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COMPLETE RECOVERY IN ALOPECIA TOTALIS FOLLOWING HOMOEOPATHIC TREATMENT: A CASE REPORT AT DR BATRA'S

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Abstract

Background

Alopecia totalis is an autoimmune disorder characterized by complete or near-complete loss of scalp hair and may involve other hair-bearing areas. It has a profound psychosocial impact, especially in adolescents. Individualized homoeopathic treatment aims to stimulate constitutional healing while addressing emotional triggers and associated nutritional deficiencies.

Case Presentation

A 17-year-old male presented with multiple rapidly progressive patches of hair loss over the scalp and beard for four months. The condition began with a single temporal patch followed by multiple scalp lesions. A significant emotional trigger was identified following the death of his grandfather two months before progression. Video microscopy demonstrated broken hairs in the occipital region, while Wood's lamp examination was normal. Investigations revealed Vitamin D deficiency (18.23 ng/mL) and borderline Vitamin B12 levels (218 pg/mL). Constitutional evaluation showed an introverted personality, irritability when things did not go according to his wishes, and marked improvement with consolation. Individualized homoeopathic treatment was initiated along with correction of nutritional deficiencies.

Results

Progressive regrowth was observed from the second month onwards. Complete scalp and beard hair regrowth was achieved within approximately seven months. Hair Pull Test became negative, Wood's lamp remained normal, and no relapse was observed during extended follow-up exceeding one year. The patient was declared clinically cured.

Keywords

Alopecia Totalis, Alopecia Areata, Homoeopathy, Autoimmune Hair Loss, Constitutional Treatment, Adolescent, Case Report

Introduction

Alopecia totalis represents an advanced form of alopecia areata characterized by complete scalp hair loss resulting from autoimmune destruction of hair follicles. Emotional stress, genetic predisposition and immune dysregulation are recognized triggering factors. Conventional management frequently involves corticosteroids and immunotherapy with variable long-term outcomes. Individualized homoeopathic management seeks to restore immune balance by addressing constitutional susceptibility and maintaining long-term remission.

Patient Information

Parameter	Details
Age	17 years
Gender	Male
Occupation	Student (Class XI)

Chief Complaints

- Patchy hair loss over entire scalp
- Beard patches
- Poor regrowth after shaving
- Hair loss since 4 months

History of Present Illness

- Initial single patch over left temporal region
- Rapid progression to multiple scalp patches
- Beard involvement
- Hair loss aggravated following emotional stress after grandfather's death
- No significant itching or scaling

Associated Findings

- Broken hairs on VMS
- No fungal infection on Wood's lamp
- Mild Vitamin D deficiency
- Borderline Vitamin B12 level

Past History

- No significant illness

Family History

- Non-contributory

Investigations

Investigation	Result
Hb	14.1 g/dL
Vitamin D3	18.23 ng/mL (Low)
Vitamin B12	218 pg/mL (Borderline)
Ferritin	45.3 ng/mL
TSH	1.32 mIU/L

Physical Generals

- Appetite good
- Sleep good
- Bowels regular
- Chilly patient
- Desire sweets
- Thirst normal

Mental Generals

- Introvert
- Reserved
- Shy
- Gets angry easily when things do not happen according to his wishes
- Consolation ameliorates
- Mild emotional disposition
- Stress after grandfather's death

Clinical Diagnosis

Alopecia Totalis

Differential Diagnosis

- Extensive Alopecia Areata
- Tinea Capitis
- Trichotillomania
- Telogen Effluvium

Case Analysis

The emotional trigger following bereavement, introverted personality, reserved nature, easy anger with contradiction, desire for sweets and characteristic constitutional profile strongly indicated **Lycopodium clavatum**. Nutritional deficiencies were simultaneously corrected to optimize follicular recovery.

