



Original Research Article

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MANAGEMENT OF GRADE 3 FEMALE ALOPECIA USING INDIVIDUALIZED HOMEOPATHY AND XOGEN THERAPY

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Abstract

Female pattern hair loss is a common progressive condition characterized by thinning of hair, reduced density, and hair fall, affecting women worldwide with a significant psychological impact. Conventional management often provides limited results, whereas an integrative approach combining homeopathic remedies and supportive therapies can offer holistic benefits. This case highlights a 20-year-old female with grade 3 alopecia who showed significant improvement within three months of treatment at Dr Batra's, using individualized homeopathic remedies alongside Xogen therapy. The patient experienced reduction in hair fall, improved hair density, texture, and scalp health, demonstrating the effectiveness of a combined homeopathy and Xogen approach for managing female pattern hair loss.

Keywords:

Female pattern hair loss, Androgenetic alopecia, Homeopathy, Xogen therapy, Hair fall

Introduction

Female pattern hair loss is a non-scarring, progressive condition resulting in diffuse thinning of hair, primarily over the vertex and frontal scalp. Causes include genetic predisposition, hormonal imbalances, stress, nutritional deficiencies, and lifestyle factors. Clinically, it presents with hair thinning, brittle or dry hair, reduced hair density, and scalp changes such as dandruff. Complications may include emotional distress, anxiety, and reduced self-confidence. Early intervention using holistic management including homeopathy and supportive therapies like Xogen can help restore hair health, improve density, and enhance overall well-being.

Case Profile

A 20-year-old student presented with complaints of hair fall since 2022, with approximately 20–25 strands of hair falling daily. Dandruff was present. The patient had previously used Minoxidil 5% for six months, discontinued it for four months, and later resumed with a 2% formulation. Hair care included head baths twice weekly, initially using Meera shampoo and later switching to Sunsilk. The patient reported frequent headaches, for which she occasionally took Saridon.

Menstrual history revealed regular 28-day cycles with a duration of five days and normal flow, accompanied by abdominal pain on the first day. Leucorrhoea was also reported. There was no significant medical mismanagement or systemic illness apart from a history of COVID-19 in 2021. Family history was notable for prediabetes and hypertension in the father and thyroid disorder in the mother.

On examination, hair pull test was positive (3/6 pulls), with a hair score of 38, hair thickness of 123 μm , and hair density of 6/cm². The diagnosis was Androgenetic Alopecia (female pattern hair loss) grade 3. The patient was advised to maintain adequate nutrition, including daily protein intake, dry fruits, and fresh fruits, and to continue supplements such as Nutrigood. After five months of homeopathic and supportive treatment, notable improvement in hair quality and density was observed, and overall results were satisfactory.

Physical Generals

* Appetite: Normal

* Bowel movements: Regular

- * Urine: Clear
- * Cravings: Chicken, deep-fried food, spicy, salty
- * Aversions: Sweets, bitter foods
- * Thirst: Normal, prefers cold water, 3–4 L/day
- * Thermal nature: Hot, prefers cool environments/AC, likes winter
- * Bathing: Cold water
- * Perspiration: Normal quantity, offensive odour, mainly in armpits, no stains
- * Sleep: 8 hours, refreshing, sleeps on abdomen
- * Dreams: Present
- * Menstrual cycles: Regular

Examination

- * Activity level active, exercises seven days a week
- * Preferred exercises: cardio, dancing, weight lifting, yoga, brisk walking, jogging, power yoga
- * Joints: no abnormalities detected
- * Occupation: student
- * Diet: non-vegetarian, three meals daily, breakfast daily, outside food once a month, snacks not specified
- * Weight: 40.8 kg, Height: 154 cm, BMI: 17.2 (mild underweight)
- * Body composition: water 59.3%, fat 13.1%, muscle mass 33.6 kg, bone mass 1.5 kg, visceral fat 1.8%, physique rating 8, BMR 1130 kcal, metabolic age 12 years
- * Pulse: 72 per minute
- * Oxygen saturation: 98%
- * Respiratory system: clear
- * Random blood sugar: not applicable (patient under 25 years)
- * Blood pressure and peak flow rate: not assessed
- * Exposure to airborne pollutants or chemicals: none

Mental Generals –

The patient describes herself as a sensitive and cautious individual, with a strong fear of failure, particularly concerning her academic performance and exam marks. She tends to avoid spending time with friends due to past misunderstandings and is highly sensitive to criticism. While generally confident, she becomes very angry when she feels personally targeted. She identifies herself as emotional, easily affected by situations involving unfairness or betrayal, expressing her feelings more internally than outwardly. Her primary sources of stress and worry are related to studies, and her saddest moments have been experiences of being backstabbed, which caused significant emotional hurt. Conversely, she experiences great happiness when she achieves her wishes or goals. Her hobbies include watching comedy shows on TV and listening to music, which help her relax and uplift her mood.

