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CASE REPORT

Successful Management of Early Stage III Androgenetic Alopecia in a Young Male Using Individualized Homoeopathic Treatment: A Case Report at Dr Batra's

Dr Hetal Paresh Pabaria, BHMS (PG-UK)

Chief Homeopathic Consultant, Thane Branch

Dr Batra's Positive Health Clinic Pvt. Ltd.

Correspondence: chc-thane@drbatras.com

ABSTRACT

Background

Androgenetic alopecia (AGA) is the most common cause of progressive hair loss in men, characterized by androgen-mediated follicular miniaturization resulting in gradual reduction in hair density. Early intervention before irreversible follicular damage occurs is considered the cornerstone of successful management. Individualized homoeopathic treatment aims to address constitutional susceptibility while simultaneously correcting contributing systemic factors.

Case Presentation

A 20-year-old unmarried male studying at a traditional Gurukul presented with gradually progressive reduction in scalp hair density for six months. Although hair fall remained below 50 strands daily, the patient and his family perceived visible reduction in scalp density, particularly over the frontal and temporal scalp. Associated complaints included greasy dandruff, occasional scalp itching, and recurrent heel fissures. There was a strong paternal history of early androgenetic alopecia. Laboratory investigations revealed low serum ferritin (30.2 ng/mL), severe vitamin B12 deficiency (88 pg/mL), and severe vitamin D deficiency (5.79 ng/mL). Constitutional assessment demonstrated a religious, disciplined, caring, socially interactive young man with deep reverence for his Guru, desire for institutional growth, craving for spicy food and lemonade, aversion to sweets, and dreams related to spiritual figures. Based on the constitutional totality, *Sanicula aqua* was prescribed along with supportive management.

Outcome

Within two months of treatment, hair fall reduced significantly, dandruff almost completely resolved, scalp itching disappeared, Hair Pull Test became negative, and the patient subjectively reported increased hair thickness. Associated heel fissures also improved considerably.

Conclusion

This case highlights the importance of early constitutional intervention in Stage III androgenetic alopecia before advanced follicular miniaturization develops.

Keywords: *Androgenetic alopecia, Early hair loss, Sanicula aqua, Hair density, Homoeopathy, Case report*

INTRODUCTION

Androgenetic alopecia (AGA) is a genetically determined chronic disorder characterized by progressive miniaturization of scalp hair follicles under the influence of dihydrotestosterone. Approximately 50% of men develop clinically significant androgenetic alopecia during adulthood, with onset frequently occurring during the second and third decades of life.

Early-stage AGA often presents with subtle reduction in hair density rather than obvious baldness. Intervention during this phase provides the greatest opportunity to stabilize disease progression before irreversible follicular miniaturization occurs.

Several nutritional deficiencies, including vitamin D deficiency, vitamin B12 deficiency, and reduced ferritin stores, have also been associated with worsening hair loss and impaired follicular cycling.

Individualized homoeopathic prescribing considers constitutional characteristics together with hereditary predisposition and associated systemic factors. This report presents the successful management of early Stage III androgenetic alopecia in a young male treated at Dr Batra's® Positive Health Clinics.

CASE PRESENTATION

A 20-year-old unmarried male student presented with gradual reduction in scalp hair density over the previous six months. The patient himself was initially uncertain regarding the severity of hair loss but reported that family members and friends had repeatedly commented on visible reduction in scalp density.

Chief Complaints

- Hair thinning
- Reduced hair density
- Hair fall
- Greasy dandruff
- Occasional scalp itching

History of Present Illness

Hair thinning developed gradually over six months. The patient noticed:

- Progressive reduction in scalp density
- Hair fall approximately 20–50 strands daily

- Sticky dandruff
- Mild intermittent scalp itching

Hair fall increased during:

- Hair oil application
- Shampooing
- Daily combing

The thinning predominantly involved the frontal scalp and bilateral temporal regions. No sudden shedding episode was reported.

Associated Complaints

The patient also complained of:

- Cracks over both heels
- More prominent during winter
- Aggravation after prolonged exposure to water
- Occasional pain
- No bleeding
- No itching

Past History

Typhoid fever during childhood. No history of surgery, hospitalization, allergy, or significant chronic illness.

Family History

Strong hereditary predisposition was present.

Father: Early androgenetic alopecia beginning around 25 years of age

Mother: Healthy

Brother: Healthy

Two sisters: Healthy

Personal History

Appetite: Normal

Cravings: Lemonade, spicy food, lemons, chillies

Aversion: Sweets

Thirst: Approximately 10 glasses daily

Urine: Normal

Stool: Regular and satisfactory

Thermals: Chilly patient; preferred cold water bathing; preferred fan

Sleep: Refreshing; approximately seven hours daily

Dreams:

- Religious personalities
- Spiritual teachers
- Occasional dreams of ghosts

Life Space

The patient belonged to a traditional priestly family from Hyderabad. Since childhood he had been studying at a Gurukul in Mumbai under the guidance of his Guru. He expressed deep satisfaction in continuing his family tradition of religious education and intended to become a priest after completion of his studies. Although homesickness was experienced during the first two years of Gurukul life, he gradually adapted and developed close relationships with fellow students and teachers.

