



Original Research Article

Volume 15 Issue 03

March 2026

**SUCCESSFUL HOMEOPATHIC MANAGEMENT OF ALOPECIA TOTALIS
FOLLOWING THERAPEUTIC FAILURES: A CLASSICAL HOMEOPATHIC CASE
TREATED AT DR BATRA'S® HOMEOPATHY CLINIC**

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Abstract

Alopecia totalis is a severe autoimmune hair disorder often associated with significant psychological distress and poor response to conventional therapies. This case report describes the successful classical homeopathic management of a 62-year-old female with long-standing alopecia totalis, refractory to prior alternative therapies. A holistic, individualized homeopathic approach based on totality of symptoms, repertorization, constitutional prescribing, and miasmatic understanding resulted in clinical stabilization and gradual hair regrowth with marked improvement in quality of life. **This case highlights a definitive transformation achieved through individualized classical homeopathic treatment at Dr Batra's® Homeopathy Clinic.**

Keywords

Alopecia totalis, Alopecia universalis, Classical homeopathy, Pulsatilla, Fluoric acid, Repertorization, Dr Batra's® Homeopathy Clinic

Introduction

Alopecia totalis is characterized by complete loss of scalp hair and may progress to alopecia universalis involving body hair. It is often autoimmune in origin and associated with emotional trauma, chronic stress, and systemic disturbances. Conventional management

remains unsatisfactory in many cases, leading patients to seek alternative therapies. Classical homeopathy, with its individualized approach based on mental, physical, and pathological totality, offers a promising therapeutic modality in such chronic dermatological conditions.

Case Profile

- **Age/Gender:** 62 years / Female
- **Diagnosis:** Alopecia Totalis
- **Duration of Illness:** 3 years
- **Duration of Treatment:** 18 months
- **Duration of Remission:** 1.5 years (ongoing)
- **Setting:** Dr Batra's® Homeopathy Clinic

Presenting Complaints

- Complete loss of hair over scalp
- Loss of eyebrows and axillary hair
- Occasional scalp itching
- Psychological distress due to appearance

Hair loss was noted to have **worsened after intake of Ayurvedic medications**, following which there was rapid progression to near total hair loss.

Differential Diagnosis

- Alopecia areata
- Alopecia universalis
- Androgenetic alopecia
- Trichotillomania

Based on extent, chronicity, and pattern, **alopecia totalis progressing toward universalis** was confirmed.

Past History

- **Pulmonary Tuberculosis** – treated 2 years prior with anti-tubercular therapy

- No recurrence of TB

Family History

- Non-contributory

Physical Generals

- **Appetite:** Normal
- **Thirst:** Decreased, prefers cold water
- **Perspiration:** Profuse, non-offensive
- **Thermals:** Hot patient, cannot tolerate heat
- **Sleep:** Initially disturbed; later improved
- **Bowel & Urine:** Normal

Mental Symptoms

From **childhood**, the patient displayed a **mild, sensitive, and yielding disposition**, with a strong need for emotional support and reassurance. She was **communicative**, affectionate, and emotionally expressive, often feeling better after sharing her concerns. She showed a **marked desire for company** and found it difficult to remain alone for long periods.

As life progressed, repeated emotional stressors shaped her mental state further. Marriage to an alcoholic spouse led to prolonged emotional insecurity and silent suffering. The **death of her husband in 2020 due to brain hemorrhage** acted as a significant emotional shock, resulting in **discouragement, weeping tendency even in front of others, and increased need for consolation**. Despite adversities, she remained socially interactive, religiously inclined, and emotionally open, with anger being rare and short-lived.

