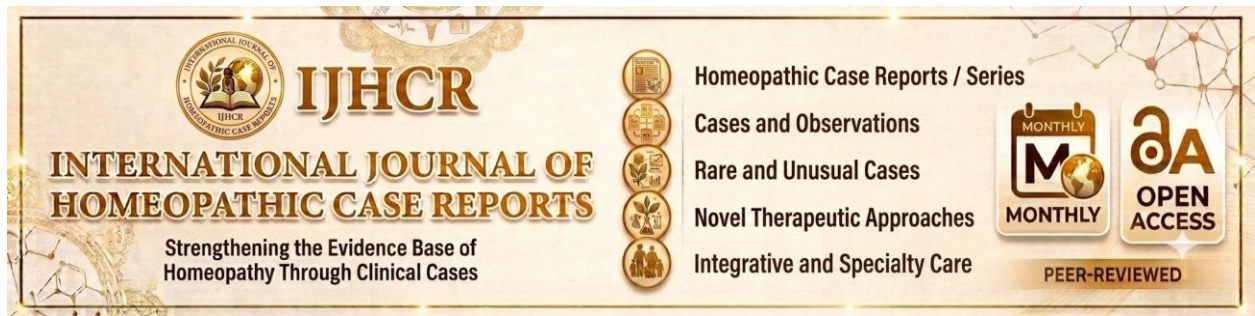




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Individualized Homeopathic Management of Patchy Hair Loss in a Young Male Student: A Case Report

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Abstract

Background

Patchy hair loss is a clinically distinct presentation requiring assessment of the distribution and morphology of hair loss along with scalp symptoms, associated complaints, nutritional status and psychosocial impact. A detailed individualized case record can help document the clinical course and treatment response.

Case Presentation

A **22-year-old male student** presented with a **single patch of hair loss over the left temporal region**, approximately **2 cm in size**, with broken hairs and thinning. The complaint had been present for approximately **15 days** at the initial presentation. The scalp was dry and flaky, with severe dandruff, itching and mild eruptions. Daily hair fall was approximately 10–15 strands.

The patient had a history of recurrent cold and cough and oily facial skin with blackheads and whiteheads since adolescence. Investigations showed **low ferritin and vitamin B12**, for which nutritional supplementation was advised.

The mental-general profile was characterized by an **extroverted and sociable personality**, preference for groups and parties, anxiety while handling responsibilities due to lack of

confidence, easy worrying over trivial matters, emotional sensitivity with easy weeping, and recent concern regarding the patchy hair loss and its future implications.

Based on the recorded constitutional assessment, **Lycopodium** was selected as the constitutional remedy.

During follow-up, the patch remained initially stable, followed by the appearance of new hair growth. Subsequent visits documented continued regrowth and progressive improvement of the patchy hair loss.

Conclusion

This case illustrates an individualized approach to a young patient with patchy hair loss, integrating local scalp symptoms, physical generals, nutritional findings and mental characteristics. The supplied follow-up records document progressive hair regrowth and improvement over the observation period.

Keywords: Patchy hair loss; alopecia areata; scalp itching; dandruff; Lycopodium; constitutional prescribing; hair regrowth.

Introduction

Patchy hair loss in young individuals can have a significant psychological and social impact. Clinical assessment should document the location, size and evolution of the patch, hair-pull findings, scalp symptoms and associated systemic or nutritional factors.

In the present case, a young male student presented with a **localized temporal patch of hair loss associated with dry, flaky scalp, dandruff and itching**. The complaint subsequently showed progressive improvement with the treatment documented in the case record.

Patient Information

Parameter	Details
Age	22 years
Sex	Male
Occupation	Student
Education	B.A. LL.B., 1st year
Part-time occupation	Event management
Chief complaint	Patchy hair loss
Location	Temporal region
Initial patch size	Approximately 2 cm
Associated scalp symptoms	Dryness, flaking, severe dandruff, itching
Daily hair fall	Approximately 10–15 strands
Constitutional remedy	Lycopodium

Chief Complaint

Patchy hair loss over the temporal region

The patient presented with a localized patch of hair loss.

