

Original Research Article

Volume 12 Issue 2

March-April 2023

A MINOR REMEDY WITH MAJOR RESULTS – ROLE OF VINCA MINOR IN ALOPECIA AREATA – A CASE STUDY OF SUCCESSFUL TREATMENT OF PROGRESSIVE ALOPECIA AREATA WITH FOLLOW UP OF 24 MONTHS

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Abstract

Background: Alopecia areata is an autoimmune disorder that causes hair to come out, often in clumps the size and shape of a quarter. The amount of hair loss is different in everyone. Some people lose it only in a few spots. Others lose a lot. Sometimes, hair grows back but falls out again later. In others, hair grows back for good. The standard conventional management with corticosteroids is reported to have severe adverse effects which add to the permanent scarring or cicatricial alopecia of the patches. In this scenario it is prudent to explore the role of alternative medicines in the management of such autoimmune disorders like Alopecia areata.

Methods: A case of A.A. treated with Individualized Homoeopathic medicine Silicea and specific medicine vinca minor is presented here. The case was followed-up with documentation of symptoms, recurrences and photographs with the patient consent. The case reporting is done according to the HOM-CASE guidelines, extension of CARE guidelines.

Results: The lesions resolved within 18 months of Homoeopathic treatment. No adverse events were reported during the course of treatment. No recurrence was seen even after 12 months of treatment.

Conclusion: The present case report shows that Alopecia Areata responds well to Homoeopathic treatment and there was 'complete remission on therapy' as per Definition of Alopecia areata. further research is needed to explore more beneficial effects of Vinca minor.

INTRODUCTION

Alopecia areata is an autoimmune disorder that causes hair to come out, often in clumps the size and shape of a quarter. The amount of hair loss is different in everyone. Some people lose it only in a few spots. Others lose a lot. Sometimes, hair grows back but falls out again later. In others, hair grows back for good.

There are different types of this condition. Alopecia areata is most common in its main form, but there are other, more rare types:

- **Alopecia areata totalis** means you've lost all the hair on your head.
- **Alopecia areata universalis** is the loss of hair over your entire body.
- **Diffuse alopecia areata** is a sudden thinning of your hair rather than lost patches.
- **Ophiasis alopecia areata** causes hair loss in a band shape around the sides and back of your head.

In alopecia areata, the immune system mistakenly attacks hair follicles, causing inflammation. Researchers do not fully understand what causes the immune attack on hair follicles, but they believe that both genetic and environmental (non-genetic) factors play a role. Other research has found that many people with a family history of alopecia areata also have a personal or family history of other autoimmune disorders, such as atopy, a disorder characterized by a tendency to be hyperallergic, thyroiditis, and vitiligo

Methods: A case of Alopecia Areata treated with Individualized Homoeopathic medicine Silicea and specific medicine Vinca minor is presented here. The case was followed-up with documentation of symptoms, recurrences and photographs with the patient consent to see whether there was any relapse. Photographs were taken before, during and after treatment with the consent of the patient, considering the use of data for future publication. The clinical improvement was assessed the case reporting is done according to the HOM-CASE guidelines, extension of CARE guidelines.

Case summary

14 yrs old male, student of class 8th came with a history of Alopecia areata which started 1 yr ago with scalp and left-eyebrow patches, he has been shown to allopathic doctors and taken kenocort injections which resulted in regrowth of hair followed by again relapse of the problem so the parents came to our clinic to seek permanent relief of their Son's agony, he was a young child and was teased by his friends for his looks. he is staying with parents and grandparent, young sister, he is more attached to his father, he wants to be alone due to his disease though he has a big friend circle and mixes up easily with friends, he gets angry easily and expresses anger .he is sensitive to noise. he is average in studies and aims to be an engineer, hobbies playing games on mobile phone , likes to watch cartoon program, he is emotional ,weeps easily, in front of others . fear from pointed objects like pin, likes ice creams, cold drinks. Thermally he is chilly, drinks large quantity of water .He is easily nervous when going anywhere outside or for going exam.. There is itching on scalp patches and he keep son touching them

Past history – nothing significant , no H/o allergy

Family h/o – Mother - Hypothyroidism

Craving – paneer, bitter things ,curd

Aversion – Nothing Specific

Perspiration on neck ,on head, sleep sound

Thermally – towards chilly

Investigations done serum IgE 35.1 , Vit B12 – 396 , Vit d – 18.74 (oct 2020)