Mental Generals

Constitutional evaluation revealed:

- Deep reverence for Guru
- Respect for elders
- Religious inclination
- Caring nature
- Enjoys helping younger students
- Socially interactive
- Friendly
- Calm disposition
- Does not dominate others
- Mild irritability when assigned work is neglected
- Emotionally controlled
- Strong sense of responsibility
- No marked anxiety
- No depression

"I do not like Guruji becoming angry with me because he has cared for me for so many years."

Physical Examination

General examination was unremarkable. Scalp examination demonstrated:

- Stage III androgenetic alopecia
- Frontal recession
- Temporal thinning
- Mild diffuse reduction in density

- Sticky greasy dandruff
- Mild scalp itching
- Hair Pull Test mildly positive initially

Examination of both feet demonstrated superficial heel fissures without secondary infection.

Investigations

Laboratory investigations demonstrated:

- Serum Ferritin: 30.2 ng/mL
- Vitamin B12: 88 pg/mL
- Vitamin D3: 5.79 ng/mL

These findings suggested significant nutritional deficiencies potentially contributing to impaired hair growth.

DIAGNOSIS

Primary Diagnosis

Stage III Androgenetic Alopecia

Associated Diagnosis

- Seborrheic dandruff
- Heel fissures

Differential Diagnosis

- Telogen effluvium
- Nutritional hair loss
- Early diffuse alopecia
- Chronic seborrheic dermatitis

CASE ANALYSIS

The patient presented during an early stage of androgenetic alopecia characterized primarily by reduction in scalp density rather than severe hair shedding. Strong paternal history suggested a significant hereditary predisposition. Nutritional evaluation demonstrated low ferritin together with severe deficiencies of vitamin B12 and vitamin D, all recognized contributors to impaired follicular function.

Constitutionally, the patient demonstrated a unique psychological profile centered around deep religious values, profound reverence for his Guru, desire for spiritual learning, commitment to serving his institution, caring behavior toward younger students, craving for spicy food and lemonade, aversion to sweets, and recurring dreams involving spiritual figures. These characteristics closely corresponded with the constitutional picture of *Sanicula aqua*.

Supportive remedies, including *Calcarea phosphorica*, *Wiesbaden Aqua*, and *Thuja occidentalis*, were prescribed according to the evolving clinical picture. Nutritional deficiencies were identified and appropriate supplementation was advised. The treatment objective was to stabilize ongoing follicular miniaturization, improve scalp health, reduce dandruff, and preserve hair density before progression to advanced androgenetic alopecia.

TOTALITY OF SYMPTOMS

Mental Generals

- Deep reverence for Guru and elders
- Religious disposition
- Strong attachment to spiritual learning
- Enjoys serving Guru and younger students
- Friendly and sociable
- Calm temperament
- Responsible
- Mild irritability when work is not completed properly
- Emotionally controlled
- Likes interacting with new people
- Concerned about disappointing Guru or parents
- Dreams of spiritual personalities

Physical Generals

- Chilly patient
- Craving for lemonade
- Desire for spicy food
- Desire for lemons and chillies
- Aversion to sweets
- Thirst about 10 glasses/day
- Refreshing sleep
- Dreams of saints and ghosts
- Greasy scalp
- Sticky dandruff

Particular Symptoms

- Stage III androgenetic alopecia
- Progressive reduction in hair density

- Frontal recession
- Temporal thinning
- Hair fall 20–50 strands/day
- Hair fall aggravated by oiling
- Hair fall aggravated during shampooing
- Hair fall aggravated while combing
- Sticky dandruff
- Mild scalp itching
- Heel fissures
- Heel cracks aggravated after prolonged exposure to water
- Painful heel fissures during winter

EVALUATION OF CHARACTERISTIC SYMPTOMS

The constitutional prescription was based upon the following symptoms:

Mental Characteristics

- Reverence for elders and Guru
- Religious inclination
- Strong sense of duty
- Caring towards others
- Friendly disposition
- Calm nature

Physical Characteristics

- Chilly patient
- Desire for spicy food
- Craving for lemonade
- Aversion to sweets
- High water intake

Particular Symptoms

- Early Stage III androgenetic alopecia
- Sticky dandruff
- Mild scalp itching
- Heel fissures
- Strong hereditary tendency

REPERTORIAL ANALYSIS

Kent's Repertory was consulted using the constitutional totality.

