



SUCCESSFUL MANAGEMENT OF ALOPECIA AREATA AT DR BATRA'S

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Abstract

Alopecia Areata is an autoimmune disorder characterized by sudden, patchy hair loss caused by the immune system attacking hair follicles. This paper explores successful management of alopecia areata at Dr Batra's. The successful management of this case highlights the importance of homeopathy in addressing both the emotional triggers and immune system dysfunction in alopecia areata treatment.

Keywords: Dr Batra's, Alopecia Areata, Homeopathic Treatment

I. Introduction

Alopecia Areata is an autoimmune disorder where the immune system mistakenly attacks hair follicles, leading to sudden, patchy hair loss, often on the scalp but also on eyebrows, eyelashes, or other body areas. Though the exact cause is unclear, it is thought to involve a mix of genetic factors, immune dysfunction, and environmental triggers like stress or infections. Symptoms typically include round patches of hair loss, brittle nails, and a tingling sensation before hair sheds. While hair may regrow, the pattern is often unpredictable, with repeated cycles of loss. Although it causes no physical pain, the condition can deeply affect emotional well-being, leading to anxiety, low self-esteem, and depression.

Case Profile

A 40-year-old pharmacist has been suffering from Alopecia Areata for the past three months, presenting with multiple bald patches over the scalp, eyebrows, and beard. The condition is accompanied by intense itching and profuse perspiration with an offensive odor, though without any staining. Folliscope examination revealed the presence of halo signs, indicating active follicular inflammation. Interestingly, a few of the affected beard patches have shown signs of recovery, with new brown hair growth observed in those areas, suggesting partial spontaneous remission.

- **Family History:** Mother has eczema, indicating genetic predisposition to autoimmune conditions.
- **Treatment History:** No prior treatment taken for Alopecia Areata.
- **Occupation/Lifestyle:** Pharmacist with a busy and potentially stressful work environment.
- **Stress Factors:** Significant stress related to both work and family responsibilities.
- **Addictions:** Daily alcohol consumption exceeding 90 ml, which may affect immune balance.

Physical Generals

Diet	Disturbed, irregular meals
Appetite	Reduced since 6 months
Desire	For spicy foods, especially junk food
Aversion	No such aversions
Thermal Reaction	Ambithermal
Thirst	Normal, 2L/day
Stools	Satisfactory
Urine	Normal, no burning noted
Perspiration	Profuse, offensive
Sleep	Sound
Dreams	Not remembering

Examination Findings:

General Observation: Multiple patches of hair loss visible on the scalp, eyebrows, and beard.

Hair Pull Test: 2-3 hairs pulled around the existing patches, indicating active shedding.

Scalp: Oily, with a glossy appearance and wrinkled skin.

Dandruff: Absent.

Woods Lamp Examination: No abnormal findings (NAD).

Video Microscopic Examination: Halo signs present, indicating active follicular inflammation.

Exclamation Mark Hairs: Absent.

Hair Growth: No new hair growth observed in the existing patches.

Mental Generals–

The patient is emotionally sensitive, particularly when it comes to family and future concerns, often feeling anxious about the health and well-being of his loved ones. He is ambitious, especially regarding his work and responsibilities. His anger tends to be violent and expressive, with frequent shouting and irritability when triggered. However, he shows no regrets after these outbursts. While he rarely cries, it takes time for him to emotionally settle after stressful situations. His memory is sharp, and he retains details easily. Additionally, he experiences significant fear and anxiety about his future and his family's well-being.

Past History

The patient's first patch of hair loss appeared three months ago over the left temporal region, coinciding with the onset of itching. This was triggered by a disturbed lifestyle, as his son was hospitalized with a high-grade fever following a seasonal change. The patient, being a single child, was particularly stressed during this time, leading him to skip meals and experience disturbed sleep. Additionally, work stress compounded the situation as he had been absent from work. In response to stress, he resorted to alcohol consumption, which had become a coping mechanism. Over the following 20-25 days, more patches appeared on the scalp, eyebrows, and beard. While some smaller patches showed signs of recovery, the larger patches persisted. The most recent patch appeared on the chin 10 days ago.

Family History

Living in a nuclear family with wife and son.
Very good bond with family,
Emotionally attached to son,
Working hard so that their future will not suffer

Case analysis

Reportorial totality

Repertory	Rubrics selected
Complete Repertory	– Mind – Anxiety: Agg., ailments from: Mental and Emotional Consequences of – Mind – Alcoholism, dipsomania: irritability, in – Mind – Ambition: Ailments from, agg.

