

Evidence-based Homoeopathy: Case Report of Telogen Effluvium After Typhoid in a 12 years Old Girl

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Abstract: *Telogen effluvium is a form of nonscarring alopecia characterized by diffuse, often acute, hair shedding. Telogen hair is also known as club hair due to the shape of the root. In a normal, healthy individual's scalp, about 85% is anagen hair, and 15% is telogen hair. Anagen hair is actively growing hair, whereas telogen hair is resting hair. A few hairs may also be in the catagen or transition phase. If the body remains under significant stress, approximately 70% of anagen hair precipitates into the telogen phase, thus causing hair loss. Telogen effluvium is a reactive process triggered by metabolic stress, hormonal changes, or medications. Common triggering events include acute febrile illness, severe infection, major surgery, severe trauma, postpartum hormonal changes (particularly a decrease in estrogen), hypothyroidism, discontinuing estrogen-containing medication, crash dieting, low protein intake, heavy metal ingestion, and iron deficiency. Many medications have been linked to telogen effluvium, but the most common are beta-blockers and retinoids, including excess vitamin A, anticoagulants, propylthiouracil, carbamazepine, and immunizations. Telogen effluvium is a condition that can affect individuals of any age, gender, or racial background. The exact prevalence of telogen effluvium is unknown, but it is considered quite common. Many adults experience an episode of telogen effluvium at some point in their lifetime. Although telogen effluvium can manifest in both men and women, women tend to be more susceptible because of postpartum hormonal changes. In addition, women are more disturbed by hair shedding compared to men and are more likely to seek medical attention. Homoeopathic literature shows that cases of Telogen Effluvium have been treated successfully with homoeopathic medicines.*

Keywords: Telogen effluvium, Typhoid fever, Homoeopathy, Thallium Metallicum 30C.

1. Case Summary

This is the case of an 12 years old girl with Telogen Effluvium. The case presented here is documented from Bhardwaj Homoeopathy Clinic, 4489, Sector-B, pocket-5&6, Vasant Kunj, Delhi. The patient was treated with individualised homoeopathic medicine Thallium Metallicum 30C over a period of 01 month. There was significant improvement with homoeopathic treatment, with complete disappearance of bald patches without any recurrence.

2. Introduction

Telogen effluvium is a form of nonscarring alopecia characterized by diffuse, often acute, hair shedding. Telogen hair is also known as club hair due to the shape of the root. In a normal, healthy individual's scalp, about 85% is anagen hair, and 15% is telogen hair. Anagen hair is actively growing hair, whereas telogen hair is resting hair. A few hairs may also be in the catagen or transition phase. If the body remains under significant stress, approximately 70% of anagen hair precipitates into the telogen phase, thus causing hair loss. Telogen effluvium is a reactive process triggered by metabolic stress, hormonal changes, or medications. Common triggering events include acute febrile illness, severe infection, major surgery, severe trauma, postpartum hormonal changes (particularly a decrease in estrogen), hypothyroidism, discontinuing estrogen-containing medication, crash dieting, low protein intake, heavy metal ingestion, and iron deficiency. Many medications have been linked to telogen effluvium, but the most common are beta-blockers and retinoids, including excess vitamin A,

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Homoeopathic remedies can offer gentle and safe treatment for patients suffering from Telogen Effluvium. Homoeopathy treats the person as a whole. This includes a detailed medical history of the patient, family and causative factors. Any underlying predisposition factor and susceptibility is also considered. Homoeopathic literature mentions many medicines for Alopecia namely Alumina, Arsenicum album, Floricum acidum, Graphites, Natrum muraticum, Nitricum acidum, Phosphoricum acidum, Phosphorus, Pix liquida, Selenium, Sepia, Syphilinum, Thallium, Vinca minor etc.

