



INTERNATIONAL JOURNAL OF HOMEOPATHIC RESEARCH



— IJHR —

Peer Reviewed • Open Access • Monthly International Journal

Case Report	Volume 1 Issue 1	August 2026
-------------	--------------------	-------------

Journal Website: <https://internationaljournal.org.in/journal/index.php/ijhr>

DOI: <https://doi.org/10.5281/zenodo.21975574>

Chronic Dandruff with Scalp, Eyebrow and Beard Involvement: A Longitudinal Case Report of Individualized Homeopathic Management

Dr. Nayan Supekar

Homeopathic Consultant | BHMS

Ghatkopar Branch, Dr. Batra's Positive Health Clinic Pvt. Ltd.

Email: chc-ghatkopar@drbatras.com

ABSTRACT

Background

Dandruff and seborrheic dermatitis are chronic, relapsing disorders predominantly affecting sebaceous areas such as the scalp and face. Scalp scaling may extend to the eyebrows, beard and retroauricular regions.

Case Presentation

A male patient presented with gradually progressive dandruff of approximately 2 years' duration. The condition initially appeared as mild intermittent scalp scaling and subsequently progressed to involve the vertex and temporal scalp, eyebrows, moustache/beard region and behind the ear. The lesions were characterized by fine white scales over a dry scalp, severe itching and occasional clear fluid discharge following scratching. Symptoms were aggravated by sweating, stress and winter and improved after washing the scalp. The onset was temporally associated with increased occupational stress.

The patient had a family history of male-pattern hair loss and a past history of allergic rhinitis. His constitutional assessment revealed weak memory, poor concentration, mental restlessness, aversion to sustained effort, boredom with routine and a desire for change. He also reported stage fear, preference for solitude and withdrawal when angry.

Treatment and Follow-up

The documented homeopathic treatment plan included Lycopodium as the constitutional remedy, with Mezereum 6C and Kali sulphuricum 6X subsequently documented. Serial follow-up showed progressive reduction in dandruff and itching. By July 2026, dandruff was reported to be approximately 90% better, with no itching and reduced hair fall. In August 2026, approximately 70% improvement in dandruff was reported, with only intermittent itching during the rainy season. Hair-pull test improved from 3–4 hairs/pulls to 1 pull.

Conclusion

This case documents longitudinal improvement in chronic scalp dandruff with extension to facial hair-bearing areas during individualized homeopathic care. Because this is a single uncontrolled case and several concurrent factors—including hair-care practices, environmental changes and supportive measures—were present, the observed improvement cannot establish a causal therapeutic effect.

Keywords: Dandruff, seborrheic dermatitis, scalp scaling, pruritus, hair fall, Lycopodium, homeopathy, case report.

1. Introduction

Dandruff is a common scalp disorder characterized predominantly by visible scaling and may occur with or without clinically significant inflammation. Seborrheic dermatitis represents the inflammatory spectrum and commonly involves sebaceous areas including the scalp, eyebrows, beard and retroauricular region.

The condition generally follows a chronic-relapsing course. Current literature recognizes interactions among sebaceous gland activity, *Malassezia* colonization, skin-barrier dysfunction and host inflammatory responses. Environmental and individual factors can influence the severity and recurrence of symptoms.

The present case is notable for the gradual progression of scalp dandruff to the eyebrows, moustache/beard region and behind the ear, together with severe itching, seasonal aggravation, sweating-related worsening and a detailed constitutional profile.

2. Case Presentation

2.1 Patient Profile

Parameter	Details
Sex	Male
Weight during follow-up	Approximately 64–65 kg
Occupation	Banking professional
Location	Mumbai
Primary complaint	Chronic dandruff
Duration	Approximately 2 years
Onset	Gradual
Previous treatment	Pilgrim serum and hair-care measures documented

2.2 Chief Complaint

The patient presented with chronic dandruff of approximately 2 years' duration. The complaint initially consisted of mild dandruff occurring intermittently over the scalp and subsequently became more extensive.

2.3 History of Present Illness

The condition began gradually approximately two years before presentation. Initially, the patient noticed mild dandruff “here and there” over the scalp. The symptoms subsequently progressed to involve:

- Vertex scalp
- Temporal scalp
- Eyebrows
- Moustache/beard region
- Behind the left ear

The scalp was described as dry.

Morphology

- Fine white scales
- No significant erythema documented
- Occasional slight clear oozing following scratching

Sensation

- Severe itching
- Scalp discomfort
- No pain
- No burning

Modalities

Aggravation: sweating, occupational stress, winter.

Amelioration: washing the scalp.

The patient reported that the condition had become more prominent following increased work-related stress.

