



# “Alopecia Areata – A Bald Spot and Homoeopathy”

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## **Abstract:**

Alopecia areata is common burning issue of todays time. Alopecia areata is common form of hair loss. Alopecia areata is found in 2% worldwide. An earlier age of primary onset with increased lifetime risk of extensive disease. Alopecia areata patient are at risk of anxiety, atopy, vitiligo, thyroid disease and other autoimmune conditions. It is one of the most common form of hair loss seen by dermatologist and accounts for 25% of all the alopecia cases. It can start at any age. Homoeopathy is very effective in cases of dermatology and alopecia areata is one of it.

## **Key word:**

Alopecia areata, hairloss, Homoeopathy.

## **Introduction:**

There may be small patches of hair loss or the whole scalp may be affected. Resolution occurs in a few months or the condition may persist for years. There may be slight inflammation of the skin in the affected areas—in keeping with the possibility of an underlying immune reaction against the hair follicles.<sup>[1]</sup>

## **Etiology:**

Immunological factors : Associated with alopecia areata with other auto immune disease, cytokinase produced by dermal papillae in lesions, immunoreactivity found in affected follicles.

Genetic factors: It may be genetic basis

Emotional factors: emotional stress due to

Clinical features :

Typical present as a discoid patch of alopecia which shows no scaling, papules, inflammation or atrophy.

Presence of exclamation mark hair at periphery of lesion.

Site of predilection is most frequently on scalp, mustache and beard area.

Sometime on eyelashes and eyebrows.<sup>[2]</sup>

Differential Diagnosis:

Includes trauma from the habit of plucking hair (trichotillomania) in mentally disturbed patients and traction alopecia from tight hair rollers or hair styles that involve tension on the hair. In fungal infections (tinea capitis) there is scaling and broken hairs. Fungal spores or hyphae are visible in hair specimens on microscopy.<sup>[1]</sup>

### **Common Homoeopathic Medicine:**

Acid Flour, Arsenicum alb, Calc.carb, Cantharis, Carbo.veg, Flouric acid, Graphites, Hypericum, Kali carb, Lycopodium, Mancinella, Mercurius, Nat.Mur, Petroleum, Phosphoric acid, Phosphorus , Selenium, Sulphur, Sepia, Silicea, Thuja, Vinca minor.<sup>[3]</sup>

### **Bibliography:**

[1]. Paul K Buxton; ABC of Dermatology; Fourth Edition,2003; BMJ Books; London.

[2].Neena khanna; Illustrated synopsis of Dermatology and sexually Transmitted Disease; Fifth Edition; 2016; ELSEVIER, New Delhi.

[3]. Samuel Lilienthal; Homoeopathic Therapeutics; 5th Edition, 22nd Impression,2014; B.Jain Publication; New Delhi.

### **CASE DISCUSSION:**

25 year old man came to our OPD with the complaint of bald spot on back of head since last 1 month. Hairfall along with this complaint. Perspiration over scalp excessive offensive sometimes.No itching and burning.

Physical general:

Appetite: Excessive

Thirst: Adequet

Perspiration: scalp on, offensive

Desire: Non veg

Aversion: not specific

Stool: 2 time/day

Urine: Normal

Thermal : Hot

Mental general: Irritable, not take responsibility properly.

Repertorisation: For Case using HOMPETH ZOMEIO computer software.

Rubric:

1. [complete] [Head] Falling out hair, alopecia spots, in, alopecia areata
2. [complete] [Mind] irritable, cross
3. [complete] [Mind] Psychological themes: compulsions, responsibility
4. [complete] [Generalities] Food and drinks: Meat:Desires
5. [complete] [Generalities] Heated, warmed, hot, becoming:Agg.:
6. [complete] [ Stomach] Appetite: wanting:

Prescription: Rx, LYCOPODIUM 1M 1 DOSE and S.L. BD for 7 Days.

Result: Cure

BEFORE AFTER PHOTO:



Discussion: Homoeopathy is very effective in cases of Alopecia areata. A Single, simple medicine only require for cure.