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Title: A Case Report of Alopecia Areata Treated With Homoeopathy

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Abstract

Alopecia areata is an autoimmune disease that causes temporary, non-scarring hair loss while leaving the scalp and/or body hair follicles intact. The aetiology of AA is complicated by genetic predisposition, autoimmunity, and environmental variables. Patchy AA is the most frequent kind, which may affect anyone of any age and affects around 2% of the population.



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Cases of AA have been effectively treated with homoeopathic drugs, according to the homoeopathic literature.

Case Summary: This is the case of a 23 years old boy with alopecia areata. The case presented here is documented from Swasthya Kalyan Homoeopathic College and Research Centre at Jaipur, Rajasthan. The patient was treated with individualised homoeopathic medicine over a period of 7 months. There was significant improvement with homoeopathic treatment, with complete disappearance of bald patches without any recurrence.

Keyword: Alopecia, Alopecia Areata, Hair loss, Autoimmune, Homoeopathy, Phosphorus.

Introduction:

Alopecia literally means ‘loss of hair’ and it could have many causes [2]. There are two types of alopecia:

1. Non- cicatricial alopecia (non- scarring alopecia)
2. Cicatricial alopecia (scarring alopecia) [2]



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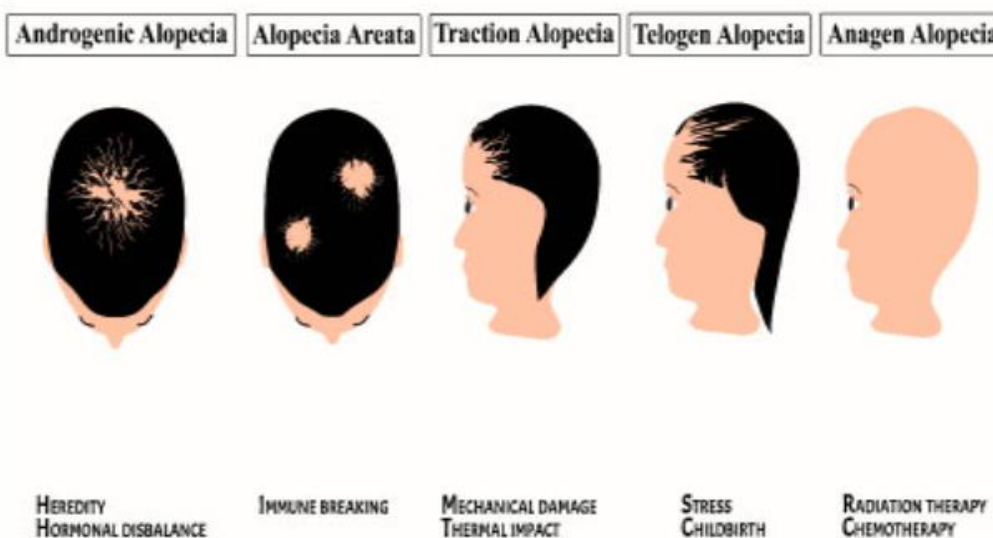
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TYPES OF ALOPECIA



ALOPECIA AREATA:

Alopecia areata is an autoimmune disorder characterized by transient, non-scarring hair loss without any clinical inflammatory signs ^[1].



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It is one of the most common form of hair loss seen by dermatologists and accounts for 25% of all the alopecia cases ^[3].

Etiology:

Immunological mediated

Genetic factors

Emotional factors

Epidemiology:

Alopecia areata (AA) is the most common type of alopecia ^[2]. A global lifetime incidence of roughly 2% was found in a systematic study of the epidemiology of AA. ^[4]

Both men and females are impacted equally ^[2]. Male patients may be diagnosed earlier in life, but females are more likely to arrive in adolescence and have more associated nail involvement or autoimmune diseases ^[4].

Age: The disease may strike anybody at any time. The median age at the time of diagnosis is 33 years old. ^[4]

Clinical features:

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AA is typically characterised by smooth, sharply demarcated, round patches of hair loss with no atrophy^[4].