Repertory screenshot

Repertorisation							
Filters Applied: Sort by Totality							
Symptoms: 3				Remedies: 99			
Remedy Name	Nux-v	Calc-f	Merc	Nat-m	Plat	Puls	Graph
Totality / Symptoms Covered	9 / 3	4 / 2	4 / 2	4 / 2	4 / 2	4 / 2	4 / 1
[Complete] [Mind]Alcoholism, dipsomania:Irritability, in: (1)	3						
[Complete] [Mind]Anxiety:Agg., ailments from:Mental and emotional consequences...	3	3	3	3	3	3	4
[Complete] [Mind]Ambition:Ailments from, agg.: (15)	3	1	1	1	1	1	

Selection of Remedy

Remedy	Reasons
Constitutional Nux Vomica – 2001 dose, stat	The remedy is prescribed after taking a complete case history of the patient in detail.
JaborandiQ LA	A very good remedy for hair growth and nourishment.
Thuja Occ - 200 – 1 dose, Stat	An intercurrent remedy and having the miasmatic properties required in this case.

Miasmatic approach

Symptoms	Psora	Sycosis	Syphilis	Tubercular
Mental State	Irritability, anxiety, restlessness, overwhelmed by responsibilities. Emotional distress and hypersensitivity.	Stress leading to deeper physiological changes, emotional tension with a focus on duty or perfectionism.	Deep emotional turmoil, guilt, despair, and isolation.	Restlessness, anxiety, and fear of disease progression.
Physical Symptoms	Hair loss in distinct patches. Possible	Chronic or recurring physical symptoms,	Severe physiological	Progressive physical symptoms, often

	digestive disturbances, muscle tension, or headaches.	possibly affecting hair follicles.	deterioration, affecting various systems.	affecting skin or lungs.
Trigger Factor	Emotional stress, particularly related to a loved one's illness, leading to immune dysfunction.	Stress leading to deeper physical changes, often triggered by unresolved emotional issues.	Emotional trauma or past history of unresolved guilt or loss.	Chronic stress and long-standing anxiety leading to disease.
Miasmatic Predominance	Psora: Represents hypersensitivity, emotional distress, and functional disturbances due to stress.	Sycosis: Represents chronic or recurring physical conditions, with stress-induced physiological changes.	Syphilis: Affects deeper levels of emotional and physical health, with a focus on guilt and despair.	Tubercular: Represents progressive physical decline, with emotional and physical symptoms often linked to anxiety.

II. Materials and Methods

Complete Repertory 2020 by Roger van Zandvoort

Results

Months	Progress	Prescription
1st Visit	Remedy prescribed based on present symptoms and past incidents triggering the condition.	Nux Vomica 200/1 dose stat, Sac Lac 30 2/1
1st Month	Patient is better; no new patches have appeared, existing patches are stable.	Sac Lac 30 2/1
2nd Month	New hair growth seen in patches, halo visible.	Sac Lac 30 2/1, Jab Q – LA over the patches at night
3rd Month	Existing patches over the scalp are recovering, beard patch remains unchanged.	Sac Lac 30 2/1, Jab Q – LA over the patches at night
4th Month	No new patches appeared; existing patches recovering, new hair growth seen in all patches.	Sac Lac 30 2/1, Jab Q – LA over the patches at night
5th Month	No new patches; existing patches are better, volume of hair increased over the patches.	Sac Lac 30 2/1, Jab Q – LA over the patches at night
6th Month	Patches completely covered; no new patches.	Sac Lac 30 2/1
7th Month	No new patches; existing patches fully recovered. Patient under observation.	No medicines given
8th Month	No new patches appeared; treatment discontinued. Patient advised to maintain routine hair care.	Follow-up with routine hair care advice.

III. Discussion& Conclusion

The patient's alopecia areata demonstrated complete recovery, with all affected patches regrowing hair and no new patches emerging. The treatment, especially with Nux Vomica, played a key role in restoring immune balance and addressing the emotional stress that initially triggered the condition. The absence of new patches indicates that the autoimmune response has stabilized, suggesting a successful and sustained remission. The

patient's overall health, including emotional resilience and physical well-being, was integral to the positive outcome of the treatment.

The transformation



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References

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