Initial clinical description

- Single patch
- Approximately **2 cm**
- Temporal region
- Broken hairs
- Hair thinning
- Mild itching
- Dry, flaky scalp
- Severe dandruff
- Mild scalp eruptions

The patient reported approximately **10–15 loose hairs per day**, described as otherwise normal hair fall.

Associated Complaints

Recurrent respiratory complaints

- Recurrent cold and cough

Facial skin

- Oily facial skin
- Blackheads
- Whiteheads
- Present since teenage years

Past treatment

No previous specific treatment for the hair-loss complaint was documented initially.

Investigations and Nutritional Assessment

The case record documented:

- **Low ferritin**
- **Low vitamin B12**

The patient was advised:

- Autrin capsule
- Vitamin B12 supplementation/injection
- Nutrigood powder

These nutritional interventions were continued as part of the management documented in the follow-up records.

6. Physical Generals

Parameter	Finding
Appetite	Normal
Cravings	Chicken, chocolates, cold drinks
Food preference	Mixed
Thirst	Decreased
Thermal state	Chilly
Covering	Thick
Bathing	Seasonal
Seasonal preference	All
Air conditioning/fan	Both preferred
Perspiration	Profuse
Perspiration	Over scalp
Sleep	Approximately 6 hours
Sleep quality	Restful
Stool	Regular but hard; requires pressure
Urine	Normal

Mental Generals

The detailed life-space assessment revealed:

Social disposition

- Extroverted
- Likes being in groups
- Enjoys parties and spending time with friends
- Likes to hang out with friends

Emotional characteristics

- Emotionally sensitive
- Easily weeps when things do not go according to him

- Limited sharing of feelings

Anxiety and confidence

- Anxiety while handling responsibilities
- Feels this is related to lack of confidence
- Worries easily over trivial matters
- Takes stress over relatively small issues
- Takes time to make decisions depending on the situation

Current emotional concern

The patient had developed increased stress during the preceding week because of:

Patchy hair loss and concern regarding his future.

Family and Life-Space History

Family structure

The patient belongs to a nuclear family.

- Father – government employee
- Mother – homemaker
- One elder brother
- One elder sister

Childhood

- Childhood described as good
- Average academic performance

Education

- Pursuing B.A. LL.B.
- First year
- Shri Ram College, Jabalpur

Work

Alongside his studies, he works part-time in **event management**.

His work involves event-related activities and travel, with occasional occupational stress.

Personality Profile

The patient's personality can be summarized as:

Extroverted → group-oriented → sociable → emotionally sensitive → easily worried → low confidence regarding responsibilities → easily affected by trivial matters → easy weeping → decision-making takes time.

The patient enjoys:

- Parties
- Spending time with friends
- Social interaction
- Group activities

Chief Complaint

Parameter	Finding
Location	Temporal region
Number	Single patch initially
Size	~2 cm
Sensation	Mild itching
Scalp	Dry and flaky
Dandruff	Severe
Associated lesion	Mild scalp eruption
Hair fall	10–15 strands/day
Hair quality	Broken hairs and thinning in patch
Initial course	Stable in size
Major recent concern	Stress regarding hair loss

Totality of Symptoms

Particulars

Patchy hair loss – temporal region – single patch – ~2 cm

Associated scalp symptoms

Dry scalp + flaky scalp + severe dandruff + itching + mild scalp eruption

Physical generals

Chilly + thick covering + decreased thirst + profuse scalp perspiration

Gastrointestinal

Hard stool requiring pressure

Mental generals

Extroverted + desire for company + anxiety regarding responsibilities + lack of confidence + easily worried + emotional + easy weeping + stress over trivial matters

Current emotional trigger

Concern regarding patchy hair loss and future.

