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A COMPARATIVE STUDY OF EFFECTIVENESS OF EXTERNAL APPLICATION OF ARNICA MONTANA MOTHER TINCTURE VERSUS WIESBADEN MOTHER TINCTURE AS AN ADD ON INDIVIDUALIZED HOMEOPATHIC MEDICINE IN MANAGEMENT OF TELOGEN EFFLUVIUM IN FEMALES. 18 TO 45 YEARS

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Abstract: Hair is considered as a sign of beauty in almost every culture. Hair loss is often distressing and can have a significant effect on the patient's quality of life. Almost every person suffers from hair loss some or other time in their life it can be a source of immense psychological distress and emotional turbulence. The physician can play a major role in assessment and treating hair problems if they have the basic knowledge about the common causes of hair disorders. Objective: To find reduction in hair fall. To study the effectiveness of local application of Arnica Montana mother tincture along with Homeopathic Individualized medicine. To study the effectiveness of local application of Wiesbaden mother tincture along with Homeopathic Individualized medicine. Method: A comparative study of effectiveness between external application of Arnica Montana Q and Wiesbaden Q along with Individualized Homeopathic medicine for Telogen effluvium in females. Study Design: Non-Randomization comparative study Study Setting: collage opd, Nasik Sample Size: 30 cases Sampling Technique: Total 30 samples with complaints of .selected by Simple Random Sampling Technique. Result: Reduction of hair fall was observed according to Pull test i.e. improved patients were 21, Not Improved patients were 9. Conclusion: thus, in our study, we conclude that

significant improvement is seen in both the groups. Group a, individualized homeopathic medicine along with arnica Montana q, and group b, individualized homeopathic medicine along with Wiesbaden q, were effective in treating telogen effluvium.

Keyword: Telogen effluvium, homoeopathy, individualized treatment, comparative study

INTRODUCTION

Telogen Effluvium (TE) is a common scalp disorder characterized by excessive hair shedding, affecting millions of

People worldwide. Also known as "hair shedding syndrome," TE is a reversible condition that occurs when a large number of hair follicles enter the resting (telogen) phase, leading to an abnormal increase in hair shedding. This condition can be triggered by various factors, including hormonal changes, stress, nutritional deficiencies, and certain medications.

TE is a significant concern for many individuals, particularly women, who experience excessive hair shedding, leading to emotional distress, loss of self-esteem, and decreased quality of life. Despite its prevalence, TE remains a poorly understood condition, and its diagnosis and treatment can be challenging. In some cases, TE may be a symptom of an underlying medical condition.

Symptoms of Telogen Effluvium

1. Excessive hair shedding: More than 100-150 hairs per day, often after shampooing
2. Diffuse hair thinning: Hair loss is evenly distributed across the scalp
3. Increased shedding during washing: Hair falls out in clumps, especially after washing
4. Hair loss on the scalp: Hair loss is more noticeable on the scalp, particularly on the crown and temples
5. Less noticeable hair loss on other body parts: Hair loss on other body parts, such as eyebrows, beard, or pubic area, is less noticeable
6. No inflammation or scarring: TE is a non-inflammatory condition, and scarring is not typically seen
7. No redness or itching: The scalp may appear normal, without redness or itching

Emotional and Psychological Symptoms

1. Emotional distress: Excessive hair shedding can lead to emotional distress, anxiety, and depression
2. Loss of self-esteem: Hair loss can affect an individual's self-esteem and confidence
3. Social withdrawal: In some cases, individuals may withdraw from social activities due to embarrassment or shame about their

condition, such as thyroid disease, iron deficiency anemia, or autoimmune disorders.

2) Methodology:

Study Design: Non-Randomization comparative study

Study Setting: collage opd and peripheral OPD

Study Population: adult

Sample Size: 30cases

Sampling Technique: Simple Random Sampling Technique

Inclusion Criteria:

1. Female patients between the age group of 18 to 45 years.
2. Patients with diffuse hair fall (more than 100 strands lost per day continuously, irrespective of the duration) will be enrolled in this study.
3. Patients willing to return for follow-ups.
4. Informed consent.

