



Original Research Article

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INTEGRATIVE MANAGEMENT OF FEMALE PATTERN HAIR LOSS ASSOCIATED WITH NUTRITIONAL DEFICIENCIES AND METABOLIC FACTORS: A CASE REPORT FROM DR BATRA'S® HOMEOPATHY

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Abstract

Background

Female Pattern Hair Loss (FPHL) is a chronic progressive condition characterized by diffuse hair thinning and reduction in hair density. Many patients experience worsening of hair fall after discontinuation of previous topical hair treatments, often resulting in significant emotional distress and reduced quality of life.

Keywords: Female Pattern Hair Loss, Diffuse Hair Fall, Homeopathy, Hair Thinning, Dr Batra's Homeopathy, Quality of Life.

Case Presentation

A 41-year-old female computer engineer and homemaker presented with progressive hair fall and visible hair thinning for 3 years. She reported marked aggravation of hair shedding over the preceding months following discontinuation of a previous hair treatment. The hair

fall became especially severe during hair wash and was associated with scalp itching. The patient was a known case of Type 2 Diabetes Mellitus for 10 years.

Laboratory investigations revealed:

- Hemoglobin: 11.5 g/dL
- HbA1c: 5.9%
- Vitamin B12: 246 pg/mL
- Serum Iron: 39 µg/dL
- TSH: 2.89 mIU/L

Mental-emotional profile revealed an ambitious, emotionally sensitive personality with strong desires for financial independence and professional growth. She expressed dissatisfaction regarding career sacrifices made after marriage and frequently experienced irritability, preferring silence when upset.

Intervention

An individualized homeopathic prescription was selected based on the totality of mental, emotional, and physical symptoms. Nutritional deficiencies were identified and addressed through dietary counselling and supplementation guidance.

Results

Within follow-up, the patient reported approximately 50% reduction in hair fall. Scalp itching resolved, dandruff remained absent, and progressive stabilization of shedding was observed. Hair density showed improvement and no further aggressive shedding episodes were reported. Overall wellbeing and confidence improved significantly.

Conclusion

This case highlights the potential role of individualized homeopathic treatment in managing chronic female pattern hair loss associated with rebound shedding, nutritional deficiencies, and emotional stress factors. Improvement was observed in hair fall, scalp health, and quality of life.

