



ALOPECIA AREATA TREATED WITH CONSTITUTIONAL HOMOEOPATHIC MEDICINE SULPHUR – EVIDENCE- BASED CASE REPORT

Homeopathy

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ABSTRACT

Nowadays condition of hair loss became a very common situation especially in females which lead them to extreme sadness. Alopecia Areata (AA) is one of the autoimmune disorder in which hair loss in patches occurs, cleaning a particular area of scalp making the person more conscious about the personal appearance. There is a dearth of research on autoimmune diseases like Alopecia Areata, despite the homoeopathic treatment showing promising results in studies on a variety of clinical problems. A case of Alopecia Areata, treated with individualized homoeopathic medicine is presented. Further research is needed to confirm the role of Homeopathy in Alopecia Areata.

KEYWORDS

Alopecia Areata, Homoeopathy, Autoimmune, Sulphur

INTRODUCTION:

Alopecia areata is a common organ specific auto immune disorder with a genetic predisposition characterized by the sudden onset of non scarring hair loss patches affecting the hair bearing areas of the body involving hair follicles. Scalp is the most common site of involvement. This condition results from the immune system mistakenly attacking healthy hair follicles, causing them to become smaller and eventually leading to hair loss. It can be associated with other auto-immune disorders such as vitiligo, thyroid abnormalities and diabetes etc. It affects individuals of all ages, genders, and ethnic backgrounds, causing considerable distress and impacting their quality of life. Although not life-threatening, alopecia areata can have significant emotional and psychological effects, making it important to understand its causes, symptoms, diagnosis, and treatment options.

A mix of genetic, immunological, and environmental variables are thought to play a role in the development of Alopecia Areata, while its precise etiology is not entirely understood. Given that autoimmune disorders run in families, there is evidence of a hereditary susceptibility for the ailment. The pathophysiology of hair loss is heavily influenced by the immune system, particularly T-lymphocytes, which wrongly target hair follicles and so obstruct the hair development cycle.

Alopecia can manifest itself in various ways like there may be a complete hair loss (alopecia universalis), hair loss from entire body (alopecia totalis) or in the form of bald patches (alopecia areata).^[1] In some cases, the condition may involve only the eyebrows, eyelashes, or beard (alopecia areata barbae). The loss of hair occurs suddenly and often without any preceding symptoms, leading to a distinct appearance of affected areas.^[2]

A comprehensive physical examination and a review of the patient's medical history are often required for the diagnosis of alopecia areata. An important diagnostic aspect is the typical pattern of hair loss, which is typically characterized by well-defined, smooth patches. When necessary, a scalp biopsy can be done to confirm the diagnosis and eliminate any other possible hair loss reasons. Additionally, blood testing can be used to check for autoimmune markers or other underlying diseases.^[2]

Treatment for alopecia areata aims to stimulate hair regrowth, control the immune response, and manage associated symptoms. Conventional treatment options include topical corticosteroids, intralesional injections, topical immunotherapy, immune modular medications etc.^[1] Homeopathy has shown the promising results of its efficacy on the symptoms of hair loss, hair fall, dandruff, itching of the scalp etc. Homeopathy is a holistic system of medicine that focuses on treating the individual as a whole, taking into account their physical, mental, and emotional well-being but there is a lack of Homoeopathic research literature on Alopecia Areata.^[3] A case of Alopecia areata, treated with individualized homoeopathic medicine, is presented here, demonstrating the scope of homoeopathy in this disease.

Patient Information:

A young lady of 28 years, from good socioeconomic background, came at OPD of Sri Ganganagar Homoeopathic Medical College, Rajasthan, on 08 April 2023 with the complaint of falling of hair from scalp in patches, followed by loss of hair i.e., baldness at occipital region [FIGURE. 2] for 2 years. After the birth of a son, the patient's hair began to fall out before gradually developing baldness across the occipital region. The patient was apparently well before 2 years old. She took Ayurvedic medicine for three months, but she experienced no real alleviation; anytime the treatment was stopped, her complaints returned. After seeing an advertisement for homoeopathy, she decided to switch her style of therapy.

There was no family history of Alopecia Areata in her family. Patient was mild, not answering every question due to introvert personality as mentioned by her attendant. She was not much concerned about her appearance and complaint but came for treatment just for the sake of her husband and her in-law's concern. Becomes frightful hearing about any kind of bad news. Her memory and intellect were good. The patient appeared lean and thin, was unclean, had a decent appetite and enough thirst with small quantity at long intervals, but was not fond of vegetables, consumes little amounts of water over time. Neither chilly nor hot temperature sensitive. Her menstrual cycle was regular and normal with no associated complaints.

Clinical Examination:

The patient had dry skin on his face. There was a slight pallor. 110/70 mmHg for the blood pressure and 76 beats per minute for the pulse. 98.6°F was the axillary body temperature. The remainder of the general physical exam likewise came back as normal. On inspection of scalp, a single, smooth, sharply demarcated, round patch of hair loss without atrophy with pointed hair observed on the periphery of the patch located at the occipital region.

