



# **Alopecia Totalis: Long-Term Recovery Through Individualized Homeopathy at Dr Batra's**

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**ABSTRACT:** Alopecia totalis is a severe autoimmune condition characterized by complete hair loss on the scalp and often accompanied by the loss of eyebrows and body hair. Globally, alopecia areata affects approximately 2% of the population, with alopecia totalis representing a more advanced and less common form [1,2]. This paper presents a compelling case of a 12-year-old female patient suffering from alopecia totalis for the past 7–8 months. The hair loss had a sudden onset and progressed rapidly, leading to complete baldness on the scalp and loss of eyebrows and hand hair. Conventional treatments offer limited results in such autoimmune conditions, and relapses are common [2]. However after initiating homeopathic treatment at Dr Batra's the patient showed promising improvement — regrowth of hair was observed.

This paper explores the holistic and individualized management of alopecia totalis using homeopathy, emphasizing the importance of symptom totality and mental-emotional factors

**KEYWORDS:** Alopecia totalis, homeopathy, Dr Batra's

## **INTRODUCTION**

Alopecia totalis is an advanced form of alopecia areata, a chronic autoimmune condition wherein the immune system mistakenly attacks hair follicles, leading to total hair loss on the scalp [2]. In some cases, it may extend to the entire body, resulting in alopecia universalis. The exact cause remains unclear, but genetic predisposition, environmental triggers, and psychological stress are believed to play contributory roles [2].

This condition commonly starts with patchy hair loss that can progress rapidly into complete baldness. The signs and symptoms include sudden hair fall, loss of eyebrows, eyelashes, and body hair, with or without associated itching or tingling of the scalp. In this case, the 12-year-old female experienced rapid progression of diffuse scalp hair loss with severe itching, followed by eyebrow and hand hair loss.

Complications of alopecia totalis include emotional distress, lowered self-esteem, social withdrawal, and in rare cases, co-occurrence with other autoimmune disorders such as thyroiditis or vitiligo [3].

This paper presents a case study of alopecia totalis managed with homeopathy, offering insight into how individualized remedies can stimulate immune regulation and hair regrowth [6]. It highlights the relevance of holistic evaluation, including mental and physical symptoms, and supports the potential of homeopathy as a supportive treatment in complex autoimmune cases [4,5].

## **CASE PROFILE**

A 12-year-old female presented with alopecia totalis of 7–8 months' duration, characterized by sudden onset and rapid progression. The condition involved complete hair loss on the scalp, eyebrows, and hands, with mild

scalp itching and no dandruff. The patient had shaved her scalp and was not using any shampoo. She was diagnosed with hypothyroidism around the same time and was on Thyronorm 50 mcg. During the course of treatment, gradual hair regrowth was observed, starting from the hands, followed by the scalp and left eyebrow. An associated fungal infection on the hand also resolved completely. By April 2023, the scalp was fully covered with hair. Overall improvement in health was noted, with weight increasing from 33.3 kg to 39.9 kg.

### **Physical Generals**

Appetite: Decreased

Cravings: spicy and sour food

Aversions: NS

Thirst: Normal

Perspiration:

Quantity: Normal

Odour: Non-offensive

Stain: Non staining

Eliminations:

Urine: Normal

Stools: Clear, satisfactory

Thermals:

Covering: Not required

Thermal reaction: Ambithermal

Seasonal Preference: All seasons

Sleep:

Hours: 8

Type: Refreshing

Position: Nothing specific

Dreams: Does not remember

Female History

Menses: Regular

Duration: 5–6 days

Flow: Normal

Leucorrhoea: Present

Menarche: At 9 years

### **Examination**

Woods Lamp Test:

Initial observation showed GYF (Green-Yellow Fluorescence) positivity

Fluorescence more prominent at the periphery of the lesions, indicating active margins

### **Skin Examination:**

Multiple irregular patches observed on the scalp with well-defined edges.

Some patches showed mild erythema and scaling.

No oozing or crusting noted.

During Rx - A few areas had vellus hair regrowth, indicating partial recovery.

Systemic Examination:

No abnormalities detected on general systemic check-up.

Vitals within normal limits

**Mental Generals**

The patient is emotionally expressive and tends to get angry easily, often becoming irritated over small matters. During episodes of anger, she tends to shout, but the anger is short-lived and she calms down quickly, especially when consoled, which provides her with significant relief. She prefers company and dislikes being alone, enjoying interactions with others and easily mingling in social settings. She is generally jovial, fun-loving, and friendly in nature. The patient has a habit of weeping easily and is slightly emotional by temperament. Her favorite hobby is dancing, which she finds uplifting and enjoyable. She reports no particular fears.

**Medicinal History**

The patient has undergone both allopathic and homeopathic treatment. Currently taking Thyronorm 50 mcg for thyroid issues for the past 7 months. Previously used homeopathic remedies

**Past History**

No history of fractures, surgeries, hospitalizations, or infectious diseases reported. History of thyroid disorder, diagnosed 7 months ago.

**Family History**

Father: History of tuberculosis (TB).  
 Mother: Suffers from hypothyroidism.

