



Original Research Article

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TRICHOTILLOMANIA: COMPLETE HAIR REGROWTH FOLLOWING INDIVIDUALIZED HOMOEOPATHIC TREATMENT – A CASE REPORT AT DR BATRA'S

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Abstract

Trichotillomania is a chronic impulse-control disorder characterized by recurrent hair pulling resulting in noticeable hair loss and significant psychosocial distress. Conventional treatment often involves behavioral therapy and psychiatric medications, with variable outcomes. This case describes a 29-year-old female suffering from trichotillomania for 10 years with recurrent hair pulling, severe scalp itching, progressive hair loss, and emotional disturbances. Following individualized homoeopathic treatment based on constitutional characteristics and life-space analysis, the patient demonstrated progressive reduction in hair-pulling behavior, restoration of hair growth, and complete remission within 9 months, which was maintained during follow-up.

Keywords: Trichotillomania, Hair Pulling Disorder, Homoeopathy, Sepia, Alopecia, Case Report

Introduction

Trichotillomania (Hair Pulling Disorder) is characterized by recurrent irresistible urges to pull out one's own hair, leading to visible hair loss. Emotional stress, anxiety, unresolved grief, suppressed emotions, and psychosocial conflicts frequently act as triggering and maintaining factors. The condition significantly affects self-esteem, social confidence, and quality of life.

- Third delivery by LSCS (2023)
- Menstrual cycles regular
- Normal flow for 3–4 days

Personal History

Parameter	Findings
Appetite	Normal
Thirst	Decreased
Water Preference	Cold water
Perspiration	Profuse, scalp and face
Sleep	Refreshing
Dreams	Journey, Misfortune
Aversion	Butter, Curd
Thermals	Ambithermal

Family History

- Father – Arthritis
- Mother – Arthritis
- Brother – IBS
- Sister – Angina Pectoris

Life Space & Mental Generals

Family Background

Patient belongs to a large joint family with approximately 17 members residing together.

- Husband employed in private sector
- Good marital relationship

Remedies	coff.	ign.	bell.	lach.	nat-m.	staph.	ars.	sulph.	tarent.	tub.	hyos.	aur.	plat.	cimic.	ph-ac.	acon.	aur-n-n.	aur-s.	bufo
Serial Number	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
Symptoms Covered	3	3	3	3	3	3	3	3	3	3	2	2	2	2	2	2	2	2	2
Intensity	7	7	6	6	6	5	4	4	4	4	6	5	5	4	4	3	3	3	3
Result	3/7	3/7	3/6	3/6	3/6	3/5	3/4	3/4	3/4	3/4	2/6	2/5	2/5	2/4	2/4	2/3	2/3	2/3	2/3
Clipboard 7																			
MIND - PULLING - hair - desire to pull - her own hair		1	2	1		1	2		1	1									
MIND - AILMENTS FROM - love; disappointed	2	4	2	2	4	3		1	1	1	3	3	3	2	3	1	2	2	2
MIND - CHEERFUL	3	2	2	3	1	1	1	2	2	2	3	2	2	2	1	2	1	1	1
MIND - INDECISION																			
MIND - WEEPING - anger - during	2				1		1	1											

Prescription

Constitutional Remedy

Sepia 200C

Basis of Prescription

- Emotional suppression
- Irritability from family responsibilities
- History of grief and disappointment
- Hair complaints aggravated after pregnancies
- Indifference during stress phases
- Hormonal background

Acute Support

Wiesbaden 30

For hair nutrition and support of follicular activity.

Local Support

Jaborandi Q

External application.

Health Related Quality of Life (HRQL)

Before treatment:

- Constant urge to pull hair
- Visible hair loss
- Social embarrassment
- Reduced confidence
- Emotional distress

After treatment:

- Complete cessation of hair-pulling episodes
- Restoration of hair density
- Improved self-image
- Greater emotional resilience
- Improved family and social interactions



Discussion

This case demonstrates the importance of addressing underlying emotional conflicts in trichotillomania. The patient's long-standing suppressed grief following a failed relationship, combined with subsequent domestic responsibilities and childcare stress, appeared to contribute significantly to the maintenance of compulsive hair-pulling behavior.

The individualized prescription of Sepia based on constitutional characteristics and emotional state was followed by gradual reduction in compulsive urges, normalization of scalp health, and complete regrowth of hair. The improvement remained sustained throughout follow-up.

