



Original Research Article

Volume 15 Issue 01

January 2026

SUCCESSFUL HOMEOPATHIC MANAGEMENT OF ALOPECIA TOTALIS IN A YOUNG GIRL – A CASE REPORT

Dr. Priyaben Golaniya

Designation: Consultant Homeopathic Physician

Rajkot Branch, Dr Batra's Positive Health Clinic Pvt. Ltd.

Qualification: BHMS

Email ID: hc1-rajkot@drbatras.com, Mobile: +91 93281 09020

ABSTRACT

Alopecia totalis, a severe variant of alopecia areata, is characterized by complete scalp hair loss and can have a significant psychological impact on patients, especially young females. Conventional treatment options often provide temporary or partial results with high recurrence rates. Homeopathy, based on individualization and holistic principles, can offer long-term and gentle recovery.

This paper presents the case of a young girl diagnosed with alopecia totalis who showed remarkable regrowth of scalp and eyebrow hair within a few months of constitutional homeopathic treatment. The report highlights the case taking, mental generals, homeopathic analysis, selection of remedy, and follow-up outcomes.

Keywords: Alopecia totalis, hair regrowth, homeopathy, individualization, holistic treatment

INTRODUCTION

Alopecia areata is an autoimmune disorder leading to patchy hair loss on the scalp and body. When the condition progresses to complete scalp baldness, it is termed *alopecia totalis*. Emotional stress, genetic predisposition, and autoimmunity are known factors, but in many cases, the etiology remains idiopathic.

Homeopathy emphasizes treating the root cause by addressing the patient's mental, physical, and emotional totality. This case illustrates how individualized constitutional homeopathic treatment brought about substantial regrowth and patient satisfaction.

CASE HISTORY

Name: Priyaben Golaniya

Age/Sex: [Insert Age] / Female

Date of First Visit: 31/07/2025

Occupation: Student

Marital Status: Unmarried

Diet: Vegetarian, occasionally eats egg

Chief Complaint:

- Hair loss since 9 months
- Initially one patch on vertex → gradually spread to entire scalp → alopecia totalis
- No itching, no dandruff
- Using homeopathic shampoo, hair wash twice weekly
- No pain or burning

Associated Complaints:

- Occasional weakness

Past History:

- No major illness
- Took allopathic treatment previously; now on homeopathic treatment from local practitioner

Family History:

- Parents healthy, no history of autoimmune disorders

Personal History:

- **Appetite:** Good; 3–4 meals/day
- **Thirst:** 2–4 liters/day

- **Stool:** Once daily, satisfactory
- **Urine:** 4 times/day, pale yellow, normal
- **Sleep:** 7-8 hours/day, refreshing
- **Sweat:** Normal
- **Desires:** Sweets, ice cream (especially chocolate flavor)
- **Aversion:** Bitter gourd (karela)
- **Thermal State:** Chilly

MENTAL GENERALS & PERSONALITY

Patient is **extroverted, calm, and friendly**; mixes easily with others and enjoys being in groups. She is emotionally stable but occasionally feels jealous—especially during competitions such as dance.

She has a **fear of heights** and feels **nervous when teachers scold her**, though she rarely cries and is generally a **daring, strong girl**.

She enjoys **dancing, drawing, traveling, making reels**, and watching **horror and action movies**.

She likes **cleanliness and organization**, shows curiosity, and loves **learning new things**.

She misses her friends when alone and **loves dogs**.

Intelligent, happy-go-lucky, not easily stressed, and not very sensitive emotionally.

PHYSICAL GENERALS

- **Appearance:** Thin built, fair complexion
- **Thermal:** Chilly
- **Sleep:** Sound and refreshing
- **Appetite:** Good
- **Thirst:** Increased (4 L/day initially, later 2 L/day)
- **Desires:** Sweets, chocolates, ice cream
- **Aversion:** Bitter food (karela)
- **Menses:** [Insert if known]

PROVISIONAL DIAGNOSIS:

Alopecia Totalis (Autoimmune Type)

HOMEOPATHIC ANALYSIS & EVALUATION OF SYMPTOMS

Characteristic Mental Symptoms:

- Extroverted, cheerful, friendly nature
- Jealousy during competition
- Fear of reprimand, fear of height
- Desire for cleanliness
- Emotionally strong, daring girl

Physical Generals:

- Chilly patient
- Desire for sweets and ice cream
- Aversion to bitter
- Sound sleep, good appetite

Particulars:

- Hair loss starting from vertex → entire scalp baldness
- No itching or dandruff

TOTALITY OF SYMPTOMS

1. Alopecia totalis (autoimmune origin)
2. Chilly patient
3. Desire sweets, ice cream
4. Fear of reprimand, fear of height
5. Jealousy in competition
6. Extroverted, friendly, calm, emotionally strong personality

REMEDY SELECTION:

After repertorization and detailed study of the totality, **Phosphorus 200** was selected as the constitutional remedy considering the following correspondence:

- Friendly, extroverted, social nature
- Desire for sweets and cold food (ice cream)
- Fear of dark and heights
- Emotionally expressive yet courageous
- Chilly and sensitive to external impressions

Prescription:

- **Phosphorus 200, single dose**, followed by placebo for 15 days
- Follow-up at regular monthly intervals

FOLLOW-UP SUMMARY

Date	Observation	Remarks
31/07/2025	Complete scalp baldness (Alopecia totalis). Patient emotionally stable.	Phosphorus 200, single dose.
21/08/2025	Early signs of fine hair regrowth on vertex. Eyebrow growth initiated.	Placebo continued.
27/09/2025	Visible regrowth of hair on scalp and eyebrows; patient happy, improved confidence.	Continued same management.
24/10/2025 – 01/11/2025	Eyebrows fully regrown, significant scalp coverage. No new bald spots.	Marked improvement, treatment continued for stabilization.

RESULT & OUTCOME

Substantial regrowth of scalp and eyebrow hair observed within 3 months of individualized homeopathic treatment. Patient reported increased energy, better sleep, and overall well-being. Emotional balance and confidence improved significantly.



DISCUSSION

Homeopathic treatment, when individualized, can stimulate hair regrowth by correcting the underlying immune and psychosomatic imbalance. *Phosphorus* was chosen on the basis of the patient's totality, mental traits, and characteristic cravings. The improvement pattern—eyebrow regrowth followed by scalp coverage—shows the curative pathway in chronic autoimmune alopecia.

CONCLUSION

This case demonstrates that individualized constitutional homeopathic treatment can offer safe, effective, and sustained recovery in cases of alopecia totalis. A holistic approach addressing the patient's mind and body simultaneously ensures both physical and psychological healing.

REFERENCES

1. Boericke W. *Pocket Manual of Homeopathic Materia Medica*.
2. Allen H.C. *Keynotes and Characteristics with Comparisons*.
3. Kent J.T. *Lectures on Homeopathic Philosophy*.
4. Banerjea S.K. *Clinical Materia Medica*.