Exclusion Criteria:

1. Patients with alopecia areata or cicatricial hair loss will not be included in the study.
2. Pregnant women, post-menopausal women, and patients with a recent history of immunosuppressant therapy or chemotherapy will not be enrolled.

Withdrawal Criteria:

- 1) Lost to follow ups
- 2) Not consensual

Intervention: with homoeopathic medicine.

Study Instruments/Data Collection Tools:

- 1) Physical test (DHC, pulltest).
- 2) Sinclair hair shedding scale

Data Collection: case record format cases of OPD, world health organization, previous prosed theories, journals and articles, Medical records and published research papers, classical text books reference booksand website etc.

Ethical issues, if any: ethical clearance was obtained from the ethical committee of the institute.

3) OBSERVATION AND RESULT

OBJECTIVES	RESULT
1.To find reduction in hair fall	Reduction of hair fall was observed according to Pull test i.e. Improved patients were 21, Not Improved patients were 9.
2. To study the effectiveness of local application of Arnica Montana mother tincture along with Individualized Homeopathic medicine.	According to paired test, calculated value for group A is 7.03 (table value is 2.07) this reflects that local application of Arnica mother tincture along with individualized homeopathic medicines is effective.
3. To study the effectiveness of local application of Wiesbaden mother tincture along with Individualized Homeopathic medicine.	According to paired test, calculated t value for group B is 6.04 (table value is 2.07) this reflects that local application of Wiesbaden Mother tincture along with individualized homeopathic medicines is effective.
4. To compare the effectiveness of local application of Wiesbaden mother tincture and Arnica Montana mother tincture with Individualized Homeopathic medicine in cases of hair fall.	Both Arnica and Wiesbaden Q along with homeopathic individualized medicine are effective in case of hair fall, but according to the paired t test Arnica Q is more effective than Wiesbaden Q.

