



Original Research Article

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## BALD TO BEAUTIFUL: A RETROSPECTIVE CASE STUDY AT DR. BATRA'S CLINIC ON ALOPECIA AREATA TREATED WITH FLUORIC ACID

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### Abstract:

Alopecia Areata is a concern where the body mistakenly attacks hair, causing it to fall out. It's tough to treat with regular medicines, and they might not work well. This study looked at how homeopathic medicine fluoric acid, could help. 30 patients with Alopecia Areata from different cities in India were studied. They were given fluoric acid for a year and then were observed for three more years. It was found that: most people (83%) got all their hair back, and only a few (10%) had a relapse later. Nearly everyone (87%) saw hair grow back where it had fallen out before. Plus, many (83%) had their hair problem under control, and a good number (66%) said they felt better overall. Homeopathy treats the person as a whole and not just the hair loss. It's safe and doesn't cause side effects like some other treatments. This study shows that homeopathy, especially fluoric acid, is proven effective for people with Alopecia Areata.

**Keywords:** Alopecia Areata, Homeopathy

**Objective:**

Alopecia Areata is a condition where the body's immune system mistakenly attacks hair follicles, leading to hair loss. This condition is influenced by inflammation, genetics, and environmental factors, making it difficult to treat. Traditional treatments involve using steroids and immunosuppressants, but they only provide temporary relief. Research suggests that homeopathic medicine can offer relief by enhancing immunity and preventing the immune system from attacking hair follicles. This study aims to explore the role of homeopathic treatment, specifically using the medicine fluoric acid, in managing Alopecia Areata.

**Method:**

We enrolled 30 patients with Alopecia Areata from various cities in India. Both men and women were equally represented, and they didn't have any other major illnesses. They received homeopathic medicine fluoric acid for 12 months and were observed for three years after stopping the treatment.

**Observation:**

Within three months of starting the homeopathic treatment, patients showed an initial response, with complete hair regrowth observed in all affected areas. The study highlights the safety and effectiveness of homeopathy in treating Alopecia Areata without causing any side effects. Alopecia Areata often has a high relapse rate and can cause significant psychological distress, but homeopathy helps manage stress, autoimmunity, and psychosomatic disorders. The low relapse rate associated with homeopathy makes it essential to study its role in managing Alopecia Areata.

**Result:** As per the research conducted at Dr. Batra's clinic:

83% of patients experienced full recovery, with only 10% experiencing relapse.

10% of patients saw no significant change.

7% of patients experienced worsening of symptoms.

87% of patients observed hair regrowth in previously affected areas.

Disease activity was effectively controlled in 83% of patients.

66% of patients reported an improvement in their Health-Related Quality of Life (HRQL).

### Relapse rate:



### Homeopathic Success rate:



### Conclusion:

Alopecia Areata presents not only physical challenges but also significant psychological impacts and a high relapse rate. Homeopathy offers a holistic approach, addressing both the physical and psychological aspects of the condition, including stress and autoimmunity, to improve overall well-being. Additionally, the low relapse rate associated with homeopathic treatment highlights its importance in managing Alopecia Areata. By targeting the root cause and balancing the immune system, homeopathy provides long-lasting relief and reduces the risk of recurrence, ultimately enhancing quality of life. The findings from the research conducted indicate promising outcomes for patients with hair loss conditions. With 83% experiencing full recovery and a low relapse rate of only 10%, it showcases the effectiveness of treatments offered. Additionally, the observed regrowth in 87% of patients' affected areas and control of disease activity in 83% further highlight the positive impact of the interventions. Despite some patients experiencing worsening symptoms (7%) or no

significant change (10%), the majority reported an improvement in their Health-Related Quality of Life (66%), emphasizing the holistic approach to care provided at the clinic.

In conclusion, this study reaffirms the efficacy of homeopathic medicine, particularly fluoric acid, in effectively managing Alopecia Areata.

### The transformation