Analysis and evaluation of the case according to Homoeopathic principles

Analysis of the case was done according to Kent's Philosophy [10] in to general symptoms, particular symptom and common symptoms as follows:

RUBRICS TAKEN :-

MIND weeping easily

MIND sensitive noise to

MIND anxiety ,anticipation from

GENERALS,food and drinks- cold drink,cold water

STOMACH,thirst,extreme

HEAD-hair falling,spots in

MIND,fear-pins,of

Remedies :-

Silicea-8/17

Nat mur-8/15

Ars alb-7/14

Lyco-7/12

Calc-6/14

Repertorisation was done using RADAR software with synthesis repertory. The first 4 remedies on repertorisation were *Silicea*, *Natrum mur*, *Ars alb* and *Lycopodium*. The patient was thermally chilly. So the chilly remedies *lyco* and *Ars alb* which were of higher ranks in the repertorisation chart were excluded. *Silicea* was selected based on the characteristic symptoms of the patient viz. chilly, fear from pin pointed things, desire for cold drinks ,ice cream, thirsty, anxiety – anticipation from; after consulting Literatures on Homoeopathic Materia Medica. [12, 13]

Repertorisation Sheet No. 1

		sil.	nat-m.	ars.	lyc.	calc.	apis	med.	alum.	thuj.	chin.	phos.	caust.	merc.	bell.	sep.	graph.	puls.	arg-n.	carb.
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
		8	8	7	7	6	6	6	6	6	5	5	5	5	5	5	5	5	5	5
		17	15	14	12	14	10	10	8	8	13	13	12	12	11	11	10	10	9	9
1. Clipboard 1																				
▶ 1. MIND - WEeping - easily	(52) 1	1	2		1	2		1	1	1	1		3		2	2		3	1	
▶ 2. MIND - SENSITIVE - noise, to	(255) 1	3	2	2	2	2	1	2	1	1	3	2	2	2	3	3	3	2	2	2
▶ 3. MIND - ANXIETY - anticipation; from	(80) 1	2	3	2	2			2		2								1	2	
▶ 4. GENERALS - FOOD and DRINKS - col...	(276) 1	1	1	3	2	2	1	2	2	2	3	3	2	3	2	2	2	1	2	1
▶ 5. STOMACH - THIRST - extreme	(242) 1	3	3	3	2	3	2	2	1	1	3	3	3	3	2	2	2	1	3	2
▶ 6. HEAD - PERSPIRATION of scalp	(150) 1	3	1	1	2	3	2	1		1	3	3	2	3	2	2	2	3		2
▶ 7. HEAD - HAIR - falling - spots, in	(29) 1	1	2	2	1	2	2		1		2						1			
▶ 8. MIND - FEAR - pins; of	(12) 1	3	1	1			2		2					1						

Followups:-

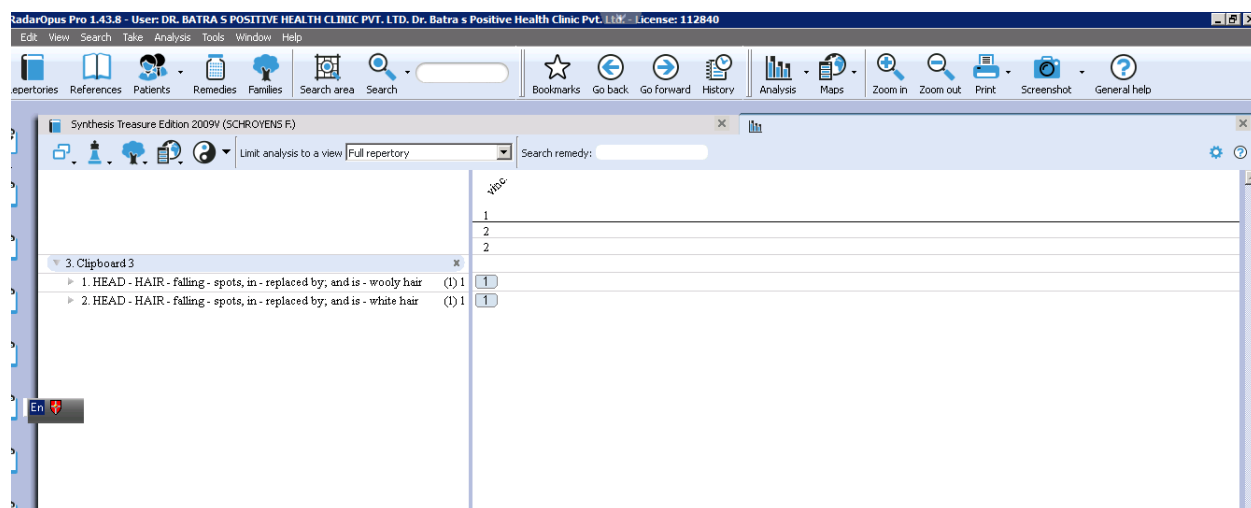
First prescription on 27/11/2020 – Silicea 200 – 2 dose od , sac lac and Jaborandi Q to apply locally on patches daily

