

Review Article

Exploring the action of homoeopathic medicine on hair loss in seborrheic dermatitis

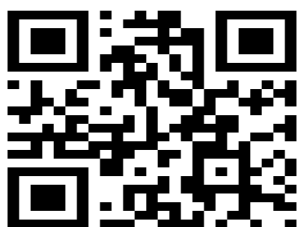
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ABSTRACT

Hair plays an important role in determining self image social perceptions, and psychological functioning. Any abnormality in normal hair growth can cause dissatisfaction with appearance and body image, low self- esteem, loss of personal attractiveness and fear of not looking attractive to others. Embarrassment, loss of confidence, shyness (about 75% of cases) and social teasing and humiliation (about 60% of cases) are found. Feeling of depression, introversion and jealousy are also important findings. Seborrheic dermatitis (SD) is a common chronic inflammatory disease that affect around 1-3% of the general population in the India, 3-5 % of consisting of young adult. The prevalence of SD in HIV positive individuals ranges from 20-80%. The incidences of disease of two peaks; one in new born infants up to three month of age, and the other in adult around 30-60 years of age .The currently accepted theory on the pathogenesis of this disease advocates that yeast of malassezia furfur, present on the skin surface of susceptible individual. Men are affected more often than women in all age group. SD cause inflammation and irritation of the scalp skin .Hair can become attached to the oily flakes or layers of skin that have become irritated and can be pulled out with the scratching of yours scalp, the flakiness and greasiness of the scalp can lead to hair follicle becoming clogged, which can impeded good hair growth and hair grows from an unhealthy environment. If the symptoms including itching and cause you to scratch. The physical damage from scratching can weaken hair and cause it to break more easily. The hair loss is caused by the chronic inflammation due to maintaining cause; it can be reversed by treatment. Once the maintaining cause has been properly treated, the hair that was affected should grow healthy and strong. Homoeopathy treats Hair loss in seborrheic dermatitis disease without any side effects. It treats the main cause of disease. Many homoeopathic remedy having sphere of action on this dermatological condition and my aim to show homoeopathic remedies have role in the management of hair loss in seborrheic dermatitis disease.

Keywords: Homoeopathy, Hair loss, Seborrheic dermatitis, maintaining cause, chronic inflammation



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INTRODUCTION:

Hair undergoes a regular cycle or growth. Each cycle is independent of its neighbors inhuman, whereas molting animals, for instance ,have hair is a synchronous cycle .At any one time and depending on the age and sex of the person , up to 90% of the hair follicles can be in anagen , the growing phase ,and only 10 %in telogen ,the resting phase when hair are normally shed . An alternation in this ratio can lead to an increase rate of hair loss and thousand impression of impending baldness.

Hair loss - With every pass of the comb, it seems your hairline recedes a little farther. The physical appearance plays a large role in your self-image and personal Confidence, a self-image and confidence that are needed in order to succeed. There are literally dozens of reasons that cause hair loss in men and women and even more reasons for you to want to do something about it. Everyone says that "looks are not important" and that it's what's "inside that Counts", however the reality is that we are judged every day on how we look. Whether it's at a job interview, a first date, or a client meeting, your first impression is the foundation for the future. Often as the hairline goes, so often does one's self confidence affected in both social and business situations. That's because receding hair line doesn't just make someone look bald, but prematurely old as Hair and its beauty have long been associated with youth, virility, strength and sensuality and has always been considered a sexual object by both sexes.

The term hair loss (alopecia) comes from the Greek alope ξ , 'fox', originally referring to mange in foxes, and can be associated with a wide variety of conditions such as genetic, autoimmune, infectious and environmental. Many people face this dermatological condition. The appearance of hair loss can diversify according to what cause this disease. The whole and scalp can be affected abruptly and gradually .Temporary and permanent hair loss can occur. Sometimes, it is not necessary to apply any treatment to grow hair again, but sometimes, it is an obligation to treat hair loss. Sometimes, hair will not re-grow.

Hair is one of the characteristic features of mammals. Hair is an essential specialty for protecting humans from environmental factors, producing sebum and pheromones and apocrine sweat .It affects someone's role in sexual and social relationship. Hair acts a major role for thermo regulation and it is a resource for stem cell.

