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CONSTITUTIONAL HOMOEOPATHIC MANAGEMENT OF ALOPECIA UNIVERSALIS OF 15 YEARS DURATION: A CASE REPORT AT DR BATRA'S

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Abstract

Background: Alopecia universalis is the most severe form of alopecia areata characterized by complete loss of scalp and body hair. Long-standing disease has an unpredictable course and frequently causes marked psychological distress. Conventional therapies often provide incomplete or temporary improvement.

Case Presentation: A young female presented with a 15-year history of alopecia universalis with complete loss of scalp hair, eyebrows and body hair. She had undergone multiple allopathic, Ayurvedic and previous homoeopathic treatments without satisfactory improvement. Constitutional case analysis revealed emotional sensitivity, easy weeping, desire for company, inability to express emotions, deep thinking, stage fear and poor self-confidence. Clinical evaluation also identified Vitamin D deficiency, Vitamin B12 deficiency and iron deficiency anemia. Based on constitutional individualization, **Calcarea phosphorica** was prescribed along with nutritional correction.

Outcome: During nearly two years of follow-up, no new alopecia patches appeared, progressive scalp and eyebrow regrowth became evident, hair fall gradually reduced, dandruff and itching resolved, Hair Pull Test became negative and the patient's confidence and quality of life improved significantly.

Keywords: Alopecia Universalis, Alopecia Areata, Calcarea phosphorica, Constitutional Homoeopathy, Vitamin D deficiency, Hair regrowth

Introduction

Alopecia universalis represents the most extensive form of alopecia areata, involving complete loss of scalp and body hair due to autoimmune destruction of hair follicles. The disease significantly affects physical appearance, emotional wellbeing and social functioning. Despite advances in immunotherapy, recurrence remains common and long-term remission is difficult to achieve.

Constitutional homoeopathy individualizes treatment based upon the patient's mental, emotional and physical characteristics rather than only the local pathology. Correction of associated nutritional deficiencies may further support hair follicle recovery.

Patient Information

Particular	Details
Age	Young Female
Occupation	Graduate
Chief Complaint	Alopecia Universalis
Duration	15 years

Chief Complaints

- Alopecia universalis since 15 years
- Complete scalp and body hair loss
- Eyebrow hair loss
- Itching over scalp patches
- Hair fall
- Facial pigmentation
- Indigestion

History of Present Illness

Hair loss began nearly fifteen years earlier as patchy alopecia, gradually progressing to involve almost the entire scalp and body. Multiple allopathic, Ayurvedic and previous homoeopathic treatments had failed to produce sustained improvement.

During consultation the patient became emotional and cried while narrating the long history of disease and repeated treatment failures. Persistent anxiety regarding cosmetic appearance and future prognosis had markedly affected her confidence.

Associated complaints included intermittent scalp itching, dandruff, facial pigmentation and indigestion.

Past History

- Alopecia universalis for 15 years
- Facial pigmentation since 2024

- Indigestion for one year
- Previous prolonged allopathic and Ayurvedic treatment

Family History

- Father: Cloth shop worker
- Mother: Homemaker
- Brother: MBA student

No family history of alopecia.

Personal History

Parameter	Findings
Appetite	Normal
Craving	Salty food
Diet	Vegetarian
Thirst	Moderate
Sleep	Refreshing (8–9 hrs)
Thermals	Hot
Perspiration	Forehead
Stool	Satisfactory
Urine	Normal

Childhood History

- Thin built
- History of pica (chalk and soil)
- Nail biting
- Worm infestation
- Epistaxis

Mental Generals

The patient was friendly, talkative and easily mixed with people but remained emotionally fragile. She cried easily while discussing her illness and was deeply affected by her appearance. She desired company yet found it difficult to express emotions openly. She suffered from stage fear, anxiety before examinations and while meeting new people. She tended to overthink, was easily hurt emotionally and had average self-confidence. She was fastidious, punctual and emotionally attached to family and friends.

Physical Examination

General Examination

- Conscious and cooperative

- Stable vital parameters
- Thin built

Local Examination

- Extensive alopecia involving scalp
- Eyebrow hair loss
- Scalp itching
- Dandruff initially present
- No active inflammatory lesions

Investigations

Laboratory evaluation demonstrated:

- Hemoglobin: **11.24 g/dL**
- Vitamin D: **15.6 ng/mL (Deficient)**
- Vitamin B12: **96 pg/mL (Deficient)**
- Serum Iron: **40.6 µg/dL (Low)**
- TSH: **4.38 mIU/L**
- Triglycerides: **258 mg/dL**

Nutritional supplementation was advised alongside constitutional treatment.

Clinical Diagnosis

Primary Diagnosis

- Alopecia Universalis

Associated Findings

- Iron deficiency
- Vitamin B12 deficiency
- Vitamin D deficiency
- Dandruff
- Scalp itching
- Facial pigmentation

Case Analysis

The extremely long duration, absence of satisfactory response to multiple therapies, marked emotional distress, nutritional deficiencies and autoimmune nature of disease suggested the need for constitutional treatment rather than symptomatic prescribing. Emotional sensitivity, desire for company, easy weeping, deep thinking and characteristic childhood history strongly supported the constitutional prescription.

