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Case of alopecia areata treated successfully with the help of *Lycopodium clavatum*: A case report

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Abstract

Alopecia areata (AA) is an autoimmune disease characterized by hair loss (non-scarring) in single areas of the scalp. The disease affects hairs on the head or other parts of the body. A case of a man with alopecia areata treated successfully with Homoeopathy is reported here. He presented with single bald spot on scalp with hair fall and itching without any concomitant organ-specific autoimmune disorder. He was treated with homoeopathic medicines following holistic concepts of homoeopathy. *Lycopodium clavatum* was given and the potency was selected as per the response of the medicine upon patient. The result was full recovery in period of treatment of approximately 5 months.

Keywords: alopecia areata, homoeopathy, *Lycopodium clavatum*, similimum

Introduction

Alopecia areata is a common autoimmune disorder which is presented as well-defined, localized, non-inflammatory, non-scarring sharply demarcated round patches of alopecia, usually on the scalp. Extensive involvement may lead to total scalp hair loss (alopecia totalis), total body hair loss (alopecia universalis) or localised hair loss along the scalp margin (ophiasis). Pathognomonic (exclamation mark) hairs are seen during active hair loss. These characteristic hairs break at their distal point as they taper and lose pigment proximally, giving them the appearance of an exclamation mark and occur at the periphery of patches of alopecia. Nail abnormalities, predominantly pitting or roughening, may occur in association with this condition. Other organ-specific autoimmune disorders such as vitiligo, thyroid disease and Downs syndrome are occasionally associated with AA. It is a relatively common condition affecting 0.15% of the population [1, 2, 3, 4, 5].

The prognosis of the disease is unpredictable. The pathogenetic role of cytotoxic cells is increasingly evident, as well as the deficit of cells and the factors regulating the autoimmune response. It is now widely accepted that a collapse of the immune privilege of the hair follicle is responsible for AA activation which enables immune cells to attack the hair follicle. Patients with AA frequently experience marked impairment in psychological well-being, self-esteem, and may be more likely to suffer from psychiatric comorbidities. Family history of AA, young age at onset, nail dystrophy, extensive hair loss, ophiasis, a history of atopy, or the presence of other autoimmune diseases are associated with a poor prognosis. It is clearly evident through published case report that homoeopathic treatment is useful in cases of AA. This case report of AA is another effort in this regard [6, 7, 8, 9, 10].

Case profile

A 30year male came in our OPD with the complaint of hair fall along with root in the patch on scalp on 30 March 2019. A single bald patch on scalp gradually increasing in size. Falling of hair with itching on scalp, worse during sweating.

History of present complaints & treatment history

Patient was apparently well 3year back when he gradually developed hair fall along with roots in the patch on scalp. Initially, it was a small patch which gradually increased in size.

Past history: Typhoid 15 year back.

Family history: All members healthy and alive with no significant medical history.

Physical generals: Perspiration profuse on scalp. Desire open air. Thermal reaction hot.

1-; Weight - 76 kgs. Other general and systematic examination findings suggest no abnormal sign.

Mentals: Anger violent and from contradiction. Cannot remain alone, want someone with him.

Provisional Diagnosis: Alopecia areata

Clinical findings: Appearance - Endomorphic, Height - 6-

Analysis & Evaluation of symptoms

Table 1: Analysis & Evaluation of Symptoms

Mental general	Physical general	Particular
Anger violent and from contradiction	Desire open air	Hair baldness in patches
Desire company	Perspiration profuse on scalp	Falling of hair
	Thermal hot	Itching of scalp

Miasmatic analysis of symptoms

Dominant miasm: PSORA- SYCOSIS

Table 2: Miasmatic analysis of symptoms [11, 12, 13, 14, 15].

Symptoms	Psora	Sycosis	Syphilis
Anger violent	✓	✓	
Anger from contradiction	✓	✓	
Desire company	✓		
Desire for open air	✓	✓	
Hair baldness in patches	✓	✓	
Falling of hair	✓		
Itching of scalp	✓		
Thermal - hot	✓		

Totality of case

1. Desire company can't remain alone.
2. Anger violent
3. Anger from contradiction
4. Desire for open air
5. Hair baldness patches
6. Perspiration profuse on scalp.
7. Falling of hair.
8. Itching of scalp.

