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SUCCESSFUL MANAGEMENT OF SEVERE CHRONIC SEBORRHOEIC DERMATITIS USING INDIVIDUALIZED HOMOEOPATHIC TREATMENT: A CASE REPORT AT DR BATRA'S

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ABSTRACT

Background: Androgenetic alopecia (AGA) is the most common form of progressive hair loss, characterized by gradual follicular miniaturization under genetic and hormonal influence. Chronic seborrheic dermatitis frequently coexists with AGA and contributes to persistent scalp inflammation, itching, dandruff, and increased hair shedding, negatively affecting quality of life.

Case Summary: A 27-year-old unmarried male sales manager presented with Grade III androgenetic alopecia associated with severe seborrheic dermatitis of 10 years' duration. He complained of severe scalp scaling, itching, oily scalp, active hair fall exceeding 50 hairs/day, progressive hair thinning, and reduced hair density for 5–6 years. Symptoms were aggravated during winter and after hair washing and combing. A strong family history of androgenetic alopecia was present. The constitutional picture included suppressed emotions following disappointment in love, reserved personality, desire for solitude, perfectionism, work-related stress, inability to forgive easily, and craving for sweets. Based on individualized case analysis, Natrum muriaticum was prescribed constitutionally with appropriate acute and intercurrent remedies. Outcome: Progressive improvement was observed over six months with marked reduction in dandruff and scalp itching, stabilization of hair fall, improvement in scalp health, better sleep, and enhanced quality of life. Early Significant Improvement (ESI) was achieved without disease progression. Conclusion: This case highlights the role of individualized homoeopathic treatment in managing hereditary androgenetic alopecia complicated by chronic seborrheic dermatitis through constitutional prescribing and long-term follow-up.

Keywords: Androgenetic alopecia, Seborrheic dermatitis, Hair loss, Natrum muriaticum, Individualized homoeopathy, Case report.

INTRODUCTION

Androgenetic alopecia (AGA) is a chronic hereditary disorder characterized by progressive miniaturization of terminal hair follicles resulting in patterned hair loss. The condition affects approximately 50% of men during their lifetime and has a significant psychological impact because of cosmetic disfigurement and reduced self-esteem. Genetic predisposition, androgen sensitivity, chronic scalp inflammation, and environmental factors contribute to disease progression.

Seborrhoeic dermatitis is a chronic inflammatory disorder affecting sebaceous gland-rich areas, particularly the scalp. Persistent inflammation, excessive scaling, pruritus, and increased sebum production may aggravate follicular inflammation and contribute to increased hair shedding in genetically predisposed individuals.

Conventional treatment primarily focuses on slowing disease progression and controlling scalp inflammation; however, recurrence is common and long-term compliance is often challenging. Individualized homoeopathy aims to treat the patient constitutionally by addressing mental, physical, and pathological characteristics rather than the diagnosis alone.

This case demonstrates successful clinical management of hereditary androgenetic alopecia associated with chronic seborrhoeic dermatitis using individualized constitutional homoeopathic treatment.

CASE PRESENTATION

A 27-year-old unmarried male working as a sales manager presented with complaints of progressive hair loss and chronic dandruff.

The patient had severe seborrhoeic dermatitis involving the scalp for nearly 10 years. Thick oily scales associated with severe itching and occasional mild burning sensation were present. Symptoms were worse during winter and improved during summer. The scalp remained persistently oily.

Hair fall started approximately 5–6 years before presentation. Initially, increased shedding was noticed during hair washing and combing, followed by gradual reduction in hair density and progressive thinning over the frontal and vertex scalp. Daily hair fall exceeded 50 hairs, and Hair Pull Test demonstrated 3–4 hairs per pull.

The patient had never undergone any previous allopathic treatment for hair loss and used only a commercially available shampoo.

He reported worsening of symptoms after relocating from Panvel to Pen approximately six months before consultation, suggesting aggravation following change of water and environment.

A strong hereditary predisposition was present with androgenetic alopecia affecting his father, paternal uncle, and elder sister.

