

Homoeopathic Management of Alopecia Areata: A Case Report

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Abstract: *Alopecia areata is a chronic autoimmune disorder characterized by circumscribed, non-scarring hair loss. It significantly affects the psychological and social well-being of patients. Homoeopathy offers an individualized approach based on the totality of symptoms and constitutional assessment. This case report describes the successful management of a case of alopecia areata in a young female treated with an individualized homoeopathic remedy. Marked improvement in hair regrowth was observed during follow-up, suggesting the potential role of constitutional homoeopathic treatment in alopecia areata.*

Keywords: Alopecia areata, Homoeopathy, Constitutional treatment, Hair loss, Case report

1. Introduction

Alopecia areata (AA) is an autoimmune disease characterized by patchy hair loss affecting the scalp and other hair-bearing areas. The lifetime risk of developing AA is approximately 2%. The disease is associated with autoimmune mechanisms, genetic predisposition, stress, and environmental factors. Conventional treatments often provide temporary relief and recurrences are common. Homoeopathy aims at restoring the disturbed vital force through individualized treatment based on the totality of symptoms.

Patient Information

- Age: 38 years
- Sex: Male
- Date of first consultation: 11/04/2026

Chief Complaints

The patient presented with:

- Patch over the scalp for 8 months.
- Round patch of hair loss in the right occipital region extending towards vertex. Dry Scaly dandruff over the scalp with mild itching.

History of Present Illness

The patient noticed a sudden onset of patchy hair loss over the occipital region approximately one month prior to consultation. The lesion gradually increased in size. Associated symptoms included dryness and scaling of the scalp.

The patient had previously received allopathic treatment for fungal infection, which provided no relief.

Physical Generals

Appetite

Normal.

Thirst

Takes large quantities of water at long intervals.

Desire

- Fermented food
- Sweets

Aversion

Not significant.

Sleep

Sound sleep.

Dreams

No significant dreams.

Thermal Reaction

Chilly patient.

Tongue

Clean.

Bowel and Bladder

Normal.

Mental Generals

The patient was emotionally sensitive and reported becoming upset when scolded by elders. She tended to suppress her emotions and remained reserved.

2. Clinical Findings

Examination revealed:

- Well-defined bald patch in the occipital region.
- Non-scarring alopecia.
- Presence of dry scaly dandruff.
- No signs of active infection.
- General health otherwise normal.

3. Analysis of the Case

Characteristic Symptoms

- Round patch over scalp.
- Dry scaly dandruff.
- Desire for sweets.
- Desire for fermented food.
- Thermally chilly.
- Thirst for large quantities at long intervals.
- Emotional sensitivity from reprimand.

Miasmatic Evaluation

The case showed a predominance of Psoro-Sycotic miasmatic traits, evidenced by scalp involvement, recurrent tendency, and functional disturbance without tissue destruction.

Repertorial Analysis

Repertorization was carried out using characteristic mental and physical generals along with particulars of the disease.

Rubrics considered

HEAD			
1 HEAD - HAIR - falling - spots, in ●			⊗
2 HEAD - HAIR - falling - Occiput			⊗
SKIN			
3 SKIN - ERUPTIONS - suppressed			⊗
GENERALS			
4 GENERALS - FOOD and DRINKS - co desire			⊗
5 GENERALS - FOOD and DRINKS - sw desire			⊗
6 GENERALS - MEDICINE - allopathic abuse of			⊗
Remedies	ΣSym	ΣDeg	Symptoms
hep.	6	9	1, 2, 3, 4, 5, 6
sulph.	5	10	2, 3, 4, 5, 6
ars.	5	9	1, 3, 4, 5, 6
phos.	5	9	1, 2, 3, 4, 5

Sulphur is selected on the basis of totality of symptoms and repertorization.

Prescription

Sulphur 1M

Single dose.

Placebo was prescribed for follow-up.

Follow-Up



Final selection of medicine

Date	Follow Up	Complaints	Medicine
29-04-2026	1ST	Reduce hair fall No appearance of new patches Dandruff reduced	No repetition of medicine Given placebo
18-05-2026	2nd	No hair growth in bald Patch Hair fall and dandruff reduced	Repetition of medicine (sulphur 1M single dose)
04-06-2026	3rd	Hair growth observed in bald patch	No repetition Placebo given
16-06-2026	4th	Completely hair growth	No repetition of medicine

Outcome and Assessment

Improvement was assessed clinically through:

- Reduction in hair loss.
- Appearance of new hair growth.
- Decrease in scalp scaling.
- Absence of recurrence.

The patient demonstrated progressive and sustained improvement following individualized homoeopathic treatment.

SALT score (severity of Alopecia Tool)-

Vertex region (40% weight): visible patch suggests about 10-15% hair loss Contribution: $10-15 \times 0.40 = 4-6$

Right side region (18% weight): appears mostly covered, possible 0- 5% loss Contribution - $0- 5 \times 0.18 = 0-1$

Estimated SALT score (Right side + Vertex only) = 4 - 7
Severity: Mild alopecia areata (SALT 1-20)

4. Discussion

Alopecia areata is considered an autoimmune disorder involving loss of immune privilege of the hair follicle. In homoeopathy, constitutional prescribing aims at correcting the underlying susceptibility rather than merely treating local manifestations.

In this case, the characteristic symptoms including desire for sweets, desire for fermented food, chilly constitution, and emotional sensitivity guided remedy selection. Sulphur covered the constitutional picture and was followed by gradual and sustained hair regrowth.

The improvement observed supports the homoeopathic principle of individualization in managing chronic dermatological disorders.

5. Conclusion

This case demonstrates the successful management of alopecia areata with individualized homoeopathic treatment. Constitutional prescribing based on totality of symptoms resulted in significant hair regrowth and improvement in overall health. Further systematic studies and larger clinical trials are required to evaluate the role of homoeopathy in alopecia areata.

Declaration of Patient Consent

The authors certify that they have obtained appropriate patient consent. The patient has given consent for reporting clinical information while maintaining anonymity.

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