Homeopathic Treatment Plan

Sr. No.	Category	Remedy	Rationale
1	Constitutional	Lycopodium	Constitutional remedy selected based on the documented mental-general picture
4	Supportive/nutritional management	Iron/B12/nutritional supplementation	Low ferritin and vitamin B12 documented

Constitutional prescription

LYCOPODIUM

The supplied case record identifies **Lycopodium** as the constitutional remedy.

The constitutional assessment was based particularly on the patient's:

- Anxiety while handling responsibilities
- Lack of confidence
- Easy worrying
- Emotional sensitivity
- Easy weeping
- Extroverted/social nature
- Desire for company
- Mental stress related to his hair condition

Clinical Reasoning Flow

Young male with localized patchy hair loss



Single temporal patch ~2 cm



Broken hairs + thinning



Dry, flaky scalp + severe dandruff + itching



Chilly + thick covering



Profuse perspiration over scalp



Hard stool requiring pressure



Extroverted + group-oriented



Anxiety with responsibilities + lack of confidence



Easy worrying + emotional sensitivity + easy weeping



Lycopodium – Constitutional Prescription

Follow-up and Clinical Course

Initial presentation

- Patchy hair loss
- Temporal region
- Approximately 2 cm
- Dry and flaky scalp
- Severe dandruff
- Mild itching
- Mild scalp eruption
- Hair fall 10–15 strands/day
- Low ferritin and vitamin B12 identified

04/05/2024

- Patch stable in size
- Hair fall reduced

- Mild itching
- **Mild hair regrowth seen**
- No new patch reported
- Continued nutritional support

01/06/2024

- Patch stable
- Itching mild
- Hair fall approximately 5–10 strands
- Sleep and bowel habits satisfactory

06/07/2024

- **Small growth of hair visible in the patch**
- Diet and sleep satisfactory

24/07/2024

- History documented as approximately 1 year
- Few new small patches reported
- Itching constant
- Hair fall described as normal
- Patient reported stress regarding the patch
- Occupational stress noted

03/08/2024

- Hair growth beginning in alopecia patches
- Peripheral/outer area remained without hair
- No major deterioration documented

07/09/2024

- **Growth in the middle of the patch**
- Continued nutritional and hair-care support

06/10/2024

- Hair growth continued
- Right temporal patch appeared somewhat increased
- Growth was nevertheless present

04/11/2024

- **Continued hair growth**

06/01/2025

- Hair growth continued
- Regular treatment and hair-care routine

07/02/2025

- Patchy hair loss **improving**
- Continued hair growth
- Diet and hair-care routine maintained
- Stress reported as mainly related to the hair concern

15. Outcome Summary

Parameter	Initial	Follow-up
Patchy hair loss	Present	Progressively improved
Patch size	~2 cm	Initially stable; later improvement documented
Hair growth	Absent/thinning	Progressive regrowth
Hair fall	10–15/day	Reduced to ~5–10/day at one follow-up
Itching	Mild	Reduced
Dandruff	Severe	Not consistently quantified
New patches	Initially absent	Few small patches reported at one visit
Overall course	Active concern	Improving with continued regrowth

