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CASE REPORT

Individualized Homeopathic Management of Chronic Dandruff With Scalp and Facial Involvement: A Case Report at Dr Batra's

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ABSTRACT

Background: Chronic dandruff with scalp scaling and itching can significantly affect quality of life and may be influenced by environmental, occupational and lifestyle factors. This case describes a patient with chronic dandruff involving the scalp, eyebrows, beard/moustache region and retroauricular area, accompanied by itching, dryness, hair fall and hair thinning.

Case Presentation: A male patient presented with a 2-year history of gradually developing dandruff. The condition initially appeared as mild intermittent scalp dandruff and subsequently extended to the vertex, temporal scalp, eyebrows, beard/moustache region and behind the ear. The scalp was dry, with white scales and severe itching. Occasional clear fluid oozing was reported after scratching. Symptoms were aggravated by sweating, occupational stress and winter, while washing the scalp provided relief. The patient worked in banking and had previously worked as a mechanical engineer before completing an MBA and moving through sales and analytical roles. His mental characteristics included weak memory, poor concentration, mental restlessness, boredom with sustained work, desire for change, preference for solitude and stage fear. He reported work-related stress but denied generalized anxiety. Physical generals included hot thermal state, craving for spicy food, constipation, profuse yellow offensive perspiration predominantly from the axillae, and restless sleep. Repertorial analysis showed Lycopodium prominently, and the constitutional prescription was recorded as Lycopodium based on the patient's intellectual, analytical and ambitious characteristics, together with attachment to family. Mezereum 6C + Kali sulphuricum 6X were recorded as the acute/local treatment.

Outcome: At follow-up on 20 July 2026, the patient reported approximately 90% improvement in dandruff, with complete resolution of itching at that visit. Hair fall had reduced and hair thinning was stable. On 13 August 2026, dandruff remained approximately 70% improved, with occasional itching during the rainy season. Hair fall was reported to be approximately five strands, and hair thinning remained stable.

Conclusion: The supplied longitudinal record documents substantial improvement in the reported dandruff and itching, with associated reduction in hair fall. However, this is a single uncontrolled case with concurrent scalp-

care interventions and environmental changes; therefore, the observed improvement cannot establish a causal effect of homeopathic treatment.

Keywords: *Dandruff, Seborrhoeic dermatitis, Scalp itching, Hair fall, Lycopodium, Mezereum, Kali sulphuricum, Individualized Homeopathy, Case Report*

INTRODUCTION

Dandruff is a common scalp disorder characterized primarily by visible scaling, often accompanied by itching and varying degrees of scalp dryness or irritation. In chronic cases, symptoms may extend beyond the scalp to areas such as the eyebrows, beard and retroauricular region.

The present case describes a chronic, recurrent dandruff presentation with scalp scaling, severe itching, dry scalp, eyebrow and beard involvement, retroauricular involvement, intermittent hair fall, hair thinning, seasonal aggravation, aggravation from sweating and a relationship with occupational stress.

The case was approached using individualized homeopathic case-taking, incorporating the patient's physical generals, mental characteristics, lifestyle and occupational background.

PATIENT PROFILE

Parameter	Details
Sex	Male
Occupation	Banking/analytical profile
Residence	Mumbai
Family	Wife and parents
Chief complaint	Chronic dandruff
Duration	Approximately 2 years
Associated complaints	Itching, hair fall, hair thinning, sneezing/running nose
Past history	Allergic rhinitis
Constitutional remedy recorded	Lycopodium
Acute treatment recorded	Mezereum 6C + Kali sulphuricum 6X

CHIEF COMPLAINT

Chronic dandruff. Duration: 2 years.

Onset

Gradual. The patient reported that the dandruff initially appeared mildly and intermittently over the scalp.

Progression

The condition subsequently extended to the scalp (vertex, temporal regions), eyebrows, beard/moustache region and behind the ear.

DETAILED SKIN AND SCALP PRESENTATION

Location

Scalp (vertex, temporal regions); other sites: eyebrows, beard/moustache, behind the ear.