Totality of Symptoms

Mental Generals

- Emotional and cries easily
- Desire for company
- Deep thinker
- Cannot express emotions
- Stage fear
- Anxiety before examinations
- Easily hurt
- Overthinking
- Fastidious
- Fear of water
- Confidence reduced due to appearance

Physical Generals

- Desire for salty food
- Hot patient
- Forehead perspiration
- Thin childhood constitution
- History of pica
- Nail biting
- Worm infestation
- Cannot tolerate tight clothes

Particular Symptoms

- Alopecia universalis
- Eyebrow hair loss
- Hair fall
- Scalp itching
- Dandruff
- Facial pigmentation
- Indigestion

Miasmatic Analysis

The case predominantly represented a **Psoro-Sycotic** background.

Psoric Features

- Nutritional deficiencies
- Emotional sensitivity
- Hair fall
- Functional disturbances

Sycotic Features

- Chronic autoimmune alopecia
- Long-standing disease
- Pigmentation
- Chronic scalp pathology

Level of Susceptibility

The patient demonstrated **moderate susceptibility** with preserved vitality despite chronic disease, making constitutional treatment appropriate.

Repertorial Rubrics

- Head – Hair – falling
- Head – Baldness
- Head – Alopecia
- Mind – Company – desire for
- Mind – Weeping easily
- Mind – Emotional
- Mind – Anxiety before examination
- Mind – Fear of stage
- Mind – Cannot express emotions
- Mind – Fastidious
- Mind – Deep thinking

Repertorial Result

Leading remedies included:

- Calcarea phosphorica
- Phosphorus
- Natrum muriaticum
- Silicea
- Lycopodium

After qualitative evaluation, **Calcarea phosphorica** most closely matched the constitutional picture.

Remedies	afirm	amblyo	eye	obsc	amb	leth	mag	more	more-d	he-m	sl	slush	ur
Serial Number	1	2	3	4	5	6	7	8	9	10	11	12	13
Symptoms Covered	1	1	1	1	1	1	1	1	1	1	1	1	1
Intensity	3	2	2	2	1	1	1	1	1	1	1	1	1
Result	1/3	1/2	1/2	1/2	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1
Clipboard 4													
SKIN													
SKIN - Spots - Circumscribed pigmentation following eczematous inflammation													
CONDITIONS OF AGGRAVATION AND AMELIORATION IN GENERAL - Alone, when - yet fear of people - desires solitude													

Figure 1: Repertorial chart showing remedy differentiation across selected rubrics.

Prescription

Constitutional Remedy

Calcarea phosphorica

Selection Basis

- Friendly and affectionate
- Desire for company
- Emotional sensitivity
- Thin constitution
- History of pica
- Hair loss
- Nutritional deficiencies

Acute Remedy

Fluoric Acid

Used during periods requiring stimulation of hair growth.

Intercurrent

JAB (as prescribed)

Given according to clinic protocol.

Nutritional Correction

The patient was advised:

- Vitamin D supplementation
- Vitamin B12 supplementation
- Iron supplementation (Hemfer)
- Neurobion injections
- Balanced protein-rich diet
- Regular blood investigations

Follow-up Summary

Follow-up	Clinical Progress
2 Months	No new patches; itching reduced; dandruff controlled; early hair growth visible.
6 Months	Hair regrowth observed in older patches; hair fall reduced; anxiety regarding hair decreased.
12 Months	Video microscopy demonstrated new follicles; HPT negative; eyebrow regrowth initiated.
18 Months	No new alopecia patches for over 5–6 months; scalp itching absent; dandruff resolved completely.
22 Months	Progressive scalp and eyebrow recovery; patient reported improved confidence and hopefulness; nutritional supplementation continued.

Outcome Assessment

Parameter	Before Treatment	Final Follow-up
New patches	Progressive	None
Hair fall	Severe	Minimal
Hair regrowth	Absent	Significant
Eyebrows	Sparse	Recovering
Scalp itching	Present	Absent
Dandruff	Present	Resolved
Hair Pull Test	Positive	Negative
Emotional confidence	Poor	Markedly improved
Quality of Life	Severely affected	Significantly improved



Figure 2: Scalp and eyebrow before and after treatment.

Discussion

This case illustrates successful long-term constitutional management of alopecia universalis with associated nutritional deficiencies. Correction of Vitamin D, Vitamin B12 and iron deficiency likely supported follicular recovery, while individualized homoeopathic treatment addressed the patient's constitutional susceptibility. Progressive scalp and eyebrow regrowth, absence of new lesions, reduction in hair fall and marked psychological improvement suggest a favorable long-term outcome.

Learning Points

- Long-standing alopecia universalis requires constitutional individualization rather than local treatment alone.
- Nutritional deficiencies should always be investigated and corrected.
- Video microscopy and Hair Pull Test provide objective follow-up parameters.
- Emotional counselling improves treatment adherence.
- Long-term follow-up is essential in autoimmune hair disorders.

Conclusion

This case demonstrates that individualized constitutional homoeopathy, combined with correction of nutritional deficiencies, may contribute to sustained improvement in chronic alopecia universalis. Over nearly two years of treatment, the patient exhibited cessation of new patch formation, progressive scalp and eyebrow regrowth, reduction in hair fall, complete resolution of itching and dandruff, and significant restoration of confidence and quality of life.

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