



Original Research Article

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## REVERSAL OF CHRONIC POST-PARTUM FEMALE PATTERN HAIR LOSS THROUGH INDIVIDUALIZED HOMEOPATHY: A CLINICAL CASE FROM DR BATRA'S HOMEOPATHY CLINIC

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### Abstract

Female androgenetic alopecia (AGA) accompanied by chronic telogen effluvium is one of the most common causes of hair thinning in women worldwide. This case report describes a **42-year-old female teacher suffering from hair fall for eight years following her second childbirth**, with progressive thinning over the crown and scalp visibility. Previous conventional approaches failed to provide satisfactory results. After detailed homeopathic case analysis and repertorization, **Sepia 200C** was prescribed as the constitutional remedy along with supportive treatment including **Wiesbaden**.

Over nine months of treatment, progressive reduction in hair fall and improvement in hair density were observed, with stabilization and sustained improvement maintained for six months. The case highlights the effectiveness of individualized homeopathic treatment in chronic female hair loss. The transformation occurred at **Dr Batra's Homeopathy Clinic**.

### Keywords

Female androgenetic alopecia, Telogen effluvium, Homeopathy, Sepia, Hair loss

## Introduction

Hair loss is a common dermatological concern affecting millions of individuals worldwide. Female androgenetic alopecia (FAGA) is characterized by gradual hair thinning over the crown region with preservation of the frontal hairline. Chronic telogen effluvium is another common condition characterized by excessive shedding of hair due to disturbance in the hair growth cycle.

Common causes include:

- hormonal changes (especially postpartum)
- nutritional deficiencies
- genetic predisposition
- emotional stress
- endocrine imbalance

Women frequently experience hair fall after childbirth due to hormonal fluctuations, leading to increased telogen phase hair shedding.

Persistent hair loss significantly affects **self-image, confidence, and psychological well-being**.

Homeopathy treats hair disorders by addressing the patient's **constitutional predisposition, mental state, and etiological factors**, thereby stimulating natural restoration of hair growth.

## Case Profile

Patient

Female, 42 years

Occupation: Teacher

Chief Complaint

Hair fall since 8 years.

Hair fall began after **second childbirth** and gradually increased over time.

Hair loss approximately **more than 50 strands per day**.

Diffuse thinning predominantly over the **crown area with scalp visibility**.

Mild dandruff present.

No history of cosmetic hair treatment.

No history of viral illness.

Patient follows regular exercise routine and denies crash dieting.

### **Physical Generals**

Diet – Mixed diet

Appetite – Normal

Desire – No specific desire

Aversion – None

Thermal reaction – Moderate

Thirst – Normal (1–2 litres/day)

Stools – Regular and satisfactory

Urine – Normal

Perspiration – Normal, non-offensive

Sleep – 6–7 hours, refreshing

Dreams – Not significant

### **Examination**

General examination:

Weight: 65 kg

Blood pressure: 140/90 mmHg

Scalp examination:

Hair pull test: positive (2–4 hairs)

Scalp: normal

Mild dandruff

Crown thinning with scalp visibility

Wood's lamp examination:

No fluorescence.

Laboratory findings:

Hemoglobin – 13 g/dL

Ferritin – 18 ng/ml

TSH – 3.2 mIU/L

## **Mental Generals**

The patient had a relatively balanced childhood. She grew up in a supportive family environment and was academically inclined, showing good interest in studies and structured activities. During adolescence she developed a responsible personality and a strong sense of duty.

As she entered adulthood and professional life, she became increasingly independent and self-reliant. She described herself as a person who prefers to manage responsibilities on her own rather than depend on others.

Following marriage and motherhood, especially after the birth of her second child, she began experiencing emotional strain associated with balancing family and professional responsibilities. Over time she noticed a tendency toward **irritability and impatience**, particularly when overwhelmed by work.

She often felt **anxious about the future**, especially regarding her health and appearance. Despite maintaining a composed external demeanor, she reported internal frustration and occasional anger when situations did not go according to plan.

She tends to suppress emotions and prefers to remain independent rather than seek support from others.

These mental characteristics correspond strongly with the constitutional picture of **Sepia**.

## **Past History**

Dengue fever

Hair fall

Vitamin B12 deficiency

## **Family History**

Father – Androgenetic alopecia, hypertension, cardiac disease

Mother – Hypertension

Brother – Hypertension

Sister – Healthy

## **Case Analysis**

Important symptoms forming the totality:

- hair fall after childbirth
- crown thinning with scalp visibility
- chronic duration (8 years)
- irritability and anger
- anxiety about future
- independent personality

### **Repertorial Totality**

Rubrics selected:

- Hair – falling – after childbirth
- Mind – irritability
- Mind – anxiety about future
- Mind – independence
- Hair – thinning – crown

### **Selection of Remedy**

#### **Constitutional Remedy**

Remedy – Sepia

Potency – 200C

Dose – Single dose repeated periodically

- hair loss after childbirth
- independent personality
- irritability
- hormonal imbalance

#### **Acute Remedy**

Remedy – Wiesbaden

Reason: Specific remedy for hair fall and scalp nutrition.

#### **Intercurrent Remedy**

Remedy – Thuja

Reason: To address underlying chronic susceptibility.

## Miasmatic Approach

Symptoms	Psora	Sycosis	Syphilis	Tubercular
Hair fall	✓			
Chronicity	✓	✓		
Hormonal trigger	✓			
Diffuse thinning	✓			

Miasmatic predominance: **Psoric**

## Results

Month	Progress	Prescription
1	Hair fall slightly reduced	Sepia 200C
2	Shedding reduced to 60 strands/day	Wiesbaden
3	Hair fall <50 strands/day	Sepia 200C
4	Dandruff reduced	Wiesbaden
5	Hair density improved	Sepia 200C
6	Hair pull test improved	Wiesbaden
7	Crown thinning reduced	Sepia 200C
8	Visible hair regrowth	Wiesbaden
9	Hair fall minimal	Sepia 200C

## Transformation Table

Parameter	Before Treatment	After Treatment
Hair fall	>50 strands/day	<20 strands/day
Crown thinning	Severe	Mild
Hair density	Reduced	Improved
Confidence	Low	Improved

## Discussion & Conclusion

Female androgenetic alopecia combined with chronic telogen effluvium represents a complex hair disorder influenced by hormonal, genetic, and psychological factors.

In this case, hair fall began after childbirth and progressively worsened over several years, significantly affecting the patient's confidence.

Individualized homeopathic treatment focused on the patient's constitutional features, emotional characteristics, and etiological factors.

The constitutional remedy **Sepia** corresponded closely with the patient's mental and physical symptomatology. Over a period of nine months, gradual reduction in hair fall and improvement in hair density were observed.

The sustained improvement achieved highlights the potential role of homeopathy in managing chronic hair disorders.



## The Transformation

Before Treatment

Severe hair fall with crown thinning and scalp visibility.

After Treatment

Hair fall reduced significantly with visible improvement in hair density.

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