Case analysis - Reportorial totality

1. MIND - COMPANY - aversion to - desire for solitude
2. MIND - ANXIETY - conscience; anxiety of
3. MIND - AILMENTS FROM - anger - fright; with
4. MIND - AILMENTS FROM - anger - silent grief; with
5. MIND – CAUTIOUS
6. STOMACH - Thirst - Thirstlessness

**Repertory screenshot**

Remedies	Puls.	Ign.	Aur.	Carc.	Rhus-v.	Chin.	Nat-m.	Acon.	Sfram.	Plat.	Bell.	Sulph.	Coff.	Cupr.	Nat-c.	Lyc.	Arg.	Aur-m-n.	Cocc.	Sels.
Serial Number	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Symptoms Covered	6	5	5	5	5	5	4	4	4	4	4	4	4	4	4	3	3	3	3	3
Intensity	12	13	10	7	7	6	9	8	8	7	6	6	5	5	4	7	5	5	5	5
Result	6/12	5/13	5/10	5/7	5/7	5/6	4/9	4/8	4/8	4/7	4/6	4/6	4/5	4/5	4/4	3/7	3/5	3/5	3/5	3/5
Clipboard 3																				
MIND - COMPANY - aversion to - desire for solitude	2	3	2	1	1	1	3	2	2	2	1	1		1	1	1				
MIND - ANXIETY - conscience; anxiety of	2	2	4	2	2	1	2		2	2	2	3	2	1			3	2	2	
MIND - AILMENTS FROM - anger - fright; with	2	3	2	2	2			3	3	2	2	1	1	1	1				1	2
MIND - AILMENTS FROM - anger - silent grief; with	1	3	1	1	1	2	3	2		1	1				1	3	1	2	2	1
MIND - CAUTIOUS	3	2	1	1	1	1	1	1	1			1	1	2	1	3	1	1		
STOMACH - Thirst - Thirstlessness	2					1							1							2

**Selection of Remedy**

Tuberculinum

Gets angry easily; irritability comes on quickly.  
 Tends to shout during anger, but the anger is short-lived.  
 Calms down easily after outbursts.

Feels better with consolation; responds well to comfort.

Dislikes being alone; has a strong desire for company.

Fun-loving, cheerful, and jovial by nature.

Easily mixes with others; makes friends effortlessly.

Emotional and sensitive; prone to weeping.

Has a creative side; enjoys dancing as a hobby.

Miasmatic approach

Symptom	Psora	Sycosis	Syphilis	Tubercular	Dominant Miasm
<b>1. Company preference</b>	Prefers solitude due to exhaustion	Avoids company, suspicious	Deep withdrawal, despair	Craves company, gets bored easily	Tubercular
<b>2. Anxiety of conscience</b>	Guilty, overly responsible	Hidden guilt, controlling	Self-punishing guilt	Anxious, fear of failure	Psora, Tubercular
<b>3. Anger with fright</b>	Fearful, trembling	Suppressed outbursts	Internal trauma, self-harm	Emotionally reactive, sensitive	Tubercular
<b>4. Anger with silent grief</b>	Leads to illness	Holds grudges	Deep grief, corrosive	Hidden grief, restless	Tubercular
<b>5. Cautious nature</b>	Overthinks, fears mistakes	Overplans, doubtful	Fearful of disaster	Swings between cautious & reckless	Psora, Tubercular
<b>6. Thirstlessness</b>	Mild thirst	Marked thirstlessness	Extreme shifts in thirst	Irregular thirst, craves cold drinks	Tubercular

**RESULTS**

Month	Progress	Prescription
1st Month	Few tiny hairs on scalp & left eyebrow.	Tub 200 2 doses weekly + Flouric acid 30
2nd Month	No major change; tiny hair persists.	Flouric acid 30 followed by SL
3rd Month	Tiny hair continued; comparison of photos showed mild progress.	Flouric acid 30 followed by SL
4th Month	Noticeable hair growth on scalp and eyebrow.	Flouric acid 30 followed by SL
5th Month	Much hair growth on scalp. Tinea with itching on left hand began.	Flouric acid 30 followed by SL
6th Month	Continued scalp hair growth. Tinea reduced.	Flouric acid 30 followed by SL
7th Month	Tinea resolved completely. Hair density improving.	Flouric acid 30 followed by SL

8th Month	Hair density increasing further. Physically underweight.	Flouric acid 30 followed by SL
9th Month	Stable improvement; consistent hair regrowth.	Flouric acid 30 followed by SL
10th Month	Hair growth maintained. Scalp almost covered.	Flouric acid 30 followed by SL
11th Month	Full scalp coverage reported. No fungal infection. Woods lamp test negative.	Flouric acid 30 followed by SL
12th Month	Fully covered scalp. Hair on eyebrows visible. Cured case. Advised to continue for prevention.	Flouric acid 30 followed by SL

## DISCUSSION

The patient initially presented with significant hair loss and poor scalp coverage, impacting both physical appearance and psychological well-being. Over the course of 12 months, consistent treatment and careful follow-up resulted in progressive improvement in hair growth and scalp condition.

The approach focused on addressing the root causes of hair loss and stimulating the body's natural healing processes. Early in the treatment, hair regrowth was slow but steady, with noticeable improvement in scalp coverage by the third month. Continued progress was observed through regular monitoring, culminating in almost complete scalp coverage by the end of the year.

This case demonstrates the importance of a patient-centered, holistic approach in managing chronic hair loss. By focusing on gradual and sustained recovery rather than rapid results, the treatment ensured long-lasting benefits without adverse effects.

### Conclusion

The patient's hair growth and scalp coverage improved significantly over 12 months, indicating successful management of the condition. The steady progress highlights the effectiveness of a long-term, individualized treatment plan that supports the body's natural regenerative abilities.

This case reinforces that chronic hair loss can be effectively managed through consistent care and patient compliance, emphasizing the value of patience and holistic monitoring throughout the treatment journey.

## The transformation



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