



Original Research Article

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REVERSAL OF RECURRENT ALOPECIA TOTALIS WITH CONSTITUTIONAL HOMEOPATHY: A CASE SUCCESSFULLY MANAGED AT DR BATRA'S® HOMEOPATHY CLINIC

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Abstract

A 27-year-old female presented with recurrent, rapidly progressive alopecia totalis of four years' duration, with complete eyebrow loss and multiple scalp patches. She had a past history of similar hair loss in childhood lasting three years. Previous alternative therapies yielded incomplete and temporary relief. A classical constitutional homeopathic approach, supported by miasmatic evaluation and repertorization, was adopted at Dr Batra's® Homeopathy Clinic. Marked regrowth of scalp hair and eyebrows occurred along with significant psychological improvement and reduction in allergic coryza. This case highlights the role of individualized homeopathy in managing deep-seated autoimmune pathology where other treatments had failed, demonstrating clear transformation at Dr Batra's® Homeopathy Clinic.

Introduction

Alopecia areata is an autoimmune disorder characterized by non-scarring hair loss. Its extensive variant, alopecia totalis, involves complete scalp hair loss and may include eyebrow loss. The condition often shows unpredictable progression and recurrence, frequently associated with stress and atopic background.

Case Profile

Age/Gender: 27 years / Female

Occupation: Housewife

Marital Status: Married (2019)

Chief Complaint: Recurrent alopecia totalis since 4 years

Onset: Rapid; began at vertex region

Progression: Multiple patches → eyebrow loss → near total scalp involvement

Past Episode: Similar episode in childhood lasting 3 years (recovered with Ayurvedic treatment)

Mentals

During childhood, the patient was emotionally sensitive, responsible beyond her age, and deeply attached to family members. She experienced hair loss during that period but recovered physically, though an underlying insecurity remained. She developed anticipatory anxiety, especially regarding health and family wellbeing.

Adolescence brought increased perfectionism and fastidiousness. She desired to perform every task accurately and felt disturbed when things were not orderly. Emotionally, she suppressed grief and rarely expressed anger.

A major turning point occurred with the accidental death of her elder brother. Following this shock, anxiety intensified, particularly fear that something wrong may happen to loved ones. She became health-conscious, worried excessively about disease, and developed recurrent allergic coryza.

With progression of alopecia in adulthood, she withdrew socially, avoided gatherings, wept alone, yet desired company. She felt awkward in public due to cosmetic changes. Though hopeful for recovery, she felt internally insecure. Over time, after treatment, she regained confidence, resumed social interactions, and reported emotional stability.

Physical Generals

- Appetite: Normal
- Desire: Sweets and salt
- Thirst: Less
- Perspiration: Scanty

- Thermal: Chilly; cold extremities
- Sleep: Normal; prefers lying on back
- Menses: Regular
- Scalp: Initially dry patches; later oily during improvement

Associated Complaints

- Allergic sneezing since 2012
- Aggravation: Dust, cold exposure
- Coryza with congestion
- Frequent Cetirizine use (every 3rd day)
- Family history: Mother – asthma
- Past history: Pneumonia at 7 months

Clinical Diagnosis

Primary Diagnosis: Alopecia totalis

Differential Diagnosis:

- Alopecia areata
- Telogen effluvium

Homeopathic Working

Characteristic Symptoms (PQRS)

- Recurrent autoimmune hair loss
- Fastidious, perfectionist
- Anxiety for health and family
- Grief after brother's accidental death
- Weeping alone but desires company
- Chilly patient with cold extremities
- Thirstless
- Allergic coryza from dust and cold

Totality of Symptoms

Mental Generals

- Anxiety about health
- Fear something wrong may happen
- Fastidious
- Insecurity
- Grief (ailments from)
- Weeping alone

Physical Generals

- Chilly
- Thirstless
- Desire sweets
- Scanty perspiration

Particulars

- Recurrent alopecia totalis
- Allergic rhinitis

Repertorization

Rubric	Remedies Considered
Mind – Anxiety about health	Ars, Calc, Nit-ac
Mind – Fastidious	Ars
Mind – Grief ailments from	Nat-m, Ign, Ars
Mind – Fear something may happen	Ars
Generals – Chilly	Ars, Calc
Head – Hair falling, spots	Ars, Flu-ac

Remedy Emerging: Arsenicum album

Miasmatic Analysis

- **Psoric:** Anxiety, hypersensitivity
- **Syphilitic:** Autoimmune destructive tendency (hair loss)
- **Sycotic:** Recurrent allergic tendency

Predominant miasm: **Psoro-syphilitic**

Final Prescription

Constitutional Remedy: Arsenicum album 200C

Intercurrent: Fluoric acid

Follow-Up Summary with Prescription

Follow-up	Clinical Changes	Mental State	Prescription
Month 1	Hair fall reduced	Still anxious	Ars 200 single dose
Month 3	Small budding hairs visible	Slight confidence improvement	Placebo
Month 6	Visible regrowth on vertex	Sneezing reduced	Fluoric acid 200
Month 9	Eyebrow regrowth started	Social interaction improved	Ars 200 repetition
Month 12	60% scalp coverage	Anxiety markedly reduced	Placebo
Month 18	80% regrowth	Resumed hobbies	Flu-ac 200
Month 24	Almost complete scalp regrowth	Confident, emotionally stable	Placebo
Month 36	Maintained regrowth; allergic coryza minimal	Fully socially comfortable	Ars 200 (single dose)

Transformation Table

Parameter	Before Treatment	After Treatment
Scalp Hair	Multiple bald patches	Near complete regrowth
Eyebrows	Lost	Regrown
Anxiety	High	Minimal
Social Confidence	Avoided gatherings	Socially active
Sneezing	Frequent (Cetirizine dependent)	Rare episodes
Emotional State	Insecure, weeping alone	Confident, stable

HRQL (Health Related Quality of Life)

Initially socially withdrawn, insecure, depressed.

After treatment: Reports confidence, emotional balance, improved marital and social life.



Discussion

Alopecia totalis is considered difficult to manage due to autoimmune etiology and unpredictable course. The case illustrates the importance of:

- Deep constitutional prescribing
- Addressing grief and insecurity
- Miasmatic understanding
- Minimal repetition
- Observation of direction of cure

Hair regrowth followed mental improvement, supporting Hering's Law of Cure.

Conclusion

This case demonstrates that individualized constitutional homeopathy can effectively manage recurrent alopecia totalis with long-standing autoimmune background. The patient showed not only physical regrowth of hair but also emotional stabilization and improved quality of life, clearly indicating transformation achieved at Dr Batra's® Homeopathy Clinic.

References

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