Morphology

- White small scales
- Dry scalp
- No significant erythema
- Occasional clear fluid after scratching

Sensation

- Severe itching
- Discomfort
- No pain
- No burning

Aggravations and Amelioration

- < Sweating
- < Stress
- < Winter
- > Washing scalp

ASSOCIATED HAIR COMPLAINTS

At the initial follow-up, the patient reported hair fall on and off, hair thinning, and a Hair Pull Test of approximately 3–4 hairs/pull on one follow-up.

Date	Hair Fall / Thinning	HPT	Dandruff	Itching
20 July 2026	Hair fall reduced; thinning stable	2/1 pull	Approximately 90% better	Absent
13 August 2026	Approximately 5 strands; thinning stable	1/pull	Approximately 70% better	Occasional

RELEVANT RESPIRATORY HISTORY

The patient had a history of allergic rhinitis. During follow-up he continued to report sneezing, running nose and nasal blockage. The symptoms were particularly noticed after hair washing and during the rainy season.

PHYSICAL GENERALS

Parameter	Finding
Appetite	Not clearly recorded
Craving	Spicy food; curry ++
Stool	Constipation
Thermal state	Hot
Bathing	Cold water
Sleep	6–8 hours
Sleep quality	Restful/restless documented in different records
Perspiration	Profuse; yellow; offensive; predominantly axillae
Urine	Normal

OCCUPATIONAL HISTORY

The patient had completed mechanical engineering and an MBA. He initially worked as a Sales Manager and subsequently changed to an Analyst profile within the same banking organization, working approximately 9 hours/day, 5 days/week. The patient identified work stress as his principal current stressor.

FAMILY AND SOCIAL BACKGROUND

The patient lived with his wife in Mumbai. Wife — homemaker; father — retired; mother — homemaker; parents reside in Nashik. He had an elder brother who was an engineer in the USA, and reported a good relationship with him, stating he had never felt jealous of him.

CHILDHOOD HISTORY

The patient described his childhood as generally good. His father was strict and would physically discipline him, but the patient reported that he was comfortable with this. He had a good relationship with his elder brother.

PERSONALITY ASSESSMENT

Memory and concentration

Weak memory, with forgetting of small things; poor concentration; zones out while talking; difficulty multitasking.

Mental state

- Continuous, random thoughts
- Mental restlessness
- Easily bored

Will

- Aversion to sustained effort
- Gets bored easily; desire for change

- Avoids multitasking
- Likes travelling
- Prefers solitude

Emotional expression

- Not particularly emotional
- Does not express anger openly; becomes quiet when angry
- Withdraws and isolates himself

Social characteristics

The patient described himself as socially connected and had many friends, but simultaneously enjoyed being alone in his room.

Stage fear

Stage fear/lack of confidence was specifically documented.

STRESS PROFILE

The patient denied generalized anxiety. His main stress was occupational stress; he worked approximately 9 hours per day, five days per week. The chronic scalp complaint had also become associated with travel-related concerns because he noticed recurrence/change in symptoms with changes in water, place and travel. He frequently travelled between Mumbai and Nashik and later reported travel to Kokan.

IMPORTANT MENTAL GENERALS

The case-taking can be summarized as: intellect — weak memory, poor concentration, zones out; mind — mental restlessness, continuous random thoughts; will — aversion to sustained effort, boredom, desire for change; social — many friends but prefers solitude; emotion — anger leads to becoming quiet and withdrawing; confidence — stage fear/low confidence; lifestyle — frequent travelling and occupational stress.

REPERTORIAL ANALYSIS

The supplied repertorization included the following prominent rubrics:

- Mind — Company — aversion to
- Mind — Memory — weakness of memory
- Mind — Concentration — difficult
- Mind — Restlessness
- Mind — Ailments from mental exertion — prolonged
- Generals — Cold — ameliorated
- Perspiration — Profuse — day and night
- Skin — Seborrhoea

The repertorial comparison included Argentum nitricum, Mercurius, Phosphorus, Anacardium, Hyoscyamus, Lycopodium, Sepia, Helleborus, Natrum muriaticum, Nux vomica, Pulsatilla, Baryta carbonica, Lachesis, Platina, Sulphur, Ambra, Belladonna, Carcinosin and Causticum.

