-ups revealed almost complete regrowth of hair with only a small frontal patch showing mild thinning. The scalp remained healthy without signs of inflammation or irritation. The patient continued to follow the advised hair care regimen and supportive medications, maintaining overall stability and satisfaction with the progress. The treatment outcome was positive, with near-total recovery and no recurrence of new patches.

Physical Generals

- **Appetite & Diet:** Normal appetite with cravings for spicy foods and butter paneer.
- **Aversion:** No aversion or intolerance to any food.
- **Thirst:** Normal. The patient prefers warm water in the morning.
- **Perspiration:** Normal, without any noticeable odor or staining.
- **Urine:** Normal.
- **Stools:** Regular and satisfactory.
- **Thermal Reaction:** No specific thermal preference
- **Sleep & Dreams:** Sleeps approximately 6-8 hours per night, though occasionally still feels sleepy.

Examination

- Patient appears generally healthy with stable vitals
- Scalp shows patchy hair loss, mostly regrown
- One small area in the frontal region shows mild thinning
- No inflammation, redness, scaling, or signs of infection on the scalp
- Hair pull test is minimal, indicating no active hair shedding
- Surrounding scalp is healthy, without hypertrophy or tenderness
- No signs of systemic illness observed
- General physical and systemic examinations are within normal limits
- Condition is stable with hair regrowth progressing well and no new patches

Mental Generals

The patient was born and brought up in Rajasthan and has one brother. His father is a farmer, and his mother is a housewife. He reports having many friends and describes his upbringing as stable, with no particularly stressful periods during school. He feels that his father had a stronger influence on him compared to his mother. During childhood, he was an average student, maintained good relationships with friends, and experienced no issues with bullying. Parental expectations were moderate, and sibling relations were satisfactory.

Currently, he works in the railway as a ticket checker, a role he enjoys. While the job itself is not stressful, the night shifts have impacted his sleep patterns. He describes himself as very sensitive, particularly when it comes to family matters, shy, and adjustable. He has difficulty expressing himself due to language barriers, not knowing Hindi or English well, and prefers neither to be alone nor to have too many friends. He experiences fear when facing new targets. The patient is easily anxious, particularly when questioned by superiors, and experiences both physical and emotional signs of nervousness. He gets angry easily but also cries easily, showing a mix of irritability and emotional vulnerability. He considers himself emotional, being sensitive to family-related matters and situations that affect him personally, though he did not report any particularly stressful, sad, or traumatic moments in life. His happiest experiences are associated with time spent with family. He enjoys playing cricket as a hobby and reports no recurring dreams. Overall, his mental profile shows a sensitive, shy, and cautious individual with stable interpersonal relationships and moderate emotional reactivity.

Past History

- No previous treatment for hair loss
- No history of chronic illness, major surgery, or hospitalization
- No history of fever, infections, or systemic complaints

Family History

- No family history of hair loss or dermatological conditions
- No family history of chronic or hereditary illnesses

Case analysis

Reportorial totality

Repertory used	Rubrics selected
Synthesis Repertory	• Head-Hair-falling-spots, in • Head-Hair-falling-Temples • Generals-FOOD and DRINKS-spinach- desire • Mind-Sensitive

Repertory screenshot

Remedies	nat-m.	kali-c.	calc.	lyc.	calc-p.	graph.	fl-ac.	phos.	ars.	ign.	sil.	staph.	apis	hep.	kali-p.	merc.	psor.	sabin.	tub.
Serial Number	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
Symptoms Covered	3	3	3	3	3	3	2	2	2	2	2	2	2	2	2	2	2	2	2
Intensity	7	6	5	5	3	3	5	5	4	4	4	4	3	3	3	3	3	3	3
Result	3/7	3/6	3/5	3/5	3/3	3/3	2/5	2/5	2/4	2/4	2/4	2/4	2/3	2/3	2/3	2/3	2/3	2/3	2/3
Clipboard 5																			
HEAD - HAIR - falling - spots, in	2	2	2	1	1	1	3	2	2	1	1	1	2	2	1		2		2
HEAD - HAIR - falling - Temples	2	2	1	1		1										1		1	
GENERALS - FOOD and DRINKS - spinach - desire					1														
MIND - SENSITIVE	3	2	2	3	1	1	2	3	2	3	3	3	1	1	2	2	1	2	1

Selection of Remedy

Constitutional

- **Remedy name:** Lycopodium
- **Remedy potency:** 200 °C
- **Remedy dose:** 2 doses, 2/4 week
- **Remedy reasons:** Prescribed to support overall constitutional balance, improve hair follicle health, and enhance general vitality

