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RESEARCH ARTICLE

A CLASSICAL HOMEOPATHIC MANAGEMENT OF SEVERE HAIR LOSS FOLLOWING CHEMOTHERAPY AND LUNG SURGERY: A CASE TREATED AT DR BATRA'S® HOMEOPATHY CLINIC

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ABSTRACT

Hair loss following chemotherapy and major surgery is often multifactorial, with profound physical and psychological impact. Conventional and supportive measures frequently provide limited relief. This case report documents the successful classical homeopathic management of severe diffuse hair loss in a 39-year-old female with a history of lung cancer, chemotherapy, surgery, hypothyroidism, and emotional distress. A holistic individualized approach based on totality of symptoms and constitutional prescribing resulted in sustained clinical improvement and psychological restoration. A marked transformation in physical, emotional, and quality-of-life parameters was achieved at Dr Batra's® Homeopathy Clinic.

Key words:

Chemotherapy-induced hair loss, Classical homeopathy, Lung cancer survivor, Alopecia, Mental generals, Dr Batra's® Homeopathy Clinic.

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INTRODUCTION

Hair loss in cancer survivors is a distressing sequela arising from chemotherapy, surgical stress, hormonal imbalance, emotional trauma, and nutritional depletion. Telogen effluvium and diffuse alopecia are commonly reported, often persisting long after oncological treatment ends. Conventional management focuses on reassurance and supplements, frequently failing to address the underlying constitutional and emotional disturbances. Classical homeopathy, with its individualized and holistic approach, aims to restore balance at the mental, emotional, and physical levels. This case illustrates the role of constitutional homeopathy in managing post-chemotherapy hair loss, emotional distress, hormonal imbalance, and reduced quality of life.

Case Profile

- **Age / Sex:** 39 years / Female
- **Occupation:** Homemaker
- **Marital Status:** Married
- **Diet:** Mixed
- **Clinic:** Dr Batra's® Homeopathy Clinic

Chief Complaints

1. Severe hair fall since 6 months
 - Excessive hair loss during washing and combing
 - Initially hair fall in bunches
 - Approx. 70% hair volume loss
2. Mild dandruff (earlier), no itching at present
3. Emotional distress, fear related to illness and future of children

History of Present Illness: The patient was diagnosed with lung cancer in August 2024 and underwent three cycles of chemotherapy, after which she discontinued treatment due to symptomatic improvement. In December 2024, she developed a cyst in the right lobe of the lung and underwent surgical intervention followed by multiple medications. Subsequently, she experienced severe hair fall, which progressively worsened, especially during washing and combing.

Conventional interventions and supportive measures failed to provide sustained relief. The excessive hair loss led to significant emotional distress, social withdrawal, and loss of confidence.

Past Medical History

- Lung cancer (August 2024) – chemotherapy (3 cycles)
- Right lung surgery for cyst (December 2024)
- Hypothyroidism since 7 years – on Euthyrox 50 mcg daily
- Hypertension since 1 year – on antihypertensive medication

Family History

- Mother: Hypertension

Menstrual History

- Previously regular
- Episodes of irregularity and spotting post-treatment
- Associated fear before menses regarding health and future

Mental Generals

The patient reports a happy and secure childhood, raised in a supportive family environment in Mumbai. She describes herself as friendly, talkative, and emotionally balanced during early life, with good interpersonal relationships. Following marriage—particularly a love marriage—she experienced emotional stress due to familial adjustment issues. Despite this, she remained socially functional and emotionally stable. A major shift occurred after her lung cancer diagnosis and chemotherapy. She developed persistent fear of illness and death, especially centered around concerns for her children's future. These fears intensified around the premenstrual period. She became mentally stressed, withdrawn, and emotionally sensitive, though not overtly expressive. Consolation ameliorated her anxiety. Gradually, with homeopathic treatment, her mental state evolved positively—fear reduced, confidence returned, emotional stability improved, and she regained social engagement and optimism.

