

## Research Article

### Efficacy of homoeopathic medicines in the treatment of alopecia with relation to thyroid disorders

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#### ABSTRACT

Alopecia Areata cases too are on the rise in males due the rising levels of stress in lives. More awareness about how hair is not just a cosmetic problem & it is the finest indicator of good health & there can be more than 55 different reasons causing these problems. Creating more of health campaigns about thyroid disorders & how homeopathy can help in a complete way has to be reached out to the common man. These truths have to gain ground among the general population. There is a much greater role in helping identify these dormant cases & helping them towards good health.

To evaluate the causation and nature of alopecia with relation to thyroid disorders, diagnose the cases of Alopecia with relation to Thyroid Disorder, especially Hypothyroidism. To analyze the efficacy of Homoeopathic medicines in the treatment of alopecia with relation to Thyroid disorders and evaluate the cases before treatment and after treatment and analyze them by Assessment criteria of Alopecia like Pull test, Daily hair count and Wash test. This was an experimental study (non control). 30 patients beginning homeopathic treatment in OPD and IPD were evaluated using standardized case taking format. The data recorded included and current complaints, including their severity (numeric rating scale = 0–10), medical history, consultations, homeopathic and conventional treatments, after completion of study compare the before treatment and after treatment assessment score to know the efficacy of Homoeopathic medicine in Alopecia. The result obtained from the study of Alopecia was found that 23.33% cases are not improved and 23.33 % are recovered and 53.33% are improved. There is significant reduction of disease intensity. In this experimental study (non control), patients seeking homeopathic medicine for Alopecia showed relevant improvements that persisted for the observed 12 month period. Therefore it shows that Efficacy of Homoeopathic Medicines in the treatment of Alopecia in relation with Thyroid disorder.

**Keywords:** Alopecia, Assessment, Pull test, Hypothyroidism, Homoeopathy

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**Conflict of Interest:** None Declared!

*(Received 15 October 2020; Accepted 21 October 2020; Published 22 October 2020)* ISSN: 2347-8136 ©2020 JMPI

#### INTRODUCTION

Alopecia is one of the commonest clinical entities now a day encountered in our day to day practice. The term Alopecia is derived from Greek word ‘Alopec’ meaning ‘fox’ as this animal sheds its coat twice a year. Alopecia may be permanent (scarring or cicatricial) being accompanied by loss of follicles or temporary (non-scarring) wherein the follicles are not lost. Follicular openings without hair shaft are seen in cases of non-scarring alopecia. Follicular openings are absent in areas of scarring alopecia. Male pattern baldness or androgenic alopecia is the most common type of hair loss seen worldwide. In 21st century due to modern day trends of ostentation i.e. attractive appearance the

importance of effective treatment in alopecia has gained tremendously. Till the date, other medical faculties fail to give effective solution for it. So this is one of the genuine attempts to show efficacy of homeopathy in treating alopecia. There are basically two different thoughts regarding alopecia in medical fraternity. Some think that androgenic alopecia is a physiological phenomenon while others think it is an abnormal phenomenon which needs definite treatment. Androgenic alopecia is a commonest form of hair loss in men, this condition is also known as male-pattern baldness. Hair also thins at the crown; often progressing to partial or complete baldness.

In women, androgenic alopecia is associated with an increased risk of polycystic ovary syndrome (PCOS). Androgenic alopecia or male pattern baldness (MPB) accounts for more than 95% of hair loss in adult men.

Incidence of pattern baldness varies from population based on genetic background. The prevalence of mid-frontal hair loss increases with the age and affects 57% women and 73.5% men. The AR gene is associated with androgenic alopecia.

Hair loss is actually fairly common. According to the American Academy of Dermatology, nearly half of all adults in the U.S. will experience thinning hair by age 40. But thyroid patients in particular may experience hair loss earlier and more quickly than usual. Normally, hair grows about a half inch a month for about three years, and then it goes into a resting period. One in ten hairs is in a resting period at any one time, and after about three months a new hair pushes the old one out.

Alopecia is a very prevalent problem that is being observed in all age groups; prevalent in age group 18-45. The reasons can be as varied as stress, iron deficiency anemia, Thyroid disorders, Seborrheic dermatitis, scalp disorders, Hereditary etc. Thyroid disorders viz. hypothyroidism / Hyperthyroidism have an overall negative effect on the entire system of a person at mind & body level.