Past medical history revealed typhoid fever in 2022 without other major illnesses or surgeries.

Mental Generals

The patient described himself as calm but emotionally reserved. He preferred solitude, found it difficult to mix with new people, and maintained only a limited circle of close friends.

A significant emotional event was a mutual breakup two years earlier when his partner moved abroad for higher education. Following the breakup he experienced depression, although emotional recovery gradually occurred. Nevertheless, he admitted that he never completely forgot emotional hurts and found forgiveness difficult.

He was highly ambitious and perfectionistic. Working as a Regional Sales Head, he enjoyed responsibility and believed professional performance determined personal identity. Despite heavy workload and continuous travel, he preferred remaining occupied with work and described himself as a workaholic.

He also expressed fear of heights but denied generalized anxiety.

Physical Generals

- Appetite normal
- Mixed diet
- Desire for sweets and spicy food
- Aversion to bitter food
- Water intake average (~2 L/day)
- Profuse perspiration
- Hot thermal patient
- Disturbed sleep
- Oily scalp

Examination

General Examination

- Conscious and oriented
- Vitals stable
- No systemic abnormality detected

Dermatological Examination

- Grade III androgenetic alopecia
- Diffuse reduction in hair density over frontal and vertex scalp
- Active diffuse hair shedding
- Oily scalp
- Severe seborrhoeic scaling
- Mild scalp erythema

- Hair Pull Test: 3–4 hairs/pull
- Daily hair fall >50 strands
- No cicatricial changes

Clinical Diagnosis

- **Androgenetic Alopecia Grade III**
- **Chronic Seborrhoeic Dermatitis**

Case Analysis

The case represented hereditary androgenetic alopecia complicated by longstanding inflammatory seborrhoeic dermatitis. Although the pathological diagnosis was straightforward, constitutional analysis revealed a characteristic mental picture.

The patient demonstrated deep emotional suppression following disappointment in love, inability to forgive emotional injury, preference for solitude, reserved personality, perfectionism, professional ambition, and work-related stress. These mental characteristics, together with a hot constitution, craving for sweets, chronic scalp inflammation, and hereditary predisposition, formed the basis for individualized constitutional prescribing.

The totality strongly corresponded to Natrum muriaticum, while specific scalp pathology required suitable acute support during the inflammatory phase.

Totality of Symptoms

Mental Generals

- Reserved personality
- Suppressed emotions
- Ailments from disappointment in love
- Likes solitude and has difficulty mixing with people
- Does not forgive easily and remembers hurt for a long time
- Workaholic with perfectionist attitude
- Competitive nature
- Emotional but suppresses feelings
- Anger easily but does not express
- Fear of heights
- Stress related to work responsibilities

Physical Generals

- Hot patient
- Desire for sweets and spicy food
- Aversion to bitter food

- Profuse perspiration
- Disturbed sleep
- Oily scalp

Particulars

- Androgenetic alopecia Grade III
- Seborrhoeic dermatitis since 10 years
- Severe oily dandruff with itching
- Mild burning sensation
- Hair fall >50 strands/day
- Hair thinning and reduced density
- Hair fall worse after combing and hair wash
- Worse during winter
- Better during summer
- Strong family history of androgenetic alopecia

Repertorial Analysis

The following rubrics were selected:

- Mind – Ailments from disappointed love
- Mind – Reserved
- Mind – Company – aversion to
- Mind – Emotions – suppressed
- Head – Hair – falling
- Head – Dandruff
- Generalities – Food and drinks – sweets desire
- Generalities – Hot patient

Leading remedies after repertorization

1. Natrum muriaticum
2. Sulphur
3. Carcinosinum
4. Ignatia
5. Lycopodium

Remedy Differentiation

Natrum muriaticum

Natrum muriaticum was selected as the constitutional remedy because the patient exhibited a classical Natrum picture: ailments from disappointed love, reserved nature, emotional suppression, desire for solitude, inability to forgive easily, sensitivity to emotional hurt, hot thermal state, and craving for sweets. These constitutional characteristics corresponded closely with the chronic scalp pathology and hereditary androgenetic alopecia.

