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EVIDENCE BASED HOMOEOPATHY: A CASE REPORT OF ALOPECIA AREATA TREATED WITH GENETIC CONSTITUTIONAL SIMILIMUM

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Abstract: Alopecia areata (AA) is an autoimmune dermatological disorder characterized by non-scarring hair loss on areas scalp, face, and body due to CD8+NKG2D+ T-cells, driven inflammatory cytokines like IFN- γ , attack hair follicles. This is the case of Female aged 56 treated individual Genetic constitutional homoeopathic medicine for 3 months with significant improvement of patchy hair loss on the scalp with long lasting improvement without recurrences and complication.

Case Summary – This is the case of a 38 years old female with a history of sudden hair loss, hair falls in patches, fear of losing hair and become bald, complaint gradually started and become patchy hair loss on vertex presented to me is documented. Patient was treated with Homeopathic Medicine based on Genetic Constitutional Similimum. There was significant improvement with Homeopathic treatment.

Keywords - Homoeopathy, Alopecia areata, CD8+NKG2D+ T-cells, Genetic constitutional Similimum, Lycopodium.

I. INTRODUCTION

Hair is regarded as an essential part of human body, and losing it has an adverse effect on one's quality of life(1). Our immune system which normally protects, mistakenly targeting the hair bulbs causing reversible hair loss on head, face, even all parts the body without any gender. At the molecular level we can see Janus kinase (JAK)-signal transducers and activators of transcription (STAT) pathway drives inflammation, increased MHC class I and II expression presenting self-antigens to CD8 + and CD4 + T-cells, as well as to natural killer cells. Additionally, various immune cells, including Th1, Th2, Th17 cells, gd T cells, NK cells, and mast cells, contribute to this pathogenesis(2). Current treatments, including topical corticosteroids, topical immunotherapies, and systemic immune suppressants, often shows ineffective efficacy and raise concerns about long-term management, pointing the need for safer and more effective therapies. No efficient treatment is known though many studies have been conducted, yet the optimal treatment is not known. The Life style factors also triggering the pathogenesis of Alopecia areata like smoking, a consumption of alcohol, disturbed and lack of sleep, microbiota,(3) obesity, fatty acids, and gluten consumption in diet. Along with the medicinal management psychological support should include in the treatment protocol of Alopecia areata.(4). Treatment selection is largely determined by clinical severity, which is commonly assessed using the Severity of Alopecia Tool (SALT). This tool quantifies scalp hair loss as a percentage, ranging from no hair loss (score 0) to complete baldness (score 100)(3). Homoeopathy the holistic science giving effective treatment for the management for Alopecia areata by giving Genetic constitutional anti-misamatic medicine which prevent recurrences and speedy effective cure.

Case report – 38-year-old female came with a history of sudden hair loss, hair falls in patches, fear of losing hair and become bald, complaint gradually started and become patchy hair loss on vertex. She has noticed the bald patch sudden, Loosing hair in bunches, Mild itching on head, Eruption ameliorate walking

Past Medical history: History of frequent colds during winter.

Family history: Father – H/O Diabetes Mellitus and Mother – H/O Hypertension.

Personal history:

Appetite – Good

Diet: Mixed, spicy food aggravate

Thirst: Moderate (2–3 L/day)

Sleep: Disturbed due to dreams but not remember.

Habits: Tea 2–3 cups/day

Thermals: Hot.

Bowel / Bladder Habits – Regular and Satisfied

General examination:

Built and nourishment: moderately built and moderately nourished.

Patient is conscious, well oriented with time, place and person.

No signs of Pallor, Cyanosis, Clubbing, Icterus, Oedema and Lymphadenopathy.

Temperature – Afebrile

Respiratory Rate – 16 breaths per minute.

Blood pressure: /70mm Hg, Right Arm Supine Position.

