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## HOMOEOPATHIC TREATMENT FOR ALOPECIA UNIVERSALIS AT DR BATRA'S

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### Abstract

Alopecia universalis is a severe form of alopecia areata, characterized by complete hair loss on the scalp and body. It affects individuals worldwide; homeopathy approaches the condition holistically, addressing emotional distress. This paper presents a case of a 34-year-old male experiencing patchy hair loss, which progressed despite conventional treatment. With homeopathic intervention at Dr. Batra's, his confidence improved significantly. This state's homeopathy is effective in managing alopecia universalis.

### Keywords:

Alopecia Universalis, Dr. Batra's, homeopathy

### Introduction\*\*

Alopecia universalis is an advanced form of alopecia areata, an autoimmune condition causing complete hair loss on the scalp and body. It occurs when the immune system mistakenly attacks hair follicles, leading to sudden and widespread hair shedding. The exact cause remains unclear, but genetic predisposition, stress, and environmental factors are known triggers. Symptoms include total loss of scalp and body hair, including eyebrows, eyelashes, and facial hair. While it is not physically painful, complications include emotional distress, social anxiety, and an increased risk of sunburn and infections due to the absence of protective hair.

## Case Profile

34-year-old male working as a He works as a public relations professional presented with patchy hair loss that began 3–4 months ago. He initially consulted a dermatologist and was treated with Minoxidil 5%, La Dermofix, Diprosalic ointment, and various multivitamins. However, his condition progressed to alopecia universalis, with additional hair loss from his eyebrows and mustache. This significantly impacted his confidence, and he would wear a cap even at work to conceal his hair loss. Over the past 3–4 months, he has regained confidence and no longer feels the need to wear a cap. He is now more comfortable meeting people.

## Physical Generals

Diet	Non veg diet
Appetite	Normal, but doesn't eat on time because of his duty hours
Desire	Fish +++, spicy
Aversion	nil
Thermal Reaction	Hot patient
Thirst	Normal for cold water drinks 2-3 litres/day
Stools	Normal
Urine	Normal
Perspiration	Normal mostly on head and neck .
Sleep	Mostly good rarely disturbed sleep doesn't know the reason
Dreams	Nothing relevant.

## Examination

On examination, multiple patches of hair loss were observed on the scalp, eyebrows, and mustache. VMS examination revealed exclamation mark hairs in all affected scalp areas.

## Mental Generals –

The patient's parents separated when he was very young, and he was raised by his mother and maternal family. Despite this, he was loved by everyone and never felt deprived. He is single and currently lives with his mother, while his two elder brothers and sister reside in the UAE. At the age of 19, he moved to the UAE and started working with his uncle. He now works as a Public Relations Officer (PRO) and experiences significant work-related stress, often struggling to find personal time due to his heavy workload. He is very family-oriented and values relationships, making efforts to maintain them. However, under stress, he prefers

solitude and personal time. He can become irritable and sometimes shouts when overwhelmed. His father passed away 10 years ago. Even when he feels sad, he does not express his emotions openly or discuss his problems, as he dislikes sympathy from others. The patient developed alopecia in April 2023, initially presenting as multiple patches on the scalp. The condition progressed rapidly, with the patches enlarging and leading to complete hair loss on the scalp, eyebrows, beard, and mustache.

### Past History N.S

### Family History N.S

### Case analysis Repertorial totality

Repertory used	Rubrics selected
Synthesis Repertory	Mind -Confidence -Want Of Self Confidence Mind- Consolation - Agg Mind- Contradiction - Agg. Mind -Impatience Mind- Irritability Mind -Music - Amel Mind -Music Desire For Mind Weeping -Cannot Weep , Though Sad Mind- Company Aversion To . Generalities Food And Drinks- Cr-Fish .

