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Unveiling the power of individualized homoeopathic medicine in the treatment of alopecia areata: A case series

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Abstract

Alopecia Areata (AA) is a common skin condition particularly the hair disorder in human characterized by presence of well-demarcated round or oval patchy bald spots on the scalp or other parts of the body with smooth surface. It is an autoimmune condition that causes non-scarring hair loss which usually affect the scalp but it can take any form ranging from hair loss in defined patches to complete hair loss from scalp (Alopecia totalis) or total loss of body hair (Alopecia universalis) and it can affect any hair-bearing area of body. This case series highlights the potential benefits of individualized homoeopathic treatment in curing alopecia areata through 3 cases. The first case study presents successful treatment of a 17-year-old female patient who presented with complaints of hair fall and a single bald patch on the top of the scalp. The patient was successfully treated with Natrum Muriaticum. The second case is of chubby female patient of 21-year-old presents with a single bald patch on the back side of the scalp with history of hair fall and grey hairs from last 2 years. On the basis of Totality of symptoms, she was treated with Calcarea Carbonica. The third case is of 16-year-old male patient having small, single patch of hair loss on the occipital region, since 11 months, treated with Argentum Nitricum. All 3 cases were prescribed Individualized Homoeopathic medicine in Fifty Millesimal Scale with great success.

Keywords: Alopecia areata, autoimmune, individualized homoeopathic medicine, fifty millesimal potencies.

Introduction

Hair is an important cosmetic asset and one's appearance and self-image, and sudden hair loss in bizarre pattern is psychologically painful. It affects the Health-related Quality of life (HRQoL) and limits social freedom^[1]. Hair loss is devastating for image-conscious teenagers and causes psychological damage leads to intense emotional suffering, personal, social and also work related problems. Hair loss is not physically painful but psychological especially for women. Hair is somewhere link to the identity of the women and about 40% of women with alopecia have had marital problems as a consequence and about 63% claim to have a career related problem. Hair loss affects the femineity, sexuality, attractiveness, and overall personality of a women and therefore hair loss seriously affects the self-esteem and body image^[2].

Children with Alopecia Areata have higher rate anxiety as compare to adolescent also the high rate of depression and low health-related quality of life is commonly seen in children hence the Alopecia Areata is associated with poor psychiatric status and quality of life (QoL) especially in children^[3].

Alopecia Areata (AA) is second most common hair loss disorder after androgenic alopecia, and it is associated with other medical comorbidities and play a major role in contributing to global burden of disease^[4]. It has a significant association with other disease conditions like vitiligo, lupus erythematosus, psoriasis, atopic dermatitis, rheumatoid arthritis, autoimmune thyroid disease and allergic rhinitis^[5].

Alopecia Areata (AA) is common in both male and female with no sex predominance and may occur at any age, but it is more common in children than in adults. It is the most prevalent disease and the prevalence of alopecia areata is 2.11%⁶ overall and the lifetime incidence risk of this disease is 2.1%^[7]. Alopecia areata is classically presents as an asymptomatic, well-defined patches (usually round or oval) of hair loss. These patches can be mildly reddened or peachy in color and may occur on any hair-bearing area, but it affects scalp in 90% cases and are classified based on extent or pattern of hair loss.

The hair loss is present as single patch (most common), multiple patches or extensive hair loss. Patchy Alopecia areata is partial loss of scalp hair, Alopecia Totalis (AT) in which 100% of scalp hairs are lost and Alopecia universalis (AU) means 100% loss of scalp and body hairs. Most common is patchy alopecia and approximately 5% cases progress to AT/AU. The characteristic finding of Alopecia areata is presence of “exclamation mark hairs”, which have blunt distal end and tapered proximally, appear when the broken hairs (black dots) are pushed out of the follicle. Localization of initial patch occurs most often on the scalp. A well demarcated localized form of alopecia areata can also present in a diffuse generalized pattern that resembles androgenic alopecia or telogen effluvium. An interesting feature of Alopecia areata is its initial sparing of white hairs in patients with graying hairs. Involvement of nails can occur with nail pitting and a sandpaper like appearance [8].