TABLE 3. Arnica Q treatment outcome

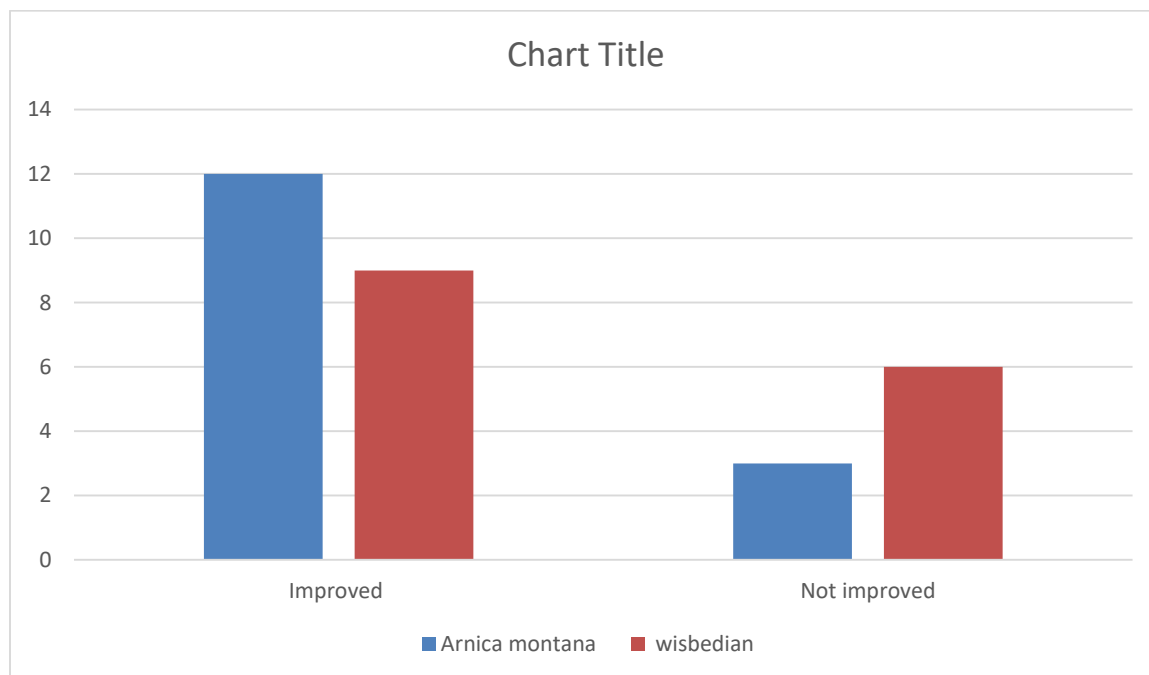


Table no 1 improved and not improved

RESULT	TOTAL PATIENTS
IMPROVED	12
NOT IMPROVED	3

TABLE NO 2 IMPROVED AND NOT IMPROVED

RESULT	TOTAL PATIENTS
IMPROVED	9
NOT IMPROVED	6

4) STATICAL ANALYSIS: unpaired t test was applied for statistical analysis.

Total 30 patients (female) were observed and t test was applied. The change in severity of telogen effluvium grade with Sinclair stage assesses the improvement of the patient.

Calculated value of t (2.3) .was greater than table value of t (2.07) therefore we conclude the severity of telogen effluvium can be reduced by use of homoeopathy medicine.

5) DISCUSSION

The present study aimed to compare the effectiveness of external application of Arnica Montana mother tincture and Wiesbaden mother tincture, along with individualized homeopathic medicine, for treating telogen effluvium in females. We screened approximately 35 people, selecting 30 participants. We divided them into two groups: Group A (Arnica Q) and Group B (Wiesbaden Q), both receiving individualized homeopathic medicine. The selection of mother tincture was done randomly. The results are as follows: Group A (Arnica): 15 cases, 3 not improved, 12 improved. Group B (Wiesbaden): 15 cases, 6 not improved, 9 improved. Pull test and Sinclair hair shedding scale were used to assess both groups. Daily hair count improvement was 60-70% in 20 cases. Statistical analysis was performed using paired T-test and unpaired T-test. Paired T-test: Group A (t-value = 2.3) and Group B (t-value = 2.07) showed significant effectiveness. Unpaired T-test: calculated t-value (1.97) was less than the table t-value (2.02), indicating no significant difference between groups. Some observations were made: Constitutional medicines prescribed also covered acute complaints in 3 cases. Improvement was seen in 13 cases of patients with dandruff. The study suggests that both Arnica Montana and Wiesbaden mother tinctures, when used alongside individualized homeopathic medicine, are effective in treating telogen effluvium in females. Although Arnica Montana showed slightly better results, the difference between the two groups wasn't statistically significant. These findings indicate that individualized homeopathic medicine, combined with either mother tincture, can lead to significant improvement in telogen effluvium symptoms. Further research with larger sample sizes may help confirm these results. Homeopathy's holistic approach helped with stress management and improvements were seen in follow-ups. The following difficulties were faced: Patients not approaching on time for follow-ups. Tracking daily hair count in consecutive follow-ups was difficult. Differentiating the action of individualized homeopathic medicines and mother tinctures. Patients residing in hostels found it difficult to follow a proper diet. Miasmatic distribution of cases: maximum number of cases showed Psora being the predominant miasm. and some cases show Psora Sycosis miasm. Management of the cases: in 30 cases of telogen effluvium treated homeopathically various strategies were employed for management. Individualization of each and every patient being the key to cure the patient in that 15 cases of Arnica mother tincture along with constitutional medicine treatment 12 cases are improved and 3 cases are not improved and other 15 cases of Wiesbaden mother tincture along with constitutional medicine 9 cases are improved and 6 cases are not improved. Susceptibility in relation to modality: study shows modality played a major role in individualization the cases for selection of remedy this also helps in understanding susceptibility and modality level. Aggravation: Stress, nutritional deficiency hormonal fluctuation Alleloration stress reduction nutritional support gentle hair care.

CONCLUSION: Thus, in our study, we conclude that significant improvement is seen in both the groups. Group A, individualized homeopathic medicine along with Arnica Montana Q, and Group B, individualized homeopathic medicine along with Wiesbaden Q, were effective in treating telogen effluvium.

CONFLICT OF INTEREST: NONE

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