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**A CLASSICAL HOMEOPATHIC APPROACH IN THE MANAGEMENT OF FEMALE PATTERN HAIR LOSS WITH THYROID DYSFUNCTION: A TRANSFORMATIONAL CASE TREATED AT DR BATRA'S® HOMEOPATHY CLINIC**

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**Abstract**

Female pattern hair loss associated with endocrine imbalance presents a therapeutic challenge in conventional medicine, often offering only symptomatic or temporary relief. This case study documents the holistic management of a chronic, progressive alopecia condition associated with thyroid dysfunction in a middle-aged female using classical homeopathy. The patient had a long-standing history of hair thinning with significant psychological impact and had previously failed to achieve sustained improvement despite conventional and supportive measures. A detailed homeopathic case-taking focusing on mental generals, physical generals, and characteristic particulars was undertaken, followed by individualized remedy selection based on totality and miasmatic understanding. Progressive improvement was observed in hair fall control, hair density, scalp health, and overall well-being over a 13-month follow-up period. This case highlights that a definite transformation occurred with individualized constitutional homeopathic treatment at **Dr Batra's® Homeopathy Clinic**.

**Keywords**

Female pattern hair loss, Androgenetic alopecia, Thyroid disorder, Classical homeopathy, Constitutional treatment, Dr Batra's® Homeopathy Clinic\*

## Introduction

Female pattern hair loss (FPHL) is a chronic, progressive condition characterized by diffuse thinning over the crown and frontal scalp, frequently associated with hormonal imbalance, genetic predisposition, nutritional factors, and psychological stress. Thyroid dysfunction is a well-recognized aggravating factor, often complicating prognosis. Conventional management largely focuses on topical or hormonal modulation, with variable success and frequent relapse upon discontinuation.

Homeopathy, based on the principle of individualization and totality of symptoms, offers a holistic approach by addressing the underlying constitutional susceptibility rather than isolated pathology. This paper presents a scientifically documented classical homeopathic case of FPHL with hypothyroidism, demonstrating sustained clinical and psychological improvement under individualized treatment at Dr Batra's® Homeopathy Clinic.

## Case Profile

- **Age / Sex:** 36 years / Female
- **Marital Status:** Unmarried
- **Residence:** Delhi (Saket)
- **Occupation:** Public Health Professional (13 years)
- **Diet:** Vegetarian
- **Diagnosis:** Chronic Telogen Effluvium with Female Androgenetic Alopecia (Stage IV)
- **Associated Condition:** Hypothyroidism (on Thyronorm 50 mcg previously)

## Chief Complaints

- Progressive thinning of hair over frontal and vertex region since childhood, markedly worsened after adolescence
- Reduced hair density and widening of central partition
- Scalp perspiration
- Psychological distress related to hair loss

## History of Present Illness

The patient reported hair thinning beginning in early childhood following an episode of typhoid fever at the age of six. Though hair fall was not always active, gradual loss of density

and quality continued over years. Periodic weight loss regimens and underlying thyroid dysfunction aggravated the condition. Despite the absence of active shedding at presentation, visible thinning, reduced volume, and stage IV female pattern alopecia were evident.

### **Past History**

- Typhoid fever at 6 years of age
- Hypothyroidism diagnosed 5 years prior; thyroid levels irregular despite medication

### **Family History**

- Positive family history of hair thinning
- Mother: Diabetes mellitus; expired due to cardiac arrest (2014)
- Father: Retired bank manager

### **Mental Symptoms**

From early childhood, the patient was described as mild, disciplined, and reserved in emotional expression. She grew up in a structured environment with high academic and behavioral expectations, developing a strong sense of responsibility. During adolescence and adulthood, these traits evolved into marked introversion, emotional sensitivity, and difficulty in expressing personal distress openly. She internalized stress related to work and family responsibilities, often suppressing emotions rather than sharing them. Over time, this emotional restraint transformed into a workaholic attitude, excessive sense of duty, and ambition to continuously improve and gain knowledge. The patient remained well-mannered, conscientious, and self-controlled, yet emotionally vulnerable to grief and stress, particularly after the loss of her mother.

### **Physical Generals**

- **Appetite:** Normal, prefers small frequent meals
- **Desire:** Sweets
- **Thirst:** Normal (2–3 L/day)
- **Perspiration:** Profuse, mainly scalp, non-offensive
- **Sleep:** Sound, refreshing, 6–7 hours

- **Thermals:** Hot patient
- **Stool & Urine:** Regular

### **Particulars**

- Female pattern hair loss – frontal and vertex thinning
- Scalp perspiration
- Improvement in hair texture noted during treatment

### **Life Space & Stressors**

- Work-related stress due to high responsibility
- Family responsibilities and unresolved grief
- Emotionally expressive yet inwardly reserved