Past history: no fractures, hospitalizations, infectious diseases, or surgeries

Family history: father has prediabetes and hypertension, mother has thyroid disorder

Case analysis

Repertorial totality

Repertory used	Rubrics selected
Synthesis Repertory	– MIND – ANGER – MIND – CONFIDENT – MIND - FEAR - failure, of – MIND – FASTIDIOUS – MIND - COMPANY - aversion to – HEAD - HAIR – brittle – HEAD - HAIR – dryness – HEAD - HAIR – lusterless – GENERALS - WARM – agg – GENERALS - FOOD and DRINKS - salt – desire – GENERALS - FOOD and DRINKS - sweets - aversion

Repertory screenshot

Remedies	sulph.	kali-s.	thu.	nat-m.	phos.	graph.	lyc.	calc.	nat-sil.	med.	carb.	sil.	alum.	arg-n.	kali-c.	nux-v.	aloe	iod.	plb.	fl-ac.
Serial Number	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Symptoms Covered	10	10	9	8	8	8	8	8	8	8	8	8	7	7	7	7	7	7	7	7
Intensity	17	16	16	19	15	13	13	12	12	11	10	8	13	13	13	13	12	11	11	10
Result	10/17	10/16	9/16	8/19	8/15	8/13	8/13	8/12	8/12	8/11	8/10	8/8	7/13	7/13	7/13	7/13	7/12	7/11	7/11	7/10
Clipboard 5																				
MIND - ANGER	3	3	2	3	2	2	3	2	1	1	1	1	2	1	3	4	1	1	1	1
MIND - CONFIDENT	1	1					1				1		2		1					
MIND - FEAR - failure, of	1	1	1	1	1	1	1		1	1	1	1	1	1		1	1	1	1	1
MIND - FASTIDIOUS	1	3	1	2	1	2	1	1	3	1	2	1	1	1	2	2	3	1	1	
MIND - COMPANY - aversion to	2	1	2	4	1	1	2	1	3		1		3	2	1	3	2	2	2	1
HEAD - HAIR - brittle			1			1	1		1						2				2	1
HEAD - HAIR - dryness	2	1	3	1	2	1		2	1	2		1	1		2		1	2	2	2
HEAD - HAIR - lusterless	1	1	2				1			2		1								1
GENERALS - WARM - agg.	3	3	2	3	2	2	2	2		1	1	1	3	3	1	1	2	3		3
GENERALS - FOOD and DRINKS - salt - desire	1	1	2	4	4			2	1	2	2	1		3			2		2	
GENERALS - FOOD and DRINKS - sweets - aversion	2	1		1	2	3	2	1	1	1	1	1		2	2	1		1		

Selection of Remedy

* Constitutional remedy:

Natrum Mur 200C, 2 doses, twice a week;

* Raambaan remedy: Wies 200C

* Biochemic: Ferrum Phos 6X, 2 doses, every other day; indicated for supporting recovery and balancing underlying deficiencies.

Miasmatic approach

* Miasmatic predominance: primarily psoric

* Mind: anger, confidence, fear of failure, fastidiousness, aversion to company

* Head/Hair: brittle, dry, lusterless hair

* Generals: aggravated by warmth

* Food and drinks: strong desire for salt, aversion to sweets

Materials and Methods

Synthesis repertory was used for repertorization

Results

1st month

Progress: Hair fall reduced slightly, scalp dryness improving, dandruff persistent

Remedy: Natrum Mur 200C, 2 doses twice a week, followed by Ferrum Phos 6X

2nd month

Progress: Noticeable improvement in hair texture and luster, hair shedding less, scalp condition better

Remedy: Wiesen 200C, 2 doses every other day

3rd month

Progress: Hair density improving, hair looks thicker and healthier, dandruff reduced

Remedy: Natrum Mur 200C continued, Ferrum Phos 6X as biochemic

Discussion & Conclusion

This 20-year-old female presented with female pattern hair loss (androgenetic alopecia) grade 3, accompanied by brittle, dry, and lusterless hair, dandruff, and mild psychological stress related to self-image and academic pressure. Detailed evaluation of physical generals, diet, lifestyle, and mental attributes revealed a psoric miasmatic predominance. Constitutional, acute, and intercurrent homeopathic remedies—Natrum Mur 200C, Wiesen 200C, and Ferrum Phos 6X—were selected based on symptom totality and miasmatic assessment.

Over a three-month period, there was a progressive reduction in hair fall, improvement in hair texture, luster, and density, and better scalp condition. Supportive measures including dietary recommendations and supplements enhanced overall recovery. The patient showed good compliance and reported satisfaction with treatment outcomes.

In conclusion, individualized homeopathic management combined with lifestyle and nutritional support led to significant improvement in hair health and stabilization of alopecia, highlighting the effectiveness of a holistic, miasmatic, and constitutional approach in female pattern hair loss.

The transformation



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