Very little evidence-based data is available for the treatment of Alopecia areata & recommendations are mainly based on case series and clinical experience. Numerous treatments for Alopecia areata have been introduced but none are curative. The long-term efficacy of the current treatment is minimal & the therapeutic response varies widely. It includes the Topical therapies (Topical corticosteroids, intralesional corticosteroids, Topical contact sanitizers, Anthralin, Topical minoxidil, topical tracolimus, Topical retinoids, prostaglandins.), Systemic therapies (Systemic corticosteroids, Azathioprine, Cyclosporine, Methotrexate, Sulfasalazine, biological agents), biological agents like TNF inhibitors such as adalimumab, infliximab, and etanercept have been tried in AA, but the results have not been encouraging [9].

Other therapies like phototherapy, photochemotherapy, Excimer laser and excimer light therapy. These therapies are classified under First-line therapies, Second-line therapies and third line therapy and tries alternately without any promising results. Available treatment options have limited success and relapses are very common & no cure has been found [10].

Case 1

Presenting Complaints

17 years old, female visited on 16-06-2023 with the complaint of hair fall from last 1.5 years and a single bald patch on the top of the scalp from last 9 months. There is no itching, burning or any other sensation at the same site.

History of presenting complaint

1.5 years back. she experienced hair fall during the time of her pre-board exams of 10th standard. She told about the same to her mother for which her mother changed hair massaging oil but there was no change in hair fall. This continues for 2-3 month, and she took no treatment because of her board exam as she was very busy in studying and want to score good to secure her seat in science stream. she took her daughter to the Allopathic physician but got no relief.

Past history

Vaccination-On time, COVID Vaccine 2 dose only.

Personal history

Developmental landmarks-On time.
Diet-Vegetarian.

Habits and Addictions-N.S.
Marital Status-Unmarried
Educational status-Student
Surrounding at home-Congenial
Hobbies-N.S.
Allergies-Nil.

Family History

Father-DM
Mother-RA
Grandmother (Dadi)-DM

Gynaecological history

- Menarche-12years
- Menstruation
 - Cycle-Regular (28-30 days cycle) with mild pain in lower back during 1st 2nd day.
 - Duration-5-6 days
 - Quantity-3-4 pads on 1st & 2nd day and 1-2 pad 3rd day onwards
 - Color-Bright red
 - Consistency-Fluid sometimes small clots with no other associated complaints.

Physical generals

- Appetite-Normal, 3 meals per day, 1-2 chapattis per meal
- Thirst-decreased, 1 litres per day or less (jab yaad aa jata hai to pee leti hoon)
- Desire-Salty⁺⁺⁺, especially Namkeen & chips
- Aversions-Sweets⁺⁺
- Intolerance-Extremes of temperature. Too hot or too cold weather was intolerable
- Tongue-coated white.

Taste of Mouth-nothing

- Sleep-7 hours per day, refreshing.
- Dreams-Exams, as if today is my final exam and I am not ready for it. That I will fail in exams.
- Urine-D₄₋₅ N₀.
- Stool-D₁ N₀, satisfactory.
- Perspiration-upper lips ⁺⁺, Nose⁺⁺ (especially while eating, palm⁺ & soles⁺)
- Thermal Reaction-Hot

Life space and mental generals

- She is very calm, mild, gentle studious girl & become irritable easily.
- Want pin drop silence for study and unable bear loud sounds.
- She is particular especially about her bed and study table and want the pen and books pillow in proper place.
- On asking about the stress of study, her mother told she is very serious about her exams & study as her father wants her to take the science side in 11th standard with math's.
- On asking about the career-she says, I want to become a doctor, but my father wants me to take math's along with biology, but I don't want because for that I have to do extra effort for scoring good in math's also.
- I like to be alone all the time so that I can study.
- Easily startled from slight noises and fear of lightening sounds or thunderstorms.

