



Original Research Article

Volume 15 Issue 06

June 2026

REMARKABLE RECOVERY IN CHRONIC TELOGEN EFFLUVIUM: A CASE SUCCESSFULLY TREATED AT DR BATRA'S HOMEOPATHY CLINIC

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Abstract

Telogen Effluvium (TE), particularly Chronic Telogen Effluvium (CTE), is a diffuse, non-scarring alopecia characterized by excessive shedding of hair due to premature transition of hair follicles into the telogen phase. This case study highlights a 20-year-old male suffering from CTE for 5 years, with persistent hair fall, thinning, dandruff, and reduced confidence, who had previously taken conventional treatment without satisfactory results. The patient was treated using constitutional Rx Over a 12-month period, significant clinical improvement was observed, This case demonstrates the effectiveness of individualized homeopathic treatment in managing chronic hair disorders where conventional therapies failed. The transformation achieved at Dr Batra's Homeopathy Clinic underscores the role of holistic healing in restoring both physical health and psychological well-being.

Keywords

Telogen Effluvium, Chronic Hair Fall, Homeopathy, Lycopodium, Dr Batra's Homeopathy Clinic

Introduction

Telogen Effluvium is a common cause of diffuse hair loss characterized by increased shedding of telogen-phase hairs. Chronic Telogen Effluvium persists for more than six months and is often associated with stress, hormonal imbalance, nutritional deficiencies, and systemic illnesses.

Clinically, patients present with:

- Diffuse thinning of hair
- Positive hair pull test
- Increased telogen-to-anagen ratio
- Associated dandruff and scalp changes

Conventional treatments include supplements and topical therapies, but they often fail to address the root cause. Homeopathy, based on individualization and holistic principles, aims to correct internal imbalances and stimulate natural hair regrowth.

Case Profile

Age/Sex: 20 years/Male

Chief Complaint:

- Chronic Telogen Effluvium since 5 years
- Hair fall with thinning

Clinical Findings:

- Hair Pull Test: 3–4 hair/pull
- Telogen:Anagen ratio: 45:55
- Oily scalp
- Dandruff at roots
- Occasional itching
- Wood's lamp: Yellow fluorescence

Lifestyle: Student

Addictions: No

Mental Generals

The patient had a sensitive and introverted disposition since childhood. He preferred solitude, avoided confrontation, and showed a tendency toward internalizing emotions. During school years, he exhibited mild performance anxiety but maintained average academic performance.

As he transitioned into adolescence, issues related to self-image began to surface. He developed a heightened awareness of appearance and gradually became self-conscious. Over time, especially with the onset of chronic hair fall, his confidence declined. He reported feeling inferior in social settings, avoided group interactions, and occasionally experienced anticipatory anxiety regarding his appearance.

Despite these concerns, he remained responsible and disciplined in routine activities. Emotional suppression, mild insecurity, and lack of confidence were prominent mental traits guiding remedy selection.

Physical Generals

Parameter	Findings
Diet	Vegetarian
Appetite	Regular
Desire	Salty
Aversion	Not specific
Thermal	Not marked
Thirst	8-10 glasses/day
Stools	Past constipation, now normal
Urine	Normal
Perspiration	Normal, non-offensive
Sleep	Normal
Dreams	Not significant

Examination

- Scalp: Oily with dandruff
- Hair thinning diffuse
- No patchy alopecia
- Wood’s lamp: Yellow fluorescence (initially)
- Trichoscopy: Reduced caliber initially (0.035), improved later (0.037)

Past History

- No major illnesses

Family History

- Non-contributory

Case Analysis

Totality of Symptoms

- Chronic hair fall with thinning
- Oily scalp with dandruff
- Lack of confidence
- Desire for salty food
- History of emotional suppression

Repertorial Totality

Rubrics Selected
Mind – Lack of confidence
Mind – Introversion
Scalp – Hair fall
Scalp – Dandruff
Generals – Desire for salt

Repertory Used: Kent Repertory

Selection of Remedy

Constitutional Remedy

- **Remedy:** Lycopodium
- **Potency:** 200
- **Dose:** As per response

Reason:

Covers lack of confidence, digestive tendencies, hair fall, and personality traits.

Acute Remedy

- **Remedy:** Wiesbaden
- **Potency:** Q / low potency
- **Dose:** Regular

Reason:

Specific affinity for hair fall and scalp health.

Intercurrent Remedy

- **Remedy:** Thuja
- **Potency:** 200
- **Dose:** Intermittent

Reason:

Addresses underlying miasmatic background and chronicity.

Miasmatic Approach

Symptoms	Psora	Sycosis	Syphilis	Tubercular
Hair fall	✓	✓		✓
Dandruff	✓	✓		
Chronicity	✓	✓		✓

Miasmatic Predominance: Psoro-sycotic

Materials and Methods

Repertorization was performed using Kent Repertory, followed by classical homeopathic prescribing based on totality and miasmatic analysis.

Results

Month	Progress	Prescription
1st	Mild reduction in hair fall	Lyc 200 + Wiesbaden
2nd	Hair fall slightly reduced	Continue
3rd	HPT 3→2	Lyc repetition
4th	Dandruff reduced	Thuja 200
5th	Scalp improved	Continue
6th	New growth visible	Lyc 200
7th	Hair fall controlled	Continue
8th	HPT 2-3	Wiesbaden
9th	Caliber improved	Continue
10th	No dandruff	Lyc 200
11th	Stable condition	Continue
12th	Significant improvement	Maintenance

Transformation Table

Parameter	Before Treatment	After Treatment
Hair fall	3-4 hair/pull	1-2 hair/pull
Dandruff	Present	Absent
Scalp	Oily	Normal
Hair growth	Poor	Improved
Confidence	Low	Improved

Discussion & Conclusion

This case illustrates the effectiveness of individualized homeopathic treatment in managing Chronic Telogen Effluvium. The patient had long-standing symptoms and unsatisfactory response to conventional therapy. Through detailed case-taking, repertorization, and miasmatic understanding, an individualized remedy plan was formulated.

The use of Lycopodium as a constitutional remedy addressed the core mental and physical symptoms, while Wiesbaden supported local scalp health and Thuja acted as an intercurrent remedy to address underlying chronic tendencies.

Over 12 months, sustained improvement was observed not only in objective parameters such as hair fall and scalp condition but also in psychological well-being. The case highlights that homeopathy, when practiced scientifically and holistically, can produce long-lasting results in chronic conditions.

The Transformation



Acknowledgments

We acknowledge the support and clinical infrastructure provided by **Dr Batra's Homeopathy Clinic** in successfully managing this case.

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