The prototype lesion is a discoid alopecia patch with no scaling or inflammation. Pathognomonic is the appearance of "exclamation mark hair" at the lesion's margin.^[2]

The scalp is the most usually affected region (90%) yet it may infect any area of the body^[3].

Variants:

Most common variants of AA are:

- Alopecia universalis (AU)- loss of hair from the whole body
- Alopecia totalis (AT)- loss of hair from the whole scalp
- Ophiasis alopecia-some people lose hair in a band-like pattern on the temporal and occipital scalp, i.e. on the scalp's periphery.^[2]

These have a poor prognosis.^[2]

Less common variants include:

- The diffuse variation, which causes hair thinning all over the scalp, and the reticular pattern, which causes repeated hair loss in one place and spontaneous hair growth in another. Banded hair loss in the fronto-parieto-temporal area distinguishes ophiasis inversus..^[4]



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Associations:

Depression, anxiety, and thyroid illness (hyperthyroidism, hypothyroidism, goitre, and thyroiditis), as well as lupus erythematosus, vitiligo, psoriasis, rheumatoid arthritis, and inflammatory bowel disease, are all related with alopecia areata. ^[1]

In addition, severe alopecia areata might be accompanied by nail changes, as thinning and pitting of nail plate ^[2].

minor etc

Case record:

Mr. XYZ, 23-year-old boy came to us with a complaint of hair loss in scalp.

History:

A 23-year-old boy reported with AA in the OPD of Swasthya Kalyan Homoeopathic College and Research Centre at Jaipur, Rajasthan, India. He presented with one bald patch on the parital region of head on the left side which had troubled him over 1 year. The boy was also struggling with dry, white dandruff causing itching in whole scalp from over 3 years. He also has a unique characteristic symptom “Hot flushes from excitement” since almost childhood, which he wasn’t much concerned of.



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There was no family history of AA or any autoimmune disease in the family.

The boy was very affectionate, friendly and was an extroverted personality. He makes friends, contacts and establish relationships easily. During his case taking, his sister informed that he was very emotional and sympathetic; very sensitive to the suffering of people around and very much caring. A person with abundant creative ideas and hard working.

Likes travelling, with friends or with good company.

After detailed case taking, we came across to a conclusion that from last two years he was feeling alone and unloved, as he left hometown for studies. Feeling that he was not getting enough attention, care and love.

At clinic he was quite intellectual and very restless to know about the disease he was suffering from and till when it will get cured.

His thermal reaction was chilly. Desires salty taste and ice-cream.

He was a lean, 5 feet 10-inch boy having attractive look and eyes with long curved eyelashes.

The patient had history of pneumonia when was an infant.

The patient has given his consent for his images and other clinical information.

The following characteristic symptoms were considered for repertorisation:

Affectionate, returns affection



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Sympathetic

Desires company

Anxiety of his own health

Curved eyelashes

Salt desire

Desires ice-cream

Hair baldness in patches.

White dandruff



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Repertorisation was done using RADAR 10.0 and the repertorial result is shown in [Table 1].

Table 1: Repertorisation chart

The screenshot shows the 'Investigation window for remedies' in RADAR 10.0. It lists 9 symptoms from a clipboard and a grid of 32 remedies with their respective scores. The symptoms are:

- MIND - AFFECTIONATE - returns affection
- MIND - SYMPATHETIC
- MIND - COMPANYY - desire for
- MIND - ANXIETY - health; about - own health; and
- EYE - HAIR - Eyelashes - long; are - curved; and
- GENERALS - FOOD and DRINKS - ice cream - desire
- GENERALS - FOOD and DRINKS - salt - desire
- HEAD - HAIR - baldness - patches
- HEAD - DANTRUFF - white

The remedies listed in the grid are: phos., calc., calc.cp., podob., atrop., ars., carb., sep., nat-m., nit-ac., lyc., medl., nat-c., puls., kali-p., kola, sij., sulph., sperm-mat., nat-p., nat-sil., sulph-em., bit-ar., lac-c., varat., caust., ign., moni., ruak-y., aids., aton., aur-.