### Repertory screenshot

Remedy Name	Hek-m	Aur	Sep	Lyc	Ign	Nux-v	Sulph
Totality	21	17	18	15	15	14	14
Symptom Covered	8	8	6	8	7	7	6
[C] [Mind]Confidence:Want of self:	2	2		2	1	1	1
[C] [Mind]Consolation:Agg.:	4	1	4	1	3	1	2
[C] [Mind]Contradiction:Agg.:		3	1	1	1	1	
[C] [Mind]Impatience:	2	1	3	2	3	3	3
[C] [Mind]Irritability:	3	3	3	3	1	3	3
[C] [Mind]Music:Amel.:	1	3					
[C] [Mind]Music:Desires:							
[C] [Mind]Weeping, tearful mood:Tendency:	3	2	3	3	3	2	3
[C] [Mind]Company:Aversion to, agg.:	4	2	2	2	3	3	2
[C] [Generalities]Food and drinks:Fish:Desires:	2			1			

## Selection of Remedy

### 1. Constitutional - Natrum Muraticum 200

The patient is lean and thin despite having a good diet. His primary reason for hair loss is excessive stress. He is irritable and becomes angry when his views are opposed. He does not express his emotions openly and prefers solitude when feeling sad. He loves music and avoids sharing his problems, as he dislikes receiving sympathy from others. His craving is for fish.

### 2. Acute - Phosphoric acid 30

Specific medications for alopecia areata with multiple patches on scalp and eyebrows, eyelashes and moustache

### 3. Arnica Mother Tincture (local application).

#### Miasmatic approach

Miasmatic Approach	Psora	Sycosis	Syphilis	Tubercular
Symptoms			<b>Sudden spread of alopecia lesions.</b> The patient developed multiple patches on the scalp within two months, followed by hair loss from the eyebrows and mustache.	
Miasmatic Predominance			<b>Syphilitic</b>	

#### Results

Month	Progress	Prescription
<b>1st Month</b>	Improvement first noticed on the vertex.	Nat Mur 200, Phos Acid 30 (BD), Arnica Mother Tincture (local application).
<b>2nd Month</b>	Further improvement on the vertex, mild dandruff and itching observed, slight hair growth noticed on eyebrows.	Nat Mur 200 (1 dose), Arnica (externally continued).
<b>3rd Month</b>	Increased hair growth on the scalp and eyebrows, dandruff and itching worsened.	Arnica (externally continued).

<b>4th Month</b>	Scalp itching improved, significant hair growth observed in all patches.	Mezereum 30 (1 dose), Phosphoric Acid 200 (BD), Arnica (externally continued).
<b>5th Month</b>	Good hair growth in all patches, scalp itching completely resolved.	Natrum Muriaticum 200 (1 dose), Arnica (externally continued).
<b>6th Month</b>	All patches showed good hair growth.	Natrum Muriaticum 200 (1 dose), Arnica (externally continued).
<b>7th Month</b>	Further improvement noted.	Natrum Muriaticum 200 (1 dose), Arnica (externally continued).
<b>8th Month</b>	Significant hair growth observed, overall condition much better.	Arnica (local application).
<b>9th Month</b>	Condition remained stable, all patches showed good growth.	Phos Acid 30 (BD), Arnica (externally continued).
<b>10th Month</b>	Two new patches appeared on the crown area. Blood tests were recommended. The patient admitted to excessive smoking and irregular medication adherence.	Nat Mur 200 (1 dose), Arnica (externally continued).
<b>11th Month</b>	Improvement on the crown area, continued good growth in other areas.	Arnica (externally continued).
<b>12th Month</b>	All patches showed good hair growth.	Nat Mur 200 (1 dose), Arnica (externally continued).

## Discussion & Conclusion

The patient was diagnosed with Alopecia Universalis, which developed during a period of significant stress. He initially noticed multiple patches of hair loss that spread rapidly. Within 3–4 months, the patches grew larger and extended beyond the scalp to his eyebrows and moustache. Despite using Minoxidil, he did not observe any improvement, which led him to opt for homeopathic treatment. His confidence was severely impacted, and he consistently wore a cap to conceal his hair loss, including during consultations. As a Public Relations Officer, he struggled with meeting people and felt increasingly stressed after noticing the loss of hair from his eyebrows and moustache. During each consultation, he anxiously asked

whether he would recover. However, within 1–2 months of starting homeopathic treatment, he began responding positively, showing visible improvement. Over time, he regained full hair growth in all affected areas. Today, he has completely recovered and regained his confidence.

### The transformation



### Acknowledgments

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