Pulse rate: 80 beats/min Regular Rhythm, Moderate volume

Skin: head loosing hair in patches on vertex

Mental General: Anxious trifles about

She is not able to show her anger anywhere, anger is suppressed

Physical General:

Desire sweets

Aversion to fatty food

Modalities:

Aggravation: Heat, night, spicy food, stress.

Amelioration: Cold, open air, rest.

Diagnosis: Alopecia areata ?

ANALYSIS AND EVALUATION

Characteristic Symptoms:

Loosing hair on vertex

Hair loss in bunches

Anger suppressed

Amelioration by cold and open air

Mentally sensitive and anxious

Desires sweets

Fat aversion

Eructation walking amel

Repertorial Totality:

Synthesis Repertory is being used to repertories using following rubrics

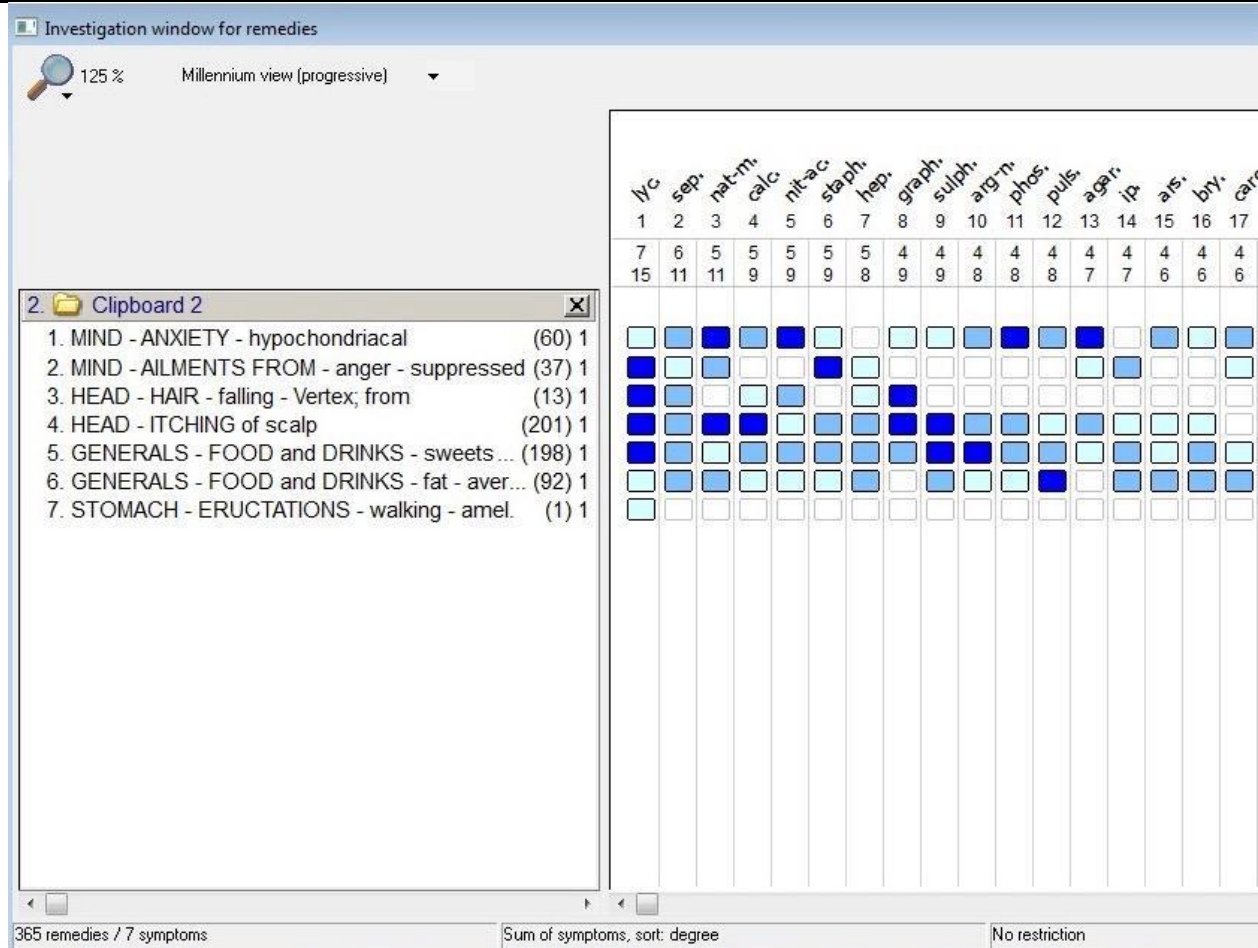
1. MIND-AILMENTS ANGER SUPRESSED
2. HEAD- HAIR FALLING – VARTEX FROM
3. HEAD ITCHING SCALP
4. ANXIETY HYPOCHONDRIACAL
5. GENERALITIES-FOOD AND DRINKS SWEET DESIRE
6. GENERALITIES-FOOD AND DRINKS FAT AVERSION
7. STOMACH- ERUCTATION WALKING AME

