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**A CASE OF ADVANCED ANDROGENETIC ALOPECIA (GRADE VI) WITH
APPEARANCE-RELATED ANXIETY – TWO-YEAR HOMEOPATHIC
MANAGEMENT AT DR BATRA'S**

Dr Bharti Issar

Chief Homeopathic Consultant, Udaipur Branch

Dr Batra's Positive Health Clinic Pvt. Ltd.

Qualification BHMS, Email id chc-udaipur@drbatras.com, Mobile 8839179664

ABSTRACT

Androgenetic Alopecia (AGA) is the most common form of progressive hair loss globally, affecting nearly 50% of men by age 50. It has a significant psychological burden, leading to loss of confidence, anxiety about appearance, and social withdrawal in young adults. Homeopathy offers a holistic approach by addressing not only the pathological changes at the follicular level but also the emotional, genetic, and constitutional components that intensify hair fall.

This case report presents a **23-year-old male student** diagnosed with **AGA Grade VI** who suffered from severe hair fall, marked thinning, greasy dandruff, intense scalp sweating, and profound anxiety related to his appearance. He had previously undergone allopathic and ayurvedic treatments with no improvement. His condition worsened after moving to a hostel and experiencing academic stress and personal disappointment (failure in NEET), resulting in emotional exhaustion and lowered confidence.

A detailed homeopathic case analysis revealed a strong correlation between emotional stress, overthinking, scalp perspiration, and progressive thinning. Aesthetic therapies, along with nutritional supplements, supported follicular regeneration.

Over two years, the patient showed **80–90% reduction in hair fall, 25–30% improvement in density, resolution of dandruff/itching, and significant emotional stability**. This case highlights the efficacy of individualized homeopathic treatment combined with therapeutic modalities in managing advanced AGA.

KEYWORDS:

Androgenetic Alopecia, Phosphoric Acid, Thuja, Homeopathy, Anxiety, GH/NH Therapy.

INTRODUCTION

Androgenetic Alopecia (AGA) is a hereditary, progressive miniaturization of hair follicles influenced by dihydrotestosterone (DHT). It commonly presents with frontotemporal recession and vertex thinning. Causes include genetic predisposition, hormonal influences, nutritional deficiencies, stress, and seborrhoeic scalp conditions.

Signs include hair thinning, increased shedding, widened parting, dandruff, itching, oily scalp, and excessive sweating. Complications include psychosocial distress, low confidence, anxiety, and long-term follicular miniaturization.

Homeopathy, through individualized constitutional remedies, addresses the internal predispositions—emotional, genetic, miasmatic, and physical—that trigger follicular degeneration.

CASE PROFILE

Patient: 23-year-old male student

Chief Complaints:

- Severe hair fall since 2018
- Density loss (Grade VI AGA)
- Greasy dandruff + itching
- Scalp sweating causing itching
- Grey hair (uses henna)
- Severe appearance-related anxiety

Etiology:

- Hair fall started after shifting to hostel post-10th
- Emotional disappointment after not clearing NEET

- Long-term academic stress

PHYSICAL GENERALS

- **Diet:** Normal
- **Appetite:** Good
- **Desires:** Spicy, salty
- **Aversion:** None
- **Thermals:** Ambithermal
- **Thirst:** 8–10 glasses/day
- **Stools:** Regular, normal
- **Urine:** Normal
- **Perspiration:** Profuse sweating on scalp; non-staining
- **Sleep:** 7 hours, refreshing
- **Dreams:** None significant

EXAMINATION

- **Scalp:** Initially scaly, greasy dandruff; later normal
- **Density:** Marked thinning; Grade VI AGA
- **TV Ratio:** 40:60
- **HPT:** 1/6
- **Sweating:** Excessive scalp sweating

MENTAL GENERALS

The patient is an only child, brought up in a stable family with both parents as teachers. His childhood was emotionally harmonious, marked by obedience, politeness, and academic focus. He developed a **sensitive personality**, desiring appreciation and fearing disapproval.

Hair fall began after he moved to a hostel, which triggered **mild homesickness and insecurity**. As hair loss progressed, he developed strong **appearance-conscious anxiety**, always worrying that others were noticing his thinning scalp. This affected his confidence in conversations, especially with new people.