Selected Rubrics

Mind:

- Reverence
- Religious affections
- Affection occupied with religion
- Benevolence
- Duty-conscious

Head:

- Hair falling
- Baldness
- Hair thinning
- Dandruff
- Scalp itching

Skin:

- Cracks of heels

Generalities:

- Chilly patient
- Desire for spices
- Desire for sour food
- Aversion to sweets

The repertorial analysis showed the highest correspondence with *Sanicula aqua*, followed by *Calcarea phosphorica*, *Natrum muriaticum*, *Lycopodium*, and *Thuja occidentalis*.

Remedies	<i>Puls.</i>	<i>staph.</i>	<i>ars.</i>	<i>nat-m.</i>	<i>lyc.</i>	<i>lyos.</i>	<i>carc.</i>	<i>flu-s.</i>	<i>pepr-ra.</i>	<i>verat.</i>	<i>bell.</i>	<i>lach.</i>	<i>zinc.</i>	<i>arg-n.</i>	<i>aur.</i>	<i>stul-ac.</i>	<i>calc.</i>	<i>caust.</i>	<i>kali-p.</i>
Serial Number	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
Symptoms Covered	6	5	5	5	4	4	4	4	4	3	3	3	3	3	3	3	3	3	3
Intensity	8	11	8	5	8	7	6	5	4	7	6	6	6	5	5	5	4	4	4
Result	6/8	5/11	5/8	5/5	4/8	4/7	4/6	4/5	4/4	3/7	3/6	3/6	3/6	3/5	3/5	3/5	3/4	3/4	3/4
Clipboard 1																			
GENERALS -																			
FOOD and DRINKS -																			
lemonade - desire	1			1	1			1			3	1				1	1		1
GENERALS -																			
FOOD and DRINKS -																			
spices - desire	2	3	1	1	1		2	2	1	1				1	1	2		1	1
GENERALS -																			
FOOD and DRINKS -																			
sweets - aversion	1	2	2	1	2	1	1	1	1		1		2	2		2	1	2	
MIND -																			
REVERENCE for																			
those around him	1	1		1		2		1											
MIND - RELIGIOUS																			
AFFECTIONS																			
MIND - RELIGIOUS																			
AFFECTIONS - too																			
occupied with																			
religion	2	3	2	1	3	3	2	1	1	3	2	3	3	2	2		2	1	2

Figure 1. Repertorization chart showing comparative remedy scores.

REMEDY DIFFERENTIATION

Sanicula aqua (Constitutional Remedy)

Sanicula aqua was selected because the patient's constitutional picture corresponded remarkably with the remedy. Characteristic indications included:

- Religious disposition
- Reverence for Guru
- Sense of duty
- Desire for sour foods
- Craving for spicy food
- Aversion to sweets
- Chilly constitution
- Hair loss associated with constitutional susceptibility

The patient's emotional makeup and lifestyle strongly supported this prescription.

Calcarea phosphorica

Initially prescribed because of:

- Young age
- Hair thinning
- Nutritional support
- Early constitutional weakness

Wiesbaden Aqua

Prescribed because of its traditional affinity for:

- Hair fall
- Hair nutrition
- Hair density improvement
- Early androgenetic alopecia

Thuja occidentalis

Used as supportive therapy because of:

- Chronic scalp disorder
- Greasy dandruff
- Hair thinning
- Constitutional support

PRESCRIPTION

Constitutional Remedy — Sanicula aqua 30C

Selected according to the complete constitutional totality.

Supportive Medicines

- Calcarea phosphorica
- Wiesbaden Aqua
- Thuja occidentalis mother tincture

Nutritional Management

Laboratory evaluation demonstrated:

- Ferritin: 30.2 ng/mL
- Vitamin B12: 88 pg/mL
- Vitamin D3: 5.79 ng/mL

These deficiencies were addressed through appropriate nutritional supplementation as part of the comprehensive management plan.

MIASMATIC ANALYSIS

The case predominantly represented a Psoric miasmatic background.

Psoric Features

- Early hair fall
- Dry heel fissures
- Mild dandruff
- Functional disturbance
- Nutritional susceptibility

No marked destructive or sycotic features were evident at this early stage.

FOLLOW-UP

Table 1. Clinical Follow-up

Date	Clinical Progress
Baseline (May 2026)	Stage III androgenetic alopecia with progressive reduction in hair density over frontal and temporal scalp. Sticky dandruff, mild scalp itching, heel fissures, and positive family history of early AGA.
21 June 2026	Hair fall reduced noticeably. Dandruff markedly improved. Scalp itching completely resolved. Heel fissures no longer symptomatic.