General physical examination

- Level of Consciousness-Conscious
- Built-Mesomorphic
- Gait-N.A.D
- Decubitus-sitting
- Deformity-N.A.D
- Lymphadenopathy-N.S
- Clubbing-Absent
- Cyanosis-Absent
- Oedema-Absent
- Cachexia-Absent
- Skin/hair/nails-Clean
- Respiratory rate-16-18/min.
- Height-5'4
- Weight-54kg
- Pulse-74bpm
- BP-110/70mmhg

Analysis of symptoms

Common Symptoms

- Calm, mild, gentle
- Bald patches on scalp
- Hair fall

Uncommon Symptoms

Desire-Salty +++, chips, namkeen
 Aversion-Sweets++
 Intolerance-extremes of temperature
 Tongue-coated white
 Dreams-Exams
 Perspiration-upper lips ++, Nose++ (especially while eating, palm+ & soles+
 Thermal Reaction-Hot
 Irritable easily
 Want pin drop silence.
 unable bear loud sounds.
 Very particular
 Like to be alone.
 fear of lightening sounds or thunderstorms
 Easily starless from slight noises

Evaluation of symptoms

Table 1: Evaluation of symptoms

Symptoms	Intensity
Desire-Salty	3+
Aversion-Sweets	2+
Intolerance-Extremes of temperature	2+
Tongue-Coated White	1+
Dreams-Exams	2+
Perspiration-Upper lips, Nose	3+
Perspiration-Plam & soles	1+
Thermal Reaction-Hot	2+
Easily irritable	2+
Want pin drop silence	3+
Unable to bear Loud sounds	2+
Very Particular	3+
Likes to be alone	3+
Fear of lightening sounds	2+
Easily startles from slight noises	2+

Miasmatic Evaluation

Table 2: Miasmatic evaluation

Symptoms	Miasm
Desire-Salty	Tubercular
Aversion-Sweets	Sycosis
Intolerance-Extremes of temperature	Tubercular
Tongue-Coated White	Sycosis
Dreams-Exams	Psora
Perspiration-Upper lips, Nose	Psora
Perspiration-Plam & soles	Psora
Thermal Reaction-Hot	Psora
Easily irritable	Psora
Want pin drop silence	Psora
Unable to bear Loud sounds	Psora
Very Particular	Sycosis
Likes to be alone	Sycosis
Fear of lightening sounds	Psora
Easily startles from slight noises	Psora

Totality of symptoms

- Desire-Salty
- Aversion-Sweets
- Intolerance-extremes of temperature
- Tongue-coated white
- Dreams-Exams
- Perspiration-upper lips ++, Nose++ (especially while eating, palm+ & soles+)
- Thermal Reaction-Hot
- Irritable easily
- Want pin drop silence
- unable bear loud sounds
- very particular
- Like to be alone
- fear of lightening sounds or thunderstorms
- Easily starless from slight noises

Repertorization

Repertorization was done with the synthesis repertory as case is full of generals.

Repertorial Totality

Generals-Food and Drinks-Salt-Desire
 Generals-Food and Drinks-Sweets-Aversion
 Generals-Temperature-Extreme-agg.
 Mouth-Discoloration-Tongue-white
 Dreams-Examination-unprepared for an exam being;
 FACE-Perspiration-Lips
 Generals-Warm-agg.
 Mind-Irritability-easily
 Mind-Sensitive-noise, to
 Mind-Fastidious
 Mind-Company-aversion to-alone amel.
 Mind-Fear-thunderstorm, of
 Mind-Starting-easily
 Mind-Starting-noise

Repertorial sheet

(Repertory Used-Synthesis 2.0[v.202])

1 MIND - COMPANY - aversion to - alone amel.; when

2 MIND - FASTIDIOUS

3 MIND - FEAR - thunderstorm, of

4 MIND - IRRITABILITY - easily

5 MIND - SENSITIVE - noise, to

6 MIND - STARTING - easily

7 MIND - STARTING - noise, from

8 FACE - PERSPIRATION - Lips

9 MOUTH - DISCOLORATION - Tongue - white

10 DREAMS - EXAMINATIONS - unprepared for an exam; being

11 GENERALS - FOOD and DRINKS - salt - desire

12 GENERALS - FOOD and DRINKS - sweets - aversion

13 GENERALS - TEMPERATURE - extreme - agg.

14 GENERALS - WARM - agg.

Remedies	Sum Sym	Sum Deg	Symptoms
nat-m.	11	25	1,2,3,5,6,7,9,10,11,12,14
phos.	10	24	1,2,3,5,6,7,9,11,12,14
caust.	10	16	2,3,5,6,7,9,11,12,13,14
sulph.	10	16	1,2,3,5,6,7,9,11,12,14
lyc.	9	16	1,2,3,5,6,7,9,12,14
sil.	9	16	2,3,5,6,7,9,11,12,14
calc.	9	15	2,3,5,6,7,9,11,12,14
merc.	9	15	3,4,5,6,7,9,11,12,14
kali-s.	9	13	1,2,4,5,6,9,11,12,14

Fig 1: Repertorial sheet

Prescription

Based on mental and physical characteristic symptoms and considering the Totality, medicine Natrum Muriaticum was given in LM potency starting from 0/1 and gradually

increasing potency as per need of the case.

