



Original Research Article

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HOMEOPATHY IN HEREDITARY HAIR LOSS: A CASE APPROACH AT DR BATRA'S

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Abstract

Hair loss, particularly hereditary hair thinning, is a common problem worldwide, affecting both genders and leading to psychological distress. Conventional treatments often provide temporary relief without addressing the root cause. Homeopathy offers a holistic approach by considering genetic tendencies, scalp condition, and emotional factors. This case highlights the successful management of chronic hair fall with dryness of scalp using individualized homeopathic treatment. Over 12 months, the patient showed consistent improvement in hair density, texture, and scalp health, confirmed through AI hair analysis and clinical assessment. This paper emphasizes the role of constitutional remedies, intercurrent support, and scalp care in treating hereditary hair fall at Dr Batra's

Keywords: hair fall, homeopathy, hereditary, constitutional remedy, scalp dryness.

Introduction

Hair loss, especially androgenetic alopecia (AGA), is a common global condition affecting both men and women. Genetic predisposition, hormonal changes, poor scalp health, and nutritional deficiencies are common contributing factors [1]. Clinical signs include gradual hair thinning, scalp dryness, and patterned hair loss, often progressing over several years [2]. Beyond physical appearance, hair loss can lead to emotional distress, lowered self-esteem, and social withdrawal [3].

Conventional treatments primarily aim at hormonal control or topical stimulation but often fail to address hereditary or constitutional factors [4]. Homeopathy adopts a holistic approach by addressing the individual's genetic tendencies, scalp condition, and emotional profile through constitutional remedies. This paper presents a case study highlighting how individualized homeopathic management can help control hereditary hair fall and improve scalp health, monitored through clinical examination and AI-based hair analysis.

Case Profile

A 25-year-old single male, professionally working in an advertising agency, presented with concerns of gradual hair thinning and mild hair loss over the past 4 to 5 years. The hair fall was never severe but persistent, accompanied earlier by significant dandruff issues, which improved considerably over the last 2 years without the need for ongoing anti-dandruff treatment. The patient currently reports no dandruff or scalp itching. However, he experiences occasional mild hair fall and noticeable scalp dryness. He regularly uses Godrej Acai oil-based hair serum for dryness and is compliant with prescribed nutritional supplements.

Over the treatment span, serial scalp assessments using AI hair analysis confirmed the absence of dandruff, improved hair density, and a healthier scalp condition. The latest AI Hair Pro report on 20th July 2024 showed an AGA Male Grade 3 - M1V1 classification, with progressive improvement noted in hair density and texture. The patient underwent regular NH booster sessions, with the 16th session recently completed. Hair pull tests consistently showed no active hair fall.

Overall, the patient expresses satisfaction with his hair health and confidence levels, noting visible improvements in both hair density and scalp condition. He is advised to continue homeopathic treatment alongside nutritional support (including Nutrigood protein powder) and adequate hydration, with further focus on stress management due to ongoing work-related stress. Hair care guidance, lifestyle modifications, and regular follow-ups remain part of his long-term maintenance protocol.

Physical Generals

- **Diet:** Mixed diet
- **Appetite:** Normal

- **Cravings:** Spicy food, pasta
- **Aversions:** Raw banana, bitter foods
- **Thirst:** Normal
 - **Preference:** Normal room temperature water
 - **Quantity:** Approximately 2 liters/day (around 8-10 glasses/day)
- **Perspiration:**
 - **Quantity:** Normal
 - **Odour:** No significant odour
 - **Stains:** No staining noted
 - **Parts affected:** Back
- **Urine:** Normal
- **Stools:** Normal
- **Thermal Reaction:**
 - **General:** Thermally balanced
 - **Covering:** Moderate
 - **Bathing Preference:** Both hot and normal water
 - **Seasonal Preference:** Prefers winter season
- **Sleep:**
 - **Duration:** 6–7 hours per night
 - **Type:** Refreshing sleep
 - **Position:** Prefers sleeping on the back
- **Dreams:** Not significant or not recalled regularly

Examination

Parameter	Findings	Normal Range / Comments
Caliber	0.05–0.02 mm	(Normal: 0.01 mm to 1.2 mm)

Hair Density	20 / cm ²	(Normal: 4–24 per cm ²)
Scalp Type	Neutral	Neutral
Hair Pull Test	Nil (Negative)	Indicates minimal active hair fall
Scalp Examination	Normal	No visible lesions or abnormalities
Woods Lamp Examination	No abnormality detected	For fungal infections, pigmentation

Mental Generals –

The patient, born and brought up in Mumbai, completed their graduation in Mass Media and is currently employed at an advertising agency in Andheri. They reside with their parents, while their elder sister, who is married, lives in Canada. Their childhood was largely normal and happy, marked by good relationships within the family. Initially introverted as a child, the patient has gradually become more open and expressive over the years, though they continue to prefer calm and peaceful environments.

They generally maintain a positive attitude and are rarely prone to anger or irritability. Even when upset, they consciously attempt to stay polite and composed, with only occasional verbal snapping. The patient describes themselves as sensitive and occasionally struggles with self-doubt, though overall, their confidence remains good. There is no significant stage fear, and they tend to trust people easily. Reflecting on their life, they consider their childhood memories as their happiest moments. Their most challenging emotional phase revolves around their desire for personal freedom and independence.

Past History

N.S

Family History

Maternal Side (Males): History of hair thinning and balding.

