



Original Research Article

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**ALOPECIA AREATA WITH PAINFUL SCALP BOILS: CLINICAL IMPROVEMENT
AND HAIR REGROWTH UNDER HOMEOPATHIC CARE AT DR BATRA'S®**

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Abstract

Background

Alopecia areata is a chronic autoimmune disorder characterized by patchy, non-scarring hair loss. The condition can significantly impact psychological well-being and quality of life. Coexisting inflammatory scalp conditions such as folliculitis may further aggravate symptoms and complicate management. This case report describes substantial hair regrowth and clinical improvement in a patient with alopecia areata associated with recurrent painful scalp pustules following individualized homeopathic treatment.

Case Presentation

A patient presented with patchy hair loss over the scalp for 4–5 months associated with recurrent painful pustular eruptions on the scalp. The lesions were tender, inflammatory, and recurrent in nature. Prior treatment included topical medications, injections, and other conventional therapies with unsatisfactory improvement. Clinical examination revealed multiple alopecic patches with reduced hair density and inflammatory scalp lesions.

Intervention

The patient received individualized homeopathic treatment based on the totality of symptoms. Constitutional and supportive remedies were prescribed along with dietary advice and scalp care recommendations.

Results

Within 4 months of treatment, significant hair regrowth was observed in the affected areas. The inflammatory scalp eruptions reduced markedly in frequency and intensity. No new alopecic patches developed during follow-up. The patient reported improved confidence, enhanced social interactions, and overall satisfaction with treatment outcomes.

Conclusion

This case highlights the potential role of individualized homeopathic treatment in the management of alopecia areata associated with inflammatory scalp folliculitis. Significant hair regrowth and improvement in quality of life were observed during the follow-up period.

Keywords: Alopecia Areata, Hair Regrowth, Folliculitis, Homeopathy, Quality of Life, Dr Batra's® Homeopathy

Introduction

Alopecia areata is an immune-mediated disorder resulting in patchy, non-scarring hair loss. It affects approximately 1–2% of the population during their lifetime and may present with single or multiple alopecic patches. The condition can cause considerable emotional distress due to its visible cosmetic impact.

Scalp folliculitis is characterized by inflammation of hair follicles leading to painful pustules, tenderness, and discomfort. When present alongside alopecia areata, it may worsen scalp health and negatively affect patient quality of life.

Homeopathy adopts an individualized approach by considering both local pathology and constitutional characteristics of the patient. This report presents a case demonstrating substantial improvement following individualized homeopathic management.

Case Profile

Parameter	Details
Diagnosis	Alopecia Areata
Duration	4–5 Months
Associated Condition	Painful Scalp Folliculitis
Nature of Hair Loss	Patchy Non-Scarring Hair Loss
Previous Treatment	Topical medications, injections, and conventional treatment
Follow-up Duration	4 Months

Chief Complaints

1. Patchy hair loss over the scalp for 4–5 months.
 2. Multiple bald patches progressively increasing in size.
 3. Painful pustular eruptions over the scalp.
 4. Recurrent boils and inflammatory lesions on the scalp.
 5. Reduced hair density.
 6. Psychological distress due to visible hair loss.
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Clinical Examination

Scalp Findings

- Multiple alopecic patches.
- Non-scarring hair loss.
- Painful pustular scalp eruptions.
- Inflammatory follicular lesions.
- Reduced hair density in affected areas.

Differential Diagnosis

- Alopecia Areata
 - Telogen Effluvium
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Homeopathic Evaluation

The prescription was based on:

- Characteristic scalp pathology.
- Recurrent follicular inflammation.
- Pattern of hair loss.
- Individual susceptibility.
- Totality of symptoms.

Remedies Prescribed During Treatment

- Oleander
- Calcarea Sulphurica
- Fluoric Acid
- Jaborandi
- Arnica Montana
- Wiesbaden

Differential Remedies Considered

- Thuja Occidentalis
 - Syphilinum
 - Acidum Phosphoricum
 - Acidum Fluoricum
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Treatment Objectives

1. Arrest progression of alopecia.
 2. Reduce scalp inflammation.
 3. Promote healthy hair regrowth.
 4. Prevent formation of new patches.
 5. Improve scalp health.
 6. Enhance quality of life.
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Follow-Up and Outcome

Baseline

- Active patchy hair loss.
- Painful scalp boils.
- Multiple inflammatory lesions.
- Progressive reduction in hair density.

Month 1

- Reduction in scalp pain.
- Fewer pustular eruptions.
- Improved scalp comfort.

Month 2

- Reduction in inflammatory activity.
- No major increase in patch size.
- Early signs of hair regrowth visible.

Month 3

- Noticeable regrowth in alopecic areas.
- Significant reduction in scalp boils.

- Improved hair density.

Month 4

- Marked regrowth across affected patches.
- No new alopecic lesions.
- Scalp lesions substantially resolved.
- Improved cosmetic appearance.

Clinical Outcome Assessment

Parameter	Before Treatment	After Treatment
Hair Loss	Progressive	Controlled
Alopecic Patches	Multiple Active Patches	Significant Regrowth
Scalp Boils	Frequent and Painful	Markedly Reduced
Inflammation	Severe	Minimal
New Patch Formation	Present	Absent
Hair Density	Reduced	Improved
Confidence	Poor	Improved
Social Interaction	Restricted	Improved

Health-Related Quality of Life (HRQL)

Following treatment, the patient reported:

- Improved self-confidence.
- Better social participation.
- Reduced concern regarding appearance.
- Greater satisfaction with hair growth.

- Improved emotional well-being.
- Enhanced overall quality of life.



Discussion

Alopecia areata is frequently associated with significant psychosocial burden. In this case, the presence of painful follicular inflammation further affected the patient's quality of life.

The patient had previously undergone various treatment modalities without satisfactory clinical improvement. Following individualized homeopathic treatment, a progressive reduction in scalp inflammation and substantial hair regrowth were observed over a period of four months.

The improvement was not limited to local scalp findings but extended to psychological and social well-being. The absence of new patch formation and marked reduction in inflammatory scalp lesions indicated a favorable clinical response.

Learning Points

- Alopecia areata may coexist with inflammatory scalp folliculitis.
 - Early individualized intervention may help prevent progression.
 - Improvement should be assessed through both clinical and quality-of-life parameters.
 - Hair regrowth and reduction in inflammatory lesions can occur simultaneously.
 - Patient confidence and social functioning are important outcome measures in hair disorders.
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Conclusion

This case demonstrates significant hair regrowth and reduction of painful scalp folliculitis following individualized homeopathic treatment at Dr Batra's® Homeopathy. The patient showed marked clinical improvement within four months, with no development of new alopecic patches and substantial enhancement in quality of life. The case highlights the potential value of individualized homeopathic management in patients presenting with alopecia areata associated with inflammatory scalp conditions.

Declaration of Patient Consent

Appropriate informed consent was obtained from the patient for academic presentation and publication of anonymized clinical information and photographs.

Conflict of Interest

None declared.

Funding

Nil.

Institution

Dr Batra's® Positive Health Clinic Pvt. Ltd.