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Alopecia universalis successfully treated at Dr. Batra's

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Abstract

Alopecia Universalis (AU) is the most advanced and severe form of Alopecia Areata, an autoimmune disorder in which the body's immune system mistakenly targets and attacks hair follicles, leading to hair loss. In AU, this results in complete loss of hair across the entire body, including the scalp, eyebrows, eyelashes, and other body hair. Homeopathy offers a holistic approach to managing this disease, focusing on treating the individual as a whole rather than just addressing the symptoms. The condition affects both males and females equally and can manifest at any age, although it most commonly begins in childhood or early adulthood. Homeopathy offers a holistic and individualized approach to Alopecia Universalis. It focuses not only on the physical symptoms but also on the emotional and psychological state of the patient. This paper presents the case of a 47-year-old male who had been affected by Alopecia Universalis for more than two years. Under the homeopathic care provided by Dr. Batra's, he experienced complete recovery, with full regrowth of hair in all previously affected areas.

Keywords: Dr. Batra's, Alopecia Universalis, Alopecia Areata, homeopathic

Introduction

Alopecia Universalis is a rare and severe form of Alopecia Areata, an autoimmune disorder in which the body's immune system mistakenly attacks its own hair follicles, resulting in complete hair loss across the entire body. The condition typically begins with sudden hair loss on the scalp, followed by the loss of eyebrows, eyelashes, facial hair, and eventually all body hair, including on the arms, legs, chest, and pubic area. In some cases, individuals may also experience changes in their nails, such as pitting or ridging. While AU does not cause physical pain or damage to internal organs, it can have a significant impact on a person's emotional and psychological well-being, often leading to low self-esteem, anxiety, or depression due to the noticeable changes in appearance. Social interactions may also be affected, as individuals may feel embarrassed or self-conscious. There is currently no known way to prevent Alopecia Universalis, as it is primarily influenced by genetic and autoimmune factors. However, maintaining a strong immune system through a healthy lifestyle, managing stress, avoiding harsh chemical treatments, and undergoing regular health check-ups may help in reducing risk or managing symptoms more effectively.

Case Profile

A 47-year-old man with a history of diabetes and hypothyroidism for the past five years started noticing patchy hair loss about a year ago. He was treated with steroids, which helped some hair grow back, but the new hair was thinner than before. Unfortunately, the steroid treatment caused his blood sugar levels to rise sharply, reaching over 300 mg/dL. His HbA1c went up to 12%, and his thyroid levels (TSH) increased to 57 mIU/L. As a result, he was prescribed Glycomet and Ramipril for his diabetes, and his thyroid medication, Thyronorm, was increased from 50 mcg to 75 mcg, which he has been taking for the past year.

He had also been using conventional (allopathic) medicines for hair loss, but due to a job change, he had to stop the treatment. After relocating, he visited Dr Batra's Clinic for further help. During the consultation, he was diagnosed with Alopecia Universalis, a condition causing complete hair loss. His hair loss followed an ophiasis pattern, and "exclamation mark" hairs a typical sign of the condition were seen. He had lost all the hair on his scalp, eyebrows, mustache, and beard, and also noticed significant hair loss on his chest, arms, and abdomen.

Diet	Mixed
Appetite	Normal
Desire	Sweet Products
Aversion	Bitter
Thermal Reaction	Hot
Thirst	Normal
Stools	Normal
Urine	Normal
Perspiration	Non offensive
Sleep	Disturbed
Dreams	None

- **Respiratory rate:** 18/min
- **Pulse:** 76 beats/min
- **General examination:** Normal
- **Throat:** Normal
- **Respiratory System (RS):** No abnormalities detected
- **Cardiovascular System (CVS):** S1, S2 heard normal in all four cardiac areas

- **Scalp Examination:** No hair follicles are visible which is hall mark scarring alopecia.
- **Body Hair Assessment:** Complete body hair loss.
- **Nail Examination:** Brittle Nails.

The patient was born and brought up in Palakkad, Kerala, in a lower-middle-class family. His father served in the army, while his mother was a homemaker. He shared a deep emotional bond with his mother, whose passing in 2016 had a significant emotional impact on him. He maintains a good relationship with his sister and, following his mother's death, the family expected him to take on the responsibility of caring for her. He is a reserved person by nature and was average in academics during his school years. He actively participated in running events and maintained good physical fitness. Although he initially enrolled in a degree course, financial difficulties forced him to discontinue his studies. He later joined the Indian Navy, and during his service, he completed his degree.

After resigning from the Navy, he joined a private company where he currently works as a Regional Manager. He is a responsible and work-focused professional, committed to completing his tasks on time. With a strong vision for the future, he is driven by the desire to achieve a top leadership position in his organization.

He got married at the age of 28. His wife is a homemaker, and together they have two children, a son and a daughter. He considers the birth of his children to be the happiest moments of his life. He prioritizes his family and enjoys a good, stable married life.

In terms of personality, he is straightforward, calculative, and tends to take many initiatives, often to stay productive. He experiences work-related stress and has difficulty sleeping due to overthinking, though he does not report fear or anxiety. He also struggles with anger when others do not listen to him and tends to avoid those individuals afterward. He is emotionally sensitive and gets hurt easily, although he may not always show it.

In his leisure time, he enjoys playing volleyball and badminton, which help him stay active and relieve stress. These hobbies, along with his strong sense of duty and ambition, reflect a well-rounded personality focused on both personal growth and professional success.

