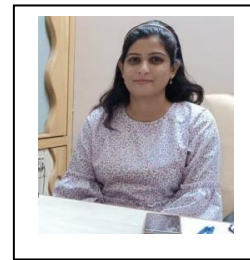




**TITLE: ALOPECIA AREATA TREATED WITH INDIVIDUALIZED
HOMOEOPATHY-A CASE REPORT**

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ABSTRACT: Alopecia areata is an autoimmune disease. It is localised, non-inflammatory, non-scarring type of hair loss. Hair loss can be from any part of body mostly involving scalp, eyebrows, eyelashes, Beard etc. A case of a girl with alopecia areata involving scalp, eyebrows and lashes treated successfully with Homoeopathy is reported here. She presented with multiple bald spots on scalp, eyebrows with hair loss on eyelashes and itching, without any history of organ-specific autoimmune disorder. The result was full recovery in period of treatment of approximately 18 months.



❖ **Key words:** Alopecia areata, Homoeopathy, Baryta carb, Simillimum.

Introduction: Alopecia areata is an autoimmune condition causing changes in hair follicle which leads to loss of hair from various regions. It typically presents with single or multiple bald patches on the scalp and it may include all hair-bearing areas on the body.^[1]

Alopecia is a Latin term meaning hair loss, and areata refers to in patches means hair loss in patches. The term alopecia areata can be presented with number of variants including alopecia areata totalis characterised by complete loss of hair on scalp or universalis which is characterised by complete loss of hair from scalp and body, ophiasis means loss of hair from back and side of head in a band, ophiasis inversus consist of hair loss sparing the temporal and occipital areas, just the opposite than ophiasis., and diffuse alopecia areata.^[2]

Loss of hair is considered as an autoimmune process causing chronic inflammation by CD8+ T-cell-dependent affecting intra-follicular which lead to collapse of immune status of follicles. It can be caused by various trigger factors such as infections, trauma, hormones, and stress are known to worsen the disease. Genetic component plays an important role with a likelihood of severe symptoms seen in first-degree relatives. Nail abnormalities, predominantly pitting or roughening, may accompany with alopecia. Other organ-specific autoimmune disorders such as vitiligo, thyroid disease and Down's syndrome are sometimes associated along with Alopecia areata.^[3]

The prognosis of the disease is unpredictable it can occur once in a life or can be recurrent. Family history of alopecia areata, early age onset, nail deformities, extensive and rapid hair loss, ophiasis, present along with other autoimmune diseases having poor prognosis.^[3]

There is no specific treatment for regrowth of hair in Alopecia areata cases. However, topical immunotherapy, intralesional and topical or systemic corticosteroids are used in various patients to suppress hair loss. Other medications that can be prescribed include those which may promote hair growth and help to build a stronger immune system.



❖ **CASE DISCUSSION-**

Its case of 9yr old girl, when she enters in my room, she looks timid++ covered her head with dupatta, she had a complain of loss of hair over almost scalp region, eyebrows, eyelashes with itching and remaining hairs are tangled. She easily catches cold whenever there is change in weather.

History of recurrent tonsilitis and no family or personal history of alopecia areata and autoimmune disease.

❖ **HISTORY OF PRESENT COMPLAINT AND TREATMENT.:**

According to her parents, Maybe her complain starts after anti-rabies vaccine or dog bite.

Previously taken allopathic treatment (includes topical corticosteroids) for 4months but there were no changes in her situation/complain, also they can't afford cost of treatment, so they have stopped further allopathic treatment. Now she reported me on 20th September 2021 for homeopathic treatment.

❖ **PHYSICAL GENERAL-**

-Appetite/Thirst-normal occasionally wants meal late night if she is waking.

-Desire -rice+

-Perspiration-forehead(scanty)



❖ **MENTAL BEHAVIOURAL CHANGES DURING COMPLAIN-**

she avoids playing and avoids going out with friends. (Or any public places-totally become Antisocial) else goes out by covering her head.

whenever any guest visits suddenly in their home she hides herself in room.

Timid++, whenever I try to ask her, she look down with a timid smile, and whenever ask any serious question to her parents related to her, she laughs. Becomes very non communicative even she had not uttered single word or talk with me (discomfort-looking down) for previous few months, not even answering by nodding /yes /no etc.

❖ **TOTALITY OF CASE-**

- 1) Timidity avoids going outside.
- 2) Hiding from other
- 3) Laughing(smiling)on serious question.
- 4) Recurrent tonsilitis.
- 5) Change in weather aggravates.
- 6) Baldness over scalp, with few patches on eyebrow and hair-loss from eyelashes.
- 7) Itching on scalp.
- 8) Tangled and matted hair



❖ **REPERTORISATION TABLE (1)-**

MIND			
1 MIND - HIDING - himself - children			⊗
strangers, from			
2 MIND - LAUGHING -			⊗
serious matters, over			
3 MIND - TIMIDITY			⊗
4 MIND - TIMIDITY - bashful			⊗
HEAD			
5 HEAD - HAIR - baldness			⊗
GENERALS			
6 GENERALS - HISTORY; personal			⊗
tonsillitis; of recurrent			
7 GENERALS - WEATHER - change			⊗
agg.			
Remedies	ΣSym	ΣDeg	Symptoms
bar-c.	6	15	1, 3, 4, 5, 6, 7
sil.	6	13	2, 3, 4, 5, 6, 7
sulph.	6	10	2, 3, 4, 5, 6, 7
lyc.	6	8	2, 3, 4, 5, 6, 7
nat-m.	6	8	2, 3, 4, 5, 6, 7
phos.	5	10	2, 3, 4, 5, 7

❖ **PRESCRIPTION:**

First prescription: Baryta carb 200, single dose. Along with Vinca minor 30BD.