Hair is a derivate of the epidermis .Hair has two different parts: one of them is the hair shaft and the other is the follicle. The generation of the hair depends on the follicle. Cortex, cuticle cells and a medulla for some types of hair are the part of the hair shaft. Hair follicle is an essential part for hair growth and it grows continuously. The continuous growth and rest sequence is named hair cycle. The span of hair growth depends on many endocrine, neural stimuli and vascular stimuli. Various factors such as age, localization of the hair and nutritional habits have an impact on the nature of the hair.

Nearly there are 5 million hair follicles in humans, and scalp has 100000 of them. Mainly terminal hair are on scalp , eyelashes and eyebrows, whereas vellus hairs cover the rest of the living part and the other one is the hair shaft , above the skin surface, and it is fully keratinized non-living part . Hair Development is a continuous cyclic process. Hair growth cycle consists of growth (anagen), regression (catagen), rest (telogen) and shedding (Exogen), mature follicles go through all of these process. The location of the hair, Hormonal balance, personal nutrition and age can affect the duration of the phases.

According to WHO Seborrhoeic Dermatitis: - Dandruff, an erythematous greasy, scaling eruption primarily involving the scalp, is the mildest form of seborrhoeic dermatitis. Erythema and greasy scales are found commonly in the central portion on the face (eyebrows, glabella and nasolabial folds) as well as on the chest.

A more florid form, in which the lesions are extensive and the inflammatory reaction intense is frequently seen as an early Cutaneous indicator of HIV infection. Seborrhoeic dermatitis in infants appears as a

non –pruritic, erythematous, scaling dermatosis involving the scalp and face.

Pityrosporum yeast is presumed to play at least a facultative, and possibly a causative role in the development of seborrhoeic dermatitis. Androgens may also be involved since men are affected more frequently than women.

Seborrheic dermatitis is not an infectious disease, but it can involve Infection. Seborrheic dermatitis is first and foremost a skin condition, but it can also involve temporary hair loss if the dermatitis is located on the scalp or other terminal haired skin areas. Dermatitis present as scaly, sometimes oily inflamed skin that can be itchy or even painful to touch.

Seborrheic dermatitis (SD) is a common chronic inflammatory disease that affect around 1-3% of the general population in the India, 3-5 % of consisting of young adult. The prevalence of SD in HIV – positive individuals ranges from 20-80%. The incidences of disease of two peaks ;one in new born infants up to three month of age , and the other in adult around 30-60 years of age . The Bimodal presentation of the disease (at birth and post puberty) suggests that it may be associates with the sex hormone. Neurological disorders and other chronic disease are also associates with the onset of Seborrheic dermatitis. The currently accepted theory on the pathogenesis of this disease advocates that yeast of *malassezia furfur*, present on the skin surface of susceptible individual. Men are affected more often than women in all age group.

Homoeopathy is a branch of medical science in which disease persons are treated according to the principle of ‘*Similia, Similibus Curentur*’. The doctrine of homoeopathy explain health to be the state of an organism in which all the parts of the body and the mind being in a harmony with each other and environment, and disease is a derangement of an organism from it.

The mind and body cannot be considered differently and have effect on each other with changes in themselves. Therefore disease cannot be considered to be of only body or mind. Mind and body have to be considered as a whole and treat the diseased

organism.

About 200 years ago it was Dr. Hahnemann, who was the first in the medical science to say that every individual is a different, as well as an animated body or organism ultimately governed by life force or vital force. Dr. Hahnemann said that his science is based on universal law, the law of the nature. Sir Hahnemann pointed out the physician to their divine duty of cure as a real object. In the first aphorism of *Organon* he penetrated directly to the heart of matter & declared that “physician’s high and only mission is to restore the sick to health, to cur, as it is termed”

The concept of cure in homoeopathy is based on that, cures, means-

- Removal of all signs and symptoms
- Restoration of original healthy state of the organism.