Date	Notes	Prescription
25-Dec-20	no new patches, hair fall is there from scalp, itching mildly reduced	Sac lac bd, Jab Q la
26-Jan-21	Patches Are Still On Progression Older Patches Are Increasing In Size No Other Issues No Growth In The Patches Sunlight Amel Coldness Feeling (Chilled) Sensation Below Knee Mainly On Left Leg Loss Of Sensation On The Patches	Silicea 200 2 dose – first week, sac lac, jab Q for LA
25-Feb-21	patches are stable,no new patches, hair fall still, cold feeling sensation ,no itching	Flouric acid 200 bd ,sac lac, jab Q for LA
26-Mar-21	Pt Is Not Better, There Are Multiple Alopecia Patches On Scalp Around 5-6 And It Is Going In Universalis - Eyebrows, Eyelashes Are Going, Hair Fall Is There In Washing, Combing No Fam H/O - Dm Thyroid - Nad - As Per Father Noticed	Sac lac, Jab Q la

	First Patch On June 2015 And Took Allopathic Treatment	
28-Apr-21	patches are stable,no new patches,hair fall still,cold feeling sensation ,no itching	sac lac, Jab Q la
26-May-21	Hair Fall Is Too Much , In Hair Pull - 2-3 Are Coming No New Patches But There is no Growth Seen Though The Patches are Not Smooth	Flouric acid 200 bd ,sac lac,jab Q for LA
25-Jun-21	Hair Fall Is Less Than Last Time , No Itching Started With Iron Supplements (hemfer) Bd No Patches Are Smooth - There Is Little Growth all over No Other Physical Problem Sleep -Sound	Sac lac, Jab Q la
23-Jul-21	,patches are still on progression, increase patches, no itching, hair fall moderate, no other physical problem	Flouric acid 200 bd ,sac lac,jab Q for LA
24-Aug-21	patches are same, no new growth of patch, hair are coming which are very fine easily fall out and there is regrowth but they fall	Vinca minor 30 BD ,sac lac, jab Q
26-Sep-21	No new patches, hair fall reduced, no itching	Vinca minor 30 BD ,sac lac, jab Q
25-Oct-21	condition is stable, no new growth	Vinca minor 30 BD ,sac lac ,jab Q
27-Nov-21	hair is coming, hairfall reduced	Silicea 1 M, sac lac ,jab Q
26-Dec-21	alopecia patches start covering by hair, hair fall stable, condition stable	Vinca minor 30 BD ,sac lac ,jab Q
25-Jan-22	condition is stable, no new growth	Vinca minor 30 BD ,sac lac, jab Q
27-Feb-22	hair growth increased ,patches start covering, no itching	Vinca minor 30 BD ,sac lac, jab Q
28-Mar-22	hair patches are stable, no hair fall, no itching	Silicea 1 M, sac lac , jab Q
26-Apr-22	stable condition, no new patches	Vinca minor 30 BD ,sac lac ,jab Q
28-May-22	condition is stable ,no new patches, alopecia patches covered by hair, no itching	Vinca minor 30 BD ,sac lac,jab Q

26-Jun-22	stable condition, no new patches	Vinca minor 30 BD ,sac lac,jab Q
25-Jul-22	alopecia patches covered by fine hair, eyebrows are filled no hair fall.	Sac lac, Jab Q la
23-Aug-22	hair filling start in eyebrows, no new alopecia patches ,regrowth of hair	Vinca minor 30 BD ,sac lac,jab Q
24-Sep-22	regrowth of hair in alopecia patches,eyebrows are also started filled up,hair fall control,no new patches	Sac lac, Jab Q la
26-Oct-22	no new alopecia patches,consisting patches are covered by hair,no hair fall,hair regrowth is good	Sac lac, Jab Q la
24-Nov-22	alopecia patches covered by fine hair,eyebrows are filled no hair fall.	Sac lac, Jab Q la

