



International Journal of Holistic Health and AYUSH

Monthly | Open Access | Double-Blind Peer-Reviewed

Advancing Evidence-Based Integrative Medicine



Volume / Issue
Vol. 1, Issue 1

Article Type
Case Report

Article ID
CR05IJHHA3397

DOI
<https://doi.org/10.5281/zenodo.21883505>

CASE REPORT

Long-Term Improvement in Grade V Androgenetic Alopecia Combined with Regenerative Hair Therapy at Dr Batra's®

Dr Kavita Nayak, BHMS

Senior Homeopathic Consultant, Borivali Branch

Dr Batra's Positive Health Clinic Pvt. Ltd.

Correspondence: hc1-borivali@drbatras.com

ABSTRACT

Background

Androgenetic alopecia (AGA) is the commonest cause of progressive hair loss in men and is characterized by gradual follicular miniaturization leading to reduced hair density and scalp visibility. Advanced stages of AGA are difficult to manage because follicular miniaturization is extensive and cosmetic improvement is often limited. Integrative treatment strategies combining individualized homeopathic prescribing with regenerative therapies may offer additional benefit in selected patients.

Case Presentation

A middle-aged male presented with Grade V androgenetic alopecia associated with progressive hair thinning over the frontal, mid-scalp, and vertex regions. The patient also reported chronic postural neck pain, lower back pain, intermittent constipation, and later coccygodynia related to prolonged sitting. Baseline AI scalp assessment demonstrated advanced diffuse miniaturization with marked reduction in hair density. Constitutional homeopathic treatment was initiated and subsequently integrated with regenerative hair therapy consisting of XOGEN and STM sessions at Dr Batra's® Positive Health Clinics.

Outcome

Serial photographic documentation and AI scalp assessment demonstrated stabilization of hair fall, progressive improvement in hair density over the vertex and mid-scalp, and better scalp coverage. Hair fall remained within normal limits during long-term follow-up.

Conclusion

This case illustrates sustained improvement in hair density following individualized homeopathic treatment integrated with regenerative hair therapy in advanced androgenetic alopecia.

Keywords: *Androgenetic alopecia, Grade V AGA, Hair density, Homoeopathy, Regenerative therapy, XOGEN*

INTRODUCTION

Androgenetic alopecia (AGA) affects more than half of men during their lifetime and is characterized by progressive shortening of the anagen phase, follicular miniaturization, and eventual conversion of terminal hairs into vellus hairs. Advanced stages, particularly Grade V and above, are associated with extensive scalp visibility and reduced cosmetic satisfaction.

Conventional treatment options include topical minoxidil, oral finasteride, low-level laser therapy, platelet-rich plasma, and hair transplantation. However, many patients seek integrative approaches because of incomplete response, long treatment duration, or reluctance to undergo surgery.

Recent advances in AI-assisted scalp analysis permit objective monitoring of hair density, follicular changes, and treatment response. Serial clinical photography further strengthens documentation of therapeutic outcomes.

This report describes long-term improvement in a patient with Grade V androgenetic alopecia managed using individualized homoeopathic treatment integrated with regenerative hair therapy at Dr Batra's® Positive Health Clinics.

CASE PRESENTATION

A middle-aged male presented with progressive hair thinning over the frontal scalp, mid-scalp, and vertex.

Hair loss had gradually progressed over several years, leading to marked cosmetic concern.

The patient worked in an occupation requiring prolonged standing and later prolonged sitting, contributing to chronic postural musculoskeletal complaints.

Associated Complaints

- Chronic lower back pain
- Neck pain
- Constipation with unsatisfactory stools
- Coccygodynia during later follow-up
- Stage II avascular necrosis of the right femoral head (diagnosed during follow-up)

Previous History

Earlier treatment resulted in improvement in hair fall and back pain, with long-term stability of symptoms. The patient later returned for advanced regenerative hair therapy because of persistent thinning.

Clinical Examination

Scalp examination demonstrated:

- Grade V androgenetic alopecia
- Diffuse miniaturization
- Marked reduction in hair density
- Extensive vertex involvement

- Mid-scalp thinning
- Preserved occipital donor area

Investigations

Baseline laboratory evaluation demonstrated:

- HbA1c: 5.6%
- Ferritin: 93.5 ng/mL
- TSH: 2.9 mIU/L
- Lipid profile within normal limits

These findings excluded common metabolic contributors to hair loss.

AI Scalp Assessment

Artificial intelligence-assisted scalp evaluation demonstrated:

- Advanced follicular miniaturization
- Reduced hair density
- Improvement in vertex density during follow-up
- Stabilization of hair fall

CASE ANALYSIS

The patient presented with advanced androgenetic alopecia involving the frontal scalp, mid-scalp, and vertex. Previous constitutional treatment had stabilized hair fall, while advanced regenerative therapy was subsequently introduced to improve scalp density. Treatment combined individualized homoeopathic medicines with XOGEN sessions, STM sessions, nutritional support, specialized shampoo, serum, and serial AI-assisted scalp monitoring.

