

TITLE: “HEALING ALOPECIA BARBAE: - SUCCESS THROUGH HOMOEOPATHIC TREATMENT”

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ABSTRACT: Alopecia barbae is an autoimmune disease which characterized by patchy hair loss in beard area.^[1] Alopecia barbae can have a significant psychological impact on men. Men may feel self-conscious about their appearance, causes anxiety in social situations ^[2] Beards are often associated with the cultural identity of Rajput men. The absence of a beard might affect their sense of belonging and identity within the community. Here case of men belongs to Rajput community with alopecia barbae successfully treated with homoeopathic medicine within short duration (1 month) by help of nearest similimum.

KEY WORDS: Alopecia barbae, Ailments from grief, Natrum mur



INTRODUCTION:

Alopecia barbae is primarily caused by an autoimmune response targeting hair follicles, leading to well-circumscribed patches of hair loss.^[2] It is one of the type of alopecia areata characterized by following symptoms include:-

Rapid Onset: -Hair loss can occur suddenly, within a few days or weeks

Patchy Hair Loss: Small, circular bald patches appear in the beard area. These patches can be about the size of a coin and may sometimes overlap as more hair is lost.

Smooth Skin: -The skin in the affected areas is usually smooth, though it can sometimes feel rough.

Itchiness and Redness: -Some people experience itchiness, redness, and inflammation around the bald patches.

Exclamation Mark Hairs: - Hairs that are narrower at the bottom, known as exclamation mark hairs, may grow in and around the bald patches.^[3]

Pathophysiology

The pathophysiology of alopecia barbae involves an autoimmune response where the body's immune system mistakenly attacks its own hair follicles.^{[2][3]} Here are the key points:

1. **Autoimmune Reaction:** The immune system targets hair follicles, leading to inflammation and hair loss. This is similar to other autoimmune conditions like alopecia areata.
2. **Collapse of Immune Privilege:** Hair follicles normally have a special status called "immune privilege," which protects them from immune system attacks. In alopecia barbae, this privilege collapses, making the follicles vulnerable.
3. **Role of T-Cells:** Regulatory T-cells, which usually help control immune responses, may fail to function properly, contributing to the autoimmune attack on hair follicles.

4. Genetic and Environmental Factors: Genetics play a role, as individuals with a family history of autoimmune conditions are more likely to develop alopecia barbae. Environmental factors like stress can also trigger or exacerbate the condition.

Alopecia barbae or symptoms related to this mainly cover all three chronic miasms according to stages of disease.^[4]

Psoric	Sycotic	Syphilitic
Hair is thin, dry and lusterless.	Alopecia occurs in circular and circumscribed patches.	Hair is oily, greasy and moist eruption, sometimes appear on scalp.
Hair can appear matted and the ends are liable to split.	Baldness present.	Loss of hair in bunches.
Dandruff with or without itching.	Abundances of premature grey hair.	Dandruff with thick yellow crust

Understanding these mechanisms helps in developing targeted treatments to manage and potentially reverse the condition by help of homoeopathic medicine. Some of the mostly applicable Homoeopathic medicine for the alopecia barbae is given below:-

NATRUM MURIATICUM: Suitable for individuals experiencing hair loss due to emotional stress or grief. It helps in restoring hair growth and improving overall health.^[5]

SILICEA: Helps in cases where hair loss is accompanied by brittle nails and skin issues. It is beneficial for promoting hair regrowth.^[6]

THUJA OCCIDENTALIS: Often used for hair loss due to hormonal imbalances or after vaccinations. It helps in stimulating hair follicles and promoting regrowth.^[6]

GRAPHITES: Effective for hair loss with dry, rough skin. It is often used when there are patches of hair loss on the beard and scalp^[5].



VINCA MINOR: Known for stimulating hair regrowth and reducing bald patches. It is particularly helpful when the scalp is itchy and the hair is falling out in clumps.^[6]

Fluoric Acid: Helps in cases where there are bald patches on the scalp and the scalp is sensitive to touch. It is also effective in stimulating hair regrowth.^[6]

CASE DISCUSSION

41 years male patient belong to Rajput community having complain of LOSS OF HAIR from beard and then mustache.

O.D.P (ORIGIN , DURATION , PROGRESSION)

Before the 3 year patient having no complain of hair fall from beard and mustache. after the death of his father he has gradually started dandruff in scalp .hair fall from beard started after taking a new business with financial problems then now a 2 month hair fall started from mustache.

