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RESEARCH ARTICLE

A CLASSICAL HOMEOPATHIC CASE STUDY OF ALOPECIA AREATA SUCCESSFULLY TREATED AT DR BATRA'S® HOMEOPATHY CLINIC

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ABSTRACT

Alopecia areata is a chronic autoimmune dermatological condition often associated with emotional stress and psychological imbalance. Conventional and supportive therapies frequently fail to achieve sustained improvement. This case study documents the successful management of alopecia areata in a young female patient through individualized classical homeopathic treatment at Dr Batra's® Homeopathy Clinic. A comprehensive evaluation of mental generals, physical generals, and particular symptoms was undertaken, followed by repertorisation and miasmatic assessment. Progressive improvement was observed at both physical and psychological levels, with stabilization of hair loss and restoration of emotional well-being. This case highlights a holistic transformation achieved through classical homeopathy at Dr Batra's® Homeopathy Clinic.

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INTRODUCTION

Alopecia areata is characterized by localized, non-scarring hair loss, commonly involving the scalp, with significant psychological impact. Stress, anxiety, and emotional disturbances are recognized precipitating and maintaining factors. From a homeopathic perspective, alopecia areata represents a deep-seated internal imbalance requiring constitutional treatment rather than symptomatic management. This case study demonstrates the role of classical homeopathy in restoring health at both mental and physical planes.

Case Profile

- **Age / Sex:** 20 years / Female
- **Occupation:** Student
- **Presenting Complaint:** Patchy hair loss over occipital region since April
- **Duration:** ~4 months at first consultation
- **Previous Treatment:** Injections, nutritional supplements, topical applications with minimal benefit
- **Associated Complaints:** Anxiety, panic attacks, overthinking, difficulty in concentration

Mental Symptoms: The patient reported a stable and protected childhood, with good upbringing and no major stress during school or college years. Academically average, she displayed a stubborn temperament from an early age. She was emotionally sensitive yet not prone to crying, preferring internalization of feelings.

During adolescence, she developed introverted tendencies, aversion to company, and difficulty mingling socially despite maintaining a few close friendships. Over time, academic pressure triggered overthinking, confusion, anxiety, and panic attacks, accompanied by irritability when things did not occur according to her expectations, often resulting in verbal outbursts.

She described herself as emotional and expressive, with aggravation from consolation, preferring solitude during emotional distress. Concentration became difficult, and she experienced episodes of depression and anxiety. With treatment progression, a marked positive shift was noted—she became more confident, hopeful, emotionally stable, and socially interactive, reporting improved self-esteem and mental clarity.

Physical Generals

- **Appetite:** Normal
- **Thirst:** ~1 litre/day
- **Stool:** Once daily, satisfactory
- **Cravings:** Sweets and salty foods (prefers spicy)
- **Thermals:** Chilly patient
- **Perspiration:** Profuse, non-staining
- **Sleep:** 7–8 hours, refreshing

Female History

- **Menses:** Regular
- **LMP:** 28 June
- **Flow:** Regular, 7 days

Particulars

- Patchy hair loss over occipital region
- Increased hair fall initially
- No dandruff or itching later in course
- Gradual regrowth observed during treatment

Totality of Symptoms

- Anxiety with overthinking
- Irritability when contradicted
- Aversion to company
- Consolation aggravates
- Difficulty in concentration
- Craving for sweets and salty food
- Chilly constitution
- Alopecia areata – occipital region

Repertorial Rubrics Selected

1. **Mind – Anger**
2. **Mind – Irritability**
3. **Mind – Company – aversion to**
4. **Mind – Consolation – aggravates**
5. **Mind – Concentration – difficult**

Remedies	nat-m.	sep.	nux-v.	cham.	lyc.	ign.	phos.	staph.	sulph.	acon.	ars.	aur.	bell.	cupr.	graph.
Serial Number	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Symptoms Covered	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
Intensity	16	16	15	12	12	11	11	11	11	10	10	10	10	10	10
Result	5/16	5/16	5/15	5/12	5/12	5/11	5/11	5/11	5/11	5/10	5/10	5/10	5/10	5/10	5/10
Clipboard 6															
MIND - ANGER	3	3	4	4	3	3	2	3	3	3	3	3	2	3	2
MIND - IRRITABILITY	3	3	3	3	3	1	3	3	3	3	3	3	3	2	3
MIND - COMPANY - aversion to	4	3	3	3	2	3	1	3	2	1	1	2	2	2	1
MIND - CONCENTRATION - difficult	2	3	4	1	3	1	3	1	2	2	1	1	1	2	3
MIND - CONSOLATION - aqq.	4	4	1	1	1	3	2	1	1	1	2	1	2	1	1

Miasmatic Analysis

The case exhibited a predominantly psoric background, with sycotic tendencies reflected in chronicity and hair pathology. The treatment strategy aimed at gradual correction of the underlying miasmatic imbalance.

Homeopathic Working

The remedy acted initially at the mental and emotional plane, evidenced by reduced anxiety, improved confidence, and emotional stability, followed by improvement at the physical level with reduction in hair fall and visible regrowth. This aligns with Hering’s Law of Cure.

Prescription & Follow-Up Details

Date	Remedy	Potency	Dose	Frequency
24/07/2025	Natrummuriaticum	200C	Single dose	Weekly
24/07/2025	Fluoric acid	200C	Repeated dose	BD
24/07/2025	Silicea	6X	2 tablets	BD

Detailed Follow-Up Table

Date	Clinical Changes	Mental State	Assessment
30/07/2025	Hair fall reduced, patches stable	Anxiety reduced	Improvement
03/08/2025	Few patches better, no new areas	More calm, focused	Positive
01/09/2025	Hair growth visible, hair fall persists	Confidence improving	Continue
30/09/2025	Growth sustained, sleep refreshing	Stress absent	Marked
27/10/2025	Further regrowth	Emotional stability	Better
24/11/2025	Occipital patch slower	Mentally balanced	Stable
22/12/2025	Hair fall reduced significantly	Confident, social	Maintained

Transformation Table

Parameter	Before Treatment	After Treatment
Hair fall	Severe	Significantly reduced
Alopecia patches	Progressive	Stable with regrowth
Anxiety	Severe	Minimal
Confidence	Low	High
Social interaction	Avoidant	Improved
Emotional state	Overthinking, panic	Calm, hopeful



DISCUSSION

This case highlights the importance of considering mental and emotional factors in chronic dermatological conditions. Alopecia areata, often resistant to conventional therapies, responded favorably to individualized classical homeopathic treatment. The remedy selection was based on totality, not pathology, leading to deep constitutional healing. Improvement at the mental level preceded physical recovery, validating homeopathic principles. The absence of relapse and sustained improvement underscores the effectiveness of homeopathy in chronic autoimmune conditions.

CONCLUSION

This case demonstrates the successful management of alopecia areata through classical homeopathy using a holistic and individualized approach. The transformation observed at emotional, mental, and physical levels reaffirms the role of homeopathy in chronic psychosomatic disorders. The sustained recovery achieved at Dr Batra's® Homeopathy Clinic highlights the efficacy of scientific classical homeopathic practice.

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