Homeopathy offers a holistic approach to treating telogen effluvium, addressing the underlying imbalances in the body and promoting natural healing. Homeopathic remedies are selected based on the individual's unique symptoms, constitution, and underlying causes of hair loss. Some common homeopathic medicines used for telogen effluvium include:

- Phosphoric acid: This remedy is indicated for hair loss resulting from grief, emotional shock, or chronic stress. Individuals may experience excessive hair shedding with a tendency for hair to fall out in bunches or clumps. Phosphoric acid helps address the emotional component of hair loss and promotes hair regrowth.
- Natrum muriaticum: Nat Mur is recommended for hair loss associated with grief, disappointment, or suppressed emotions. Hair loss may occur in patches or thinning areas, and the scalp may feel oily or greasy. Natrum muriaticum helps balance emotional disturbances and supports hair follicle health.
- Silicea: Silicea is beneficial for hair loss with brittle, thinning hair that breaks easily. Individuals may experience scalp sensitivity, itching, or dandruff, along with slow hair growth. Silicea helps strengthen hair follicles, improve hair texture, and promote healthy hair growth.
- Sepia: Sepia is indicated for hair loss occurring after childbirth, hormonal changes, or menopause. Hair may become thin, lusterless, and weak, with increased shedding. Sepia helps regulate hormonal imbalances, restore vitality, and support hair regrowth.
- Lycopodium: Lycopodium is recommended for hair loss with premature graying, especially in individuals with digestive disturbances or liver dysfunction. Hair may fall out in tufts or patches, and there may be associated scalp dryness or dandruff. Lycopodium helps address digestive issues and supports hair follicle health.

3. Case Report

History

This is the case of a 12 years old girl with Telogen Effluvium after Typhoid fever three months back. The case



4. Discussion

This is the case of a 12 years old girl with Telogen Effluvium after Typhoid fever three months back. She had loss of appetite, High grade Fever and body ache in the month of July, 2025. She was admitted and diagnosed with typhoid fever with WIDAL test. She took conventional mode of treatment and got relieved in 15 days. Then Patient gradually started complain of hair loss and lethargic condition since three months. Her appetite was poor, Thirst is adequate, Stool is normal, Urine is normal, Sleep is refreshing, Tongue is clear. There is nothing significant in

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Thallium metallicum was prescribed based on the clinical symptomatology. There was no marked mental and physical general found in the case. In William Boericke's Homoeopathic Materia Medica, in Thallium Metallicum Drug it is written that seems to influence the endocrines, especially the thyroid and adrenaline. Most horrible neuralgic, spasmodic, shooting pains. Muscular atrophy. Tremors. *Alopecia* following acute, exhausting diseases.

In Materia Medica by John Henry Clarke, SYMPTOMS mentioned are Head. -Hair falls off with great rapidity. Eyes- Very frequent conjunctivitis with abundant production of mucus. Stomach. -Loss of appetite. Fever.-Remedies profuse sweating in some cases of severe illness. Night-sweats of phthisis.

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Drug it is written that seems to influence the endocrines, especially the thyroid and adrenaline. Most horrible neuralgic, spasmodic, shooting pains. Muscular atrophy. Tremors. Alopecia following acute, exhausting diseases. The patient showed improvement in the beginning which proved correct selection of the medicine, but there was slow improvement with low-potency Thallium metallicum 30C. However, case showed marked improvement in one month. This case shows the effective role of homoeopathic medicine in treating Telogen effluvia when prescribed on the basis of homoeopathic principles.

5. Conclusion

Homoeopathy is a specialised system of medicine. It treats patient as whole and not just symptoms. A complete hair regrowth without any recurrence of bald patches is a documentary evidence. This case shows a positive role of Homoeopathy in treating Telogen effluvia. However, as this is a single case study and telogen effluvia is associated with a variable and unpredictable remission, well-designed studies may be taken up for scientific validation of results.

Declaration of patient consent

The authors certify that they have obtained all appropriate patient consent forms. In the form, the patient has given his consent for his images and other clinical information to be reported in the journal. The patient understands that his name and initial will not be published, and due efforts will be made to conceal his identity, but anonymity cannot be guaranteed.

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