Physical Generals

- **Appetite:** Normal
- **Cravings:** Salty and spicy food
- **Thirst:** ~3 liters/day
- **Perspiration:** Normal, non-offensive; face and axilla
- **Sleep:** 10 hours; disturbed but refreshing
- **Thermals:** Ambithermal
- **Bowel Habits:** Constipation (requiring Milk of Magnesia)

Particulars

- Hair fall worse during washing and combing
- Diffuse thinning, scalp visible
- Mild dandruff earlier; resolved
- No itching

Homeopathic Working

The case was approached constitutionally, considering:

- Post-chemotherapy vital force suppression
- Emotional trauma and fear
- Hormonal imbalance (thyroid)
- Chronic disease background

The aim was to stimulate the vital force, restore mental equilibrium, and reverse pathological hair loss.

Totality of Symptoms

- Fear of disease and death, especially before menses
- Anxiety about children's future
- Better with consolation
- Hair fall after chemotherapy and surgery

- Hair fall during washing and combing
- Craving for salty and spicy food
- Constipation
- Disturbed sleep

Repertorial Rubrics

1. Mind – Fear – disease, of
2. Mind – Anxiety – future, about
3. Mind – Consolation – ameliorates
4. Hair – Falling – after acute diseases
5. Hair – Falling – washing, while
6. Rectum – Constipation
7. Generalities – Weakness – after surgical operations

Repertorisation Result

Remedies coming prominently:

- **Nux vomica**
- **Thujaoccidentalis**
- **Natrummuriaticum**
- **Calcareacarbonica**

Miasmatic Analysis

- **Predominant:**Sycotic (post-chemotherapy suppression, cystic pathology)
- **Associated:**Psoric (hair fall, anxiety)

Remedy Selection & Prescription: Based on repertorisation, miasmatic background, and constitutional similarity, the following prescriptions were made.

Prescription Table

Date	Remedy	Potency	Dosage	Rationale
Initial	Nux vomica	200C	Single dose	Post-drug, post-chemo state, stress
Specific	Wiesbaden 200	200C	Weekly	Hair fall, vitality
Supportive	Ferrumphos	6X	BD	Nutrition, recovery
Intercurrent	Thujaoccs	Q	As advised	Sycosis, post-suppression

Follow-Up Summary (Detailed)

Date	Clinical Response	Mental State	Menstrual Status
3 months	Hair fall reduced significantly	Improved confidence	Regular
6 months	Hair regrowth visible	Fear reduced	Occasional delay
9 months	Hair fall controlled	Emotionally stable	Regular
12 months	Hair density improved	Optimistic, active	Regular

Transformation Table

Parameter	Before Treatment	After Treatment
Hair fall	Severe, bunches	Controlled
Hair density	70% loss	Significant regrowth
Emotional state	Fearful, depressed	Confident, hopeful
Social behavior	Avoidant	Active
Quality of life	Poor	Restored



DISCUSSION

This case demonstrates the effectiveness of classical homeopathy in managing complex post-chemotherapy sequelae. The patient presented with multi-layered pathology involving emotional trauma, endocrine imbalance, and hair loss. Conventional management failed to address the constitutional susceptibility. Individualized remedy selection based on totality and miasmatic understanding resulted in sustained improvement. Notably, emotional healing preceded physical recovery, reinforcing Hahnemann's principle of treating the person, not the disease. The gradual restoration of hair growth mirrored the re-establishment of mental equilibrium. Regular follow-ups and constitutional support were essential in maintaining results, even during periods of non-compliance. The case highlights homeopathy's role in cancer survivorship care, especially for quality-of-life restoration.

CONCLUSION

This case illustrates that classical homeopathy can play a significant role in managing post-chemotherapy hair loss and emotional distress. A holistic approach addressing mental, emotional, and physical dimensions led to sustained improvement. The patient experienced not only hair regrowth but also psychological transformation and improved quality of life. This case underscores the therapeutic potential of individualized homeopathic treatment delivered at Dr Batra's® Homeopathy Clinic.

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