



Original Research Article	Volume 15 Issue 08	August 2026
---------------------------	--------------------	-------------

DOI: <https://doi.org/10.5281/zenodo.21849940>

CLINICAL IMPROVEMENT IN CHRONIC SEBORRHOEIC DERMATITIS AND DIFFUSE HAIR FALL FOLLOWING INDIVIDUALIZED HOMOEOPATHIC TREATMENT

***Dr Anil Kumar**

Acting Head Medical Services, Greater Noida Branch, Dr Batra's Positive Health Clinic Pvt. Ltd., BHMS

*Corresponding Author's Email: chc-greaternoida@drbatras.com | Mobile: 99271 43408

ABSTRACT

Background: Seborrhoeic dermatitis is a chronic inflammatory scalp disorder characterized by dandruff, scalp itching, erythema, and increased hair shedding. Chronic scalp inflammation adversely affects hair follicle health and frequently contributes to diffuse hair fall. Individualized homoeopathic treatment aims to improve constitutional susceptibility while reducing scalp inflammation and promoting hair regrowth. **Case Presentation:** A young male student presented with persistent dandruff, scalp itching, and diffuse hair fall for one year despite previous allopathic and homoeopathic treatment. Hair fall was aggravated during winter and improved during summer. Laboratory investigations revealed severe vitamin D deficiency (13 ng/mL) and borderline vitamin B12 deficiency (280 pg/mL). Constitutional features included an introverted personality, anxiety regarding studies and career, suppressed anger, desire for salty and sweet foods, hot thermal state, and emotional sensitivity. **Intervention:** Following repertorial analysis, Natrum muriaticum was selected as the constitutional remedy. Wiesbaden Aqua was prescribed as the acute hair-growth remedy, while Mezereum 6C was administered as the intercurrent remedy. Nutritional deficiencies were corrected simultaneously with vitamin D and vitamin B12 supplementation, along with dietary counselling and scalp-care measures. **Outcome:** Within five months, dandruff resolved completely, scalp itching disappeared, hair fall reduced significantly, Hair Pull Test improved to 1–2 hairs per pull, and visible hair growth was observed. The patient also reported improvement in bowel habits and overall scalp health. **Conclusion:** This case demonstrates that individualized constitutional homoeopathic treatment combined with nutritional correction and appropriate scalp care may provide sustained improvement in seborrhoeic dermatitis associated with chronic diffuse hair fall.

Keywords: Seborrhoeic dermatitis, Hair fall, Natrum muriaticum, Homoeopathy, Hair regrowth, Dandruff.

INTRODUCTION

Seborrhoeic dermatitis is a common chronic inflammatory disorder affecting sebum-rich areas of the body, particularly the scalp. It presents with greasy scales, dandruff, itching, and chronic inflammation, often resulting in increased hair shedding. Although not a direct cause of permanent alopecia, persistent scalp inflammation may accelerate diffuse hair fall and negatively affect hair density.

Multiple factors contribute to seborrhoeic dermatitis, including genetic predisposition, altered sebum production, microbial colonization, nutritional deficiencies, stress, and immune dysregulation. Conventional treatment generally focuses on antifungal shampoos and topical corticosteroids; however, recurrence remains common once treatment is discontinued.

Individualized homoeopathy approaches the patient constitutionally, considering both physical pathology and mental characteristics while addressing factors that predispose to chronic recurrence.

This case illustrates sustained improvement in chronic seborrhoeic dermatitis with diffuse hair fall following individualized homoeopathic treatment.

CASE PRESENTATION

A young male student presented with complaints of chronic dandruff associated with diffuse hair fall for one year.

Initially, he noticed persistent dandruff followed by gradual increase in hair shedding. Hair fall was associated with mild scalp itching and progressively became a cosmetic concern. He had already received both allopathic and homoeopathic treatment without satisfactory long-term improvement.

Hair shedding was aggravated during winter and improved during summer.

The patient denied any addictions or major systemic illnesses.

History of Present Illness

- Duration: 1 year
- Chronic dandruff
- Diffuse hair fall
- Mild scalp itching
- Winter aggravation
- Summer amelioration
- Previous allopathic and homoeopathic treatment with incomplete relief

Associated Complaints

Initially:

- Irregular bowel movements

- Mild stress related to academics and career

No urinary complaints.

