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SUCCESSFUL MANAGEMENT OF ALOPECIA TOTALIS WITH CONSTITUTIONAL HOMEOPATHY: A CASE DEMONSTRATING TRANSFORMATION AT DR BATRA'S HOMEOPATHY CLINIC

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Abstract

Alopecia totalis is a severe variant of alopecia areata characterized by complete scalp hair loss resulting from autoimmune follicular damage. The condition often leads to profound psychological distress, social withdrawal, and reduced quality of life.

This paper presents the case of a 22-year-old female suffering from alopecia totalis with extensive scalp hair loss, positive hair pull test, and exclamation mark hairs. The patient had previously undergone scalp steroid injections which produced temporary hair regrowth but failed to sustain results. The condition recurred and progressed, accompanied by emotional vulnerability, inferiority complex, and anxiety about appearance.

A detailed classical homeopathic case-taking was performed over an eight-month treatment period, scalp itching and dandruff reduced, active hair fall decreased, and new hair growth gradually covered previously bald patches. The patient experienced significant psychological improvement including enhanced self-confidence and social participation.

This case highlights the role of individualized homeopathic treatment in addressing both physical pathology and emotional determinants of alopecia totalis. The patient achieved sustained hair regrowth and improved quality of life, demonstrating a remarkable clinical transformation at **Dr Batra's Homeopathy Clinic**.

Keywords

Alopecia totalis, Homeopathy, Ignatia amara, Constitutional remedy, Autoimmune hair loss

Introduction

Alopecia areata is an autoimmune disorder characterized by non-scarring hair loss due to immune-mediated destruction of hair follicles. Alopecia totalis represents an advanced form where the entire scalp becomes devoid of hair.

The worldwide prevalence of alopecia areata is estimated at approximately **0.1–0.2% of the population**, with alopecia totalis accounting for a smaller but more severe subset.

Clinical features include:

- Patchy hair loss progressing to total scalp involvement
- Exclamation mark hairs
- Positive hair pull test
- Nail changes in some patients

The disease is often associated with **psychological stress, autoimmune tendencies, genetic predisposition, and endocrine disturbances.**

Conventional treatment includes:

- Intralesional corticosteroids
- Topical immunotherapy
- Minoxidil
- Systemic immunosuppressants

However, recurrence rates remain high and treatment response is unpredictable.

Homeopathy approaches alopecia by treating the **individual rather than the disease**, focusing on constitutional susceptibility, emotional etiology, and systemic balance.

Case Profile

Age: 22 years Gender: Female

Diagnosis: Alopecia totalis Differential diagnosis: Alopecia universalis

The patient presented with **extensive scalp hair loss involving almost the entire scalp**. Hair fall occurred in strands of 50–100 hairs with positive hair pull test and exclamation mark hairs. The condition had initially appeared **7–8 years earlier**, during adolescence. The patient had previously received homeopathic treatment which resulted in complete hair regrowth, but the hair fell again after two months. Later she underwent **scalp steroid injections**, which produced temporary regrowth but failed to maintain results.

The patient reported **itching of scalp and dandruff**.

Physical Generals

Parameter	Findings
Diet	Mixed
Appetite	Normal
Desire	Dairy products, sweets, fruits
Aversion	Not marked
Thermal Reaction	Hot patient
Thirst	Normal (2-3 litres/day)
Stools	Normal
Urine	Normal
Perspiration	Normal, non-offensive
Sleep	Disturbed
Dreams	Not significant

Examination

- Extensive scalp alopecia with multiple bald patches merging together
- Exclamation mark hairs present
- Positive hair pull test (4/5)
- Dandruff present initially
- Mild scalp itching

Investigations showed:

- Vitamin B12 – Low
- Vitamin D3 – Low
- Liver enzymes mildly elevated (SGPT, SGOT)

Hormonal profile including **FSH, LH, prolactin, estradiol, thyroid profile** were within normal limits.

Mental Generals

The patient had a sensitive emotional constitution since childhood.

She was raised in a large family with multiple siblings and developed a **reserved and introverted personality**. During her childhood and school years, she was shy, timid, and emotionally sensitive. Even minor criticism or disappointment would make her weep easily.

Her father was a central emotional support in her life. His prolonged illness due to cancer and subsequent death had a profound emotional impact on her. After this event, she became more withdrawn and emotionally vulnerable.

Over time she developed:

- Inferiority complex
- Anxiety about appearance and hair loss
- Desire for company but difficulty expressing emotions
- Tendency to share feelings mainly with her mother
- Oversensitivity to emotional stress

Hair loss significantly affected her confidence. She began avoiding social gatherings and felt that her appearance had become a social stigma. She described herself as **mild, sensitive, timid, and emotionally reactive**, with frequent episodes of weeping over trivial matters.

