



A CASE REPORT OF ALOPECIA AREATA TREATED WITH CALCAREA CARBONICA BY USING POLARITY ANALYSIS METHOD

Prof. Dr. Amit Nayak	H.O.D. Department of Materia Medica, State National Homoeopathic Medical College & Hospital, Viraj khand-1, Gomti Nagar, Lucknow (U.P.) 226010.
Dr. Pooja Nayak	Associate Professor, Department of Materia Medica, Sophia Homoeopathic Medical College, Gwalior (M.P.)
Prof. Dr. Aswini Kumar Das	H.O.D Department Of Materia Medica , State Lal Bahadur Shastri Homoeopathic Medical College And Hospital , Phaphamau, Prayagraj (U.P.) 211013.
Dr. Swati Pandey*	Assistant Professor, Department Obstetrics & Gynaecology, Shaheed Raja Hari Prasad Mall State Homoeopathic Medical Collge, Barhalganj, Gorakhpur (U.P.) 273402. *Corresponding Author

ABSTRACT Alopecia areata(AA) is a common form of non-scarring hair loss of scalp and/or body. Most common form of AA is of patchy form. Major role for the etiopathogenesis of AA are Genetic predisposition, autoimmunity, and environment factors. As far as Conventional method of treatment is concern Corticosteroid is the only way to treat this condition which is having lot of side effects. This case report introduces Polarity Analysis (PA), the method of remedy selection , which allows more precise matches between patient symptoms and homoeopathic remedy, and leads in turn to better result.

KEYWORDS : Alopecia Areata, Calcarea Carbonica, Case report, Polarity Analysis.

INTRODUCTION

Alopecia areata (AA) is a chronic, immune-mediated disease characterized by acute onset of non-scarring hair loss ranging from small circumscribed patchy areas on the scalp, to complete scalp and body hair loss. It affects both children and adults. Currently, it is suggested that the collapse of the immune privilege (IP) of the hair follicle (HF), possibly due to genetic and external factors, triggers the onset of the disease.

Alopecia areata has an unpredictable prognosis, which often includes relapses and remissions, although it is a benign condition it can cause emotional and psychological burden to the patients.¹ Diagnosis usually can be made on clinical grounds. A scalp biopsy seldom is needed, but it can be helpful when the clinical diagnosis is less certain.²

Polarity Analysis (PA) is a new method of remedy determination, based on the grading of the symptoms of Boenninghausens Therapeutic Pocketbook. It consists of the elements polarity difference and contraindications. To calculate polarity difference, the software adds for each remedy the grades of the patient's polar symptoms and then subtracts the grades of their opposite poles. The higher the polarity difference, the more likely the remedy corresponds to the patient's characteristic symptoms.³

Boenninghausen himself strived to match the patient's characteristic symptoms with the "genius of a homeopathic remedy". The genius of a remedy includes its characteristic symptoms, with modalities, sensations and findings observed in provings in various localizations. Genius symptoms must also have been healed by the remedy to deserve this qualification. In the PB 1846 they are listed with a high grade (3-5).

The concept of contraindications concerns polar symptoms those which have an opposite pole, such as: thirst / thirstlessness, cold aggravates / cold ameliorates, desire for fresh air / dislike of fresh air. The patients symptom can only correspond to one pole of a polar symptom. But a remedy can cover both poles, due to the fact that its symptoms are observations of several provers. Normally one pole of the polar symptom is in a high grade, i.e. what is typical for the remedy; the other in a low grade, i.e. what is nonspecific to the remedy. Because the patient's symptoms should correspond to the genius of the remedy, Boenninghausen strived to match them at as high a grade as possible. If the remedy contained the patient's symptom at a low grade (1-2) but the opposite pole of the same symptom at a high grade (3-5), he regarded this as a contraindication for the remedy. According to his experience, such a constellation rarely led to healing. The Polarity Analysis Software identifies remedies with contraindications by marking them with a gray background.⁴

PA enabled us to demonstrate in the Swiss ADHD double-blind study a

significant difference between placebo and homeopathic remedies.⁵ Later on, the evaluation studies of acute, chronic and complex illness invariably revealed improved results in comparison with conventional homeopathic procedures.^{6,7}

Various articles are found on the effectiveness of homeopathic medicines in the treatment of AA.⁸⁻¹² All the cases reported excellent results over the long term, without any recurrence of the complaints.

The aim of this case report is to explore the polarity analysis method, a new approach which increases the accuracy of homeopathic prescriptions.

Case History

A 20 year old male patient reported with complaint of loss of hair from side and back of the head in patches from last 8months. He initially took allopathic treatment but had no significant relief. Patient was obese and having lax muscle fibres, he was very anxious, hopeless about his illness. He did not want to do any physical work get tired easily. It took lot of time to memorize any topic i.e. his memory was weak. His thermal reaction was chilly, bowel movement was not regular, stool was constipated. He perspires profusely but it was non-offensive. His sleep was disturbed. There was no family history of AA or any other autoimmune disease. His mother had Diabetes mellitus and father had hypertension.