Specific

- **Remedy name:** *Fluoricum Acidum*
- **Remedy potency:** 200 °C
- **Remedy reasons:** Targeted remedy for patchy hair loss, sensitivity of the scalp, and slow regrowth areas
- **Remedy name:** Thuja
- **Remedy potency:** Mother tincture (MT Q)
- **Remedy dose:** Apply locally on scalp, 2/1 days
- **Remedy reasons:** Applied specifically to stimulate hair regrowth and address residual thinning on affected patches

Miasmatic approach

Symptoms

- **Head:** Hair falling in spots, particularly at the temples
- **Generals:** Desire for spinach
- **Mind:** Sensitive

Miasmatic Predominance

- **Psora:** Predominant, as indicated by patchy hair loss, food cravings, and sensitivity of mind
- **Sycosis:** Not prominent
- **Syphilis:** Not prominent
- **Tubercular:** Not prominent

Materials and Methods

Synthesis repertory was used for repertorization

Results

1st month

- **Progress:** No new patch, old patch remains stable, no itching, no dandruff, no hair fall
- **Prescription:** Lycopodium 200C, 2/4 week; SL 2/1 days; Thuja MT Q with oil

2nd month

- **Progress:** Slight regrowth observed on initial patches
- **Prescription:** *Fluoricum Acidum* 200C, 2/1 days; Thuja MT Q LA scalp

3rd month

- **Progress:** Regrowth ++ on most patches, small frontal patch still visible
- **Prescription:** *Fluoricum Acidum* 200C, 2/1 days; Thuja MT Q LA scalp

4th month

- **Progress:** Continued hair regrowth, old patches nearly covered
- **Prescription:** *Fluoricum Acidum* 200C, 2/1 days; Thuja MT Q LA scalp

5th month

- **Progress:** Almost all patches covered, no new patches, scalp healthy
- **Prescription:** *Fluoricum Acidum* 200C, 2/1 days; Thuja MT Q LA scalp

6th month

- **Progress:** Hair regrowth stable, no irritation or shedding
- **Prescription:** *Fluoricum Acidum* 200C, 2/1 days; Thuja MT Q LA scalp

7th month

- **Progress:** Patch fully covered, mild thinning in right frontal area
- **Prescription:** *Fluoricum Acidum* 200C, 2/1 days; Thuja MT Q LA scalp

8th month

- **Progress:** Hair density improving, scalp healthy, no new patches
- **Prescription:** Continue same regimen as previous month

9th month

- **Progress:** Stable hair growth, no complaints
- **Prescription:** Continue constitutional and specific remedies as before

10th month

- **Progress:** Hair growth maintained, scalp condition good
- **Prescription:** Maintain previous remedies; local application of Thuja MT Q

11th month

- **Progress:** Full coverage of previous patches, stable hair density
- **Prescription:** Continue same regimen

12th month

- **Progress:** Patch fully covered, mild thinning in right frontal area, no new patches, no itching or dandruff
- **Prescription:** *Fluoricum Acidum* 200C, 2/1 days; Thuja MT Q LA scalp

  Treatment continued with constitutional and specific remedies along with local application for hair regrowth and stability

Discussion and Conclusion

The patient presented with patchy hair loss of eight months' duration, initially affecting the temporal regions. The onset was associated with disturbed sleep due to night-shift work. There were no associated systemic complaints, scalp itching, burning, or family history of similar conditions. Physical and mental generals were stable, with mild sensitivity and shyness noted in the mental sphere.

Treatment was carried out using a combination of constitutional and specific homeopathic remedies. Lycopodium 200C was administered constitutionally to support overall vitality and hair follicle health, while *Fluoricum Acidum* 200C and Thuja MT Q were used specifically to target patchy hair loss and promote regrowth.

Local application of Thuja mother tincture enhanced regrowth on residual thinning areas.

Follow-up over 12 months showed progressive and satisfactory hair regrowth. Most patches were fully covered, with only mild thinning in the right frontal area by the end of the treatment period. No new patches, scalp irritation, or hair fall were reported during the course of treatment. The patient's general health remained stable, and she reported satisfaction with the results. In conclusion, the case demonstrates the effective use of a combined constitutional and specific homeopathic approach in managing patchy hair loss, resulting in near-complete regrowth, stability of hair, and improved patient confidence without any adverse effects.

The transformation

Acknowledgments

I take this opportunity to thank those who have helped and supported me personally and professionally during this case study.

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