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RESEARCH ARTICLE

A CLASSICAL HOMEOPATHIC CASE STUDY OF ANDROGENETIC ALOPECIA WITH PSYCHOSOMATIC COMORBIDITIES SUCCESSFULLY TREATED AT DR BATRA'S® HOMEOPATHY CLINIC

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ABSTRACT

Androgenetic alopecia (AGA) in young males is frequently associated with psychological distress and functional systemic complaints, often inadequately managed by conventional therapies. This case report presents a 23-year-old male suffering from progressive AGA, scalp seborrhea, anxiety, breathlessness, and functional gastric complaints, with unsatisfactory response to prior allopathic management. A classical homeopathic approach based on individualization, totality of symptoms, and miasmatic understanding was adopted. Over systematic follow-ups, significant improvement was observed in hair fall, scalp condition, associated systemic complaints, and mental well-being. This case highlights holistic recovery and improved health-related quality of life, demonstrating a clear transformation achieved at Dr Batra's® Homeopathy Clinic.

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INTRODUCTION

Androgenetic alopecia (AGA) is a chronic, genetically influenced condition characterized by progressive hair thinning and patterned hair loss in males. Beyond cosmetic concerns, AGA significantly affects self-esteem, emotional health, and quality of life, particularly in young adults. Conventional treatment options such as topical minoxidil, finasteride, and nutritional supplements primarily aim at disease control and often fail to address the associated mental and functional systemic disturbances. Classical homeopathy emphasizes treating the individual as a whole, integrating mental, emotional, and physical dimensions of disease. This case study illustrates the successful application of classical homeopathic principles in a young male with AGA and psychosomatic comorbidities, managed at Dr Batra's® Homeopathy Clinic.

Case Profile

- **Age / Sex:** 23-year-old male
- **Occupation:** Private job (Supervisor)
- **Marital Status:** Unmarried
- **Residence:** Delhi
- **Duration of Illness:** 2–2.5 years

Chief Complaints

1. Excessive hair fall (50–100 strands/day initially)
2. Hair thinning with reduced density and volume
3. Receding frontal hairline and vertex hair loss
4. Sticky, greasy dandruff with scalp itching
5. Breathlessness requiring frequent nebulization
6. Abdominal flatulence and gastric discomfort
7. Prominent anxiety related to hair loss

History of Present Illness: The patient reported gradual onset hair fall over the last 2–2.5 years, progressively worsening despite continuous use of topical minoxidil and biotin supplementation. Hair fall was more noticeable during head wash and seasonal changes. He also experienced greasy, sticky dandruff associated with scalp itching. The persistent hair loss led to marked anxiety, frequent reassurance seeking, and preoccupation with hair density and growth. Concurrently, the patient suffered from episodes of breathlessness, necessitating repeated allopathic medications and nebulizer use, along with chronic flatulence for which pantoprazole was taken regularly. These complaints significantly impaired his overall well-being.

Past History & Family History

- **Past History:**
 - Childhood history of pica (chalk eating)
 - Nail biting habit
- **Family History:**
 - One sibling deceased due to cardiac arrest (2023)
- **No history of:** Epistaxis, worm infestation, or major systemic illness.

Mental Symptoms: From childhood, the patient was physically thin and exhibited compulsive behaviors such as nail biting and pica, indicating underlying anxiety and insecurity. Academically average, he maintained good relations with teachers and friends but lacked confidence in performance situations. He avoided public speaking and stage activities due to anticipatory anxiety. As he transitioned into adulthood, increased responsibilities, a hectic work schedule, and financial stress within the family contributed to emotional strain. The sudden demise of his brother further added to subconscious emotional stress. The onset and progression of hair loss became a major psychological trigger, leading to heightened anxiety, irritability, and repeated concern about appearance. Emotionally, the patient is talkative, friendly, and easily forms relationships, yet internally anxious. He becomes angry easily, expresses anger impulsively by shouting or breaking objects, and experiences relief only after consolation from his sister. He is not overtly sensitive or tearful but suppresses emotions. Over time, with treatment, his anxiety reduced, and he became calmer, more confident, and emotionally stable.

Physical Generals

Parameter	Observation
Appetite	Normal
Thirst	Decreased (1–2 liters/day)
Food Desire	Spicy food
Thermal Reaction	Hot patient
Perspiration	Offensive, generalized
Sleep	Refreshing, 7–8 hours
Tongue	White coated with red tip
Bathing	Aversion in winter

Clinical Examination

- **Hair Pull Test:** Initially positive (2–3 hairs/pull), later negative
- **Scalp:** Sticky, greasy dandruff initially → later dry and clear
- **Hair Density & Volume:** Reduced initially → stabilized on follow-ups
- **Vertex:** New hair growth observed

Investigations (11/01/2025)

- Serum Ferritin: 49.8 ng/ml
- Hemoglobin: 14.1 g/dl
- Vitamin B12: 186 pg/ml
- Vitamin D3: 23.8 ng/ml
- Thyroid Profile (TSH, FT3, FT4): Within normal limits
- HbA1c: 5.7%
- ESR: 2 mm/hr

Life Space: The case shows psoro-sycotic predominance, reflected by functional disturbances, anxiety, scalp pathology, and chronicity without destructive pathology. Emotional stress and suppressed grief contributed to disease expression.