Remedies	arg-n.	merc.	phos.	anat.	hyos.	lyc.	sep.	hehl.	nat-m.	nux-v.	puls.	bar-c.	lach.	plat.	sulph.	ambr.	bell.	carb-v.	caust.
Serial Number	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
Symptoms Covered	6	6	6	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
Intensity	12	12	11	14	13	13	13	12	12	12	12	11	11	11	11	10	10	10	10
Result	6/12	6/12	6/11	5/14	5/13	5/13	5/13	5/12	5/12	5/12	5/12	5/11	5/11	5/11	5/11	5/10	5/10	5/10	5/10
Clipboard 5																			
MIND - COMPANY - aversion to	2	1	1	3	2	2	3	2	4	3	2	3	2	2	2	2	2	2	1
MIND - MEMORY - weakness of memory	3	3	3	3	3	3	3	3	2	2	2	3	3	3	2	3	3	2	3
MIND - CONCENTRATION - difficult	1	2	3	3	2	3	3	3	2	4	2	3	3	2	2	2	1	3	3
MIND - RESTLESSNESS	3	3	1	3	3	3	3	3	2	2	3	1	2	2	3	1	3	2	2
MIND - FEAR - stage fright																			
MIND - AILMENTS FROM - mental exertion - prolonged	2																		
GENERALS - COLD - amel.	1	1	2	2	3	2	1	1	2	1	3	1	1	2	2	2	1	1	1
PERSPIRATION - PROFUSE - day and night		2	1																
SKIN - SEBORRHEA																			

Figure 1. Repertorization chart showing comparative remedy scores.

CONSTITUTIONAL ASSESSMENT

The case record identifies Lycopodium as the constitutional remedy. The stated rationale was: "Intellect, analytical, ambitious, attachment to family." The constitutional picture was supported by an analytical nature, intellectual orientation, professional ambition, desire for change, career transitions, mental restlessness, weak memory, difficulty concentrating, stage fear, attachment to family and preference for solitude. Thus, the constitutional assessment was recorded as Lycopodium — constitutional.

ACUTE / LOCAL TREATMENT

The treatment record states: Mezereum 6C + Kali sulphuricum 6X. This was described in the case record as a highly effective ("Ram baan") local prescription. For the purpose of the paper, this is presented as the recorded clinical prescription, rather than as an established evidence-based treatment claim.

HOMEOPATHIC TREATMENT PLAN

Sr. No.	Treatment Category	Recorded Prescription	Rationale
1	Constitutional	Lycopodium	Intellect, analytical nature, ambition, attachment to family
2	Acute / Local	Mezereum 6C + Kali sulphuricum 6X	Recorded for the acute dandruff/scalp presentation

FOLLOW-UP TIMELINE

Date	Clinical Documentation
29 May 2026 (Baseline)	Dandruff present; severe scalp itching; flaking +++; dandruff over eyebrows, beard involvement, dandruff behind ear; dryness of skin.
22 June 2026	Improvement documented: dandruff reduced, itching reduced, though dandruff still present over eyebrow and beard. Hair fall and hair thinning present. Sneezing unchanged, running nose continued, nasal blockage present. HPT 3–4/1 pulls. The patient had travelled to Nashik for three days.
20 July 2026	Major improvement point: dandruff 90% better, itching absent, hair fall reduced, hair thinning stable, HPT 2/1 pulls. Sneezing/running nose continued after hair washing, particularly during the rainy season. Additional treatment recommendation of Xogen Advance — 10 sessions was documented.
13 August 2026	Dandruff 70% better; itching occasional/on and off, with recurrence/variation during the rainy season. Hair fall approximately 5 strands; hair thinning stable; HPT 1/pull. Sneezing and running nose present; change of water/place noted with travel to Kokan.