Repertorial Totality or Repertorial Analysis

- 1- Anxiety, fear, fearful
- 2- Hopeless, despair
- 3- Understanding difficult
- 4- Memory poor
- 5- Thirst
- 6- Constipation
- 7- Obesity
- 8- Muscle flabbiness
- 9- Perspiration profuse
- 10- Physical effort agg.
- 11- Skin falling of hair head

Table-1 Repertorial Sheet (Polarity Analysis Software)¹³

	Calc.	Spic.	Merc.	Sf.	Sulph.	Chn.	Prn.	Malic.	Phos.	Silic.	Calcph.	Phos.	Sulph.	Mer.	Chn.	Spic.	Prn.	Malic.	Phos.	Silic.		
Wts	11	11	11	11	11	11	11	11	11	11	11	11	11	11	11	11	11	11	11	11	11	
Sum	27	28	28	28	27	28	28	28	28	28	28	28	28	28	27	28	28	28	28	28	28	27
Polarity Difference	11	11	11	9	8	9	9	9	9	9	9	9	9	9	8	9	9	9	9	9	8	9
Contraindications																						
01 anxiety, fear, fearful	5	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
02 hopeless (despair)	5	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
03 understanding difficult	4	3	4	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
04 memory poor weak	2	4	1	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
05 thirst	4	1	4	3	4	1	4	2	1	1	1	2	2	2	3	1	4	2				
06 constipation	4	4	3	4	3	4	2	1	1	3	2	3	3	3	3	4	2					
07 obesity	4	3	1	2	2	2	1	2	1	2	2	2	2	2	2	2	2	2	2	2	2	2

muscle stiffness	4	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0
parosmia or geusia	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
rapacity after meals	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
skin itching on the head	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
understanding new things about	1	1	1	0	0	0	0	0	0	0	0	0	0	0	0	0
muscle tone	2	1	1	1	0	0	0	0	0	0	0	0	0	0	0	0
rapacity after meals	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

* Cl= Contraindication i.e, patient symptoms low grade, opposite symptoms in high grade.
 * Grey color signifies Medicine which are Cotraindicated.

Repertorial Chart: below the blue bar presents patients symptoms. Below the red bar shows opposite polar symptoms. Color mark shows the reliability of the symptoms Green- High, Yellow- Intermediate, Red-Low.

Table-2 Repertorial Analysis

Remedy	Hits	Sums	Difference
Calc.	11	37	13
Lyc.	11	35	11
Merc.	11	29	11

Based on 11 Symptoms

Justification of Remedy according to the repertorial analysis Calcarea carbonica shows higher polarity difference i.e more likely the remedy correspond to the patients characteristic symptoms or higher the similarity between patient symptoms and remedy.

Justification of selection of Potency Calcarea Carbonica 200C was prescribed as per Boenninghausen's instructions in "The Lesser Writing" according to which higher potencies seem to offer a means of marking the medicines assimilable, hence homoeopathically more effective.¹⁴

Justification of Repetition of Doses Calcarea Carconica 200C/1 dose early in the morning was given as per Boenninghausen's instructions in "The Lesser Writing" higher potencies show themselves effective in single dose.

Table-3 Follow Sheet

Date	Symptoms	Prescription
07/02/2023	Loss of hair from back and side of the head in patches from last 8months [Figure:1,2]. Patient was anxious, hopeless about his illness, obese, lax muscle fibres, His sleep was disturbed, stool was constipated. Perspiration was profuse non offensive. Did not want to do any physical work.	Rx, Calcarea carbonica 200/1dose (Early in the morning, Empty stomach) Placebo 200 for 1 Month.
14/03/2023	General condition of the patient was better. No change noted on bald patches.	Rx, Placebo for 1 Month.
18/04/2023	New hair were appear over the sides and back of the head [Figure:3-5]. Sleep was sound, stool regular and soft, mentally patient was calm and cheerful.	Rx, Placebo for 2 Months.
20/06/2023	Complete disappearance of the bald patches on the head without any recurrence of any other new bald patch [Figure:6-8]	Rx, Placebo was continued.

DISCUSSION AND CONCLUSION



Figure-1(Before Treatment)

The patient presented with multiple bald patches on the head. This case was treated with individualized homoeopathic medicine Calcarea Carbonica 200C by using Polarity Analysis Method showed complete hair regrowth without any recurrence. Polarity Analysis is a better way to case analysis and differential diagnosis of possible remedies together with an increased precision of Homoeopathic prescriptions.



Figure-2(Before Treatment)



Figure-3 (During Treatment)



Figure-4 (During Treatment)



Figure-5 (During Treatment)



Figure-6 (After Treatment)

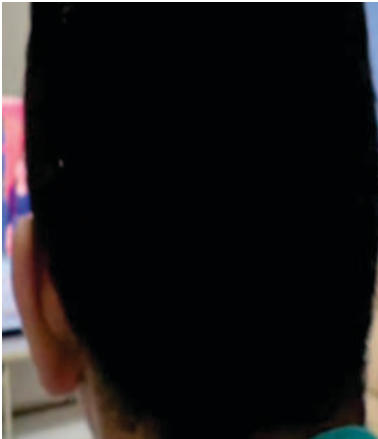


Figure-7 (After Treatment)



Figure-8 (After Treatment)

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