



Original Research Article

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A CASE STUDY ON CHRONIC SCALP SEBORRHEIC DERMATITIS AND ITS HOMEOPATHIC MANAGEMENT

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Abstract:

A 21-year-old male presented with chronic seborrheic dermatitis of the scalp for over two years, characterized by powdery dandruff, flakes, itching, and mild hair fall. Despite using multiple over-the-counter shampoos, there was no relief. The patient also experienced stress and anxiety, which aggravated the condition. Treatment at the clinic included individualized homeopathic therapy, dietary guidance, and hair care measures. Month-wise follow-up showed gradual improvement, with significant reduction in dandruff, flakes, and itching by the ninth month, leading to enhanced scalp health and patient satisfaction.

Keywords: Seborrheic Dermatitis, Dandruff, Homeopathy, Chronic Skin Condition, Scalp Health

Introduction:

Seborrheic dermatitis is a chronic inflammatory skin disorder affecting sebaceous gland-rich areas, commonly the scalp. It presents with oily, flaky skin, dandruff, and itching. Causes include genetic predisposition, stress, hormonal imbalance, and microbial factors. If untreated, it may cause discomfort, embarrassment, and secondary infections. Management includes topical care, lifestyle measures, and systemic treatment in chronic cases.

Case Profile

20 years old patient has been suffering from persistent dandruff and itching of the scalp for the past two years. The dandruff is intense, powdery, and sometimes appears as thick flakes that come off easily while scratching, often sticking to the nails. The scalp remains oily with

visible white flakes, and the itching tends to worsen with sweating or irregular hair wash. Despite using multiple anti-dandruff shampoos, there has been no lasting relief. Occasionally, similar itching and powdery flakes appear in the beard region as well, though not consistently. The condition fluctuates, with periods of temporary improvement followed by recurrence, causing discomfort and concern about appearance and scalp health.

Physical Generals:

- **Diet:** Mixed; home-cooked food, reduced dairy intake; includes flax seeds, pumpkin seeds, sunflower seeds, raw carrots, dry fruits, green leafy vegetables, and green tea.
- **Appetite:** Good and regular.
- **Desire:** Spicy and flavorful food.
- **Aversion:** None marked.
- **Thermal Reaction:** Moderately hot patient; feels discomfort in heat; scalp sweat increases.
- **Thirst:** Around 1 litre/day — comparatively low.
- **Stools:** Regular and satisfactory.
- **Urine:** Normal in frequency and quantity.
- **Perspiration:** Profuse on scalp, especially with heat or exertion; aggravates dandruff and itching.
- **Sleep:** Sound and refreshing.
- **Dreams:** Occasionally job-related or stressful; not disturbing.

Examination

- **General Appearance:** Well-built, well-nourished male; alert and cooperative during examination.
- **Scalp:** Oily with visible white flaky dandruff; powdery scales present, more prominent over vertex and frontal region.
- **Itching:** Present, mild to moderate in intensity; increases with sweating and irregular hair wash.
- **Hair:** Normal texture; mild hair fall (5–10 strands/day); no visible bald patches.
- **Skin (Beard Area):** Occasional mild flaking and itching noted.
- **Auspitz Sign:** Positive.

- **Nails:** Clean, no pitting or discoloration.
- **Mucous Membranes:** Normal.
- **Lymph Nodes:** Not palpable.
- **Vital Signs:** Within normal limits.
- **Systemic Examination:** No abnormality detected in cardiovascular, respiratory, abdominal, or neurological systems.

Mental Generals –

The patient was born and brought up in Andhra Pradesh in a joint family, where he lives with his parents and one brother. From childhood, he was an average student, introverted, and not very active socially. He had stage fear but enjoyed dancing, though he preferred not to perform in front of others. His relationship with his family has been good, and he is particularly attached to his brother. Parents maintained moderate expectations, and there were no major difficulties or traumatic events during his upbringing. He completed his engineering from Raghu College and performed well academically. Socially, he maintained limited but close friendships and had satisfactory relations with teachers and peers.

Currently, he works as a fresher in an IT company, where he has a small circle of good friends and maintains positive relations with colleagues and superiors. Personality-wise, he is extremely sensitive, easily annoyed by small things, and somewhat fearful of new experiences. He experiences anxiety in unfamiliar situations, manifesting as restlessness and emotional tension. He is also easily irritated, expressing anger verbally or through impatience when things do not go as expected. He prefers not to be alone and tends to worry about minor issues, reflecting a sensitive and cautious temperament.

Past History NS

Family History NS

Case analysis Repertorial totality

Repertory used	Rubrics selected
Synthesis Repertory	– MIND - Emotions effects - Fright, fear – MIND - Fears dread - Dark, ghosts – MIND - Fears dread – People – MIND - Memory - Thoughts – slow – MIND - Company - desires, wants – APPETITE - Desire - sweets, dainties, etc.