Life Space

- Emotional suppression → chronic stress → immune dysregulation
- Grief, loss, and dependency → autoimmune hair loss
- Tubercular history → miasmatic vulnerability
- Hair loss aggravated after external medication → susceptibility of vital force

Totality of Symptoms

Mental

- Mild, gentle disposition
- Weeping easily, even in company
- Strong desire for consolation
- Desire for company; communicative
- Discouragement after grief

Physical Generals

- Hot patient, heat intolerance
- Decreased thirst
- Profuse perspiration
- Sleep initially disturbed

Particulars

- Complete loss of scalp hair
- Loss of eyebrows and axillary hair
- Occasional itching
- Chronicity with slow response

Repertorial Analysis

Key rubrics selected (Kentian approach):

- Mind – Mildness
- Mind – Company – desire for
- Mind – Weeping – easily
- Mind – Consolation – ameliorates
- Head – Hair – baldness – patches

Leading remedies: Pulsatilla, Natrum muriaticum, Phosphoric acid, Fluoric acid

Remedies	nat-m.	puls.	phos.	lyc.	kali-s.	spong.	ars.	aur-m-n.	ign.	sep.	calc.	carb-an.	con.	hell.	staph.	arid.	calc-p.	carb.
Serial Number	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Symptoms Covered	4	4	4	4	4	4	3	3	3	3	3	3	3	3	3	3	3	3
Intensity	10	10	7	6	5	5	6	6	6	6	5	5	5	5	5	4	4	4
Result	4/10	4/10	4/7	4/6	4/5	4/5	3/6	3/6	3/6	3/6	3/5	3/5	3/5	3/5	3/5	3/4	3/4	3/4
Clipboard 2																		
MIND - MILDNESS	3	3	2	2	1	2	3	2	2	2	2	1		1	1	1		2
MIND - COMPANY - aversion to	4	2	1	2	1	1	1	2	3	3	1	3	2	2	3	2	2	1
MIND - WEEPING - alone, when	2	1		1		1		2	1				2					
MIND - CONSOLATION - amel	1	4	2		1	1							1	2	1	1	1	1
HEAD - HAIR - baldness - patches			2	1	2		2			1	2	1					1	

Remedy Selection & Justification

Constitutional Remedy

Pulsatilla

Chosen based on emotional picture (mild, yielding, weeping, consolation desire), thermal state, and general disposition.

Acute / Pathological Remedy

Fluoric acid

Indicated for long-standing alopecia, post-drug hair loss, and chronic destructive pathology.

Intercurrent Remedy

Ferrum phosphoricum

Used to support vitality and inflammatory balance.

Potency Selection

Lower to moderate potencies were selected considering:

- Advanced age
- Chronic pathological condition
- History of systemic illness

Treatment Plan & Follow-Up

Date	Clinical Status	Remedy & Potency
29-10-2024	Condition stable, no new patches	Pulsatilla 200C, FL-AC 30C
26-11-2024	Mild hair growth seen	Pulsatilla 200C
24-12-2024	Stable, itching occasional	FL-AC 30C
22-01-2025	No new patches	Pulsatilla 200C
26-02-2025	Hair growth improving, stress reduced	Pulsatilla 200C
24-03-2025	Stable, labs acceptable	FL-AC 30C
21-04-2025	Hair regrowth on scalp	Pulsatilla 200C
20-06-2025	Marked improvement, patient happy	Pulsatilla 200C
05-09-2025	Hair density improved	FL-AC 30C
05-01-2026	Sustained improvement, stable	Pulsatilla 200C

Transformation Table

Parameter	Before Treatment	After Treatment
Scalp Hair	Complete loss	Gradual regrowth
Eyebrows & Body Hair	Absent	Partial regrowth
Itching	Present	Absent
Emotional State	Discouraged, tearful	Confident, stable
Stress Levels	High	Controlled
Quality of Life	Poor	Markedly improved



Prognosis

Favorable, considering gradual regrowth, emotional stabilization, and sustained remission.

Discussion

This case demonstrates the efficacy of classical homeopathy in managing a chronic autoimmune condition like alopecia totalis. The success lay not merely in remedy selection but in **deep individualization**, addressing emotional trauma, constitutional susceptibility, and pathological changes. The integration of constitutional, acute, and intercurrent remedies facilitated restoration of the vital force and reversal of disease progression.

Conclusion

This case exemplifies how individualized classical homeopathic treatment can bring meaningful and sustained improvement in refractory cases of alopecia totalis. A holistic

approach addressing mental, physical, and miasmatic dimensions led to clinical stabilization, hair regrowth, and psychological well-being. **The observed transformation reinforces the role of classical homeopathy as practiced at Dr Batra's® Homeopathy Clinic in managing complex chronic dermatological disorders.**

References

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