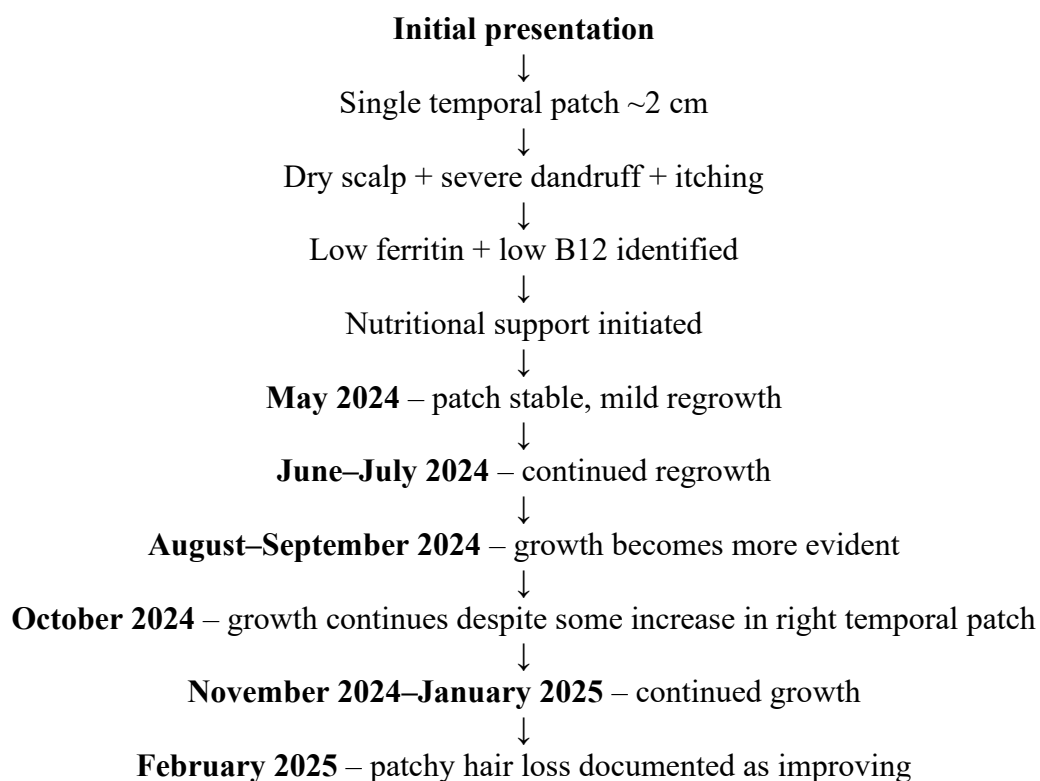
Objective Hair Assessment

Documented indicators of improvement

- Mild regrowth initially observed
- Growth in the centre of the patch
- Continued growth on subsequent visits
- Hair fall reduced
- Patchy loss subsequently described as improving



Timeline



Discussion

This case illustrates the importance of assessing both the **local hair-loss presentation and the individual constitutional characteristics**.

The local presentation consisted of a relatively well-defined temporal patch with broken hairs and thinning, accompanied by scalp dryness, severe dandruff and itching. The patient's nutritional assessment also identified low ferritin and vitamin B12, which were addressed with supplementation.

The mental profile was particularly detailed. The patient was socially oriented and extroverted but described anxiety when handling responsibilities because of lack of confidence. He was easily worried about small matters, emotionally sensitive and prone to weeping when circumstances did not meet his expectations.

The patient's recent concern about the hair-loss patch itself was also significant, with documented stress regarding the condition and its future.

The case record identifies **Lycopodium as the constitutional remedy**, while nutritional correction and hair-care measures were also part of the documented management.

The follow-up sequence demonstrates a clinically meaningful pattern of **initial stabilization followed by progressive hair regrowth**, although objective quantitative hair-density measurements were not available.

Conclusion

A **22-year-old male student** presented with localized patchy hair loss involving the temporal region, initially measuring approximately **2 cm**, accompanied by scalp dryness, severe dandruff and itching.

The case also revealed **low ferritin and vitamin B12**, for which nutritional supplementation was advised.

The individualized mental profile included **extroversion, desire for group interaction, anxiety related to responsibilities, lack of confidence, easy worrying, emotional sensitivity and easy weeping**. On the basis of the documented constitutional assessment, **Lycopodium was selected as the constitutional remedy**.

The subsequent clinical records documented **reduction in hair fall, stabilization of the patch and progressive appearance of new hair growth**, with the patchy hair loss described as improving by February 2025.

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