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RESEARCH ARTICLE

SUCCESSFULLY TREATED HIRSUTISM AT DR BATRA'S – A COMPLETE RECOVERY

***Dr. Ranjana Kumar**

Designation – CHC, Bikaner Branch, Dr Batra's Positive Health Clinic Pvt. Ltd., Qualification: BSc, BHMS

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ABSTRACT

Hirsutism is a condition characterized by excessive, male-pattern hair growth in women, particularly affecting areas such as the face, chest, and back. This paper discusses a case of a 35-year-old female presenting with hirsutism for the past 1.6 years. The paper highlights the complete recovery observed under homeopathic care at Dr Batra's clinic, emphasizing the effectiveness of a holistic and non-invasive treatment modality in managing hirsutism.

Key words:

Hirsutism, Dr Batra's, homeopathic

***Corresponding author:**

Dr. Ranjana Kumar

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INTRODUCTION

Hirsutism is a condition in women characterized by excessive, coarse hair growth in areas like the face, chest, and back, typically in a male-pattern distribution. It is commonly caused by hormonal imbalances, especially elevated androgens, often due to conditions like PCOS, adrenal disorders, or idiopathic factors. Symptoms may include facial hair, acne, irregular periods, and in severe cases, voice deepening. If left untreated, it can lead to emotional distress and complications like infertility or metabolic issues. This paper presents a case of hirsutism successfully treated with individualized homeopathic care, highlighting a holistic and non-invasive approach.

CASE PROFILE

Hirsutism is a condition in women characterized by excessive, coarse hair growth in areas like the face, chest, and back, typically in a male-pattern distribution. It is commonly caused by hormonal imbalances, especially elevated androgens, often due to conditions like PCOS, adrenal disorders, or idiopathic factors. Symptoms may include facial hair, acne, irregular periods, and in severe cases, voice deepening. If left untreated, it can lead to emotional distress and complications like infertility or metabolic issues. This paper presents a case of hirsutism successfully treated with individualized homeopathic care, highlighting a holistic and non-invasive approach.

Physical Generals

Diet	Non vegetarian
Appetite	Normal
Desire	Spices, pungent
Aversion	N.S.
Thermal Reaction	Sensitive to both –but predominantly chilly
Thirst	Profuse
Stools	Normal
Urine	Normal
Perspiration	Scanty
Sleep	Sound
Dreams	N.S.

Examination

- ACTH Stimulation Test—34.28--Normal
- Cortisol Test--N
- S.Testosterone—High—1.98 Ng/MI
- Usg Pelvic Region—Normal Ultrasound

Mental Generals: A 35-year-old housewife, living with her husband and two children. She is generally confident, extroverted, and friendly, with a fast pace of work and a direct, often abrupt way of speaking. She expresses anger through shouting and is sensitive to reprimands, which can lead to weeping. Though outwardly social and desiring company, she remains reserved and secretive by nature. Sympathetic and intolerant of injustice, she enjoys cooking as a hobby and tends to hesitate slightly in social interactions due to self-

consciousness about her facial hair, despite otherwise having a strong sense of self.

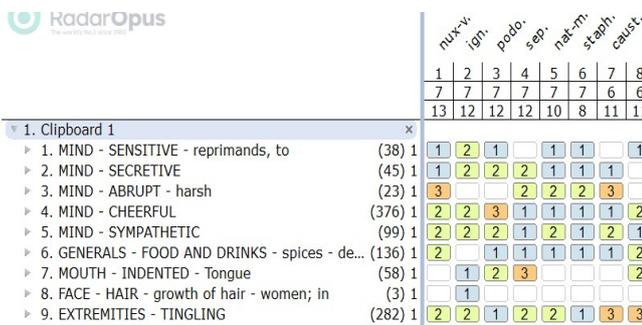
Past History: N.S

Family History: N.S

Case analysis: Reptorial totality

Repertory used	Rubrics selected
F.Schroyens synthesis	- MIND – SENSITIVE – reprimands, to - MIND – SECRETIVE - MIND-ABRUPT-harsh - MIND – CHEERFUL - MIND – SYMPATHETIC - GENERAL – food and drinks: spices desire - MOUTH – INDENTED – Tongue - FACE – Hair growth of hair – women in - EXTREMITIES – Tingling

Repertory screenshot



Selection of Remedy

- **Remedy Chosen:** *Sepia*
- **Dosage & Potency:** *Sepia* 200C followed by *Sepia* 1M
- **Frequency:** Once weekly
- **Basis for Selection:** Abrupt, harsh in speech, easily irritable, weeps easily, sensitive to reprimands
- **Constitutional traits:** Reserved yet extroverted, sympathetic, intolerant to injustice
- **Physical traits:** Predominantly chilly in nature
- **Mental makeup:** Confident, fast-paced worker, secretive, yet desires company
- **Objective:** To address hormonal imbalance contributing to hirsutism and to bring emotional and constitutional balance

Miasmatic approach

Symptoms	Psora	Sycosis	Syphilis	Tubercular
Sensitivity to reprimands, weeping easily	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>
Reserved, secretive nature	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		
Abrupt, harsh replies, speaks without thinking			<input checked="" type="checkbox"/>	
Facial hirsutism (chronic hormonal imbalance)		<input checked="" type="checkbox"/>		
Fast-paced work, restless nature				<input checked="" type="checkbox"/>
Cannot tolerate injustice	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	
Predominantly chilly	<input checked="" type="checkbox"/>			
Sympathetic, desires company	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>
Confident, extroverted, friendly		<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>

MATERIALS AND METHODS

Schroyens synthesis repertory by Radar Opus application

RESULTS

Month	Progress	Prescription
1st Month	Initial presentation with increasing facial hair; emotional and hormonal symptoms noted.	Sepia 200C weekly, followed by Sepia 1M , Sac Lac as placebo support.
2nd Month	Slight emotional improvement; hair density unchanged.	Sepia 1M weekly, Sac Lac 2/1 days.
3rd Month	Feeling more emotionally stable; hair growth steady.	Continued Sepia 1M , Sac Lac .
4th Month	Notable reduction in emotional outbursts; early signs of thinning facial hair.	Sepia 1M
5th Month	Facial hair visibly softer, less dense; improved confidence.	Same prescription maintained.
6th Month	Hair growth on chin and upper lip reducing significantly.	Continuation of Sepia 1M
7th Month	Emotional equilibrium maintained; social confidence improved.	Same remedies; regular follow-up observed.
8th Month	Hair thinning continues; complexion and skin texture improved.	Sepia 1M weekly, supportive remedies as before.
9th Month	Rare outbursts; confident in public; uses less concealer for facial hair.	Continued with Sepia 1M
10th Month	No new hair growth; significant cosmetic and psychological improvement.	Same prescription pattern
11th Month	Maintained improvement; no fresh complaints; emotionally balanced.	Sepia 1M weekly

DISCUSSION AND CONCLUSION

This case of hirsutism in a 35-year-old female illustrates the effectiveness of homeopathic treatment in addressing both physical and emotional symptoms. The patient showed significant improvement in facial hair growth, with thinning hair and enhanced skin texture. Emotional stability, reduced irritability, and increased confidence were also observed. The prescribed remedy, *Sepia 1M*, along with complementary remedies like *Spongia* and *Rhus Tox*, proved beneficial in managing the hormonal imbalance and psychological aspects of the condition. By the 10th month, the patient reported near-complete recovery, demonstrating the potential of homeopathy as a holistic and sustainable approach for treating hirsutism.

The transformation



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