The homoeopathy system of therapy, an outcome of experimental research, is based on the principle of “*Similia Similibus Curentur*” which implies that a drug cures in the sick what it causes in the healthy. According to World Health Organization, Homeopathy is the second most uses health care system in the world; it has shown its role in treating both acute as well as chronic illness.

Our literature reviewed has shown usefulness of homoeopathic medicine in treating hair loss in seborrheic dermatitis disease. The medicine most commonly found useful are *Ars Alb*, *Thuja*, *Kali Sulph*, *Graphites*, *Nat Mur*, *Phosphorus*, *Bryonia*, *Cal Carb*, *Sepia*, *Sulphur*, *Staphisagria*. The homoeopathy line of treatment has shown that homoeopathy medicine provides the pt. recovery from the disease as well as good health and boosts the confidence of pt.

This study was undertaken to study the role of homoeopathic treatment (gently, rapidly and permanently restoring the sick person to health.) in the management of hair loss in seborrheic dermatitis disease in Adult age group.

CONCLUSION

The current study was done on role of Homoeopathic medicine in the management of hair loss in seborrheic dermatitis in Adult age group (11yrs -50 yrs) the study was

conducted at the institute. For patients purpose study was on selected from the college OPD & IPD along with peripheral OPD's attached to college & camps conducted. This study was designed as a prospective before and after comparison study. A total case was selected randomly according to inclusive and exclusive criteria. Statistical analyses were made to see role of homoeopathic medicine in the treatment. Thus accordingly conclusions were divided at the end of study.

The Study Suggests That:

Seborrheic dermatitis can cause hair loss in a couple of ways. Hair loss in seborrheic dermatitis disease because scalp natural oil, sebum is broken down by a microbe on the scalp, *Malassezia* Oval.

This cause inflammation and irritation of the scalp skin. Hair can become attached to the oily flakes or layers of skin that have become irritated and can be pulled out with the scratching of yours scalp, the flakiness and greasiness of the scalp can lead to hair follicle becoming clogged, which can impeded good hair growth and hair grows from an unhealthy environment.

If the symptoms including itching and cause you to scratch. The physical damage from scratching can weaken hair and cause it to break more easily.

The hair loss was caused by the chronic inflammation due to maintaining cause; it can be reversed by treatment. Once the maintaining cause has been properly treated, the hair that was affected should grow healthy and strong.

The Result Suggests That:

- **Gender incidences:**

In the study prevalence of hair loss in seborrheic was found predominantly in male. Among the total 30 cases 17(56.66%) were the male and 13 (43.33) were the females.

- **Age Group:**

The maximum incidence was in the age group 31years -40years 14 cases i.e. 46.66 %, followed by 41years -50years 10 cases i.e. 33.33 %, followed by 21years -30years i.e. 13.33%

Patient was 18years old and the oldest patient was 50 years.

- **Dominant miasm:**

Out of 30 cases, dominant miasm of 21 case (70%) are a background of Psora, 8cases (26.66%) had Sycosis and 1 cases (3.33%) are Syphilitic.

From this we could understand the majority of hair loss cases in seborrheic dermatitis in psoric phase.

- **Frequency of medicine:**

Out of 30 cases of hair loss in seborrheic dermatitis 4 (13.33 %) cases of each Phosphorus, Ars Alb and Graphites, 3 (10%)cases of each Nat Mur and Thuja, 2 (6.66%) cases of each Merc Sol, Staphisagria, Sepia, Cal Carb and kali sulph and 1 (3.33%) cases of each sulphur and bryonia.

So after the conclusion was made total improved cases were 25 in no. i.e. 83.33% and not improved showed 5 cases i.e.16.66%. Thus after analysis of the result obtained, it was apparent that the homoeopathic medicine in the management of hair loss in seborrheic dermatitis disease.

The second object of the study was exploring the action of homoeopathic medicine in case of hair loss caused by seborrheic dermatitis disease. 100 cases were observed out of 30 cases were taken for study. It is observed that result obtain from medicine prescribed on the basis of totality of symptoms and on the basis for hair loss and seborrheic dermatitis disease, selected homoeopathic medicines are having important role in treatment of hair loss caused by seborrheic dermatitis.

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