

## Review Article

### Retrospective Case Series Study of homoeopathic treatment in Alopecia

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#### ABSTRACT

Homeopathy helps to stimulate the body's natural healing capacity and restores the deviated immunity. Most importantly, homeopathy does not treat alopecia areata on the surface, or from the outside, alone. Homeopathy offers an excellent treatment for alopecia areata, particularly for early-detected cases and mild to moderate cases.

**Keywords:** Potency, homoeopathy, vitiligo



#### QR Code for Mobile Users

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## INTRODUCTION

Alopecia Areata

Alopecia areata is an autoimmune disorder that causes your hair to come out, often in clumps the size and shape of a quarter. The amount of hair loss is different in everyone. Some people lose it only in a few spots. Others lose a lot. Sometimes, hair grows back but falls out again later. In others, hair grows back for good.

There are different types of this condition. Alopecia areata is most common in its main form, but there are other, more rare types:

Alopecia areata totalis means you've lost all the hair on your head.

Alopecia areata universalis is the loss of hair over your entire body.

Diffuse alopecia areata is a sudden thinning of your hair rather than lost patches.

Ophiasis alopecia areata causes hair loss in a band shape around the sides and back of your head.

#### Alopecia Symptoms

The main and often the only symptom of alopecia is hair loss. You may notice:

Small bald patches on your scalp or other parts of your body

Patches may get larger and grow together into a bald spot

Hair grows back in one spot and falls out in

another

You lose a lot of hair over a short time

More hair loss in cold weather

Fingernails and toenails become red, brittle, and pitted. The bald patches of skin are smooth, with no rash or redness. But you may feel a tingling, itching, or burning sensation on your skin right before the hair falls out.

#### Causes, risk factors and trigger factors

Alopecia areata is an autoimmune disease (the body's defense cells start destroying body's own healthy tissues out of a misdirected response). In alopecia areata, the defense cells start destroying hair follicles resulting in bald patches. The immune cells attack the hair follicle matrix of some of the hair that are in growth phase. Following this, these strands of hair prematurely (before their complete formation and maturation) pass into a phase where hair stops growing. The hair follicle stem cells are not damaged so the ability of the hair follicles to regenerate is not affected at all. Why? Immune cells target hair follicles here is still unknown. However, it is thought that heredity and genetics play a significant role in alopecia areata. Patients suffering from alopecia areata very often mention a family member suffering from the same condition. It is estimated that one in five

persons suffering from alopecia areata has someone in the family who has the same problem. As per research, persons having alopecia areata might also have a history of some other autoimmune disease (for example, vitiligo – white patches on skin due to lack of melanin pigment; thyroiditis – inflammation of thyroid gland) or some other family member might be suffering from some autoimmune disease. Some factors viral infections, vaccines and physical stress can trigger alopecia areata.

Alopecia areata

The 2<sup>nd</sup> most prevalent hair loss disorder

Treatment options for AA have limited success,

No therapy has been able to prevent disease relapse

Alopecia areata in india

From 0.7% to 3.8% of patient attend dermatology clinics

The lifetime risk of approximately 2% in the global population

#### **Psychosocial - impact of A. A.**

66% - 74% lifetime prevalence of psychiatric disorders seen in AA

38%–39% lifetime prevalence of depression

39%–62% prevalence of generalized anxiety disorder

39% – 42% prevalence of adjustment disorders found AA

#### **Need for the study**

Alopecia areata has high relapse rate and devastating psychological impact while Homeopathy helps to deals with stress, auto-immunity and psycho-somatic disorders. All of the above makes it essential to study the role of homeopathic treatment in alopecia areata.

Study Process

40 cases of alopecia areata patients were selected from different ethnic background and race

Age group: 6 – 63 yrs

The number of patches: Single to Multiple

Affected areas: Scalp, eyebrows, beard, body parts

Patient outcome

The result shows an initial response as early as within 3 months of the treatment.

83% of the cases showed complete recovery i.e., hair growth in all the patches

Whereas 11% showed the partial response to the treatment.

Around 6% did not respond to the treatment.

The most importantly the relapse of the complaints was seen only in approximately 10% of the cases whereas, in conventional treatment relapse rate is as high as 85%

## **CONCLUSION**

In this scenario, the present study makes it clear that homeopathy is a safe & effective mode of treatment of Alopecia Areata, without any side effects.

The major advantage of homeopathy appears to be the fact that the relapse rate is extremely low when compared to that of allopathy as depicted in this study.

Since this is a relapsing disease & since homeopathy treats patient based on his/her individual constitution, it can be safely concluded that this tendency of relapse is better taken care of with homeopathy.

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