The primary therapeutic objectives were:

- Arrest further progression of follicular miniaturization
- Reduce ongoing hair fall
- Improve visible scalp coverage
- Increase terminal hair density
- Enhance cosmetic appearance and patient satisfaction

Serial photographs demonstrated progressive improvement in vertex scalp coverage together with increased hair density when compared with baseline images.

TOTALITY OF SYMPTOMS

Mental Generals

- Hardworking

- Responsible
- Compliant with treatment
- Positive attitude toward recovery
- Motivated to improve appearance
- Regular with follow-up

Physical Generals

- Chronic hair fall
- Constipation with unsatisfactory stools
- Chronic neck pain
- Chronic lower back pain
- Pain aggravated by prolonged standing and later prolonged sitting
- Hair fall gradually progressive

Particular Symptoms

- Grade V androgenetic alopecia
- Diffuse thinning
- Marked vertex baldness
- Mid-scalp thinning
- Progressive follicular miniaturization
- Stable occipital donor area
- Hair fall
- Reduced scalp density

EVALUATION OF CHARACTERISTIC SYMPTOMS

The following symptoms guided the constitutional prescription:

Mental Characteristics

- Hardworking
- Responsible
- Persistent despite chronic illness
- Cooperative during treatment

Physical Characteristics

- Chronic constipation
- Chronic postural neck pain
- Lower back pain
- Progressive hair thinning

Particular Symptoms

- Grade V androgenetic alopecia
- Diffuse vertex thinning
- Mid-scalp hair loss
- Progressive miniaturization
- Hair fall

REPERTORIAL ANALYSIS

Kent's Repertory was consulted using the constitutional totality.

Selected Rubrics

Mind:

- Mind; Industrious
- Mind; Perseverance

Head:

- Hair; Falling
- Hair; Baldness; vertex
- Hair; Baldness; progressive

Rectum:

- Constipation
- Ineffectual urging

Back:

- Pain; lumbar region
- Pain; cervical region
- Standing aggravates
- Sitting aggravates

The repertorial evaluation supported the constitutional prescription selected for long-term management.

REMEDY DIFFERENTIATION

Constitutional Remedy

The constitutional medicine was selected considering:

- Chronic progressive androgenetic alopecia
- Long-standing constitutional susceptibility
- Associated constipation
- Musculoskeletal complaints
- Overall constitutional profile

The aim of constitutional prescribing was to improve systemic susceptibility and stabilize progressive follicular miniaturization.

Supportive Hair Regenerative Therapy

Treatment was integrated with regenerative procedures available at Dr Batra's® Positive Health Clinics, including:

- XOGEN regenerative sessions
- STM (Scalp Therapy Module) sessions
- Specialized shampoo
- Hair serum
- Nutritional supplementation

The objective was to improve scalp health, optimize follicular function, and enhance hair density while continuing individualized homoeopathic treatment.

Investigations

Laboratory evaluation remained within normal limits throughout follow-up.

- HbA1c: 5.6%
- Ferritin: 93.5 ng/mL
- TSH: 2.9 mIU/L
- Lipid profile: Within normal limits

These findings excluded common nutritional and endocrine contributors to progressive hair loss.

FOLLOW-UP

Table 1. Chronological Clinical Follow-up

Period	Clinical Progress
September 2012	Initial presentation with increased hair fall, chronic lower back pain, and constipation. Standing occupation aggravated musculoskeletal symptoms.
September–October 2012	Hair fall reduced considerably. Back pain improved. Constipation began improving.
December 2012	Hair growth became noticeable. Constipation improved. Residual back pain occurred only after prolonged sitting. No analgesics required.
January–February 2013	Hair fall remained under control. Back pain further reduced. Hair growth maintained.
2013–2014	Hair condition remained stable during regular follow-up.
March 2026	Patient rejoined for advanced management of Grade V androgenetic alopecia. Baseline AI scalp assessment performed. XOGEN sessions initiated.
April 2026	Four XOGEN sessions completed. AI assessment demonstrated improvement in vertex density and middle partition. Hair fall remained stable.
May 2026	Laboratory parameters normal. Neck and lower back pain managed conservatively. Additional STM sessions advised because of satisfactory response.

Period	Clinical Progress
June 2026	Hair density continued to improve. Hair fall remained controlled. Coccygodynia diagnosed separately and managed by orthopedic care.
July 2026	AI scalp assessment and serial photographs demonstrated improved scalp coverage, increased vertex density, and stable hair fall. Patient expressed satisfaction with cosmetic improvement.