Case analysis

Reportorial totality

MIND – SENSITIVE, oversensitive

MIND – TIMIDITY

MIND – DOUBTFUL of recovery

MIND – DISCONTENTED, dissatisfied, restless

MIND – CHILDISH behavior

MIND – QUIET, desire for

MIND – DREAMS – pleasant, agreeable

GENERALITIES – WEAKNESS, constitutional

GENERALITIES – HEREDITARY diseases

Repertory screenshot

Remedy Name	Calc	Ign	Phos	Plat	Tenax	Thu	Bar	Hib-sc
Totality	5	5	5	5	5	5	5	5
Symptom Covered	3	3	3	3	3	3	2	2
[AL] [D]Desire: Quiet:								
[AL] [C]Cheerfulness:			1					
[C] [Mind]Sensitive, oversensitive:	2	3	3	2	2	3	3	3
[LP] [Mind and Disposition]Self confidence, want of:		1				1		
[PH] [Phatak A-Z]Childish, foolish:								
[C] [Mind]Restlessness, nervousness.Tendency.Timid:	2							
[C] [Mind]Discontented, displeased, dissatisfied:	1	1	1	2	1	1	2	2
[AL] [D]Dreams: Pleasant:				1	2			

Selection of Remedy

Category	Remedy	Potency	Dose	Reason for Selection
Constitutional	Calcarea Phosphorica	200C	2 pills, once weekly (2nd and 4th week, total 2 doses)	Suited to patient’s constitution: friendly, responsible, enjoys sports, mineral remedy, prefers warmth (hot patient).
Intercurrent	Thuja Occidentalis	200C	2 pills, once weekly (1st and 3rd week, total 2 doses)	Intercurrent remedy to address inherited tendencies and clear possible suppressions.
Acute Support	Wiesbaden	30C	2 pills, every alternate day for 4 weeks	To stimulate hair growth and improve scalp health (as an acute supportive remedy).

Miasmatic Approach

Symptoms	Psora	Sycosis	Syphilis	Tubercular
MIND – SENSITIVE, oversensitive	✓			✓
MIND – TIMIDITY	✓			
MIND – DOUBTFUL of recovery (Self-doubt)	✓			
MIND – DISCONTENTED, dissatisfied, restless	✓	✓		✓
MIND – CHILDISH behavior	✓			
MIND – QUIET, desire for	✓			
MIND – DREAMS – pleasant, agreeable	✓			
GENERALITIES – WEAKNESS, constitutional	✓	✓	✓	✓
GENERALITIES – HEREDITARY diseases		✓	✓	✓

Materials and Methods

Complete repertory was used for repertorization

Month-wise Follow-up Progress Summary

Month	Progress Summary	Prescription
1st Month	Initial improvement noted. Hair fall slightly present. Scalp dry. No dandruff. Hair care advised. Blood tests pending.	Calc-P 200C, Thuja 200C, Wiesbaden 200C, Kali Sulph 6X, Sabal Serrulata Q, Thuja Q (LA oil application).
2nd Month	Hair fall stable. Scalp dry but no dandruff. Blood tests advised again. No itching or discomfort.	Calc-P 200C, Wiesbaden 200C, Kali Sulph 6X, Sabal Serrulata Q, Thuja Q (LA oil application).

3rd Month	Hair fall normal. Scalp clear. No dandruff. Woods lamp examination clear. Patient emotionally stable.	Same prescription continued.
4th Month	Hair fall reduced. Scalp texture improved. No dandruff. Density gradually improving. Nutrigood powder introduced for nutritional support.	Same prescription with addition of Nutrigood powder twice daily.
5th Month	Improvement in hair density and texture. AI hair analysis shows increase in density and overall hair score. Scalp condition stable.	Same prescription continued with dietary protein emphasis.
6th Month	Patient satisfied. Hair fall absent. Scalp and hair texture much improved. Hair booster session done. AI analysis repeated and showed improvement.	Same prescription continued.
7th Month	Patient remains symptom-free. Hair condition stable. Hair fall nil. Scalp healthy. Advised to continue homeopathy and grow hair therapy.	Same prescription maintained.
8th Month	Continued stability. Patient emotionally positive. No hair fall, no dandruff. Hair condition maintained.	Same prescription continued.
9th Month	No new complaints. Hair thickness maintained. Ongoing nutritional supplementation with protein and Nutrigood powder.	Same prescription.
10th Month	Hair density and texture stable. Patient satisfied. AI report shows maintenance of previous gains.	Same prescription.
11th Month	Hair growth, texture, and scalp condition stable. No major interventions required. Routine hair care ongoing.	Same prescription, reduced frequency as per response.
12th Month	Final assessment: Hair density improved, texture good, scalp healthy. AI photos compared and shown to patient. No hair fall or dandruff. Patient satisfied and happy with result.	Calc-P 200C (2 doses monthly), Wiesbaden 200C (alternate days), Kali Sulph 6X (alternate days), Sabal Serrulata Q (daily), Thuja Q oil (weekly application).

Discussion & Conclusion

This case highlights the management of chronic hair fall and scalp dryness in a patient with a clear family history of hereditary hair thinning. The patient presented with mild active hair fall, dry scalp, and emotional stability, but with an underlying sensitive and introverted personality profile that had shifted to a more outgoing nature over time. Scalp analysis revealed no dandruff or significant pathology, though AI-based assessments initially showed reduced density.

Through a constitutional and supportive therapeutic approach, addressing both inherited tendencies and nutritional deficiencies, gradual and consistent improvement was noted. Scalp dryness reduced, hair fall normalized, and hair density and texture improved progressively over several months. Regular AI hair assessments confirmed objective progress, while patient-reported outcomes remained positive throughout.

This case emphasizes the importance of combining constitutional care, intercurrent remedies, and supportive nutrition to address hereditary hair fall and scalp conditions effectively, leading to stable, long-term results and patient satisfaction.

The transformation



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