Hair loss occurs due to thyroid disorders-as a result of low or increased metabolism. The medications used in allopathy e.g. eltroxin, thyronorm etc cause hair loss too. So homeopathy has a good role as it acts on the entire personality, thereby correcting the Auto-immune disorders of hypo or hyperthyroidism as homeopathic medicines act as immune modulators. Moreover homeopathy proves a better alternative in treating alopecia due to thyroid disorders. Further the patients can be weaned off their allopathic medication for thyroid disorders.

The inheritance pattern of androgenic alopecia is unclear because many genetic and environmental factors are likely to be involved.

It is estimated that alopecia areata symptoms (round patches of hair loss that are usually the size of a quarter) affect 4 million people in the United States. Alopecia areata affects people of both sexes and of all ages and ethnic backgrounds. Alopecia areata often begins in childhood.

According to the author the risk of developing alopecia areata will increase slightly if people

have a close family member with alopecia areata. Even if a child inherits the exact combination of genes, he or she may not develop alopecia areata. This shows that other factors besides genetics are required to cause the disease.

Homeopathy treat 'Man in Disease' and not 'Disease in Man'. The great Dr. Samuel Hahnemann very rightly thought us the art of curing medically curable diseases. As per Dr. Hahnemann's classification of diseases Androgenic alopecia comes under Chronic one-sided diseases as given in aphorism §172-184. He also gave guidelines for treating those diseases rationally according to the therapeutic law of nature in aphorism §26

Basis of treatment given in Aphorism-5: 'Useful to the physician in assisting him to cure are the particulars of the most probable exciting cause of the acute disease, Homeopathic remedies are selected from among 3000 homeopathic medicines that are included in the repertoire of homeopathy. Only a few of these medicines will be selected for a patient at a given time on the basis of a patient's characteristics, and they are prescribed in a particular order.

The primary requirement for the selection of the appropriate homeopathic medicines is a detailed case study. The homeopathic doctor investigates the patient thoroughly and gathers information about all the points stated above.

#### **AIM AND OBJECTIVES**

##### **1. AIM:**

To study the efficacy of homeopathic medicines in the treatment of alopecia with relation to Thyroid disorders.

##### **2. OBJECTIVES:**

1. To evaluate the causation and nature of alopecia with relation to thyroid disorders.
2. To explore the action of Homeopathic medicines in the treatment of alopecia with relation to Thyroid disorders.
3. To evaluate the cases before treatment and after treatment and analyze them by Assessment criteria of Alopecia like Pull test, Daily hair count and Wash test.

##### **NULL HYPOTHESIS :-**

- There will be no significant effect of Homeopathic Medicine in the treatment of alopecia with relation to Thyroid Disorders.(Ho)

##### **ALTERNATE HYPOTHESIS :-**

- There will be significant effect of Homeopathic Medicine in the treatment of alopecia with relation to Thyroid Disorders.(Ha1)

#### **MATERIALS AND METHODS**

##### **1. Method of Collection of Data:**

- Clinical History from parents.
  - Clinical presentation
  - Clinical examination of each patient.
2. Research Method and Sample Size:-  
Experimental Type (Non Control) Study and Total 30 cases / patients were selected after random Survey of patients.
3. Research Design:-
- Cases taken according to special case taking proforma, designed with approval of guide.
  - Detailed case taking done in relation to the Alopecia.
  - All age group of both sex, patient is considered for studying their prevalence frequency.
  - Analysis & Evaluation done for each case.
  - Similimum and constitutional medicine was selected on basis of repertorisation done from suitable Repertory.
  - Centesimal Potency will be selected on basis of susceptibility and sensitivity.
  - Observations will be presented in tabulated form.
4. Inclusion Criteria:-
- All cases of alopecia with relation to Thyroid disorders at varying age groups.
  - Both sexes will be included.
  - In cases of hypothyroidism and different types of alopecia cases will be included.
5. Exclusion Criteria :-
- Cases with hair transplantation, Hair weaving, scarring alopecia and its complications shall be excluded.
  - Similarly, patients with known immunocompromised disease will also be excluded.
  - Patients who require Emergency Medical Treatment.
8. For Assessment of Alopecia following criteria use;
- Pull test.
  - Daily Hair count.
  - Wash test.
9. Result criteria will be-
- Recovered (used word cured) When relief is more than 75%
  - Improved When relief is more than 50%
  - Not Improved When relief is less than 20%
10. Follow up criteria:  
All the cases were reviewed in 15 days.
- The following parameters were fixed for the assessment of the cases
  - Recovered (used word cured) When relief is more than 75 % Feeling of mental and physical well being and disappearance of old symptoms and no occurrence of new symptoms observed for a period of 6 months.