Totality of Symptoms

- Anxiety regarding health and hair fall
- Anger easily, impulsive reactions
- Desire for company and consolation
- Desire for spicy food
- Hot patient with offensive perspiration
- Greasy dandruff with itching
- Hair fall with vertex involvement
- Flatulence and functional gastric complaints

Repertorial Analysis

- Mind – Company – desires
- Mind – Anxiety – health, about
- Mind – Anger – easily
- Mind – Consolation – ameliorates
- Generals – Food and drinks – spices – desire
- Hair – Falling – vertex
- Scalp – Eruptions – greasy

Leading Remedy – Lycopodiumclavatum

Remedies	lyc.	ars.	phos.	sep.	nux-v.	nat-c.	caps.	chel.
Serial Number	1	2	3	4	5	6	7	8
Symptoms Covered	3	3	3	3	2	2	2	2
Intensity	8	6	6	4	5	4	3	3
Result	3/8	3/6	3/6	3/4	2/5	2/4	2/3	2/3
Clipboard 1								
MIND - Company - desires, wants	4	4	1	2		3		
MIND - ANGER - easily	3	1	2	1	3	1	2	1
GENERALS - FOOD and DRINKS - spices - desire	1	1	3	1	2		1	2

Homeopathic Working & Remedy Selection: Initially, Sulphur 200C was prescribed based on high susceptibility, psoric dominance, heat, offensive perspiration, anxiety, and scalp involvement. The remedy initiated improvement but did not achieve complete resolution. After case evolution and repertorisation, Lycopodiumclavatum 200C emerged as the constitutional simillimum, covering the mental state (anxiety, lack of confidence, anger), gastric flatulence, and characteristic vertex hair loss. Supportive remedies were used for local and symptomatic relief.

Prescription & Follow-Up Table

Date	Remedy	Potency	Dose & Repetition	Basis of Prescription	Response
Jan 2025	Sulphur	200C	Single dose	Psoric base, heat, offensive perspiration, anxiety	Partial improvement
Feb 2025	Lycopodiumclavatum	200C	Single dose	Repertorisation after case review	Marked improvement
Feb–Mar 2025	Thujaoccidentalis	Mother tincture	Local application	Supportive for hair fall	Reduced shedding
Feb–Mar 2025	Sanicula aqua	30C	Once daily	Greasy dandruff	Dandruff resolved
Feb–Mar 2025	Carbovegetabilis	30C	SOS	Flatulence and gastric distress	Gastric relief
Follow-ups	Lycopodiumclavatum	200C	Repeated as needed	Constitutional maintenance	Sustained improvement

Follow-Up Summary: Over multiple follow-ups spanning several months, hair fall reduced from 50–100 strands/day to 10–15 strands/day. Hair pull test became negative, dandruff and itching resolved, and hair density stabilized with visible vertex regrowth. Breathlessness episodes decreased significantly, leading to minimal and later complete cessation of regular nebulizer use. Gastric complaints improved, with pantoprazole required only occasionally. Mentally, the patient became calmer, less anxious, and more confident, reflecting overall improvement in HRQL.

Transformation Table

Parameter	Before Treatment	After Treatment
Hair fall	50–100/day	10–15/day
Dandruff	Sticky, greasy	Absent
Itching	Persistent	Absent
Hair density	Decreasing	Stable
Vertex growth	Absent	Present
Breathlessness	Frequent nebulizer	Rare / stopped
Gastric issues	Daily medication	SOS only
Anxiety	Prominent	Markedly reduced
HRQL	Poor	Improved



DISCUSSION

This case highlights the importance of individualized constitutional prescribing in classical homeopathy. Despite prior conventional management, the patient's condition persisted, indicating suppression rather than cure. **Sulphur** acted as an initial remedy based on susceptibility, preparing the case for deeper action. As the symptom picture evolved, **Lycopodiumclavatum** addressed the core constitutional imbalance, resulting in improvement across physical, mental, and emotional domains. The gradual withdrawal from allopathic dependency and sustained stability support the depth of cure achieved, consistent with Hering's Law of Cure.

CONCLUSION

This case demonstrates that classical homeopathy, when applied with proper case analysis, repertorisation, and follow-up, can effectively manage androgenetic alopecia with psychosomatic comorbidities. The sustained improvement in hair parameters, systemic health, and emotional well-being confirms the holistic action of constitutional remedies. The transformation achieved at **Dr Batra's® Homeopathy Clinic** reinforces the relevance of individualized homeopathic care in chronic dermatological conditions.

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