2.4 Associated Hair Complaints

During follow-up, the patient reported intermittent hair fall, hair thinning and dandruff involving the eyebrows and beard. Hair-pull testing was documented during follow-up.

Follow-up	Hair Pull Test
Earlier assessment	3–4 pulls
20/07/2026	2/1 pulls
13/08/2026	1 pull

The later visits also documented reduction in hair fall, with approximately five strands of hair fall reported on 13/08/2026.

2.5 Associated Respiratory Complaint

The patient had a past history of allergic rhinitis. During follow-up he continued to report sneezing, running nose and occasional nasal blockage. These symptoms were noted particularly with hair bathing and during the rainy season.

2.6 Family History

The patient's father was reported to have male-pattern hair loss and prediabetes. The family history was therefore relevant particularly to the patient's hair concerns.

2.7 Personal History

Diet: The patient was advised/recorded as consuming green tea, flaxseed, egg and milk. The patient was described as having a spicy food craving and an aversion to curry.

Parameter	Finding
Appetite	Not clearly documented
Craving	Spicy
Aversion	Curry
Stools	Constipation
Thermals	Hot
Bathing	Cold water
Sleep	6–8 hours
Sleep quality	Restful
Perspiration	Profuse
Site of perspiration	Axilla
Odour	Offensive
Urine	Normal

2.8 Mental and Emotional Profile

The case-taking revealed a distinctive mental picture.

Intellect

- Weak memory
- Forgets small things
- Poor concentration

- Frequently “zones out” while talking
- Continuous/random thoughts
- Difficulty multitasking

Will

- Aversion to sustained effort
- Gets bored easily
- Desire for change
- Frequently changes interests/roles
- Prefers not to continue monotonous activities
- Likes travelling
- Avoids multitasking

Emotional response

- Not overtly emotional
- Does not become angry easily
- When angry, becomes quiet
- Withdraws and isolates himself
- Generally chilled/calm

Social behaviour

- Has many friends
- Talkative with friends
- At times prefers being alone in his room
- Likes travelling
- Emotionally detached when necessary

Confidence

- Low confidence in stage-performance situations
- Stage fear documented

The case therefore contained the combination of mental restlessness, weak memory, poor concentration, aversion to sustained effort, desire for change, stage fear and preference for solitude.

2.9 Occupational History

The patient completed mechanical engineering followed by an MBA. He joined ICICI approximately two years before the recorded follow-up. Initially, he worked as a sales manager and subsequently shifted to an analyst/credit analyst profile within the same bank. He worked approximately 9 hours/day, 5 days/week.

The patient specifically identified work stress as his principal source of stress. The onset of dandruff was temporally associated with an increase in occupational stress.

2.10 Clinical Examination

The supplied clinical observations documented:

- Scalp: dry scalp, white flakes, scaling, dandruff over vertex and temporal areas
- Facial involvement: eyebrows, moustache/beard
- Retroauricular region: dandruff behind the ear
- Hair: hair fall, hair thinning

No chest involvement was reported during one follow-up.



Figure 1. Clinical photographs of the scalp — before and after treatment.

3. Case Analysis

3.1 Totality of Symptoms

The important individualizing features were:

1. Chronic dandruff for approximately 2 years
2. Gradual onset
3. Scalp involvement—vertex and temporal regions
4. Extension to eyebrows and beard/moustache
5. Retroauricular involvement
6. Fine white scales
7. Dry scalp
8. Severe itching
9. Occasional clear oozing after scratching
10. Aggravation from sweating
11. Aggravation from winter
12. Aggravation from work-related stress
13. Better after washing scalp
14. Weak memory
15. Poor concentration
16. Mental restlessness
17. Aversion to sustained effort
18. Gets bored easily
19. Desire for change
20. Stage fear
21. Quiet withdrawal when angry
22. Preference for solitude
23. Desire for travel

3.2 Repertorial Analysis

The supplied repertorization included the following major symptom groups:

- Mind — company, aversion to
- Mind — memory weakness
- Mind — concentration difficulty

- Mind — restlessness
- Mind — fear, stage fright
- Mind — ailments from prolonged exertion
- Generals — cold
- Perspiration — profuse, day
- Skin — seborrhea

The repertorization placed Lycopodium among the leading remedies. This was consistent with the documented constitutional prescription.

3.3 Homeopathic Treatment Plan

Category	Remedy	Role documented
Constitutional	Lycopodium	Constitutional remedy; intellect, analytical nature, ambition and family attachment
Specific	Mezereum 6C	Documented as specific treatment
Intercurrent/supportive	Kali sulphuricum 6X	Documented in the case record

The supplied record states: “Lycopodium — intellect, analytical, ambitious, attachment to family; Mezereum 6C + Kali sulphuricum 6X.” The exact dosage and repetition schedule for each prescription are not completely available in the supplied material and therefore have not been inferred.