Repertorisation no. 2

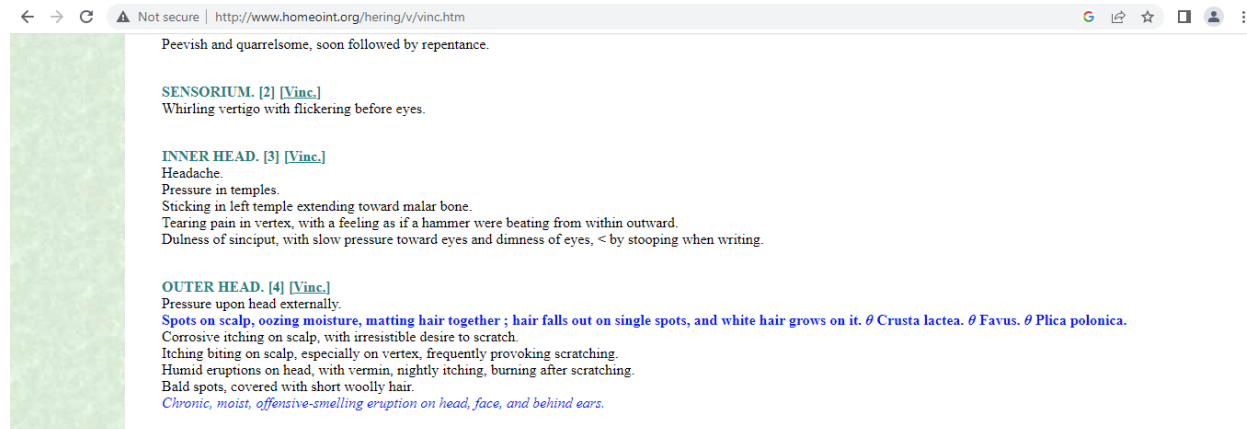


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A MINOR REMEDY WITH MAJOR

RESULTS – ROLE OF VINCA MINOR IN ALOPECIA AREATA – A CASE STUDY OF SUCCESSFUL TREATMENT OF PROGRESSIVE ALOPECIA AREATA WITH FOLLOW UP OF 24 MONTHS

The Guiding Symptoms Of Our Materia Medica by Constantine Hering , Vinca Minor



Pictures of the patients

27/11/2020





March 2021



During treatment, 2 mths after starting Vinca minor October 2021





Nov 2022



Conclusion :- The patient was given proper constitutional with little /no benefits , hair fall was not under control and growth was also minimal , case was reviewed again and again

reached to same constitutional medicine , silicea , the potency was also raised to 1m but no avail then the treating physician noticed one peculiar thing that the **hair which were coming in patches were wooly types and also were white** then again help of repertory , this rubric was found – Head>hair fall>spots>replaced by wooly hair , white hair and only one remedy was mentioned in Synthetic repertory i.e Vinca minor . so the pt was put on vinca minor 30 BD and miraculously his hair started growing rapidly and within 8-10 weeks all his patches were completely filled and then Silicea was also given every 12 weeks and pt was completely recovered and continues to do so

Vinca minor (common names lesser periwinkle or dwarf periwinkle) is a species of flowering plant in the dogbane family, native to central and southern Europe, from Portugal and France north to the Netherlands and the Baltic States, east to the Caucasus, and also southwestern Asia in Turkey. Other vernacular names used in cultivation include small periwinkle, common periwinkle, and sometimes in the United States, myrtle or creeping myrtle. *Vinca minor* contains more than 50 alkaloids, including vincamine.

Other alkaloids

include reserpine, reserpinine, akuammicine, majdine, vinerine, ervine, vineridine, tombozine, vincamajine, vincanine, vicanidine, vincamone, apovincamine, vincaminol, desoxyvincaminol, vincorine and perivincine.

Vinpocetine (brand names: Cavinton, Intelectol; chemical name: ethyl apovincamate) is a semisynthetic derivative alkaloid of vincamine.

Conflict of Interest Statement

The authors declare that there is no conflict of interest.

Funding

The authors received no financial support for the research, authorship and/or publication of this article.

Informed consent

Written informed consent was obtained from the patient prior to publication.

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