Follow Up

Table 3: Follow up

Date	Sign & Symptoms	Prescription
16-06-2023	Bald patch and hair fall	Natrum Muriaticum 0/1-OD-15days
02-07-2023	No change in condition	Natrum Muriaticum 0/2-OD-15days
18-07-2023	Mild itching appears on bald patch with mild reduction in hair fall	Natrum Muriaticum 0/3-OD-15days
04-08-2023	Itching disappears no other symptoms, hair fall reduces further	Natrum Muriaticum 0/4-OD-15days
22-08-2023	No change	Natrum Muriaticum 0/5-OD-15days
07-09-2023	Small hairs start appearing in bald patch	Natrum Muriaticum 0/6-OD-15days
23-09-2023	Further improvement in hair growth	Natrum Muriaticum 0/7-OD-15days
10-10-2023	Bald patch appears more blackish	Natrum Muriaticum 0/8-OD-15days
27-10-2023	Further improvement	Natrum Muriaticum 0/9-OD-15days
12-11-2023	Good amount of hair growth in bald patch and size of bald become small	Natrum Muriaticum 0/10-OD-15 days
29-11-2023	Further improvement in bald patch it is almost merges with normal hairs and no hair fall	Natrum Muriaticum 0/11-OD-15days



Fig 2: Before treatment



Fig 3: After treatment

Case 2

Presenting complaints

A student of 21 years presented on Single bald patch on the back side of the scalp with hair fall and grey hairs from last 2 years. She also had problem of constipation since childhood for which she was not much concerned. Stool was hard, once in 2-3days.

Initially patient experienced hair falls and after some time she noticed single bald patch which was increasing in size gradually. She took various treatment for the same but got no relief.

Past history

Asthma in childhood.

Renal stones left side, 5 years back.

Personal History

Developmental landmarks-On time.

Diet-Vegetarian.

Marital Status-Unmarried

Surrounding at Home-Congenial

Allergies-Nil.

Family History

Mother-Asthmatic

Physical generals

- Appetite-Normal, 3 meals per day, 2-3 chapattis per meal
- Thirst-Increased, 3 litres per day
- Desire-Craves eggs, sweets
- Aversions-Milk
- Intolerance-NS

- Tongue-clean, moist
- Taste of mouth-Nothing specific
- Sleep-9 hours per day, refreshing.
- Dreams-Nothing specific
- Urine-D₄₋₅ N₁.
- Stool-Once in 2-3 days. Hard.
- Perspiration-Head especially while sleeping
- Thermal Reaction-chilly

Gynaecological History

- Menarche-13years
- Menstruation
- Cycle-Regular (28-30 days cycle) with mild pain in lower limbs bilaterally during 1st & 2nd day.
- Duration-4-5/ day
- Quantity-2-3pads/day
- Color-bright red
- Consistency-No other associated complaints.

Life space and mental generals

- She doesn't want to be dependent on someone else, rarely takes help from others.
- She is very much worried about her health. "Hmeshsa kuch na kuch laga rhta hai". She easily gets tired. She want to be healthy and fine so that she can focus on her studies." College k baad jaldi job paana hai taki kuch future set rahe".