Past History

- History of alopecia episodes for 7–8 years
- Previous scalp steroid injections
- Temporary regrowth followed by relapse

Family History

Father – Deceased (Cancer)

Mother – Alive

Siblings – Multiple brothers and one sister

Case Analysis

The case analysis revealed prominent themes:

- Grief after loss of father
- Timidity and emotional sensitivity
- Weeping easily
- Anxiety about appearance
- Desire for company

These symptoms formed the **core constitutional picture**.

Repertorial Totality

Rubrics selected:

1. Mind – Ailments from grief
2. Mind – Timidity
3. Mind – Weeping easily
4. Mind – Anxiety about health
5. Mind – Reserved disposition

Remedies	staph.	ign.	nat-m.	acon.	nux-v.	ph-ac.	aur-m-n.	lyc.	ars.	lach.	op.	caust.	plat.	trit-vg.	vanil.	nat-s.
Serial Number	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Symptoms Covered	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
Intensity	13	12	11	10	10	10	9	9	8	8	8	7	7	7	7	5
Result	5/13	5/12	5/11	5/10	5/10	5/10	5/9	5/9	5/8	5/8	5/8	5/7	5/7	5/7	5/7	5/5
Clipboard 5																
MIND - AILMENTS FROM - death of loved ones	3	3	1	3	1	3	2	1	3	3	3	1	1	1	3	1
MIND - ANGER - violent	3	1	2	3	4	1	1	2	1	1	1	2	2	1	1	1
MIND - AILMENTS FROM - disappointment	4	4	3	1	2	3	2	2	1	2	2	1	1	2	1	1
MIND - RESERVED	2	2	3	1	1	1	2	1	1	1	1	1	2	1	1	1
MIND - TIMIDITY	1	2	2	2	2	2	2	3	2	1	1	2	1	2	1	1

Selection of Remedy

Constitutional Remedy

Remedy: *Ignatia amara*

Potency: 30C

Dose: As prescribed

Reason:

- Ailments from grief
- Emotional sensitivity
- Weeping easily
- Timid disposition
- Suppressed emotions

Acute RemedyRemedy: *Fluoric acid* 30

Dose: Twice daily

Reason: • Indicated in alopecia and hair fall • Supports hair follicle vitality

Supportive Remedies

Ferrum phosphoricum 6X – improves nutrition and vitality

Jaborandi Q – hair growth support

Miasmatic Approach

Symptoms	Psora	Sycosis	Syphilis	Tubercular
Emotional sensitivity	✓			
Hair fall	✓	✓		
Autoimmune tendency		✓		
Recurring nature		✓		✓

Miasmatic predominance: **Psoro-sycotic****Results**

Month	Progress	Prescription
1st month	Hair fall reduced slightly, itching reduced	Ignatia 30 + Fluoric acid 30 + Ferrum phos 6X
2nd month	Dandruff reduced	Same prescription
3rd month	Hair fall further reduced	Same prescription
4th month	Fine hair growth on patches	Ignatia continued
5th month	Visible hair growth	Supportive medicines
6th month	Patch size reduced	Same
7th month	Significant regrowth	Same
8th month	Scalp almost covered with new hair	Maintenance treatment

Transformation Table

Parameter	Before Treatment	After Treatment
Hair fall	Severe	Minimal
Bald patches	Entire scalp	Almost resolved
Itching	Present	Absent
Dandruff	Moderate	Absent
Confidence	Very low	Improved
Social participation	Avoided gatherings	Normal

Discussion & Conclusion

Alopecia totalis presents significant therapeutic challenges due to its autoimmune nature and psychological impact. Conventional treatment often provides temporary results and recurrence is common.

In this case, individualized homeopathic treatment addressed both the **emotional etiology and systemic imbalance** underlying the condition.

The remedy *Ignatia amara* corresponded closely with the patient's mental-emotional state characterized by grief, emotional sensitivity, and suppressed emotions.

Over eight months, the patient demonstrated progressive hair regrowth along with psychological improvement. The case illustrates the importance of constitutional prescribing and individualized management in chronic autoimmune disorders.

The successful outcome highlights how classical homeopathic principles can lead to holistic recovery and improved quality of life.

The Transformation

Before Treatment:

- Extensive scalp alopecia
- Severe emotional distress
- Social withdrawal

After Treatment:

- Significant hair regrowth

- Improved emotional well-being
- Restored self-confidence

This case demonstrates a remarkable clinical transformation achieved at **Dr Batra's Homeopathy Clinic**.



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