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INTEGRATIVE HOMEOPATHIC MANAGEMENT OF ANDROGENETIC ALOPECIA WITH EXOSOME THERAPY: A CLINICAL TRANSFORMATION AT DR BATRA'S HOMEOPATHY CLINIC

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Abstract

Androgenetic alopecia (AGA) is the most common cause of hair loss in men and is characterized by progressive follicular miniaturization leading to patterned hair thinning over the frontal and vertex scalp. This case report describes a **25-year-old male diagnosed with Grade IV androgenetic alopecia**, presenting with progressive hair thinning over the vertex and crown region for 2–3 years with daily hair shedding of approximately 40–50 strands. The patient also underwent **exosome therapy sessions aimed at stimulating hair follicle regeneration**.

This case demonstrates the effectiveness of an integrative approach combining constitutional homeopathic treatment with regenerative exosome therapy, leading to a notable clinical transformation achieved at **Dr Batra's Homeopathy Clinic**.

Keywords

Androgenetic alopecia, Homeopathy, Calcarea phosphorica, Exosome therapy, Hair regeneration

Introduction

Androgenetic alopecia (AGA), also known as male pattern baldness, is a genetically determined condition resulting from increased sensitivity of hair follicles to **dihydrotestosterone (DHT)**. This hormonal influence leads to progressive follicular miniaturization and shortening of the hair growth cycle.

Common clinical features include:

- Progressive thinning over the vertex and crown
- Receding frontal hairline
- Reduction in hair density
- Increased hair shedding

The condition often leads to psychological distress, particularly in young adults.

Conventional therapies primarily aim to slow hair loss or stimulate regrowth but often require long-term usage and may have limited effectiveness.

Homeopathy addresses the **constitutional susceptibility and systemic imbalance**, while regenerative therapies such as **exosome therapy** may enhance follicular regeneration and scalp health.

Case Profile

Age: 25 years

Gender: Male

Occupation: IT professional

Diagnosis: Androgenetic alopecia (Male pattern baldness – Grade IV)

Chief complaints:

- Hair fall for 2–3 years
- Progressive thinning over vertex and crown
- Daily hair loss approximately 40–50 strands
- Reduction in hair density (approximately 40%)

Family history:

Father – Diabetes mellitus

Family history of androgenetic alopecia present

Past history:

- Dengue fever one year earlier

Previous treatment:

- Allopathic medication discontinued due to scalp irritation.

Physical Generals

Parameter	Findings
Appetite	Normal
Desire	Spicy food
Aversion	Sweet
Thermal reaction	Chilly
Thirst	Normal (2-3 L/day)
Stools	Satisfactory
Urine	Normal
Perspiration	Normal
Sleep	Restful
Position of sleep	Left side

Examination

Scalp examination revealed:

- Diffuse thinning over vertex and crown
- Hair density reduced approximately 40%
- Mild positive hair pull test
- No dandruff or scalp inflammation.

Investigations:

Hemoglobin – 14.1 g/dL

Vitamin B12 – 229 pg/mL

Vitamin D – 17 ng/mL (deficient)

Mental Generals

The patient grew up in a supportive family environment with caring parents and strong emotional attachment to family members. Since childhood, he has been sociable and expressive with a friendly and outgoing personality.

He describes himself as talkative, extroverted, and emotionally sensitive. He enjoys interacting with people and maintaining close family relationships. His hobbies include traveling, bike riding, and cooking.

Professionally, he works in the IT sector and reports a balanced work environment without significant stress.

However, the gradual onset of hair loss significantly affected his self-confidence and body image. The patient became increasingly concerned about progressive thinning, which motivated him to seek treatment.

Past History

- Dengue fever one year earlier

Family History

Father – Diabetes mellitus

Mother – No major illness

Brother – Healthy

Case Analysis

Characteristic symptoms forming the totality:

- Male pattern hair loss
- Chilly constitution
- Desire for spicy food
- Aversion to sweets
- Family history of AGA
- Emotional and sociable personality

These symptoms strongly indicated **Calcarea phosphorica** as the constitutional remedy.

Repertorial Totality

Rubrics selected:

1 Hair – Falling – vertex

2 Hair – Falling – hereditary

3 Generals – Chilly patient

4 Mind – Company – desire for

Repertory used: Kent Repertory

Leading remedy: **Calcarea phosphorica**

Selection of Remedy

Constitutional Remedy

Remedy: *Calcarea phosphorica*

Potency: 200C

Reason:

- Hair loss in young adults
- Chilly constitution
- General constitutional match.

Supportive Remedies

- *Thuja occidentalis* – scalp vitality
- *Ferrum phosphoricum* – nutritional support
- *Kali sulphuricum* – scalp circulation and follicular nutrition

Miasmatic Approach

Symptoms	Psora	Sycosis	Syphilis	Tubercular
Hair thinning	✓			
Hereditary tendency		✓		
Chronic progression	✓	✓		

Miasmatic predominance: **Psoro-sycotic**

Materials and Methods

Repertorization was performed using **Kent Repertory through computerized repertorial analysis.**

Treatment included:

- Constitutional homeopathic medicines
- Supportive remedies
- **Exosome therapy sessions aimed at stimulating follicular regeneration**

Results

Month	Progress	Prescription
1st month	Hair fall stabilized	Calcarea phos 200
2nd month	Mild reduction in hair fall	Thuja + Wiesbaden
3rd month	Improved scalp health	Ferrum phos
4th month	Hair shedding reduced	Same
5th month	Visible improvement in density	Exosome therapy continued
6th month	Hair fall minimal	Same
8th month	New hair growth observed	Same
10th month	Density improved	Same
12th month	Hair fall stable	Same
16th month	Marked improvement	Maintenance

Transformation Table

Parameter	Before Treatment	After Treatment
Hair fall	40–50 strands/day	10–15 strands/day
Hair density	40% reduced	Noticeably improved
Scalp health	Weak follicles	Improved follicular strength
Confidence	Low	Significantly improved

Discussion & Conclusion

Androgenetic alopecia is a multifactorial disorder influenced by genetic predisposition, hormonal factors, and environmental triggers. While conventional treatments mainly focus on pharmacological suppression of hair loss mechanisms, homeopathy aims to restore systemic balance by addressing constitutional predisposition.

In this case, *Calcarea phosphorica* matched the patient's constitutional characteristics and played a central role in stabilizing hair loss. Supportive remedies improved scalp vitality, while **exosome therapy enhanced follicular regeneration**.

The patient experienced a substantial reduction in hair fall, -improved hair density, and enhanced psychological confidence.

This case highlights the potential benefits of integrating classical homeopathy with regenerative therapies such as exosome therapy, resulting in a notable therapeutic transformation achieved at **Dr Batra's Homeopathy Clinic**.

The Transformation

Before Treatment

- Progressive vertex hair thinning
- Hair loss 40–50 strands/day
- Reduced confidence

After Treatment

- Hair fall stabilized (10–15 strands/day)
- Improved hair density
- Enhanced confidence and quality of life



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