- Improved When relief is more than 50%. Feeling of mental and physical well being along with slight improvement in the intensity of symptoms.
- Not Improved When relief is less than 20%. No relief of complaints even after a sufficient period of treatment.

## RESULT AND DISCUSSION

Most of the males are suffering from Androgenetic alopecia & coming for treatment in the 8-45 age groups. They come late for treatment usually in the 4th grade of Male pattern Thinning Expectations of treatment are very high than what is achievable (unrealistic). Lack of patience, lack of acceptance of the problem & Lack of commitment towards treatment.

Males are usually brought in for treatment with some pressure, either they are brought in for treatment by some relative or friend, are about to marry or want to improve their image when applying for job or promotion. They are more prone to drop outs in treatment.

The no of cases that are suffering from thyroid disorders in males are more, one of the reasons is that males are quite ignorant of their problem s. More so this may be a farce as thyroid is a hidden disease in many males due to a lack of many symptoms of thyroid disorders. They don't usually go to the doctor unless the situation in very grave, unlike female patients.

Alopecia Areata cases too are on the rise in males due the rising levels of stress in lives. More awareness about how hair is not just a cosmetic problem & it is the finest indicator of good health & there can be more than 55 different reasons causing these problems. Creating more of health campaigns about thyroid disorders & how homeopathy can help in a complete way has to be reached out to the common man. These truths have to gain ground among the general population. There is a much greater role in helping identify these dormant cases & helping them towards good health.

Homoeopathic system of medicine provides excellent results in the treatment of Alopecia. Homoeopathy not only excels in controlling the area of Alopecia but also highly useful in preventing future attacks by reducing recurrence. Homoeopathic medications are specifically prescribed after enquiring all the details in a particular case including a person's physical-mental-emotional makeup, factors that trigger an attack as well as things that relieve the attack. The remedy thus selected is the one that specifically suits the patient's needs. Homoeopathy boasts of more than 250 remedies

that can be used in the treatment of Alopecia.

This prospective observational study aimed to give representation of contemporary OPD & IPD including its outcomes in 30 patients with Alopecia. Assessments of illness severity and health related symptoms consistently showed substantial improvements, although the illness was long-standing, chronic, and conventionally pretreated. Similarly, all accompanying diseases (almost all of which were chronic) were markedly ameliorated. The major improvements were seen within the first 3 months of homeopathic treatment. Accordingly, Quality of Life increased, and the use of health care services or conventional medication decreased markedly. The methodological strengths of our study include the consecutive patient enrollment and use of standardized outcome instruments. For the purposes of quality assurance, we decided against a random sample of Alopecia Patients, our study describes patients from everyday practice with multiple morbidities and a large variety of lifestyles. This ensures a high degree of external validity that allows extrapolation to usual medical care. Our study was designed to evaluate homeopathic treatment in patients suffering from Alopecia in relation with Thyroid disorder. This disallowed the use of more complex disease-specific measurement instruments. We used a Numeric Rating Scale that is validated, commonly used, and broadly accepted to hair fall and baldness.

In a broader interpretation of the rule of similes (like treating like), remedies were selected for symptoms both typical of the diagnoses and those accompanying the predominating pathologies (“constitutional”). The broad variety of chosen remedies, the frequent use of high potencies, and the similar frequencies of the leading remedies in migraine treatment, are typical for this type of homeopathy and were also observed in the main study. This study found marked improvements in all assessment scores.

However, neither study should simply be interpreted as supporting conclusions regarding the efficacy of homeopathic remedies in Alopecia treatment. Our study was designed to observe real-life conditions and did not aim to determine the specific effect of a homeopathic remedy.

The self-assessment of treatment outcome could be based on a general feeling of well-being that would have preceded a clinical improvement – such is often observed in homoeopathic practice. 30 patients were included during study of efficacy of Homoeopathic Medicine in the

treatment of Alopecia in relation with Thyroid disorder. 30 patients continued as study population for about 12 months of study time in OPD & IPD. Therefore the observations which had been shown below were from the result of the study among 30 patients. The prevalence of Alopecia according to sex is 90% male and 10% female.

