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## SUCCESSFUL MANAGEMENT OF ALOPECIA AREATA IN AN ADOLESCENT GIRL USING INDIVIDUALIZED HOMEOPATHIC TREATMENT AT DR BATRA'S®

**Dr Shaheena Kadri**

Homeopathic Consultant, JLT Clinic Dubai Branch

Dr Batra's Positive Health Clinic Pvt. Ltd.

Qualification: MD Hom (Lon), BHMS (Mum) ACC (USA)

Email ID: [drshaheena.kadri@drbatras.com](mailto:drshaheena.kadri@drbatras.com), Mobile: 71527561886

### Abstract

#### Background

Alopecia Areata (AA) is a chronic autoimmune disorder characterized by non-scarring patchy hair loss. Emotional stress is considered one of the important triggering factors in susceptible individuals. Conventional therapies often provide temporary benefit and may be associated with relapses. Homeopathy aims to address the individual as a whole, considering both physical pathology and emotional causative factors.

#### Case Summary

A 14-year-old female presented to Dr Batra's® Homeopathy with sudden onset Alopecia Areata involving multiple scalp patches. The condition was preceded by significant emotional stress related to migration, bullying at school, and disappointment in a personal relationship. Clinical examination revealed multiple alopecic patches with active hair fall and a positive hair pull test. Individualized homeopathic treatment with Natrum Muriaticum and Fluoric Acid was prescribed based on the totality of symptoms.

#### Outcome

Within three months, active hair fall reduced significantly, no new patches developed, and substantial hair regrowth was observed in previously affected areas. The patient also reported improvement in emotional wellbeing and menstrual regularity.

#### Keywords

Alopecia Areata, Homeopathy, Natrum Muriaticum, Fluoric Acid, Emotional Stress, Adolescent Hair Loss, Dr Batra's® Homeopathy

## Introduction

Alopecia Areata is an autoimmune condition characterized by sudden, non-scarring hair loss affecting the scalp and other hair-bearing areas. Psychological stress, emotional trauma, genetic susceptibility, and immune dysregulation are recognized contributing factors.

The disease can have a profound psychological impact, especially in adolescents, leading to low self-esteem, social withdrawal, anxiety, and reduced quality of life.

Homeopathy offers an individualized therapeutic approach by considering the patient's physical symptoms, emotional state, personality traits, and triggering factors.

This paper presents a case of Alopecia Areata successfully managed at Dr Batra's® Homeopathy through individualized constitutional prescribing.

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## Case Profile

Parameter-	Details
Age	14 Years
Gender	Female
Occupation	Student (Grade 10)
Diagnosis	Alopecia Areata
Duration	Approximately 2 months
Associated Illnesses	Atopic Dermatitis, Asthma
Previous Treatment	Topical Steroids (Halox, Tacrolimus)
Family History	Non-contributory

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## Chief Complaints

- Sudden onset patchy hair loss.
- Multiple alopecic patches on scalp.
- Active hair shedding.
- Oily scalp.

- Positive hair pull test (5 hairs/pull).
  - Emotional distress regarding appearance.
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### **History of Present Illness**

The patient developed sudden patchy hair loss approximately two months prior to consultation.

The condition appeared following a period of emotional stress involving:

- Migration from Delhi to Dubai.
- Difficulty adjusting to a new school environment.
- Bullying by peers.
- Emotional disappointment in a personal relationship.

Hair loss progressed rapidly with development of multiple scalp patches.

The patient had been prescribed topical steroid preparations by a dermatologist but showed limited improvement.

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### **Menstrual History**

- Menarche at 10 years.
  - Early puberty.
  - Irregular menstrual cycles initially.
  - Long duration menstrual flow.
  - Improvement observed during treatment.
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### **Mental and Emotional Profile**

#### **Significant Mental Generals**

- Sensitive and emotional.
- Ailments from disappointment in love.
- Cries when alone.
- Dislikes sympathy and consolation.

- Introverted and reserved.
- Tends to isolate herself from family.
- Anxiety regarding appearance and future.
- Takes things deeply to heart.
- Mood fluctuations.
- Easily hurt by criticism.