PART 2

Totality of Symptoms

Mental Generals

- Introverted
- Reserved
- Shy
- Anger when contradicted

- Consolation ameliorates
- Stress after emotional loss

Physical Generals

- Chilly patient
- Desire sweets
- Appetite good
- Sleep good
- Bowels regular

Particular Symptoms

- Alopecia totalis
- Beard involvement
- Broken hairs on VMS
- Temporal patch
- Slow regrowth initially
- No fungal infection
- Vitamin D deficiency

Miasmatic Analysis

Predominantly Tubercular with Psoric Background

Tubercular Features

- Rapid progression
- Extensive hair loss
- Autoimmune tendency

Psoric Features

- Functional immune dysregulation
- Nutritional deficiencies
- Good recovery potential

Susceptibility

High susceptibility with excellent regenerative potential because of young age and absence of chronic systemic illness.

Remedy Selection

Constitutional Remedy

Lycopodium clavatum

Selection Basis

- Reserved personality
- Introversion
- Shyness
- Irritability when opposed
- Hair loss following emotional stress
- Constitutional similarity

Supportive Management

- Vitamin D supplementation
- Vitamin B12 supplementation
- Iron supplementation
- Hair care diet
- Protein supplementation (Nutrigoood)
- Thuja shampoo

Potency Selection

Potency was selected according to:

- Constitutional susceptibility
- Disease chronicity
- Emotional causation
- Response during follow-up

Follow-up Summary

The patient demonstrated progressive clinical improvement throughout follow-up:

- **1 month:** Initial hair regrowth observed.
- **2 months:** Nearly 90% scalp regrowth; stress significantly reduced.
- **3–5 months:** 95–99% regrowth with gradual repigmentation of previously grey hairs.
- **7 months:** Complete (100%) scalp and beard hair regrowth; Hair Pull Test negative; Wood's lamp normal.
- **Long-term follow-up (>1 year):** No recurrence, stable hair density, absence of dandruff or scalp itching, and sustained remission. The patient was considered clinically cured and provided a testimonial.

Outcome Assessment

Parameter	Before Treatment	Final Follow-up
Scalp Hair Loss	Extensive	Complete regrowth
Beard Patches	Present	Complete recovery
Hair Pull Test	Positive	Negative
VMS	Broken hairs	Normal growing hairs

New Patches	Progressive	None
Hair Fall	Severe	Minimal
Quality of Life	Poor	Excellent



Figure 1: Scalp and beard hair regrowth before and after treatment.

Diagnosis

Alopecia Totalis

Differential Diagnosis

- Alopecia Areata
- Tinea Capitis
- Trichotillomania
- Telogen Effluvium

Medicine Given

Constitutional: Lycopodium clavatum

Supportive: Nutritional supplementation (Vitamin D3, Vitamin B12, Iron), Hair care diet, Thuja shampoo

Duration of Treatment

Approximately 7 months for complete clinical recovery

Duration of Remission

More than 1 year without recurrence

Brief Case Summary

A 17-year-old student developed rapidly progressive alopecia totalis involving the scalp and beard following significant emotional stress after the death of his grandfather. Video microscopy

demonstrated broken hairs without fungal involvement. Constitutional homoeopathic treatment with **Lycopodium clavatum**, along with correction of Vitamin D and Vitamin B12 deficiencies, resulted in complete hair regrowth, normalization of the Hair Pull Test, and sustained long-term remission without relapse.

Learning from the Case

- Emotional stress acted as an important trigger for autoimmune hair loss.
- Constitutional homoeopathic treatment, together with correction of nutritional deficiencies, resulted in complete and sustained hair regrowth.
- Serial objective assessment using VMS, Hair Pull Test and Wood's lamp helped monitor treatment response.
- Long-term follow-up confirmed stable remission without recurrence.

Prognosis

Curable

Favourable prognostic factors included young age, early intervention, absence of systemic autoimmune disease, good treatment compliance and correction of nutritional deficiencies.

Reason for Prescribing

Constitutional Prescription

The prescription was based on the totality of mental generals, physical generals, emotional causation, objective scalp findings and constitutional characteristics.

Differential Remedies Considered

- Fluoric acid
- Phosphorus
- Natrum muriaticum
- Tuberculinum
- Arsenicum album

Health-Related Quality of Life (HRQL)

Following treatment:

- Complete restoration of scalp and beard hair.
- Improved self-esteem and confidence.
- Resolution of stress related to hair loss.
- Return to normal social and academic activities.
- Sustained remission without dependence on conventional immunosuppressive therapy.

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