Ignatia amara

Considered because of grief following relationship disappointment; however, the acute emotional variability and contradictory symptoms characteristic of Ignatia were absent. The patient's grief had become chronic and internalized rather than acute.

Sulphur

Considered due to chronic seborrhoeic dermatitis, burning, itching, oily scalp, and hot constitution. However, the characteristic philosophical, careless, and untidy Sulphur personality was lacking.

Lycopodium

Considered because of professional ambition, perfectionism, leadership role, and digestive tendencies, but lacked the characteristic anticipatory anxiety and digestive symptomatology.

Carcinosinum

Considered because of perfectionism and work-related stress but the overall constitutional picture favored Natrum muriaticum.

Prescription

Remedy	Purpose
Natrum muriaticum 200C	Constitutional remedy
Mezereum	Acute remedy for seborrhoeic dermatitis and scalp itching
Kali sulphuricum	Acute support for chronic scalp scaling
Thuja occidentalis	Intercurrent remedy
Saccharum lactis	Placebo during observation

Treatment was individualized according to the constitutional picture together with management of seborrhoeic dermatitis and hereditary androgenetic alopecia.

Miasmatic Analysis

The case demonstrated predominantly Psoro-sycotic miasmatic activity.

Psoric manifestations

- Chronic itching

- Seborrhoeic dermatitis
- Emotional sensitivity
- Functional scalp inflammation

Sycotic manifestations

- Oily scalp
- Chronic recurrent dandruff
- Progressive hair thinning
- Familial androgenetic alopecia

There was no significant evidence of destructive syphilitic pathology.

Follow-up

Date	Clinical Progress
February 2026	Initiation of individualized treatment. Severe dandruff, active hair fall, HPT 3–4 hairs/pull.
March 2026	Slight reduction in dandruff. Hair fall remained similar. Work stress persisted.
April 2026	Marked reduction in dry scalp flakes. Hair fall reduced compared to baseline. Sleep remained disturbed.
May 2026	Seborrhoeic dermatitis further improved. Hair fall stabilized. Sleep improved.
June 2026	Continued improvement in scalp scaling with stable hair fall.
July 2026	Early Significant Improvement (ESI) achieved. Seborrhoeic dermatitis well controlled and hair fall remained stable without further progression.