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Intervention:

First prescription: On 27 February 2021, Phosphorus 30C/1D/stat.

Basis of prescription: Medicine selected on the basis of individualisation, symptom totality and in consultation with Materia Medica was Phosphorus. Furthermore, Phosphorus was chosen as it covers the totality of symptoms and the patient's thermal reaction was chilly. Phosphorus 30C/1D/stat, was prescribed. On subsequent follow-ups, potency was changed based on the assessment of improvement in bald patches.



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Table 1: Follow up sheet

Date	Symptoms	Prescribed Medicine
27/02/21	<ul style="list-style-type: none"> Excessive hair loss Bald patch on scalp Dry, white, itchy dandruff in whole scalp 	Rx Phosphorus 30/1D/ stat Rubrum 30/TDS/7 days
03/03/21	<ul style="list-style-type: none"> Coryza for 1 day, running nose with frequent sneezing. Ailments from weather change Temp.- 99.4 	Rx Arsenic 200/1D/ stat Rubrum 30/TDS/4 days
08/03/21	<ul style="list-style-type: none"> No remarkable change in complaint of hair fall and dandruff. Feeling positive, relief in the anxiety for disease. 	Rx Phosphorus 30/1D/ stat Rubrum 30/TDS/14 days
22/03/21	<ul style="list-style-type: none"> Relief from dandruff for 2-3 days after hair wash, then it returns back. Was slight improvement in hair falls during combing and while 	Rx Phosphorus 200/1D/ stat Rubrum 30/TDS/14 days



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	<p>sleeping for few days but then got standstill.</p> <ul style="list-style-type: none"> • Maximum hair falls during washing and oiling. 	
05/04/21	<ul style="list-style-type: none"> • Bald patch was not that smooth as before. • Slight hair growth in the patchy area. • General improvement in hair fall of scalp 	<p>Rx</p> <p>Phytum 200/1D/ stat</p> <p>Rubrum 30/TDS/14 days</p>
20/04/21	<ul style="list-style-type: none"> • Hair growth in the bald patch area, decrease in the demarcating line. • Few white hairs growing in the area. 	<p>Rx</p> <p>Phosphorus 200/1D/ stat</p> <p>Rubrum 30/TDS/14 days</p>
04/05/21	<ul style="list-style-type: none"> • Improvement in complaints 	<p>Rx</p> <p>Phytum 200/1D/ stat</p> <p>Rubrum 30/TDS/14 days</p>
10/05/21	<ul style="list-style-type: none"> • Fever since 1 day, temp.- 101.2 • Frontal headache, dull aching pain over eyebrows. • Dullness in whole body. 	<p>Rx</p> <p>Gelsemium 30/4dose/BD</p>



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	<ul style="list-style-type: none"> • Heaviness in eyes. Ame. - from closing eyes, lying down. • No thirst, clean tongue. • Ailments from dry hot air of summers, sun strokes 	Rubrum 30/TDS/4 days
22/05/21	<ul style="list-style-type: none"> • Improvement in complaints of alopecia 	Rx Phytum 200/1D/ stat Rubrum 30/TDS/14 days
05/06/21	<ul style="list-style-type: none"> • No considerable change in the condition 	Rx Phosphorus 1M/1D/ stat Sac Lac 30/TDS/30 days
08/07/21	<ul style="list-style-type: none"> • Remarkable improvement in hair growth in the bald patch • No white hair growth in the spot. 	Rx Phytum 200/1D/ stat Rubrum 30/TDS/30 days
04/08/21	<ul style="list-style-type: none"> • Complete disappearance of bald patches on the head • Itching in the scalp due to 	Rx Phosphorus 1M/1D/ stat Sac Lac 30/TDS/30 days



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	dandruff was still present	
08/09/21	<ul style="list-style-type: none"> Significant improvement of hair growth on the head without any recurrence of new bald patches 	Rx Phytum 200/1D/ stat Rubrum 30/TDS/30 days

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