He experiences **overthinking**, particularly related to studies and future career. Failing NEET intensified emotional strain, leading to a sense of exhaustion and hopelessness matching the Phosphoric Acid constitution. He remains gentle, disciplined, religious (daily temple visits),

and eager to please. Overall, his mental picture reflects **emotional depletion + appearance anxiety + sensitivity**.

PAST HISTORY

- No major illnesses
- Occasional acidity when eating outside food

FAMILY HISTORY

- Parents healthy, no genetic alopecia recorded

CASE ANALYSIS

Repertorial Totality

- Hair fall from emotional strain
- Anxiety about appearance
- Fear of what others think
- Overthinking
- Scalp sweating
- Dandruff with itching
- Early greying
- Mild exam stress

Repertory Used:

Kent's Repertory / Synthesis

Rubrics Selected

1. Mind – Anxiety – about appearance
2. Mind – Fear – opinion of others
3. Mind – Sensitive to criticism
4. Hair – Falling – general
5. Scalp – Dandruff – greasy
6. Head – Perspiration – scalp
7. Scalp – Itching – after sweating

SELECTION OF REMEDY

1. Constitutional Remedy

- **Remedy:** *Phosphoric Acid*
- **Potency:** 200C

- **Dose:** One dose weekly / as required

Reasoning:

- Hair fall from emotional disappointment
- Mental fatigue + quiet despair
- Early alopecia from mental strain
- Scalp sweat
- Appearance anxiety
- Gentle, sensitive nature

2. Acute / LA Remedy

- **Remedy:** *Thuja 200*
- **Dose:** Once every 15 days or during dandruff flareups

Reasoning:

- Greasy dandruff
- Seborrhoeic itching
- Sycotic miasm
- Excessive scalp sweating

MIASMATIC APPROACH

Symptoms	Psora	Sycosis	Syphilis	Tubercular
Hair fall	✓	✓		✓
Dandruff & itching	✓	✓		
Scalp sweating		✓		✓
Anxiety about appearance	✓			✓
Early greying		✓		✓

Miasmatic Predominance: Syco-Tubercular

MATERIALS AND METHODS

- Repertorization done using **Kent’s Repertory (Synthesis)**
- Case analysis followed **Organon 6th Edition**

- Hair analysis through **TV ratio & HPT scoring**
- GH + NH therapy used as supportive follicular treatment

RESULTS

MONTH	PROGRESS	PRESCRIPTION
1st	Hair fall ↓ 40%, dandruff ↓	Phos-ac 200 weekly + Thuja 200
2nd	Hair fall ↓ 60%, scalp clearer	Phos-ac 200 + GH therapy
3rd	Itching gone, fall ↓ 70%	Phos-ac 200 + Nutrigood
4th	Density slight ↑	Thuja 200 + NH
5th	Fall only 10–15/day	Phos-ac 200
6th	Dandruff absent	Phos-ac + GH
7th	Confidence improving	Thuja 200
8th	Density ↑ 20%	Phos-ac 200
9th	No itching, fall minimal	Phos-ac + Nutrigood
10th	Stable results	Thuja 200
11th	Density ↑ 25%	Phos-ac
12th	80–90% improvement	Phos-ac + NH therapy

DISCUSSION & CONCLUSION

This case exemplifies the effectiveness of individualized homeopathic management in a young male with advanced AGA and significant emotional distress. The patient initially presented with severe hair fall, intense anxiety about appearance, and scalp dandruff aggravated by sweating.

Phosphoric Acid 200 addressed the core etiology—emotional strain, disappointment, and mental fatigue—leading to stabilization of hair fall. **Thuja 200** effectively managed sycotic scalp conditions like greasy dandruff and excessive sweating, complementing the constitutional remedy. GH and NH therapies accelerated follicular response and improved density.

Over two years, the patient experienced **80–90% reduction in hair fall, marked density improvement, resolution of dandruff, and greater emotional stability**, restoring confidence and well-being. This integrative approach underscores the potent role of homeopathy in chronic hair disorders.

THE TRANSFORMATION



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