General physical examination

- Level of consciousness-conscious
- Built-Mesomorphic
- Gait-N.A.D
- Decubitus-sitting
- Deformity-N.A.D
- Lymphadenopathy-N.S
- Clubbing-absent
- Cyanosis-absent
- Oedema-absent
- Cachexia-absent
- Skin/hair/nails-clean
- Respiratory rate-17-18/min.
- Height-5'1"
- Weight-59 kg
- Pulse-80bpm
- BP-125/85mmhg

Analysis of symptoms

Common symptom

- Bald patches on scalp
- Hair fall

Uncommon Symptoms

- Desire-Sweets, egg +++
- Aversion-milk
- Perspiration-Head especially while sleeping
- Thirst-Increased
- Stool hard.
- Very much worried about her health
- Concerned about her future
- Doesn't want to take help from others.
- Chilly

Evaluation of symptoms

Table 4: Evaluation of Symptoms

Symptoms	Intensity
Desire-Sweets, Egg	2+
Aversion-Milk	1+
Perspiration-head, sleeping while	2+
Thirst-increased	3+
Stool hard.	2+
Worried about her health	3+
Concerned about her future	2+
Doesn't want to take help from others	3+
Thermal-chilly	2+

Miasmatic Evaluation

Table 5: Miasmatic Evaluation

Symptoms	Miasm
Desire-Sweets, Egg	Tubercular
Aversion-Milk	Sycosis
Perspiration-head, sleeping while	Sycosis
Thirst-increased	Psora
Stool hard	Psora
Worried about her health	Psora
Concerned about her future	Sycosis
Doesn't want to take help from others	Sycosis
Thermal-chilly	Psora

Totality of Symptoms

- Desire-Sweets, egg
- Aversion-milk
- Perspiration-Head especially while sleeping
- Thirst-increased
- Stool hard.
- Very much worried about her health
- Concerned about her future
- Doesn't want to take help from others.
- Chilly

- Stomach-Thirst
- Rectum-Constipation-insufficient
- Generals-Food and Drinks-eggs-desire
- Generals-Food and DRINKS-milk-aversion
- Generals-Food and Drinks-sweets-desire
- Generals-Heat-lack of vital heat

Repertorial Sheet

First Prescription

Based on PQRS symptoms and after confirmation from Materia Medica, Calcarea Carbonica was selected and given in LM potency starting from 0/1 and gradually increasing potency as per need of the case.

Repertorial Totality

Mind-Anxiety-Future, about
 Mind-Anxiety-Health; about
 Mind-Dignified
 Head-Perspiration of scalp-sleep-during

Follow Up

Table 6: Follow up

Date	Sign & symptoms	Prescription
23-08-2023	Hair fall & bald patch	Calcarea Carbonica 0/1-BD-10days
07-09-2023	No change in hair fall but there is ease in passing stool	Calcarea Carbonica 0/2-BD-10days
20-09-2023	No change in hair fall but passing stool daily previously it was once in 2-3 days	Calcarea Carbonica 0/3-BD-10days
04-10-2023	Hair falls slightly reduces	Calcarea Carbonica 0/4-BD-10days
16-10-2023	Further improvement in hair fall	Calcarea Carbonica 0/5-BD-10days
30-10-2023	Hair start growing in bald patch	Calcarea Carbonica 0/6-BD-10days
14-11-2023	Further marked improvement in hair fall	Calcarea Carbonica 0/7-BD-10days
25-11-2023	No hair fall now and further improvement in bald patch	Calcarea Carbonica 0/8-BD-10days
09-12-2023	Further improvement in hair growth in bald patch it is almost full black with short hairs in that area	Calcarea Carbonica 0/9-BD-10days
23-12-2023	Hair growth further improves and feeling better and gains confidence	Calcarea Carbonica 0/10-BD-10days
06-01-2024	Further improvement in almost all the symptoms	Calcarea Carbonica 0/11-BD-10days
28-01-2024	Become calm and not much worried about health now	Calcarea Carbonica 0/12-BD-10days
18-02-2024	Further improvement	Calcarea Carbonica 0/13-BD-10days

- 1 MIND - ANXIETY - future, about**
- 2 MIND - ANXIETY - health; about**
- 3 MIND - DIGNIFIED**
- 4 HEAD - PERSPIRATION of scalp - sleep - during**
- 5 STOMACH - THIRST**
- 6 RECTUM - CONSTIPATION - insufficient**
- 7 GENERALS - FOOD and DRINKS - eggs - desire**
- 8 GENERALS - FOOD and DRINKS - milk - aversion**
- 9 GENERALS - FOOD and DRINKS - sweets - desire**
- 10 GENERALS - HEAT - lack of vital heat**