### **Stress Factors**

- School bullying.
- Migration-related adjustment issues.
- Peer pressure.
- Emotional disappointment.
- Academic stress.

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### **Physical Generals**

<b>Parameter</b>	<b>Observation</b>
Appetite	Normal
Thirst	Decreased
Desire	Salty food
Perspiration	Scanty
Thermal State	Hot patient
Sleep	Unrefreshing
Scalp	Oily
Menses	Initially irregular

## **Clinical Examination**

### **Baseline Findings**

- Multiple alopecic patches over scalp.
- Positive Hair Pull Test (5 hairs/pull).
- Active hair fall.
- Oily scalp.
- No scarring.
- No secondary infection.

### **Totality of Symptoms**

1. Ailments from disappointment in love.
2. Emotional and sensitive disposition.
3. Weeping alone.
4. Aversion to consolation.
5. Desire for solitude.
6. Anxiety and excessive worrying.
7. Desire for salt.
8. Decreased thirst.
9. Alopecia Areata after emotional stress.
10. Hair fall aggravated by emotional disturbances.

### **Repertorial Consideration**

Important rubrics considered:

- Mind – Ailments from disappointed love.
- Mind – Weeping alone.
- Mind – Reserved disposition.
- Mind – Anxiety.
- Mind – Sensitive nature.
- Generals – Desire for salt.
- Hair – Falling of hair after grief.

- Hair – Alopecia Areata.

### **Remedy Selection**

#### **Constitutional Remedy**

##### **Natrum Muriaticum**

Selected on the basis of:

- Ailments from grief and disappointment.
- Reserved personality.
- Weeping in solitude.
- Aversion to consolation.
- Sensitive emotional nature.
- Desire for salty food.
- Hair loss following emotional shock.

#### **Acute / Organ Remedy**

##### **Fluoric Acid**

Selected for:

- Active hair loss.
- Alopecia Areata.
- Promotion of hair regrowth.
- Follicular stimulation.

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### **Follow-Up and Progress**

#### **Follow-Up Date Clinical Status**

April 2026      No new patches. Early regrowth visible.

May 2026      Hair fall reduced. Patch filling noted.

June 2026      Significant regrowth. No fresh patches. Overall health improved.

## **Outcome Assessment**

### **Hair Fall**

✓ Markedly Reduced

### **New Patch Formation**

✓ Absent

### **Hair Pull Test**

✓ Improved

### **Hair Density**

✓ Improved

### **Emotional Wellbeing**

✓ Improved

### **Menstrual Regularity**

✓ Improved



## **Discussion**

This case demonstrates the importance of individualized homeopathic prescribing in Alopecia Areata. The patient's emotional history played a pivotal role in remedy selection.

Natrum Muriaticum corresponded closely with the patient's constitutional makeup, particularly her history of emotional disappointment, reserved nature, tendency to cry alone, and aversion to sympathy.

Fluoric Acid was utilized as an organ-supportive remedy targeting active hair loss and follicular recovery.

The favorable clinical response included cessation of disease progression, prevention of new patch formation, and visible hair regrowth within a relatively short duration.

### **Conclusion**

This case highlights the successful management of Alopecia Areata at Dr Batra's® Homeopathy using individualized constitutional treatment.

Homeopathic intervention not only improved hair growth and disease stability but also addressed the emotional factors underlying the condition. The case demonstrates the potential role of individualized homeopathic treatment in the holistic management of Alopecia Areata in adolescents.

### **Learning Points**

- Emotional stress can be a significant trigger for Alopecia Areata.
- Individualized homeopathic prescribing should consider emotional causative factors.
- Natrum Muriaticum remains an important remedy in cases of hair loss following grief, disappointment, or emotional suppression.
- Early intervention may help arrest disease progression and support hair regrowth.
- Holistic treatment can improve both physical and psychological wellbeing.

### **Declaration of Patient Consent**

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

### **Conflict of Interest**

None declared.

### **Funding**

Nil.

### **Institution**

Dr Batra's® Positive Health Clinic Pvt. Ltd