Diagnosis with diabetes mellitus and hypothyroid

Mother diabetes mellitus and hypothyroid

Repertorial totality

Repertory used	Rubrics selected
Kent repertory	1. (Complete) Mind: Ailments From: Financial Loss 2. (Complete) Mind: Ailments From: Business Failure 3. (Complete) Generalities: Hyperthyroidism 4. (Complete) Generalities: Diabetes Mellitus 5. (Phatak) Confidence: Want of Self
Boenninghausen repertory	1. Head-external-hair-Falling out-from head 2. Head-external-hair-Falling out-ears-behind

[illegible]

Selection of Remedy

Remedy	Reasons
Constitutional Remedy name Remedy potency Remedy dose	Sepia 200C 2 doses-weekly Baldness due to stress. Hair roots are extremely sensitive, making even slight touch painful. Increased irritability and a snappish demeanor. Papular eruptions appear on the forehead, near the hairline.
Acute Remedy name Remedy potency Remedy dose	Fl. Acid 200C 2/2 days One of the greatest homoeopathic treatments for alopecia areata is fluoric acid. It is equally effective for patchy hair loss that affects any area of the scalp. It is a remarkable aid in encouraging hair growth in bald spots. Those who require it might also have a scratchy scalp. Touch sensitivity can exist on the scalp
Intercurrent Remedy name Remedy potency Remedy dose	Syphilinum - As required Anti miasmatic

Miasmatic approach

Symptoms	PSORA	Sycosis	Syphilis	Tubercular
Alopecia (see hair)			✓	
Hair-dryness			✓	
Falling off-with dryness	✓			
Falling off from depressing, emotions	✓			
Falling off with humid eruptions			✓	
Scalp sensitive		✓		
Falling off	✓			
Baldness			✓	
Miasmatic predominance				

Materials and Methods

Radar

Results

Mention month wise follow up progress

Months	Progress	Prescription
1 st month	Patient is stable with existing alopecia patches. No new patches observed. Improvement noted in existing patches, including moustache and eyebrow areas. Diabetes and medication under control. Advised to undergo tests: TSH, HbA1c, and PPBS/RBS.	Sepia 200C-1 dose/week; SAC-L 1 dose every 2 days; Fl-Ac 200 weekly 2/2 doses; JAB MT (Q) Avoid Sweet, Do Yoga
2 nd month	Patches remain stable. Patient presented with blood reports: TSH-4.4, RBS-110, PPBS-193, and HbA1c-10.9.	Fl-Ac 200 weekly 2/2 doses; JAB MT (Q), Do Yoga
3 rd month	Patient showing hair regrowth on the scalp. Patches on forearms and face have improved. Presented blood report with the following values: HbA1c-10.3, Blood Sugar-248, FBS-170, PPBS-221, and Cholesterol-151.	Fl-Ac 200 weekly 2/2 doses; JAB MT (Q); Sepia 200C-1 dose/week, Syzigium MT (Q) internal drop, Avoid dairy product
4 th month	In addition to scalp, hair growth is observed on the chest, legs, and forearms.	Fl-Ac 200 weekly 2/2 doses; JAB MT (Q); Syzigium MT (Q) internal drop.
5 th month	Alopecia Universalis (AU) patches are nearly healed. Hair growth is visible, though slightly slow, on the scalp, eyebrows, moustache, beard, legs, hands, and chest.	Fl-Ac 200 weekly 2/2 doses; JAB MT (Q); Syzigium MT (Q) internal drop.
6 th month	AU patches are completely healed, with full hair regrowth observed in all affected areas. On examination: Auzign sign-absent, HPT-nil, exclamation mark hairs-absent.	Fl-Ac 200 weekly 2/2 doses; JAB MT (Q); Syzigium MT (Q) internal drop.
7 th month	Wood's lamp examination shows stable condition. Alopecia Universalis pattern is 80–90% improved and effectively cured. Advised to repeat blood tests: HbA1c, Thyroid Profile, Lipid Profile, Hemoglobin, Vitamin B12, and Vitamin D	Fl-Ac 200 weekly 2/2 doses; JAB MT (Q); Syzigium MT (Q) internal drop.
8 th month	AU patches remain stable with no hair fall observed. Regrown hair is stable, and no new patches have appeared. Blood test results: Fasting glucose-84, PPBS-152, SGPT-47, Calcium-8.9, Hemoglobin-13.9, Vitamin D-15.2, HbA1c-7.2.	Fl-Ac 200 weekly 2/2 doses; JAB MT (Q); Syzigium MT (Q) internal drop; Nux vomica 200C-2 doses.
9 th month	AU patches are stable, and the regrown hair remains steady. Thyroid levels are also well controlled	Fl-Ac 200 weekly 2/2 doses; JAB MT (Q); Syzigium MT (Q) internal drop; Nux vomica 200C-2 doses.
10 th month	AU patches are stable with noticeable improvement. Diet is well-maintained, and treatment includes mild topical application (TOB).	Fl-Ac 200 weekly 2/2 doses; JAB MT (Q); Syzigium MT (Q) internal drop;
11 th month	AU patches are almost completely cured	Fl-Ac 200 weekly 2/2 doses; JAB MT (Q); Syzigium MT (Q) internal drop;
12 th month	AU patches are completely cured, with new hair growth observed.	Fl-Ac 200 weekly 2/2 doses; JAB MT (Q); Syzigium MT (Q) internal drop;

Discussion and Conclusion

Homeopathy can successfully cure mild to moderate cases of Alopecia Universalis. The secret to a successful recovery is an early diagnosis. Early detection and the absence of any other autoimmune diseases complicating the case both increase the likelihood of healing. Since Alopecia

Universalis is an internal illness, homoeopathy can correct the internal immune system and treat the condition. When compared to other forms of therapy, homoeopathy provides long-term relief. It significantly lowers the likelihood of relapse.

The transformation



Before Transformation



During Transformation



After Transformation

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Conflict of Interest

Not available

Financial Support

Not available

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