Past History

- No significant medical illness
- No surgical history
- Previous treatment for dandruff and hair fall

Family History

- No major systemic illness in either parent

Physical Generals

- Appetite: Normal
- Desire: Salty food, sweets
- Thirst: 2–3 litres/day
- Thermal state: Hot
- Sleep: Refreshing (6–8 hours)
- Urine: Normal
- Bowel: Initially irregular; later improved
- No addictions

Mental Generals

The constitutional mental picture included:

- Introverted personality
- Suppressed anger
- Emotional regarding career and family responsibilities
- Anxiety before examinations
- Stress related to studies and career
- Average memory
- Enjoyed travelling and spending time with friends

Clinical Examination

Scalp examination demonstrated:

- Diffuse dandruff
- Mild scalp itching
- Chronic diffuse hair fall
- Hair Pull Test positive initially

- No active scalp infection
- Chest examination: Normal

Laboratory Investigations

Investigation	Result
Hemoglobin	15.7 g/dL
Vitamin D	13 ng/mL (Deficient)
Vitamin B12	280 pg/mL (Borderline low)
Ferritin	246.7 ng/mL
T3	0.80
T4	7.6
TSH	3.04

Clinical Diagnosis

Seborrhoeic Dermatitis of the Scalp Associated with Chronic Diffuse Hair Fall

Case Analysis

The patient presented with chronic seborrhoeic dermatitis producing persistent dandruff, scalp itching, and diffuse hair shedding. Despite previous treatment, symptoms continued for nearly one year.

Several aggravating factors were identified, including severe vitamin D deficiency, borderline vitamin B12 deficiency, winter aggravation, and constitutional emotional stress related to academic performance.

The constitutional totality consisted of:

Mental Characteristics

- Introverted
- Suppressed anger
- Anxiety regarding studies and career
- Emotional sensitivity

Physical Characteristics

- Hot thermal state
- Desire for salty and sweet foods
- Normal appetite
- Moderate thirst
- Chronic dandruff

Particular Symptoms

- Chronic diffuse hair fall
- Seborrhoeic dandruff
- Mild scalp itching
- Hair fall worse during winter
- Improved during summer

After repertorial evaluation and Materia Medica differentiation, Natrum muriaticum was selected as the constitutional remedy because it best represented the patient's constitutional disposition, emotional characteristics, chronic scalp pathology, and recurrent hair fall. Wiesbaden Aqua was prescribed as supportive hair therapy, while Mezereum 6C addressed persistent seborrhoeic scalp inflammation. Concurrent nutritional deficiencies were corrected with vitamin D and vitamin B12 supplementation to optimize follicular recovery.

Totality of Symptoms

Mental Generals

- Introverted
- Anxiety regarding studies and future career
- Suppressed anger
- Emotional regarding family responsibilities
- Stress during examinations
- Desire to keep feelings within himself

Physical Generals

- Hot patient
- Desire for salty food
- Desire for sweets
- Appetite normal
- Thirst 2–3 litres/day
- Sleep refreshing (6–8 hours)
- No addictions
- Vitamin D deficiency
- Borderline Vitamin B12 deficiency

Particular Symptoms

- Chronic diffuse hair fall
- Seborrhoeic dandruff
- Mild scalp itching

- Hair fall aggravated during winter
- Hair fall better during summer
- Hair shedding while combing
- Positive Hair Pull Test at baseline

Repertorial Analysis

Rubrics Considered

- Mind – Introversion
- Mind – Anxiety about future
- Mind – Anger, suppressed
- Head – Hair falling, chronic
- Head – Hair falling while combing
- Head – Hair falling with itching
- Head – Seborrhoeic dandruff
- Generalities – Hot patient
- Stomach – Desire for sweets
- Stomach – Desire for salty food

Leading Remedies

- Natrum muriaticum
- Carbo animalis
- Cantharis
- Medorrhinum
- Antimonium crudum
- Mezereum

Remedies	arg-n.	carb-an.	carb-v.	med.	ant-c.	canth.	nux-v.	ph-ac.	sulph.	tritic-vg.	vanil.
Serial Number	1	2	3	4	5	6	7	8	9	10	11
Symptoms Covered	1	1	1	1	1	1	1	1	1	1	1
Intensity	2	2	2	2	1	1	1	1	1	1	1
Result	1/2	1/2	1/2	1/2	1/1	1/1	1/1	1/1	1/1	1/1	1/1
Clipboard 2											
HEAD - HAIR - falling - chronic		2	2								
HEAD - HAIR - falling - combing the hair; when						1				1	1
HEAD - HAIR - falling - night; in one								1			
HEAD - HAIR - falling - accompanied by - itching					1						
GENERALS - FOOD and DRINKS - sweets - desire - eating; after	2			2			1		1		

Figure 1: Repertorization Chart

Remedy Differentiation

Natrum muriaticum (Constitutional)

Selected because of:

- Introverted personality
- Suppressed emotions
- Anxiety regarding studies and career
- Desire for salty food
- Emotional sensitivity
- Chronic recurrent hair fall
- Constitutional correspondence on repertorisation

Wiesbaden Aqua (Acute)

Given to promote active follicular stimulation and support hair growth during treatment.