PHYSICAL GENERALS

Appetite –Normal

Desire – alcohol especially whisky

Aversion – bitter food

Thirst -5 to 6 glass per day

Stool – 1 times per day

Urine – 4-5 times per day

Perspiration- Profuse at forehead

Sleep – Sound

Position of sleep- Not specific

Thermal status – Hot

HABIT OR ADDICTION ANY:- Alcohol and tobacco

PAST HISTORY: – Measles at childhood



FAMILY HISTORY: –

Father – Hypertension - Death due to MI

MENTAL SYMPTOMS: - Grief for father's death. Can't go away from home .Not filling good outside to home. Cry when alone. H / O anxiety about business. Home sickness.

GENERAL EXAMINATION:-

Blood pressure – 120/ 78 mm of Hg

Pulse – 90 per minutes R. R – 20/ MIN

PROVISIONAL DIAGNOSIS: - ALOPECIA BARBAE

ANALYSIS & EVALUATION OF SYMPTOMS:-

1) Mental general

- Homesickness
- Grief of father death
- Anxiety about business
- cry when alone
- -fear of poverty

2) Physical general

- Aversion to bitter food
- Desire for alcohol
- Perspiration at forehead

3) Physical Particular

- -White dandruff in scalp
- -Hair fall from beard
- -Hair falling from mustache

TOTALITY OF SYMPTOMS

- 1) Ailment from grief
- 2) Ailment from home sickness away from home
- 3) Anxiety about business
- 4) Cry when alone
- 5) Desire for alcohol
- 6) Aversion to bitter food
- 7) White dandruff from scalp
- 8) Hair fall from mustache

MIND	
1 MIND - AILMENTS FROM - homesickness	⊗
2 MIND - ANXIETY - business; about	⊗
3 MIND - GRIEF - silent	⊗
4 MIND - WEEPING - alone, when	⊗
HEAD	
5 HEAD - DANDRUFF - white ●	⊗
6 HEAD - HAIR - falling - grief; from	⊗
FACE	
7 FACE - HAIR - falling of hair - Mustache	⊗
GENERALS	
8 GENERALS - FOOD and DRINKS - alc desire	⊗

Remedies	ΣSym	ΣDeg	Symptoms
nat-m.	8	13	1, 2, 3, 4, 5, 6, 7, 8
ign.	5	8	1, 3, 4, 6, 8
ph-ac.	4	8	1, 2, 3, 6
puls.	4	6	2, 3, 4, 8
lyc.	4	5	3, 4, 6, 8
carc.	4	4	1, 2, 3, 8
nux-v.	3	7	2, 3, 8
aur.	3	6	1, 3, 8
lach.	3	5	3, 6, 8
phos.	3	5	3, 5, 8
sulph.	3	5	2, 3, 8
gels.	3	4	2, 3, 8
op.	3	4	1, 2, 8
sep.	3	4	2, 3, 8
staph.	3	4	3, 6, 8
bar-c.	3	3	2, 7, 8
caust.	3	3	2, 6, 8
tritic-vg.	3	3	4, 5, 8
caps.	2	5	1, 8
ars.	2	4	5, 8

(Figure 01 Repertorization of case)

FINAL SELECTION OF MEDICINE: – Natrum Mur

Potency: - 200 C

DOSE AND REPETATION: - OD FOR 2 DAYS

PRESCRIPTION:-Rx

NATRUM MUR x 200x OD X 4PILLS X FOR 2 DAYS

SL X BD X 4 PILLS X 1 MONTH

FOLLOW UP PICTURES BEFORE AND AFTER 1 MONTH



Figure 02: AT CASE
TAKING
HAIRFALL PATCH AT
RIGHT SIDE OF
MUSTACHE AND
BEARD



Figure 03: AFTER 1MONTH
NO HAIR FALL PATCH AT
MUSTACHE, STARTED
GROWING OF NEW HAIR
HAIR GROWTH START AT
BEARD



DISCUSSION

Here Natrum Mur is not selected on basis of covering more marks according selected rubric in case. Natrum Mur cover key note symptoms like; grief for father death, Cannot cry easily, Desire for alcohol, White dandruff in scalp, Hair falling from mustache etc. Graphites was indicated in this case, if dryness of skin, discharge of unhealthy secretion from affected area which is watery transparent sticky in nature. In patient of Phosphoric acid will be chilly, listless, apathetic, and indifferent to affairs of life and most of cases ailments due to loss of vital fluids.^[8]

CONCLUSION:

Homoeopathy has wonderful working on quality of life especially who are suffering from cosmetic problems like alopecia barbae etc. Homoeopathic case taking have important role in this type of case which solved the case in short duration of 1 month. Natrum mur selected on basis of grief and some keynote symptoms which helps in process of differentiation of homoeopathic medicine.

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