❖ **FOLLOWUPS-**

Follow-up of the patient was assessed monthly or as required. The date-wise detailed follow-ups are summarized in [Table 2].



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Dates	Symptoms	Medicine with doses and repetition	Justification
16.10.2021	Itching reduced, no major growth of hair noted.	Baryta carb 200 single dose, Vinca minor 30BD X 30 Days	
24.11.2021	New hair growth starts appearing on bald region, no itching now	Baryta carb 200 single dose, Sac Lac BD X 30 Days	as itching subside, Vinca minor stopped.
23.12.2021	Hair starts appearing over eyebrows and lashes	Baryta carb 200 single dose, Sac Lac BD X 30 Days	
19.01.2022	Hair starts growing longer but no new hair growth noted	Baryta carb 1M single dose, Sac Lac BD X 60 Days	in view of no further improvement in patches so potency of medicine is raised.
04.03.2022	frontal region of scalp is almost covered with hair, only few patches remain which shows small new hair growth	Baryta carb 1M single dose, Sac Lac BD X 60 Days	
13.05.2022	patches over parietal region shows growth	Baryta carb 1M single dose, Sac Lac BD X 30 days	
21.06.2022	no further changes appear, <i>status quo</i>	Tub1M Single dose, Baryta Carb LM1OD X60days	to remove miasmatic block Tub given, and potency is raised
22.08.2022	marked improvement noted over remaining patches and hair grows longer	Baryta Carb LM1 OD, Sac Lac OD X60 Days	

08.10.2022	all patches covered with small hair no new patch till today	Baryta Carb LM1 OD, Sac Lac OD X30 Days	
22.11.2022	no significant changes over occipital region	Baryta Carb LM3 OD, Sac Lac OD X 60 Days	as there is no further improvement potency raised.
21.02.23	occipital region shows hair grows longer, complete growth of hair on head now, no new patch appears after	Sac lac BD Continue	continue treatment for next follow-up to observe further changes then stop if there is new complain.

The bald patches on the head showed new hair growth. Initially, Baryta Carb 200 showed improvement. Stopped Vinca minor as itching subside. However, much significant improvement was observed with higher potency when required. Bald patches on the head completely disappeared within a period of almost 18months of homoeopathic treatment.

▪ **PICTURE OF PATIENT BEFORE, DURING AND AFTER TREATMENT:**



Image 1: Before Treatment

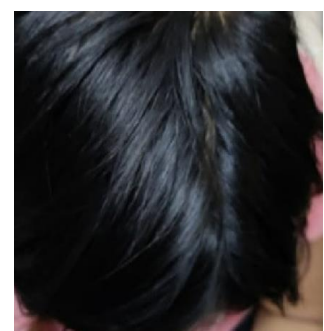


Image 2: After Treatment

PICTURE OF PATIENT BEFORE, DURING AND AFTER TREATMENT:



Image 3: Before Treatment (loss of hair from eyebrows & on eye lashes)



Image 4: After Treatment (Hair growth on eyelashes)



Image 5: After Treatment (Hair growth on eye lashes & Complete eyebrows)

❖ **DISCUSSION:**

Medicine selected on the basis of individualization, totality of case and with reference of Materia Medica was Baryta Carb. As Silicea can also be the choice of remedy as it is well indicated in bad effect of vaccination but here timidity is because of her poor self-image (feeling after hair loss)^[5] and in silicea timidity comes due to lack of self-confidence^[5]. So Baryta carb was chosen as it covers the totality of symptoms and the patient's present behavioral changes. Vinca Minor was given for intolerable itchy scalp with bald spots and tangled matted hair^[6], so such rare remedy can also help in this case and Tuberculinum is given as a chronic intercurrent which has removed miasmatic block or obstacles to cure in this case.^[7] On subsequent follow-ups, potency was changed based on the assessment of improvement in bald patches.



❖ **CONCLUSION:**

This case is accompanied by photographic evidence with improvement in patients' symptoms. Through this case it is clear that an autoimmune disease like Alopecia areata can also be treated with the help of homoeopathic medicine if it is selected on the bases of totality

of symptoms, observation and with deep understanding about miasms. Follow-up of this patient is continuing to observe any significant changes or recurrency in her condition.

❖ **DECLARATION IF PATIENT CONSENT**

The author certifies that she has obtained patient's and her parents consent for reporting her clinical information and photographs in the journal.

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