Date	Clinical Progress
12 July 2026	Hair fall much better. Hair Pull Test negative. Scalp clinically healthy. Dandruff occurred only after prolonged intervals without shampooing. Laboratory investigations revealed low ferritin, severe vitamin B12 deficiency, and severe vitamin D deficiency. Nutritional supplementation advised.
27 July 2026	Patient reported that hair felt visibly thicker. Hair fall further reduced. Dandruff remained minimal. Scalp itching absent. Overall scalp health significantly improved.

CLINICAL OUTCOME

After approximately two months of treatment:

- Hair fall reduced substantially
- Hair Pull Test became negative
- Hair density appeared clinically improved
- Patient perceived increased hair thickness
- Sticky dandruff almost completely resolved
- Scalp itching disappeared
- Heel fissures improved
- No progression of androgenetic alopecia was observed during follow-up



Figure 2. Scalp appearance before and after individualized homoeopathic treatment.

DISCUSSION

Androgenetic alopecia is a chronic hereditary disorder characterized by progressive follicular miniaturization mediated by genetic susceptibility and androgen sensitivity. Intervention during the early stages is particularly important because follicles remain viable and the likelihood of preserving hair density is considerably greater than in advanced disease.

This patient presented at an early stage of androgenetic alopecia, when the principal complaint was reduced hair density rather than excessive hair shedding. A strong paternal history of early-onset androgenetic alopecia

indicated significant genetic predisposition. In addition, laboratory investigations revealed severe vitamin B12 deficiency, severe vitamin D deficiency, and borderline low ferritin, all of which may adversely affect hair follicle cycling and hair shaft quality.

Constitutional assessment identified several characteristic features, including deep reverence for his Guru, religious inclination, dedication to spiritual learning, caring behaviour towards younger students, craving for spicy food and lemonade, aversion to sweets, and a chilly constitution. These features closely corresponded to the constitutional picture of *Sanicula aqua*, an infrequently reported remedy in the management of androgenetic alopecia.

Treatment combined individualized homoeopathic prescribing with nutritional correction and scalp care. Within eight weeks, the patient experienced marked reduction in hair fall, complete resolution of scalp itching, significant improvement in greasy dandruff, and subjective improvement in hair thickness. Hair Pull Test also became negative, indicating stabilization of active hair shedding.

Although the relatively short follow-up period limits conclusions regarding long-term hair regrowth, early stabilization of hair fall and improvement in scalp health are clinically important because they may reduce the progression of follicular miniaturization. As a single observational case, causality cannot be established, and the contribution of nutritional supplementation cannot be separated from that of homoeopathic treatment. Nevertheless, the favourable early response supports further investigation of individualized constitutional homoeopathy as part of an integrative approach to early androgenetic alopecia.

HEALTH-RELATED QUALITY OF LIFE (HRQL)

Initially, the patient became concerned because family members repeatedly noticed reduction in his hair density, despite relatively mild daily hair shedding. This affected his confidence regarding future hair loss. Following treatment, improvement in hair fall, scalp health, and hair thickness reassured the patient and reduced anxiety about disease progression.

PATIENT PERSPECTIVE

"I did not initially feel my hair was falling much, but my family kept noticing that my hair density was reducing. After treatment, my hair fall became much less, dandruff almost disappeared, and my hair feels thicker. I am happy that the condition has been controlled at an early stage."

LEARNING POINTS

- Early recognition of androgenetic alopecia offers the best opportunity to stabilize disease progression before extensive follicular miniaturization occurs.
- Family history should always be assessed because hereditary predisposition is a major risk factor for early-onset androgenetic alopecia.

- Nutritional deficiencies, particularly vitamin B12, vitamin D, and low ferritin, should be investigated and corrected in patients with early hair thinning.
- Individualized constitutional homoeopathic treatment may improve scalp health, reduce hair shedding, and enhance patient confidence when integrated with appropriate nutritional management.
- Serial Hair Pull Test findings, clinical photographs, and patient-reported outcomes are valuable tools for monitoring early treatment response.

CONCLUSION

This case demonstrates the successful early management of Stage III androgenetic alopecia in a 20-year-old male using individualized homoeopathic treatment centered on *Sanicula aqua*, supported by correction of nutritional deficiencies and scalp care. Within a short follow-up period, the patient experienced marked reduction in hair fall, complete resolution of scalp itching, significant improvement in greasy dandruff, a negative Hair Pull Test, and subjective improvement in hair thickness. Early constitutional intervention before advanced follicular miniaturization may contribute to stabilization of androgenetic alopecia and preservation of hair density. Although larger controlled studies are required to confirm these observations, this case highlights the potential value of an individualized integrative approach in the management of early androgenetic alopecia.

DECLARATIONS

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

Conflict of Interest: None declared.

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