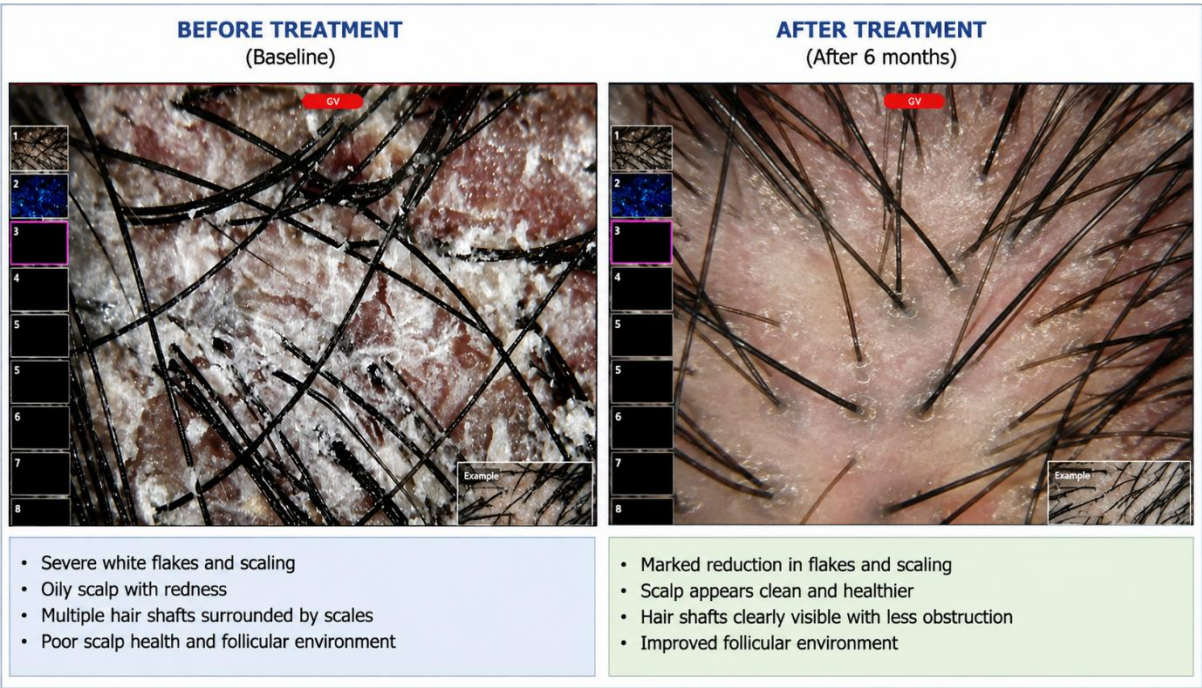


Figure 1: Videomicroscopy — Before Treatment (Baseline) and After Treatment (6 Months)

Discussion

Androgenetic alopecia is a genetically determined disorder frequently aggravated by chronic scalp inflammation, psychological stress, and seborrhoeic dermatitis. Persistent inflammation around hair follicles may accelerate miniaturization and increase daily hair shedding.

This patient presented with a combination of hereditary androgenetic alopecia and longstanding seborrhoeic dermatitis together with a distinct constitutional picture of suppressed emotions following disappointment in love, reserved disposition, perfectionism, work-related stress, and emotional sensitivity.

Natrum muriaticum was selected based on constitutional characteristics, while Mezereum and Kali sulphuricum addressed the active inflammatory scalp pathology. Thuja was prescribed intermittently as an intercurrent remedy.

During six months of treatment, scalp inflammation gradually subsided, dandruff reduced considerably, itching almost disappeared, and hair fall stabilized. Improvement in sleep and stress tolerance paralleled the reduction in scalp symptoms, supporting the importance of individualized constitutional treatment in chronic inflammatory scalp disorders associated with androgenetic alopecia.

Health-Related Quality of Life (HRQL)

Before treatment, persistent dandruff, continuous hair shedding, and progressive thinning affected the patient's confidence and social interactions. Professional workload and previous emotional stress further contributed to psychological distress.

Following treatment:

- Severe dandruff markedly reduced.
- Itching almost resolved.
- Hair fall became stable.
- Sleep improved.
- Daily discomfort reduced significantly.
- Confidence regarding scalp health improved.
- Professional functioning remained unaffected by scalp symptoms.

Patient Perspective

“Hair fall and dandruff had become a constant source of worry for me. After treatment, the itching reduced first, followed by a significant reduction in dandruff. Hair fall gradually became stable, and I feel much more confident now. I can continue my professional work without constantly worrying about my scalp condition.”

Learning Points

- Chronic seborrhoeic dermatitis can aggravate hereditary androgenetic alopecia by maintaining persistent scalp inflammation.

- Individualized constitutional homoeopathic prescribing may help reduce scalp inflammation and stabilize progressive hair loss.
- Emotional suppression and chronic work stress may influence long-standing dermatological disorders.
- Objective follow-up using Hair Pull Test and clinical scalp assessment helps monitor treatment response.
- Early control of seborrhoeic dermatitis may improve scalp health and reduce inflammatory hair shedding.

Conclusion

This case demonstrates successful management of androgenetic alopecia Grade III associated with chronic seborrhoeic dermatitis using individualized homoeopathic treatment. Constitutional prescription with *Natrum muriaticum*, supported by *Mezereum*, *Kali sulphuricum*, and *Thuja occidentalis*, resulted in marked reduction of dandruff, relief from itching, stabilization of hair fall, improvement in sleep, and better overall quality of life. The case highlights the importance of addressing both constitutional susceptibility and chronic scalp inflammation in hereditary hair loss disorders.