4. Follow-up and Outcome

4.1 Initial Follow-up

The patient continued to have dandruff and itching involving the scalp, eyebrows, beard and behind the ear. Hair fall was intermittent. He reported that dandruff had previously improved with a serum but subsequently recurred, particularly after travelling to Nashik, with a perceived relationship to change of water and place.

4.2 22 June 2026

The patient reported:

- Dandruff reduced
- Itching reduced
- Dandruff still present over eyebrows and beard
- Hair fall present
- Hair thinning present
- HPT: 3–4 pulls
- Sneezing/running nose persisted
- Nose block present

He had travelled to Nashik for three days.

4.3 20 July 2026

A significant improvement was documented:

- Dandruff approximately 90% better
- Itching absent
- Hair fall reduced
- Hair thinning stable
- HPT: approximately 2/1 pulls
- Sneezing associated with hair bathing
- Running nose present during rainy season

- Nasal blockage present

At this stage, Xogen Advance — 10 sessions was advised according to the clinical record.

4.4 13 August 2026

The patient reported:

- Dandruff approximately 70% better
- Intermittent itching since the rainy season
- Hair fall reduced to approximately 5 strands
- Hair thinning stable
- HPT: 1 pull
- Sneezing and running nose continued
- Symptoms influenced by change of water/place after travel to Konkan
- Regular supplementation documented

Thus, the clinical course demonstrated substantial improvement from the initial presentation, although some fluctuation was observed during the rainy season.

Remedies	arg-n.	merc.	phos.	anat.	hyos.	lys.	sep.	hell.	nat-m.	nux-v.	plig.	bar-c.	lach.	plat.	sulph.	amb.	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 2. Repertorial analysis chart.

4.5 Outcome Table

Parameter	Initial presentation	Follow-up
Dandruff	Chronic, prominent	70% better at latest documented visit
Peak reported improvement	—	90% better on 20/07/2026
Scalp itching	Severe	Absent on 20/07; intermittent by 13/08
White scaling	Present	Markedly reduced
Eyebrow dandruff	Present	Reduced
Beard/moustache dandruff	Present	Reduced
Retroauricular dandruff	Present	Reduced
Hair fall	Present intermittently	Reduced; ~5 strands reported
Hair thinning	Present	Stable
HPT	3–4 pulls	1 pull
Work stress	Present	Not documented as resolved
Sneezing/rhinitis	Present	Persistent intermittently
Nasal blockage	Present	Persistent intermittently

5. Clinical Course

The overall clinical trajectory can be represented as: chronic dandruff → scalp + eyebrow + beard + retroauricular involvement → severe itching + scaling → progressive reduction in dandruff → 90% improvement documented in July 2026 → intermittent rainy-season recurrence → 70% improvement with markedly reduced hair fall by August 2026.

6. Strengths of the Case

1. Two-year chronicity clearly documented.
2. Gradual progression from scalp to eyebrow, beard and retroauricular areas.
3. Clear aggravating factors identified.
4. Detailed mental and physical generals available.
5. Repertorial analysis documented.
6. Constitutional prescription explicitly recorded.
7. Multiple follow-ups over several months.
8. Quantified improvement documented.
9. Hair-pull test was serially monitored.
10. Hair fall and hair thinning were followed alongside the primary complaint.

7. Conclusion

This case presents a chronic, gradually progressive dandruff pattern involving the scalp, eyebrows, beard/moustache and retroauricular region, associated with severe itching and aggravated by sweating, winter and occupational stress.

A detailed individualized case assessment identified prominent mental characteristics including weak memory, poor concentration, mental restlessness, aversion to sustained effort, desire for change and stage fear. Repertorization placed *Lycopodium* prominently, and the documented treatment plan included *Lycopodium* as constitutional treatment, *Mezereum* 6C as specific treatment and *Kali sulphuricum* 6X.

During longitudinal follow-up, dandruff improved substantially, reaching a documented 90% improvement on 20 July 2026, with subsequent assessment showing approximately 70% improvement, intermittent rainy-season itching, reduced hair fall and improvement in the hair-pull test.

The case demonstrates the value of detailed individualized documentation and serial outcome assessment, while recognizing that the uncontrolled nature of the case and concurrent interventions prevent attribution of the observed improvement to a specific treatment.

How to cite this article:

Supekar N. Chronic dandruff with scalp, eyebrow and beard involvement: a longitudinal case report of individualized homeopathic management. International Journal of Homeopathic Research. 2026;1(1):136–143.