Repertorization:

The case involved symptoms such as post-delivery ailments, indifference, frightened reactions to bad news, baldness, aversion to vegetables, and patches of hair falling from the scalp. The case had more general characteristics than specifics, so the Synthesis Repertory was selected for repertorization based on Kent's Repertory of Homoeopathic Materia Medica.

After repertorization using RADAR 10.0^[10] Prioritizing mental generals over physical generals, followed by particular symptoms, *Sulphur* was discovered to cover 6 of 8 rubrics and received the highest score 13, while *Calcarea Carbonicum* received 9 marks as shown in Figure no. 1

After further consultation from different Materia Medica,^[6-8] *Sulphur* was prescribed covering majority of symptoms in high grades, 200CH potency prescribed according to high susceptibility of patient and nature of medicine and disease.^[11] 200CH potency was selected and single dose was given to avoid any unwanted aggravation.

Therapeutic Intervention: -

Thus, individualized single homeopathic medicine of Sulphur 200CH was prescribed early morning empty stomach (EMES) on 08 April 2023 as per the susceptibility of the patient followed by Rubrum 30C thrice a day for 15 days. The patient was advised to wash her scalp on regular basis and maintain a proper balanced diet.

Follow Up And Outcomes:

The patient was followed up for 4 months with no complication or worsening of the patch during this period. During the period of treatment, patient improved symptomatically. Homeopathic aggravation of subjective or objective kind was not noted during the treatment as shown in Table 1.

Table 1:- Timeline Including Follow-up Of The Case:-

DATE	SYMPTOMS	PRESCRIPTION	JUSTIFICATION
08/04/2023	Baldness patch in occipital area Hairfall excessive	1 .Sulphur 200C / 1 dose/ empty stomach early morning 2. Placebo 30C/TDS/ 14 days	This is the first prescription.
22/04/2023	No change noted on bald patches	1. SL 200C / OD/ empty stomach early morning 2. Placebo 30C/TDS/ 14 days	As there were no changes observed we will wait and watch.
06/05/2023	Patient feels slightly better as hairfall is less and mild concern observed regarding her health	1. Sulphur 200C/ OD/ empty stomach early morning 2. Rubrum 30C /TDS/14 days	As there was slight improvement Sulphur 200C was repeated
20/05/2023	Her physical condition is better. LMP- 10/05/2023 with mild backache and pain in lower abdomen. Hair fall is in static condition.	1. Sulphur 200C/ OD / empty stomach early morning 2. Rubrum 30C/TDS/14 days	As the condition was static, no further improvement was noticed Sulphur 200C was repeated.
03/06/2023	No improvement observed. Complaints status quo	1. Sulphur 1M/ OD /empty stomach early morning 2. Rubrum 30C /TDS/14 days	In view of no further improvement, potency of the medicine was raised, Sulphur 1M was given.
17/06/2023	The growth of hair seems more than previous visit with least amount of hairfall.	1.SL 1M/ 1 dose/ empty stomach early morning 2. Rubrum 30C/TDS/14 days	There was new hair growth so we will wait and watch.
01/07/2023	Baldness of area decreased at the occipital region	1.Rubrum 30C /TDS/14 days	There was marked improvement noted.
15/07/2023	Complete disappearance of bald patches on the head.	1. Rubrum 30C /TDS/30days	As there was complete disappearance of the bald patches on the head, Sac lac was prescribed.
12/08/2023	Complete growth of hair on the head	1.Rubrum 30C/TDS/30 days	Complete disappearance of bald patches on head without recurrence of any bald patch.



Figure2. The Baldness Patch Of The Patient Before And After Treatment

DISCUSSION:

A patient with a bald patch in the occipital region was treated with individualized homeopathic medicine, showing complete hair re-growth and control of hair fall without recurrence. Homeopathic treatment is often used for Alopecia areata, as conventional medicine is not effective. The patient was prescribed Sulphur 200C medicine after rigorous history collection, analysis, repertorization, and assistance from Materia Medica. The initial improvement was slow, so Sulphur 1M was recommended. After high potency, noticeable improvement occurred. This case demonstrates the usefulness of homeopathic medications in treating Alopecia Areata when provided according to homeopathic principles.

CONCLUSION:

Homeopathy, a specialized medical system, has shown positive results in treating Alopecia areata hair re-growth without recurrence of bald

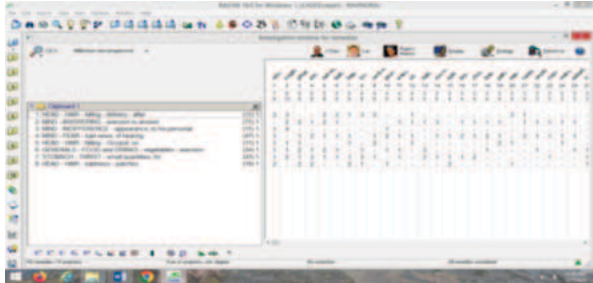


Figure no. 1 Repertorization Chart Of The Case Report

patches. This was demonstrated through careful case analysis, systemic repertorization, and repetition of the remedy with appropriate potency and dosage. However, due to unpredictable remissions, further well-defined studies are needed for better scientific validation of these results.

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