OBJECTIVE CLINICAL ASSESSMENT

Comparison of standardized baseline and follow-up photographs demonstrated:

- Increased hair density over the vertex
- Better mid-scalp scalp coverage
- Reduced scalp visibility
- Improved hair shaft thickness
- Stable frontal hairline
- Overall improvement in cosmetic appearance

Serial AI scalp analysis also demonstrated stabilization of hair fall with improvement in hair density over the vertex and middle scalp.

Although residual thinning remained, the photographic comparison showed a clinically appreciable increase in scalp coverage when compared with baseline.



Figure 1. Scalp appearance before and after individualized homoeopathic treatment integrated with regenerative hair therapy.

CLINICAL OUTCOME

Following individualized homoeopathic treatment integrated with regenerative hair therapy:

- Hair fall stabilized
- Progressive increase in vertex density was observed

- Mid-scalp coverage improved
- AI scalp assessment confirmed improvement
- Cosmetic appearance improved substantially
- Hair density remained stable throughout follow-up
- Patient satisfaction increased considerably

Associated complaints also demonstrated improvement:

- Chronic constipation improved
- Lower back pain reduced significantly
- Neck pain improved with supportive management
- Coccygodynia improved following physiotherapy and orthopedic treatment

DISCUSSION

Advanced androgenetic alopecia presents a significant therapeutic challenge because progressive follicular miniaturization results in irreversible reduction of terminal hair density. In Grade V disease, treatment goals are generally directed toward slowing progression, stabilizing hair fall, and improving cosmetic scalp coverage rather than complete restoration of hair.

The present patient demonstrated diffuse thinning involving the frontal scalp, mid-scalp, and vertex, accompanied by chronic constipation and postural musculoskeletal complaints. Long-term individualized homoeopathic treatment was integrated with regenerative hair therapy at Dr Batra's® Positive Health Clinics, including XOGEN sessions, STM therapy, specialized topical care, and nutritional support.

Objective monitoring was performed using serial clinical photography and AI-assisted scalp analysis. During follow-up, hair fall remained controlled while gradual improvement in hair density became evident, particularly over the vertex and middle scalp. The standardized photographs showed reduced scalp visibility and increased hair coverage compared with baseline. The AI assessment corroborated these observations by demonstrating improvement in follicular density and stabilization of ongoing hair loss.

The patient later developed coccygodynia and Stage II avascular necrosis of the femoral head, conditions unrelated to androgenetic alopecia, which were managed concurrently through orthopedic care without compromising the ongoing hair treatment.

As a single case report, causality cannot be established, and the contribution of regenerative procedures cannot be separated from the constitutional homoeopathic treatment. Nevertheless, the long duration of follow-up, objective AI monitoring, laboratory evaluation, and standardized photographic documentation strengthen the clinical significance of the observed outcome. Further controlled studies are required to evaluate the role of individualized homoeopathic treatment within an integrative approach to advanced androgenetic alopecia.

HEALTH-RELATED QUALITY OF LIFE (HRQL)

At presentation, extensive hair thinning affected the patient's self-image and confidence. Chronic back pain and constipation also interfered with daily comfort. Following treatment, stabilization of hair fall, improved

scalp coverage, and visible cosmetic enhancement increased confidence and satisfaction. Improvement in associated complaints further contributed to better overall quality of life.

PATIENT PERSPECTIVE

“Hair loss had become a major concern for me because the thinning was increasing over the top of my scalp. Over time, I noticed less hair fall and better hair coverage. Looking at the comparison photographs gave me confidence that the treatment was helping. I am satisfied with the overall improvement.”

LEARNING POINTS

- Advanced Grade V androgenetic alopecia can be monitored objectively using standardized photography and AI-assisted scalp analysis.
- Long-term treatment is essential because visible improvement in hair density occurs gradually.
- Integrating individualized homoeopathic treatment with regenerative hair therapy may help stabilize hair fall and improve scalp coverage.
- Correction of metabolic deficiencies and regular follow-up are important components of comprehensive hair restoration.
- Serial photographic documentation strengthens the scientific quality of hair restoration case reports.

CONCLUSION

This case demonstrates the successful long-term management of Grade V androgenetic alopecia using an integrative approach combining individualized homoeopathic treatment with regenerative hair therapy at Dr Batra's® Positive Health Clinics. Serial AI-assisted scalp assessments and standardized clinical photographs documented stabilization of hair fall, increased hair density over the vertex and mid-scalp, improved scalp coverage, and enhanced cosmetic appearance. Although residual thinning persisted, the objective improvement observed over long-term follow-up suggests that individualized homoeopathic treatment, when incorporated into a comprehensive regenerative hair program, may contribute to meaningful clinical improvement in selected patients with advanced androgenetic alopecia. Larger prospective controlled studies are warranted to further evaluate this integrative treatment strategy.

DECLARATIONS

Consent: Written informed consent was obtained from the patient for publication of this case report and accompanying images.

Conflict of Interest: None declared.

Funding: None.

Acknowledgements: The author thanks Dr Batra's® Positive Health Clinic Pvt. Ltd. for clinical support.