



Original Research Article

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DR BATRA'S CURE FOR ALOPECIA TOTALIS

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Abstract

Alopecia Totalis is an autoimmune condition leading to complete loss of scalp hair and can deeply affect a person's confidence and emotional health. Homeopathy addresses the root causes through individualized treatment, offering a holistic healing approach. This paper presents the case of a 40-year-old woman who experienced severe hair loss and emotional stress. Under Dr Batra's homeopathic care, she regained scalp, eyebrow, and eyelash hair, along with hormonal and emotional balance.

Keywords:

Alopecia Totalis, Dr Batra's, homeopathic care

Introduction

Alopecia Totalis is a chronic autoimmune disorder that results in complete loss of hair on the scalp. It often begins as patchy hair loss (Alopecia Areata) and can progress to total baldness. Common causes include genetic predisposition, autoimmune activity, hormonal imbalances, and emotional stress. Symptoms include sudden hair loss in patches, followed by complete scalp hair loss, and in some cases, loss of eyebrows and eyelashes. Complications include psychological distress, low self-esteem, and social withdrawal.

Case Profile

A 37-year-old single female from a middle socio-economic background, non-vegetarian by diet, presented with complaints of progressive patchy hair loss. She had noticeable thinning

of hair on the scalp along with multiple bald patches, some of which were accompanied by itching. There was also significant loss of eyebrows and eyelashes, along with diffuse hair fall. Additionally, she reported throat pain, episodes of acidity with regurgitation of food, and pain on the left side of the chest. Her thyroid function test revealed elevated TSH levels, indicating hypothyroidism.

Physical Generals

Diet	Non veg
Appetite	Good but sometime poor due to acidity+
Desire	Salty things + and spicy food
Aversion	Not specific
Thermal Reaction	hot
Thirst	Thirsty ,drink 3-4 liters /day
Stools	1-2 time in a day sometime loose motion sometime hard solid stool
Urine	Pale yellow , non offensive
Perspiration	Professed and smelly
Sleep	Disturbed due to over thinking
Dreams	Dream of robbery

Examination

- Patient appeared generally healthy
- Anaemia/Pallor: Absent
- Facies: Absent
- Cyanosis: Absent
- Deformity: Absent
- Oedema: Absent
- Skin: Dry
- Cachexia/Emaciation: Absent
- Weight: 55 kg
- Height: 166 cm
- Built: Ectomorphic

- Temperature: Afebrile
- SpO₂: 98%
- Blood Pressure: 120/80 mm Hg
- Respiratory Rate: 18/min
- Pulse: 82/min
- Tongue: Clear

Mental Generals –

The patient is reserved and shy by nature, often keeping her emotions to herself. She experiences frequent irritability and episodes of anger, especially when emotionally disturbed. Her mental state reveals a deep, silent grief, likely stemming from past emotional trauma, which she rarely expresses openly. She prefers solitude and has a marked aversion to company, often choosing to live alone. The emotional burden of her hair loss, including the loss of scalp hair, eyebrows, and eyelashes, has led to a persistent tearful mood and episodes of weeping. She feels depressed and emotionally weighed down by her condition, affecting her self-esteem and social interactions.

Past History

History of hypothyroidism

Allopathic treatment for 8 years with only temporary relief

Rise in TSH levels upon withdrawal of allopathic medication

Family History

Mother – healthy

Father – death due to heart attack (2001)

Case analysis Reportorial totality

Repertory used	Rubrics selected
Repertory Name	<ul style="list-style-type: none"> - Tearful mood - Absent Minded - Silent grief - Anger - Salt Desire - Aversion to company - Patchy hair loss

Repertory screenshot

Remedy Name	Nat-m	Iga	Phos	Calc	Graph	Sep
Totality	16	13	12	12	12	12
Symptom Covered	6	4	6	5	5	5
[BN] [Mind]Weeping, tearful:	4	4	2	4	4	3
[KR] [Mind and Disposition]Absentminded:	3	3	3		3	3
[C] [Mind]Ailments from:Grief, sorrow, care:	3	3	1	2	2	2
[KT] [Stomach]Desires:Salt things:	3		3	2		
[BN] [Mind]Aggravation:Company:	2	3	1	2	2	3
[C] [Head]Hair:Affections of:Falling out, alopecia:Spots, in, alopecia areata:	1		2	2	1	1

Selection of Remedy

Nat Mur 200 – Constitutional

Flouric Acid 200 – Specific For Patchy Hairloss

Miasmatic approach

Symptoms	Psora	Sycosis	Syphilis	Tubercular
Tearful mood	✓	✓		
Absent-minded	✓			
Anger			✓	
Silent grief		✓	✓	
Salt desire		✓	✓	
Aversion to company		✓	✓	
Patchy hair loss				

Results

MONTHS	PROGRESS	PRESCRIPTION
1 st month		Remedy name + Remedy potency + Remedy dose + followed by biochemic/LA/any other
2 nd month		
3 rd month		
4 th month		

5 th month		
6 th month		
7 th month		
8 th month		
9 th month		
10 th month		
11 th month		
12 th month		

Discussion & Conclusion

This case demonstrates the effectiveness of homeopathic treatment in addressing complex autoimmune conditions like Alopecia Totalis. The patient, who had long struggled with hair loss and emotional distress, showed significant improvement under homeopathic care at Dr Batra's. Hair regrowth was observed on the scalp, eyebrows, and eyelashes, accompanied by better emotional balance and hormonal regulation. The treatment, tailored to the patient's individual symptoms and miasmatic profile, resulted in both physical and emotional healing. Overall, homeopathy provided a holistic solution to this challenging condition, restoring the patient's confidence and well-being.

The transformation



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