OUTCOME SUMMARY

Parameter	Initial	22 June 2026	20 July 2026	13 August 2026
Dandruff	Present	Reduced	90% better	70% better
Itching	Severe	Reduced	Absent	Occasional
Hair fall	On/off	Present	Reduced	~5 strands
Hair thinning	Present	Present	Stable	Stable
HPT	3/1	3–4/1	2/1	1/pull
Eyebrow/beard dandruff	Present	Present	—	Reduced
Sneezing	Present	Same	Present	Present
Running nose	Present	Present	Present	Present

CLINICAL RESPONSE

The most prominent improvement was seen in the scalp condition: dandruff went from chronic to 90% improvement, then later 70% improvement; itching went from severe to reduced to absent to occasional; hair fall went from on/off to reduced to approximately 5 strands; hair thinning remained stable throughout. The improvement was therefore primarily documented in scaling, itching and hair fall.



Figure 2. Scalp hair before and after individualized homeopathic treatment.

CLINICAL INTERPRETATION

The case demonstrates a chronic scalp complaint with a distinctive combination of local characteristics (dry scalp, white scales, severe itching, eyebrow/beard involvement, retroauricular dandruff), modalities (< sweating, < stress, < winter, > washing), general characteristics (hot patient, spicy food craving, constipation, profuse offensive axillary perspiration) and mental characteristics (weak memory, poor concentration, mental restlessness, boredom, desire for change, stage fear, preference for solitude). This constitutional interpretation led to the selection of Lycopodium.

TREATMENT-RESPONSE RELATIONSHIP

The chronology documented in the supplied records is: chronic dandruff for 2 years → severe itching, scaling and dry scalp → individualized case-taking → Lycopodium (constitutional) with Mezereum 6C + Kali sulph 6X (acute/local prescription) → 22 June: improvement begins → 20 July: dandruff 90% better and itching absent → 13 August: dandruff 70% better with occasional itching. This temporal association is documented in the case, but it does not by itself prove that the prescribed remedies caused the improvement, especially because scalp-care measures, shampoos, serum, supplements, diet and environmental changes were also present.

ROLE OF LIFESTYLE AND ENVIRONMENTAL FACTORS

An important feature of this case was the patient's observation that symptoms varied with travel. He reported that travel to Nashik was associated with a change of water and change of place, and later travel to Kokan was associated with recurrence/variation in symptoms. Other potentially relevant factors included the rainy season, sweating, work stress, frequent travelling, regular hair washing, alternating/dandruff shampoo use and dietary modifications. These factors are retained in the case report because they provide important context for the observed fluctuations.

STRENGTHS OF THE CASE

1. Detailed individualization

The case includes chief complaint, modalities, physical generals, mental generals, occupational history, lifestyle, family history and follow-up.

2. Objective supportive parameter

The case includes serial Hair Pull Test measurements: 3/1 pulls, 3–4/1 pulls, 2/1 pulls, 1/pull.

3. Longitudinal follow-up

The patient was followed over several months.

4. Multiple outcome domains

The case tracked dandruff, itching, hair fall, hair thinning and HPT.

LEARNING FROM THE CASE

This case demonstrates the importance of individualization beyond the chief complaint. The case did not rely only on "dandruff and itching." Instead, the case-taking incorporated the mind (weak memory, poor concentration, mental restlessness, boredom, desire for change, stage fear, preference for solitude), physical generals (hot patient, spicy craving, constipation, profuse offensive axillary perspiration), and particulars (dry scalp, white scales, severe itching, eyebrow/beard/retroauricular involvement, < sweating, < winter, < stress, > washing). This totality led to the recorded constitutional selection of Lycopodium, with Mezereum 6C + Kali sulph 6X recorded as the acute/local prescription.

CONCLUSION

A male patient with a 2-year history of chronic dandruff, severe itching, dry scalp, white scaling and extension to the eyebrows, beard and retroauricular region was managed using an individualized homeopathic approach.

The case's constitutional assessment identified Lycopodium, based on the recorded intellectual, analytical, ambitious and family-oriented characteristics. Mezereum 6C and Kali sulphuricum 6X were recorded as the acute/local prescription.

Over subsequent follow-ups, the patient demonstrated marked clinical improvement, with 90% reduction in dandruff by July 2026, complete absence of itching at that visit, reduced hair fall, stable hair thinning, and HPT improving from approximately 3/1 pulls to 1/pull. At the latest follow-up, dandruff remained approximately 70% better, with intermittent itching during the rainy season.

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