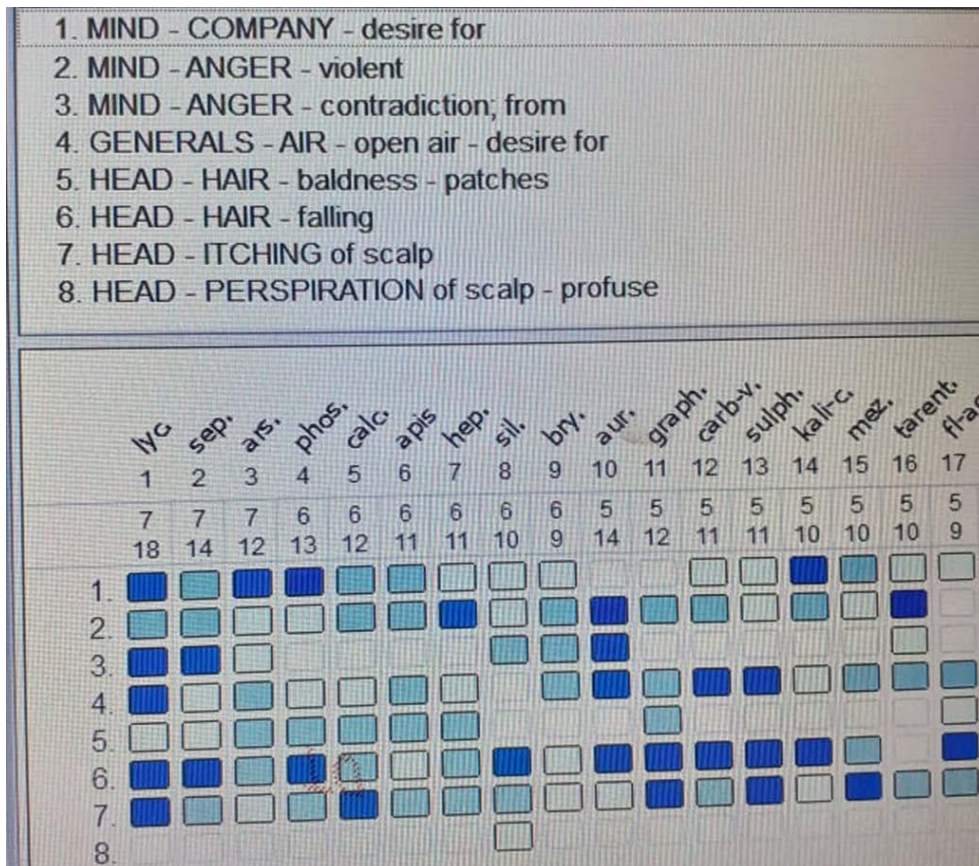


Fig 1: Repertorization of case from Kent Repertory using RADAR software [16]

Justification of selection of remedy and potency: *Lycopodium clavatum* 200 one dose was prescribed after repertorization on the basis of totality of symptoms and 200 potency prescribed according to susceptibility of patient and nature of medicine & disease. 200CH potency was selected and single dose was given to avoid any unwanted

aggravation. After that patient was given placebo for 15 days [17].

Prescription

Rx - *Lycopodium clavatum* 200 /1dose
Phytum 30/TDS 15 days

Table 3: Follow-ups with prescription and justification

Date	Symptoms	Prescription
30.03.2019	Falling of hairs in patches along with roots and with itching on scalp	<i>Lycopodium clavatum</i> 200/1 dose Rubrum 30/TDS for 15 days
16.04.2019	Itching of scalp decreased	Rubrum 1M/1dose Placebo 30/TDS for 20 days
13.05.2019	Hair fall and itching of scalp decreased	Rubrum 1M/1dose Placebo 30/TDS for 10 days
25.05.2019	Dry cough, sneezing and headache since yesterday with increased thirst, Circumference of bald spot is decreasing	Bryonia alba 30 /OD Placebo 30/TDS for 10 days
10.06.2019	Improvement in cough and headache and itching of scalp improved but sneezing not much improved.	Bryonia alba 30/4 doses/OD Placebo 30/TDS for 10 days
24.06.2019	Hair fall is increasing with itching in scalp.	<i>Lycopodium clavatum</i> 200/2 doses, (1 st stat than 2 nd after 10minute) Rubrum 30/TDS for 20 days
20.07.2019	Hair fall decreased. Circumference of bald spot in decreasing with hair growth	Rubrum 1M/1dose Placebo 30/TDS for 10 days
29.07.2019	Marked decrease in bald spot	Rubrum 1M/1dose Placebo 30/TDS for 20 days
17.08.2019	Improvement in all complaints	Rubrum 1M/1dose Placebo 30/TDS for 20 days

**Fig 2:** Before and after treatment photo

Discussion and Conclusion

Physical appearance related issues have become almost important for individuals in this modern era. This was a case of Alopecia areata in a 30year old male. A complete hair re-growth without any recurrence of bald patch and without any external application with picture evidence. This case shows a positive role of homoeopathy in treating alopecia areata and confirms significance of single dose and repertorial approach on the basis of totality of symptoms. Homoeopathy is a specialized system of medicine which treats the patient and not the disease. Homoeopathy believes in holistic individualized approach.

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