Remedies	Sum Sym	Sum Deg	Symptoms
calc.	10	22	1,2,3,4,5,6,7,8,9,10
sil.	9	17	1,2,4,5,6,7,8,9,10
staph.	9	15	1,2,3,4,5,6,8,9,10
bry.	8	18	1,2,4,5,6,8,9,10
sulph.	8	17	1,2,5,6,7,8,9,10
nat-m.	8	16	1,2,3,5,6,8,9,10
kali-c.	8	15	1,2,4,5,6,8,9,10
lyc.	8	15	2,4,5,6,7,8,9,10
nat-c.	8	15	1,2,3,5,6,8,9,10
nit-ac.	8	15	1,2,5,6,7,8,9,10
sep.	8	14	1,2,4,5,6,8,9,10
merc.	8	13	1,2,4,5,6,8,9,10
phos.	7	16	1,2,5,7,8,9,10

Fig 4: Repertorial Sheet



Fig 5: Before Treatment



Fig 6: After Treatment

Case-3**Presenting Complaint**

16 years old male student visited the OPD with Small, single patch of hair loss on the occipital region, for 11 months.

11 months back, his mother noticed a single small area of hair loss in the occipital region. There was no sensation, and it was ignored. After some time, it starts increasing in size and then someone suggested to opt the Homoeopathic medication. Took no treatment previously for the same.

Personal history

Developmental landmarks-On time.

Diet-Vegetarian.

Surrounding at home -Congenial

Allergies-Nil.

Family history

Father-Hypertensive

Mother-Diabetic

Physical generals

- Built-Lean, thin
- Stool-Hard, constipated, for 6 months. Flatulence.

Appetite-decreased (Mann ni karta khane ka)

- Thirst-No thirst
- Intolerance-heat (worse from heat)
- Sleep & Dreams-Unable to sleep alone and dreams of exams frequently (jese mera paper reh jaata hai, pura ni kr paya, ya nind nhi khuli aaj exam tha etc.)
- Desire-Cravings salty, spicy.
- Perspiration-profuse, especially on forehead, upper lip, palms and soles. Palms are very cold on touching.

Mental generals

- He was very quiet during case taking.
- His mother told that he is very calm and frightened easily from sudden noise especially while he is studying. He is continuously studying from last 3 months for his CBSE exams.
- According to her mother -he studies a lot but unable to get good marks in exam. On asking regarding the report card, he said" padhta to hu par yaad nahi rehta, question

paper jese hi hath me aata hai ghabra jata hu, heatbeat sunai dene lag jati hai".

- On questioning privately, he told-his younger brother is very good in studies and because of him his parents force him to study well and perform like his younger brother. I tried but not able to get good marks.
- "I like playing cricket but ek saal se band hai. Ghar me bas padhne ko bolte hain, mann nahi lgta".

General physical examination

- Level of consciousness-conscious
- Built-mesomorphic
- Gait-N.A.D
- Decubitus-sitting
- Deformity-N.A.D
- Lymphadenopathy-N.S
- Clubbing-absent
- Cyanosis-absent
- Oedema-absent
- Cachexia-absent
- Skin/hair/nails-clean
- Respiratory rate-16-18/min.
- Height-5'7"
- Weight-63kg
- Pulse-85 bpm
- BP-115/75mmhg

Analysis of symptoms**Common symptom**

- Single patch of hair loss on occipital region
- Hair fall

Uncommon symptoms

Appetite-decreased

Stool-Hard, constipated

No thirst

Intolerance to-heat (worse from heat)

Desire-Cravings salty, spicy.

Perspiration-profuse, especially on forehead, upper lip, palms and soles. Palms are very cold on touching.

Dreams of exams frequently.

Exams-anxiety, forget things which he learned.

Evaluation of symptoms**Table 7:** Evaluation of Symptoms

Symptoms	Intensity
Appetite-decreased	3+
Stool-Hard, constipated	3+
No thirst	2+
Intolerance to-heat (worse from heat)	3+
Desire-Cravings salty, spicy.	3+
Perspiration-profuse, especially on forehead, upper lip, palms and soles. Palms are very cold on touching.	3+
Dreams of exams frequently	3+
Exams-anxiety, forget things which he learned	3+

Totality of symptoms

- Appetite-Decreased
- Stool-Hard, constipated
- Thirst-No thirst
- Intolerance to-heat (worse from heat)
- Desire-Cravings salty, spicy.
- Perspiration-profuse, especially on forehead, upper lip, palms and soles. Palms are very cold on touching.