Mezereum 6C (Intercurrent)

Selected because of:

- Seborrhoeic dandruff
- Scalp itching
- Chronic inflammatory scalp changes

Prescription

Constitutional

Natrum muriaticum 200C

Acute

Wiesbaden Aqua

Intercurrent

Mezereum 6C

Nutritional Support

- Vitamin D supplementation
- Vitamin B12 supplementation

Lifestyle Advice

- High-protein balanced diet
- Regular scalp cleansing (three shampoos/week)
- Stress management
- Adequate hydration

- Regular sleep
- Continue exercise

Follow-up

Follow-up	Clinical Progress
Baseline	Diffuse hair fall with chronic dandruff and scalp itching. Hair Pull Test positive. Vitamin D deficiency identified.
March 2026	Hair fall reduced. Dandruff decreased. Itching disappeared. Motion became regular. Vitamin D and B12 supplements started.
April 2026	Dandruff almost absent. Hair shedding reduced further. Stress absent. Scalp healthy.
May 2026	Visible new hair growth observed. Hair fall minimal. Motion and sleep improved.
June 2026	Continued improvement with healthy scalp. No dandruff or itching.
July 2026	Hair growth maintained. No dandruff. Hair Pull Test improved to 1–2 hairs/pull. Stool normal. Overall stable improvement.



Figure 2: Before and After Clinical Photographs

Outcome

Following approximately five months of individualized homoeopathic treatment:

- Complete resolution of dandruff.
- Complete disappearance of scalp itching.
- Marked reduction in daily hair fall.
- Hair Pull Test improved to **1–2 hairs/pull**.

- Visible new hair growth noted clinically.
- Scalp health normalized.
- Bowel habits improved.
- Nutritional deficiencies corrected with supplementation.
- Overall patient satisfaction was high.

Discussion

Seborrhoeic dermatitis is a chronic inflammatory scalp disorder that frequently contributes to diffuse telogen shedding through persistent follicular inflammation. In this patient, chronic scalp inflammation coexisted with severe vitamin D deficiency and borderline vitamin B12 deficiency, both of which may adversely influence the hair growth cycle.

Management consisted of individualized constitutional homoeopathic treatment together with correction of nutritional deficiencies and lifestyle optimization. Improvement was sequential, beginning with reduction in scalp itching, followed by disappearance of dandruff, stabilization of hair shedding, improvement in Hair Pull Test findings, and finally visible hair regrowth. The sustained improvement throughout follow-up without recurrence of scalp inflammation suggests restoration of scalp health and better follicular function.

This case emphasizes the importance of addressing constitutional susceptibility together with nutritional deficiencies in patients presenting with chronic seborrhoeic dermatitis associated with diffuse hair fall.

Health-Related Quality of Life (HRQL)

Before treatment, persistent dandruff, visible hair fall, and scalp itching caused embarrassment and concern regarding appearance.

After treatment:

- Hair fall reduced considerably.
- Dandruff completely resolved.
- Scalp itching disappeared.
- Confidence regarding appearance improved.
- Daily grooming became comfortable.
- Patient reported improved overall well-being.

Patient Perspective

“I had dandruff and hair fall for almost a year despite taking different treatments. After starting treatment, the dandruff disappeared, itching stopped completely, and my hair fall gradually reduced. I can now see new hair growth and feel much more confident.”

Learning Points

- Chronic seborrhoeic dermatitis should be managed together with associated hair fall rather than treating dandruff alone.
- Nutritional deficiencies, particularly vitamin D and vitamin B12, should be evaluated in chronic diffuse hair loss.
- Constitutional homoeopathic prescribing may help reduce recurrence of scalp inflammation.
- Objective assessment using Hair Pull Test is useful for documenting therapeutic response.
- Combining individualized treatment with nutritional correction and appropriate scalp care may improve long-term outcomes.

Conclusion

This case demonstrates successful management of chronic seborrhoeic dermatitis associated with diffuse hair fall using individualized constitutional homoeopathic treatment supported by correction of nutritional deficiencies and lifestyle modification. Complete resolution of dandruff, disappearance of scalp itching, marked reduction in hair fall, improvement in Hair Pull Test, and visible hair regrowth highlight the potential role of an individualized, holistic approach in chronic inflammatory scalp disorders.