



Original Research Article	Volume 15 Issue 03	March 2026
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REMARKABLE RECOVERY IN OPHIASIS TREATED AT DR BATRA'S® HOMEOPATHY CLINIC: A CLASSICAL HOMEOPATHIC CASE STUDY

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Abstract

Alopecia areata is a chronic autoimmune disorder characterized by non-scarring hair loss, often associated with psychological stress and immune dysregulation. This case study highlights a 34-year-old female presenting with ophiasis-pattern alopecia areata, joint pains, and dermatological complaints, with a history of partial response to allopathic management. Over a follow-up period of 12 months, the patient showed 80–90% recovery, including cessation of hair fall, regrowth in alopecic patches, and overall systemic improvement. This paper demonstrates the scientific application of classical homeopathy in chronic autoimmune dermatological conditions and highlights the role of individualized treatment in achieving sustained recovery where conventional therapies showed limited success.

The case reflects a clear transformation achieved at Dr Batra's® Homeopathy Clinic.

Keywords

Alopecia areata, Ophiasis pattern, Homeopathy, Constitutional remedy, Autoimmune disorder

Introduction

Alopecia areata is an autoimmune condition characterized by patchy hair loss, commonly affecting the scalp but potentially involving the entire body. The ophiasis pattern represents a more resistant variant involving the temporal and occipital margins.

Etiological factors include:

- Autoimmune dysregulation
- Genetic predisposition
- Psychological stress

- Hormonal imbalance

Clinical features:

- Patchy or band-like hair loss
- Itching at onset
- Association with other autoimmune or dermatological conditions

Conventional treatments such as corticosteroids and immunotherapy often provide temporary relief but fail to prevent recurrence.

Homeopathy offers a holistic, individualized approach targeting the patient's constitution, mental state, and miasmatic background, thereby aiming for long-term remission.

Case Profile

A 34-year-old female presented with:

- Hair loss along scalp margins (ophiasis pattern) since 3 years
- Active hair fall initially with itching
- Associated joint pains since 1 year
- History of incomplete response to allopathic treatment

Gradual progression followed emotional and environmental stress factors.

Physical Generals

- **Diet:** Mixed
- **Appetite:** Irregular
- **Desire:** Spicy, Kerala cuisine
- **Aversion:** Bitter gourd, fish
- **Thermal Reaction:** Not marked
- **Thirst:** Thirstless
- **Stools:** Normal
- **Urine:** Normal
- **Perspiration:** Not significant
- **Sleep:** Disturbed (shift duty)
- **Dreams:** Non-specific

Examination

- Alopecia patches in ophiasis distribution
- No active inflammation in later stages
- Hair pull test negative in follow-ups

- Mild dermatological lesions on legs with pigmentation
- Vitals stable

Mental Generals

The patient exhibited a characteristic emotional evolution:

From childhood, she was affectionate, sensitive, and emotionally dependent, particularly attached to her mother, sharing all emotional concerns exclusively with her. Being the eldest child, she carried a sense of responsibility early in life.

During adolescence and adulthood, she developed suppressed desires, particularly regarding her career aspirations – she wished to become a teacher but was directed into nursing by family expectations. This led to internal conflict but outward compliance.

Marriage was love-based but initiated unexpectedly, contributing to emotional adjustment challenges. Later, separation from family due to professional commitments and hostel stay triggered emotional insecurity.

She expressed:

- Desire for togetherness (“I don't want a separated family for money”)
- Oversensitivity with sudden emotional outbursts
- Anxiety related to change of place (notably New Zealand relocation)
- Fear of spiders
- Affection toward animals (love for dogs)

Life stressors, including financial crisis during COVID and career instability, further aggravated her emotional state, preceding the onset of pathology.

Past History

- Ovarian cyst surgery (2018)

Family History

- No significant hereditary illness

Case Analysis

Repertorial Totality

Repertory Used: Kent Repertory

Rubrics Selected:

- Mind – Ailments from disappointment
- Mind – Sensitive, emotional
- Mind – Desire for company
- Generalities – Food and drinks – spicy desire

- Stomach – Thirstlessness
- Hair – Falling, margins (ophiasis)
- Skin – Eruptions with itching

Selection of Remedy

Constitutional Remedy

- **Phosphorus 200C**
- **Dose:** Single dose followed by placebo

Reasons:

- Affectionate, emotional dependence
- Desire for company
- Fearfulness and sensitivity
- Thirstless with desire for spicy food
- Hair fall with systemic involvement

Acute Remedy

- **Fluoric Acid 30C (as needed)**

Reasons:

- Indicated in alopecia with patchy hair loss
- Acts on hair follicle nutrition

Miasmatic Approach

Symptoms	Psora	Sycosis	Syphilis	Tubercular
Hair loss	✓	✓		✓
Skin lesions		✓		
Emotional sensitivity	✓			✓
Chronicity		✓	✓	

Miasmatic Predominance: Syco-tubercular

Materials and Methods

- Repertory: Kent Repertory
- Method: Classical individualization with totality-based prescription

Results

Month	Progress	Prescription
1st	Hair fall reduced, itching ↓	Phosphorus 200 single dose

Month	Progress	Prescription
2nd	No new patches	Placebo
3rd	Regrowth started	Placebo
4th	Patch stabilization	Thuja 200 single dose
5th	Hair density improving	Placebo
6th	Joint pain ↓	Placebo
7th	Significant regrowth	Phosphorus 200 repeat
8th	No active hair fall	Placebo
9th	Skin lesions stable	Fluoric acid 30 (SOS)
10th	70–80% recovery	Placebo
11th	Hair normalizing	Placebo
12th	80–90% recovery	Placebo

Transformation Table

Parameter	Before Treatment	After Treatment
Hair fall	Active, severe	Absent
Alopecia patches	Progressive	Regrowth present
Itching	Present	Minimal
Joint pain	Present	Absent
Emotional state	Sensitive, stressed	Stable
Sleep	Disturbed	Improved



Figure 1: Scalp margins before and after treatment showing regrowth in the ophiasis-pattern patches.

Discussion & Conclusion

This case illustrates the efficacy of classical homeopathy in treating chronic autoimmune conditions like alopecia areata. The individualized approach focusing on mental generals, physical constitution, and miasmatic background led to sustained improvement.

The remedy Phosphorus addressed the core emotional susceptibility and systemic imbalance, while Thuja and Fluoric acid supported the underlying miasmatic and local pathology.

The case demonstrates:

- Importance of mental generals in remedy selection
- Role of miasmatic prescribing
- Long-term stabilization without recurrence

Homeopathy not only halted disease progression but initiated true healing at a constitutional level.

Acknowledgments

The authors express gratitude to the clinical team at Dr Batra's® Homeopathy Clinic for their support and systematic case documentation.

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