- Dreams of exams frequently
- Exams-anxiety, forget things which he learned

Repertorial totality

Mind-Anticipation-examination; before

Face-Perspiration

Stomach-Appetite-diminished

Stomach-Thirstless

Rectum-Constipation
 Dreams-Examinations
 Generals-Food and Drinks-Salt-Desire
 Generals-Food and Drinks-spices-desire

Generals-Warm-AGG.

**Repertorial sheet
 (Repertory Used-Synthesis 2.0[v.202])**

1 MIND - ANTICIPATION - examination; before
2 FACE - PERSPIRATION
3 STOMACH - APPETITE - diminished
4 STOMACH - THIRSTLESS
5 RECTUM - CONSTIPATION
6 DREAMS - EXAMINATIONS
7 GENERALS - FOOD and DRINKS - salt - desire
8 GENERALS - FOOD and DRINKS - spices - desire
9 GENERALS - WARM - agg.

Remedies	Sum Sym	Sum Deg	Symptoms
arg-n.	8	16	1,2,3,4,5,7,8,9
nat-m.	8	16	2,3,4,5,6,7,8,9
vanil.	8	8	2,3,4,5,6,7,8,9
phos.	7	16	2,3,4,5,7,8,9
verat.	7	15	2,3,4,5,7,8,9
chin.	7	14	2,3,4,5,7,8,9
lyc.	7	14	1,2,3,4,5,8,9
sulph.	7	14	2,3,4,5,7,8,9
carb-v.	7	12	1,2,3,4,5,7,9
nux-v.	7	12	1,2,3,4,5,8,9
thuj.	7	12	1,2,3,4,5,7,9
sep.	7	11	2,3,4,5,7,8,9
sil.	7	11	1,2,3,4,5,7,9
spong.	7	11	2,3,4,5,7,8,9

Fig 7: Repertorial Sheet

First prescription

First prescription was done on 26th APRIL 2021 and Argentum Nitricum 200/Single dose followed by Rubrum met 200/BD/10days. There was no improvement in any symptoms and his anxiety of exams was increased. Again, Rubrum met 30-BD-10days was given with no marked improvement and for 10days, again Placebo was given to see any chance of improvement. After confirmation of no improvement, fresh case taking was done again and with same result of Repertory. Natrum Muriaticum was also indicated by the repertory as it scored same as Argentum Nitricum but after confirmation from Materia Medica, more

Totality was in favor of Argentum Nitricum. So now Again Argentum Nitricum was given but this time is in LM scale. Argentum Nitricum 0/1 was given on 9th June 2021. And patient starts improving so it was clear that not only the correct selection of medicine but also the proper selection of Potency and its repetition is important as mentioned by Master Hahnemann in Aphorism § 275-“The suitability of a medicine for any given case of disease does not depend on its accurate homeopathic selection alone, but likewise on the proper size, or rather smallness, of the dose”^[11].

Follow up

Table 8: Follow up

Date	Sign & Symptoms	Prescription
29 th April 2021	Only her mother came and told, his anxiety for exams is increased and was not able to sleep since last 2 nights. She added zada dikkat to nhi hai madam par uske paper hain agle mahine.	PL 30/BD/10Days
11 th May 2021	Slight improvement, but the patch was same as it was	PL 30/BD/15 days
27 th May 2021	Size of patch increased.	PL 200/BD/10 days
9 th June 2021	Size of patch increases. (badh hi raha h abhi to)	Argentum nit 0/1-BD-2weeks
24 th June 2021	Better, appetite and constipation improved.	Argentum nit 0/2-BD-2weeks
15 th July 2021	Better, patch starts appearing blackish	Argentum nit 0/3-BD-2weeks
5 th August 2021	Further improvement	Argentum nit 0/4-BD-2weeks
23 rd August 2021	Feeling better in all way, anxiety improves	Argentum nit 0/5-BD-2weeks
9 th September 2021	Better, patch resolved	Argentum nit 0/6-BD-2weeks