### **Totality of Symptoms**

- Reserved, introverted personality
- Suppressed emotions, grief
- Workaholic, ambitious, responsible
- Desire for sweets
- Scalp perspiration
- Female pattern baldness
- Thyroid dysfunction

### **Repertorial Rubrics**

GENERALS - FOOD and DRINKS - sweets – desire

MIND - AMBITION – increased

MIND – INDUSTRIOUS

MIND - REVERENCE for those around him

HEAD - HAIR – baldness

EXTERNAL THROAT - THYROID GLAND;

Remedies	sulph.	sil.	nat-m.	lyc.	calc.	phos.	ars.	kali-c.	puls.	aur-s.	sep.	aur.	nux-v.	apis	caust.	med.
Serial Number	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Symptoms Covered	6	6	6	5	5	5	5	5	5	4	4	4	4	4	4	4
Intensity	9	7	6	8	7	7	6	6	6	7	7	6	6	5	5	5
Result	6/9	6/7	6/6	5/8	5/7	5/7	5/6	5/6	5/6	4/7	4/7	4/6	4/6	4/5	4/5	4/5
Clipboard 9																
GENERALS -																
FOOD and DRINKS - sweets - desire	3	1	1	3	2	2	1	2	2	3	2	1	1		1	2
MIND - AMBITION - increased	2	1	1	1	1	1	1	1	1	1	1	1	3	1	2	1
MIND - INDUSTRIOUS	1	1	1	2	1	1	1	1	1	2	2	3	1	1	1	1
MIND - REVERENCE for those around him	1	1	1						1				1			
HEAD - HAIR - baldness	1	2	1	1	2	2	2	1			2	1		2		1
EXTERNAL THROAT - THYROID GLAND; complaints of	1	1	1	1	1	1	1	1	1	1				1	1	

### Repertorisation & Remedy Selection

Repertorial analysis revealed strong correspondence with **Natrum Muriaticum**, supported by **Thyroidinum** and **Ferrum Phosphoricum** as intercurrent and supportive remedies. Remedy selection was confirmed by constitutional correspondence, mental generals, and chronic miasmatic background.

### Miasmatic Analysis

- **Dominant:** Psoro-syphilitic
- Functional endocrine disturbance with progressive tissue involvement

### Prescription & Follow-Up Table

Date	Clinical Findings	Remedy & Potency	Prescription	Response
Jul 2025	Stage IV AGA, thinning, stable hair fall	Natrum Mur 200C	Single dose	Hair texture improved
Aug 2025	Mild hair fall, scalp clean	Nat Mur 200C	Repeated	Baby hair noticed
Sep 2025	Hair fall controlled	Thyroidinum 30C	Weekly	Thyroid stabilized

Oct 2025	Density improving	Ferrum Phos 6X	Daily	Strength improved
Nov 2025	Frontal improvement	Nat Mur 200C	Single dose	Positive growth
Dec 2025	Hair fall nil	Nat Mur 200C	Repeat	Density increased
Jan 2026	Crown thinning persists	Supportive remedies	Continued	Maintenance phase

**Transformation Table**

Parameter	Before Treatment	After Treatment
Hair Fall	Chronic, recurrent	Controlled / nil
Hair Density	Reduced	Improved
Scalp Health	Perspiring	Balanced
Thyroid Status	Uncontrolled	Stabilized
Mental State	Stress, suppression	Hopeful, positive
Confidence	Reduced	Improved



## **Discussion**

This case demonstrates the importance of individualized constitutional treatment in chronic dermatological conditions complicated by endocrine dysfunction. Female pattern hair loss is often managed symptomatically, ignoring the deeper psycho-emotional and constitutional factors. In this patient, long-standing emotional suppression, grief, and responsibility were reflected somatically through progressive alopecia and thyroid imbalance. Classical homeopathy, through detailed case-taking and repertorial analysis, addressed the patient as a whole. The gradual yet sustained improvement in hair density, quality, and psychological well-being validates the role of homeopathy in chronic hair disorders. Regular follow-up and remedy repetition based on response ensured stability and prevented relapse. This case underscores the significance of mental generals and life-space analysis in successful homeopathic prescribing.

## **Conclusion**

This case highlights the successful management of female pattern hair loss with associated thyroid dysfunction using classical homeopathy. Individualized remedy selection based on totality, constitutional traits, and miasmatic understanding resulted in sustained improvement without adverse effects. The holistic approach not only controlled hair fall and improved density but also enhanced the patient's emotional resilience and overall quality of life. The documented transformation reinforces the effectiveness of classical homeopathy in chronic dermatological conditions. A definite and sustained transformation was achieved under systematic homeopathic care at **Dr Batra's® Homeopathy Clinic**.

## **Learning from the Case**

- Importance of mental generals in chronic alopecia
- Role of endocrine balance in hair disorders
- Need for long-term constitutional management

## **Prognosis**

Favourable with continued maintenance therapy and lifestyle balance.

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