Thus age wise study shows that out of total 30 cases, 22 cases were in age group of 21-30 yrs (73.33%), 8 cases were in age group of 31-40 yrs (26.66%). The frequency of Alopecia was found to be highest in between the age group of 21-30 year.

The prevalence of Alopecia in the Low class (33.33%) population, in High class (23.33%) and middle class (43.33%), upper class is more affected in our study. The prevalence of Alopecia was more to those patients who are residing in urban area (63.33%) then those, living in semi-urban (30%) area and rural area (6.66%) in our study.

Among the 30 patients four Miasm were present Psora, sycosis and Syphilis, where Psora was the predominant one and present in 6 patients which is 20%, sycosis in 21 patients (70%) and Syphilitic in 3 patients (10%).

Most of the patients of the study population was chilly patients (53.33%) followed by hot patients (36.66%) and ambithermal was 10%. Craving for sweet (30%) was more common in patients suffering with Alopecia followed by bitter (43.33), salt (36.66), chilly (13.33%) and sour (30%).

In this study following causative factor shows, Emotional stress in 9 patients which is 30%, Heredity in 7 patient (23.33%), weakness in 3 patients (10%), and drug induced in 3 patients (10%), autoimmune in 4 patients (13.33%) and by Chronic in 4 patients which is 13.33%.

Medicines which are arrives in studies of Migraine was found that Acid Flour In 2 Patients (6.66 %), Arsenic Album In 3 Patients (10%), Baryta Carb In 1 Patient (3.33%), Calcarea Carb In 3 Patients (10%), Carbo Veg In 2 Patients (6.66%), Graphitis In 1 Patient (3.33%), Lachesis In 1 Patient (3.33%), Lycopodium In 1 Patient (3.33%), Mag Phos In 1 Patient (3.33%), Medorrhinum In 1 Patient (3.33%), Mezerium In 1 Patient (3.33%), Natrum Mur In 1 Patient (3.33%), Phosphorus In 1 Patient (3.33%), Psorinum In 1 Patient (3.33%), Pulsatilla In 1 Patient (3.33%), Selenium In 2 Patients (6.66%), Silicea In 3 Patients (10%), Sulphur In 3 Patients (10%), And Tuberculinum In 1 Patients (3.33%)

The result obtained from the study of Alopecia

was found that 23.33% cases are not improved and 23.33 % are Recovered and 53.33% are improved. There is significant reduction of disease intensity. Therefore it shows that Efficacy of Homoeopathic Medicines in the treatment of Alopecia in relation with Thyroid disorder.

### CONCLUSION

The Homeopathic medicines for Alopecia have to be specific to every individual person. That is the reason a detailed history is required to customize the treatment for Alopecia. The Homeopathic treatment for Alopecia is chalked out after a detailed analysis and review of past treatments for Alopecia and medicines for Alopecia taken by patient.

Homoeopathy believes that Alopecia is a personality disorder and hence the treatment should be determined according to personality of patient. With continued treatment patient notices the reduction in the frequency of area and distribution.

In this study cases of Alopecia with relation to Thyroid disorder treated with Homoeopathic Medicines is considered. This study was conducted on 30 patients of Alopecia with relation to Thyroid disorder. The findings of the study revealed that predominant associated factors among patient of Alopecia.

In cases treated with Homoeopathic Medicines in Alopecia was found that the result obtained from the study was 23.33% cases are not improved and 23.33 % are Recovered and 53.33% are improved. So the efficacy of Homoeopathic Medicines was proved in the treatment of Alopecia.

Effectiveness of Homoeopathic Medicines in Alopecia is more as it has, high dynamic power, its action is very quick in disease condition. A careful analysis of the effectiveness and efficiency of Homoeopathic Medicines in Alopecia demands an in depth study on the circumstances and conditions.

Thus after the detail study I came to a conclusion that the Homoeopathic Medicines is efficacious in treating cases of Alopecia with relation to Thyroid disorder.

In our observational study, patients with Alopecia showed marked and long-standing improvements under homeopathic treatment. These studies, however, included only a very select group of patients and they have a low external validity. Future research under everyday conditions should help resolve these unanswered questions.

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