Results



Fig 8: Before treatment 29 April 2021



Fig 10: During treatment 9 June 2021



Fig 9: During treatment 27 May 2021 (patch size increased)



Fig 11:-During treatment 24 June 2021



Fig 12: During treatment 15 July 2021

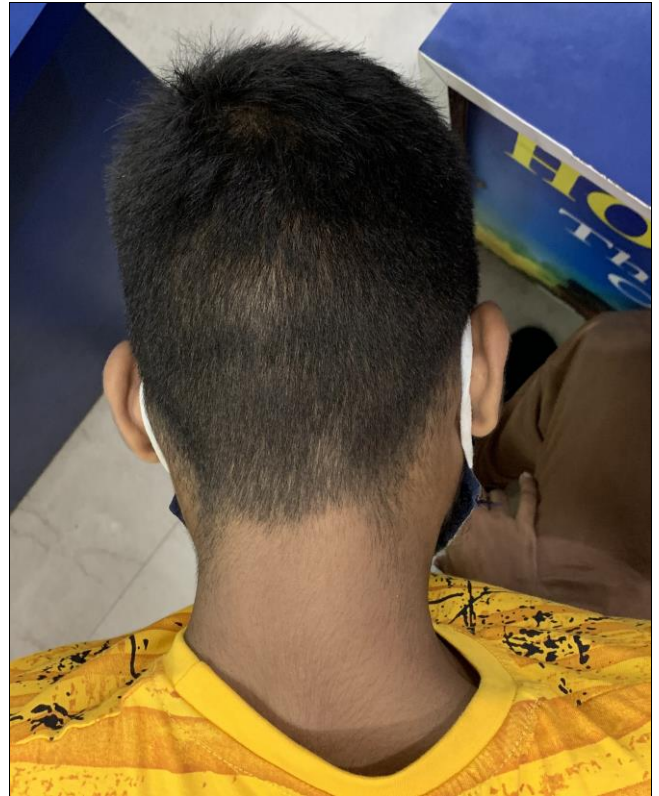


Fig 14: During treatment 23 August 2021



Fig 13: During treatment 5 August 2021



Fig 15: After treatment 09 September 2021

Conclusion

Individualization in Homeopathy is most important part and crucial for selecting the similimum. It is a fundamental concept of homeopathy, which help in the selection of appropriate medicines for each patient based on their unique, peculiar, characteristic symptoms and also by considering the constitution.

In the very beginning part of Introduction of the Organon of medicine, our master Dr. Samuel Hahnemann mentioned that in page no. 5 that “Homoeopathy is not conceivable without the most minute individualization”.

The concept of individualization recognizes that each person is unique, in terms of their physical, mental and emotional states. No two individuals are same, and everyone has their own quality of uniqueness or peculiarity which makes one person different from another and hence they require medicine according to their unique individuality. There is no fixed medicine for any disease condition in homoeopathy Unlike conventional system of medicine, where standardized treatments may be applied to a group of patients with similar diagnoses, homoeopathy demands a meticulous and exhaustive exploration of the patient's symptoms, sensations, modalities, and concomitant factors so that an individualized homoeopathic similimum can be given Again, in aphorism 83 of organon of medicine Dr. Hahnemann told that the physician is only able to individualise the case of disease if he has no fixed ideas and have freedom from prejudice, sound senses, attention in observing and fidelity in tracing the picture of the disease. These qualities of the physician are essential in order to individualize any case and to select the similimum. As per Aphorism 190: “All true medical treatment of a disease on the external parts of the body that has occurred from little or no injury from without, must therefore, be directed against the whole, must effect the annihilation and cure of the general malady by means of internal remedies, if it is wished that the treatment should be judicious, sure, efficacious and radical” [11].

This case series demonstrates the potential benefits of individualized homeopathic treatment in effectively addressing Alopecia Areata. Through the successful treatment of three cases with different remedies tailored to their specific symptoms, we see promising results in the management of this common hair disorder. These findings highlight the importance of personalized homoeopathic approach in treating Alopecia Areata and offer hope for those seeking alternative solutions for this autoimmune condition.

Conflict of Interest

Not available

Financial Support

Not available

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