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## RESEARCH ARTICLE

### IMPROVEMENT OF AGA THROUGH INDIVIDUALIZED CLASSICAL HOMEOPATHY INTEGRATED WITH ADVANCED AESTHETIC THERAPY: A CASE TREATED AT DR BATRA'S® HOMEOPATHY CLINIC

\*Dr. Mrinal

Senior Homoeopathic Consultant, Chandigarh, Dr Batra's Positive Health Clinic Pvt. Ltd. Qualification BHMS

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\*Corresponding author: Dr. Mrinal,

#### ABSTRACT

Lichen Male androgenetic alopecia (AGA) is a chronic, progressive condition with significant psychosocial impact, often showing limited response to conventional and unsupervised interventions. This case report presents a 23-year-old male with early-onset AGA of 5–6 years' duration, associated with frequent relocations, disturbed lifestyle, emotional suppression since childhood, and hereditary predisposition. Despite multiple prior measures, including unsupervised dermaroller use, the condition continued to progress. An individualized classical homeopathic approach, supported by advanced hair exosome-based aesthetic therapy, resulted in stabilization of hair loss, improvement in hair density, and enhanced health-related quality of life (HRQL). This case demonstrates a positive transformation achieved at Dr Batra's® Homeopathy Clinic.

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## INTRODUCTION

Androgenetic alopecia (AGA) in young males often begins early and progresses steadily, influenced by genetic, hormonal, lifestyle, and psychological factors. Beyond cosmetic concern, it can deeply affect self-image, confidence, and emotional well-being. Conventional management focuses largely on pharmacological or procedural approaches, frequently overlooking the individual's mental and constitutional makeup. Classical homeopathy, based on individualization and totality of symptoms, offers a holistic framework addressing both physical pathology and underlying psychosomatic contributors. This case illustrates the role of individualized homeopathic treatment combined with modern aesthetic support in managing chronic AGA.

#### Case Profile

**Age / Gender:** 23 years / Male

**Diet:** Vegetarian

**Occupation:** Ethical hacker; involved in stock market analysis

**Habits:** No alcohol, no smoking

**Family History:** Mother – androgenetic alopecia

#### Past Medical History:

- Cholecystectomy (5 years ago)
- History of pancreatitis
- Tinea cruris (2 years prior)

**Chief Complaint:** Gradual thinning of scalp hair and reduction in hair density over frontal and vertex regions for 5–6 years.

**History of Present Illness:** Hair fall and gradual density loss began during school years. The onset coincided with frequent changes of residence due to the father's transferable armed-forces job. Lack of routine, irregular self-care, and emotional stress marked this phase. Over time, academic pressures, followed by job-related lifestyle disturbances, aggravated the condition. The patient had previously attempted unsupervised dermaroller use without medical consultation, which failed to yield improvement. No nutritional supplements were taken.



**Therapeutic Interpretation:** The constitutional remedy Sulphur was selected based on the complete totality of symptoms—mental, physical, and general—rather than the diagnosis alone. Repetition was done only when improvement plateaued, respecting classical homeopathic principles. The sustained stabilization of AGA, improvement in density, and enhancement of emotional well-being indicate deep constitutional action rather than symptomatic suppression.

**Miasmatic Analysis:** The case predominantly reflected a psoric-sycotic miasmatic background, indicated by chronicity, hereditary predisposition, functional disturbances, suppression, and gradual progression without destructive pathology.

**Treatment Strategy:** An individualized classical homeopathic remedy was selected based on totality and miasmatic assessment. Treatment was supported with hair exosome-based aesthetic therapy to enhance follicular response and tissue regeneration.

#### Follow-Up and Treatment Outcome

**Initial Phase (March–April 2025):** After administration of the constitutional remedy, the patient reported gradual reduction in daily hair fall within the first few weeks. No aggravation was noted. Scalp itching was absent. Hair caliber measurements showed early signs of improvement. Mental state appeared calmer, with reduced irritability and better stress tolerance.

**Intermediate Phase (May–July 2025):** Hair fall remained controlled and stable. No new areas of thinning were reported. Objective grading showed disease stabilization. The patient reported improved emotional balance and better adjustment to work-related stress. No recurrence of fungal infection or scalp complaints was noted.

**Maintenance Phase (August–October 2025):** Visible improvement in hair density was observed, particularly over the vertex region. Wood's lamp examination remained normal. The patient expressed satisfaction with progress and compliance with dietary advice improved. No repetition of the main remedy was required during this phase.

**Late Follow-Up (November–December 2025):** Hair fall further reduced, disease grade remained stable, and hair texture improved. Stress levels were minimal. Overall HRQL showed marked improvement. The patient remained satisfied and confident about disease control.

#### Follow-Up & Prescription Table

Date	Clinical Findings	Patient Remarks	Remedy Prescribed
07/03/2025	Early-onset AGA, progressive thinning; scalp clear	Concern about hair density	Sulphur 200C – single dose
21/03/2025	Hair fall stable; no scalp itching	Feels lighter mentally	Placebo
08/04/2025	Hair caliber improved (0.02 → 0.024); grade stable	Hair fall less	Placebo
22/04/2025	No abnormal hair fall	Satisfied	Placebo
18/05/2025	Disease grade stable	Stress better	Sulphur 200C – single dose (repeat)
12/06/2025	Hair fall controlled; scalp healthy	No complaints	Placebo
26/06/2025	Grade stable; no itching	Confidence improving	Placebo
26/07/2025	Density marginally improved	Feels positive	Placebo
26/08/2025	Slight improvement in hair fall; Wood's lamp normal	Very satisfied	Sulphur 200C – single dose
15/10/2025	Hair fall better; grade stable	Advised diet compliance	Placebo
06/12/2025	Hair density maintained; stress nil	Happy with outcome	Placebo / Observation

#### Objective Outcome Assessment

- **Hair fall:** Reduced and controlled
- **Disease grade:** Stabilized
- **Hair caliber:** Measurable improvement
- **Scalp condition:** Healthy, no itching or infection
- **Mental state:** Reduced irritability, better emotional regulation
- **HRQL:** Markedly improved

#### Transformation Table

Parameter	Before Treatment	After Treatment
Hair fall	Progressive	Significantly reduced
Hair density	Gradually declining	Visible improvement
Disease grade	Worsening	Stable
Stress handling	Poor	Improved
Emotional state	Irritable, abusive	Calmer, balanced
HRQL	Low	Markedly improved



## DISCUSSION

This case highlights the importance of understanding AGA as a psychosomatic condition rather than a purely cosmetic issue. The patient's early emotional suppression, frequent environmental changes, and hereditary predisposition created a fertile ground for chronic pathology. Classical homeopathy addressed the internal imbalance by focusing on the individual's mental and constitutional state. Integration with modern aesthetic therapy acted as a complementary support, accelerating visible outcomes while homeopathy worked at a deeper level. The stabilization of disease grade over months reflects true constitutional improvement rather than temporary suppression.

## CONCLUSION

This case demonstrates that individualized classical homeopathy, when applied with a holistic understanding of mind–body interaction and supported by appropriate aesthetic interventions, can effectively stabilize and improve male androgenetic alopecia. The observed physical improvement, emotional balance, and enhanced quality of life signify a genuine transformation achieved at **Dr Batra's® Homeopathy Clinic**.

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