Repertory screenshot

Remedies	lyc.	acon.	nat-c.	phos.	sep.	carb-v.	op.	med.	nat-m.	ars.	stram.	aur.	gels.	puls.	rhus-t.	bell.	hyos.
Serial Number	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
Symptoms Covered	5	3	3	3	3	3	3	3	3	2	2	2	2	2	2	2	2
Intensity	11	6	6	5	5	4	4	3	3	6	6	3	3	3	3	2	2
Result	5/11	3/6	3/6	3/5	3/5	3/4	3/4	3/3	3/3	2/6	2/6	2/3	2/3	2/3	2/3	2/2	2/2
Clipboard 1																	
MIND - Emotions effects - Fright, fear		2					2		1			1	2	1		1	1
MIND - Fears dread - Dark, ghosts	1	2		2		1	1	1		2	2			2	1	1	1
MIND - Fears dread - People	1	2	1		2				1			2	1				
MIND - Memory - Thoughts - slow	1			2		2	1	1									
MIND - Company - desires, wants	4		3	1	2					4	4						
APPETITE - Desire - sweets, dainties, etc.	4		2		1	1		1	1						2		

Selection of Remedy

Remedy	Reasons / Indications
Constitutional Lycopodium –	Patient is introverted, sensitive, easily irritated, fearful of new situations, stage fear, cautious and anxious;
Biochemic Kali Sulph 6X –	Indicated for seborrheic conditions with oily, flaky scalp; powdery dandruff; itching aggravated by sweat; helps in skin and scalp health.

Miasmatic Approach

Symptoms	Psora	Sycosis	Syphilis	Tubercular
Mind – Emotions effects	Fright, fear	–	–	–
Mind – Fears / dread	Dark, ghosts	–	People	–
Mind – Memory / Thoughts	Slow	–	–	–
Mind – Company / Desires / Wants	–	–	–	–
Appetite – Desire	Sweets, dainties	–	–	–

Miasmatic Predominance:

The patient shows predominance of **Psoric miasm**,

Materials and Methods

Synthesis repertory was used for repertorization

Results

Month	Progress	Prescription
1st Month	Dandruff persistent; itching present; hair fall 5–10 strands/day; patient using anti-dandruff shampoo 2x/week; general health good	Constitutional: Lycopodium; Biochemic: Kali Sulph 6X; Nutri Good Powder; Dandruff Control Kit; Hair care measures; Diet: flax seeds, pumpkin seeds, sunflower seeds, raw carrots, dry fruits, green leafy vegetables, green tea
2nd Month	Hair fall slightly reduced; dandruff present intermittently; mild itching; hair wash 2–3 times/week; oil application before night	Same as 1st month; continued biochemic & constitutional remedies; advised regular head bath
3rd Month	Hair fall reduced to 20–30 strands/day; dandruff flakes present; mild itching; head bath once/week; oiling 1 hour before bath	Continued previous prescription; advised regular head bath and monitoring of diet & supplements
4th Month	Dandruff better; flakes still present; mild itching; head bath alternate days; general health good	Continued homeopathic remedies & hair care measures; advised consistent hair wash schedule
5th Month	Dandruff not improved; itching increased; hair wash alternate days; general health good	Continued same prescription; advised adherence to hair care routine and diet
6th Month	Itching improved; flakes reduced; Auspitz sign positive; scalp still oily and flaky	Continued remedies; advised regular head bath and monitoring of supplements
7th Month	Itching further reduced; flakes reduced; Auspitz sign positive; decreased dairy intake; sleep improved; mild stress related to job	Continued same prescription; reinforcement of diet & lifestyle measures

8th Month	70% improvement; itching and flakes further reduced; patient adherent to hair care and diet measures	Continued remedies; advised to maintain routine and monitor progress
9th Month	80% improvement; itching and flakes reduced; patient satisfied; Auspitz sign positive; scalp oily but improved	Patient allowed to stop medication for few months to observe progression; continued diet & hair care measures

Discussion & Conclusion

The patient, a 21-year-old male, presented with chronic seborrheic dermatitis of the scalp for over two years, characterized by powdery dandruff, flakes, itching, and mild hair fall. Symptoms worsened with sweating and irregular hair wash. Previous use of multiple anti-dandruff shampoos provided no relief.

Examination revealed an oily scalp with white flakes and a positive Auspitz sign. Mental-emotional traits included extreme sensitivity, anxiety, irritability, introversion, and stage fear, corresponding to a **Lycopodium constitutional profile**. Biochemic remedy **Kali Sulph 6X** was indicated for seborrheic tendencies. Supportive measures included Nutri Good Powder, dandruff control kit, hair care routines, and dietary adjustments. Month-wise follow-up showed gradual improvement: hair fall reduced by the 3rd month, itching and flakes decreased by the 6th–8th months, and by the 9th month, the patient reported 80% improvement. This case demonstrates that **individualized homeopathic therapy, combined with biochemic support, dietary and lifestyle measures, and patient adherence**, can effectively manage chronic seborrheic dermatitis, addressing both physical symptoms and mental-emotional susceptibility.

The transformation

Present Status of Symptoms

Appointment Date	Overall Treatment Progress	Existing Lesions/ Patches	Itching Grade	Redness	Discharge	Thickness	Number of Lesions	New Patches/Lesions	Frequency of taking allopathic/ conventional medicine	Seasonal Aggravation compared to previous years
04 Sep 2025	> (better)	better	1 mild itching ,does not interfere with daily activity	absent	0 - no	reduced	generalized	absent	stopped	reduced by 60-80%
05 Oct 2024	> (better)	better	1 mild itching ,does not interfere with daily activity	absent	1 - mild	reduced	few	absent	not required	reduced by 60-80%

Symptom	Before Treatment	After Treatment
Dandruff	Intense, powdery, thick flakes	Mild, occasional flakes; largely controlled
Itching	Moderate to severe; worsened by sweat	Mild; significantly reduced
Hair Fall	5–30 strands/day	Reduced; within normal limits
Scalp Condition	Oily, flaky, Auspitz sign positive	Oily but improved; flakes reduced; Auspitz sign minimal
Mental-Emotional	Anxiety, irritability, sensitivity	Anxiety and irritability reduced; more relaxed and confident

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