Repertorisation Result:

- | | |
|---------------|-----------------|
| 1. LYCOPodium | 2. NATRAM MUR |
| 3. SEPIA | 4. STAPHYSAGRIA |

PRESCRIPTION 29/04/22

1. Lycopodium calvatum 200CH in 30NO Globules OD, 29/04/22
2. Sac lac 30 in 30 NO Globules 3pills TDS for 1 Month.

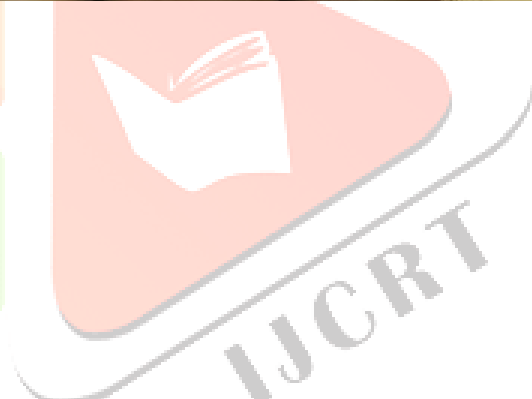
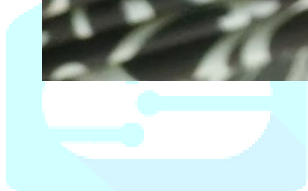


DATE	COMPAINT	PRSCRIPTION
29/04/22	ALOPECIA AREATA	LYCO.200/OD, S.L. FOR 1 MONTH
7/06/22	BETTER, IMPROVEMENT STARTS, NEW HAIR GROWING STARTED, NOT HAVING ANY COMPAINT, GENERALS ARE IMPROVED	SL FOR 15 DAYS
5/07/22	COMPLETELY RECOVERED BALD PATCH, NO ANY FRESH COMPAINT, ALL GENERALS ARE BETTER	NO MEDICINE NEEDED,

1ST CONSULTATION.



2ND CONSULTATION 7/06/22



3RD AND FINAL CONSULTATION



Result –

On 5/7/2022, completely recovered bald patch, no any fresh complaint, all generals are better.

Discussion – This case report indicates the importance of Genetic constitutional similimum based homoeopathic medicine selection in acute as well as chronic cases. The task of treating Alopecia Areata by conventional oral medicine was unsatisfactory, and the patient was restored to cure with homoeopathic treatment. The remedy Lycopodium 200CH was selected on the basis of Genetic Constitutional Similimum and after administering it the patient improved symptomatically as well as generally. Her patchy baldness came to normal hair growth and no reoccurrence of hair fall was there. The case shows marked improvement after homoeopathic treatment.

Conclusion – Homeopathy treats patients based on symptom similarity, this case shows how we can approach to cure by selecting medicine on the basis of Genetic Constitutional similimum and marked improvement in patient is seen with documentary evidence. This case shows the efficacy of homoeopathy in treating Alopecia Areata.

Declaration of patient consent –The patient has given her consent for images and other clinical information to be reported in the journal.

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