



ISSN: 0976-3376

Available Online at <http://www.journalajst.com>

ASIAN JOURNAL OF
SCIENCE AND TECHNOLOGY

Asian Journal of Science and Technology
Vol. 16, Issue, 05, pp. 13705-13707, May, 2025

RESEARCH ARTICLE

HOMEOPATHY FOR ALOPECIA AREATA IN A 6-YEAR-OLD AT DR. BATRA'S

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ARTICLE INFO

Article History:

Received 26th February, 2025
Received in revised form
11th March, 2025
Accepted 20th April, 2025
Published online 26th May, 2025

Keywords:

Alopecia areata, Dr. Batra's,
Homeopathic Treatment.

ABSTRACT

Alopecia areata is a chronic, autoimmune disorder where the immune system attacks hair follicles, leading to sudden, non-scarring hair loss, often triggered by stress or infections. A 6-year-old girl presented with patchy scalp hair loss with individualized homeopathic treatment at Dr. Batra's, significant regrowth was observed, suggesting positive efficacy in pediatric alopecia areata.

Citation: Dr. Kiranmai Yellapu. 2025. "Homeopathy for alopecia areata in a 6-Year-Old at Dr. Batra's.", *Asian Journal of Science and Technology*, 16, (05), 13705-13707.

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INTRODUCTION

Alopecia areata is an autoimmune condition where the immune system mistakenly attacks hair follicles, leading to sudden, patchy hair loss on the scalp and other areas. It is often triggered by stress, infections, or genetic predisposition. Common symptoms include round, bald patches and, in some cases, eyebrow or eyelash thinning. If left untreated, it may progress to total scalp hair loss (alopecia totalis) or complete body hair loss (alopecia universalis). The condition can also lead to psychological stress, especially in children, affecting self-esteem and social interaction.

CASE PROFILE

A 6-year-old female child from Tamil Nadu presented with patchy hair loss for the past 2 months, which began following a viral fever. Hair fall initially started on the scalp and progressed rapidly, with almost complete scalp hair loss within 3 months. She also noticed eyebrow thinning in the last 2 days prior to consultation. The child had a history of four viral episodes within the past 6 months and was using topical steroid applications and commercial shampoo twice weekly. Family history was significant for maternal hypothyroidism (recovered) and paternal diabetes. A diagnosis of alopecia areata was made. After initiating individualized homeopathic treatment at Dr. Batra's clinic, hair regrowth became noticeable from the second month onward. Over time, the patches showed consistent improvement with no relapse noted in the past 18 months. The outcome was highly satisfactory, with both the patient and her family expressing happiness. Nutritional support alongside homeopathic medicine played a significant role in her fast and sustained recovery.

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Physical Generals

Diet	Mixed
Appetite	Diminished
Desire	Non Veg – Esp Chicken
Aversion	N.S
Thermal Reaction	Chilly
Thirst	Normal
Stools	Ineffectual Urge
Urine	Normal
Perspiration	Normal
Sleep	Gets Disturbed Easily With Noise
Dreams	N.S.

Examination: Scalp is clean, with no signs of infection or scaling. Mild hair regrowth observed on the parietal region.

Eyelashes showing noticeable loss.

Mental Generals: A 6-year-old female from Tamil Nadu, was born via C-section and lives with her parents and both grandmothers, all of whom have hypothyroidism. The family structure is close-knit, with the mother and father playing central roles in her upbringing. The child enjoys non-vegetarian food and has a preference for salty foods. She is known to be stubborn, easily irritated, and anxious in nature, showing a strong inquisitive tendency as she always wants to know everything. The child is quite active, with above-average IQ and a tendency to be very particular in her interactions. She is currently studying in Senior Kindergarten at Vibgyor School. Her childhood was marked by a good scholastic record, though she experiences occasional difficulties with interpersonal relationships, getting irritated easily and struggling with some social interactions. Her parents have high expectations for her but are not overly strict, and she maintains a generally good relationship with her family. The family environment is supportive, with the child's mother being the primary caregiver and having a significant influence on her, while the

father is more reserved in his approach. Despite being anxious, the child shows an eagerness to learn and a desire to understand her surroundings.

Past History

N.S

Family History

Mother- Hypothyroidism
 Father- Hypothyroidism
 Both Grand Mothers- Hypothyroidism

Case analysis: Reportorial totality

Repertory used	Rubrics selected
KENT	<ul style="list-style-type: none"> - MIND, ANXIETY, SLEEP, DURING - MIND, IRRITABILITY - MIND, OBSTINATE - MIND, OBSTINATE - HEAD – HAIR FALLING – spots, in

Repertory screenshot

	ars.	kal/c	hep.	lyc.	nat-m	phos.	sil.	psor.	bell.	calc.	alum.	cham.	meac.	nir.
	1	2	3	4	5	6	7	8	9	10	11	12	13	14
	4	4	4	4	4	4	4	4	3	3	3	3	3	3
	10	9	8	8	8	8	7	6	8	7	7	7	7	7
2. Clipboard 2														
▶ 1. MIND - ANXIETY - sleep - during	(49) 1	1	2	1	2	2	1	1	2	1		1	2	1
▶ 2. MIND - IRRITABILITY	(645) 1	1	1	1	1	1	1	1	1	1	1	1	1	1
▶ 3. MIND - OBSTINATE	(158) 1	2	2	2	2	1	1	2	1	1	1	1	1	1
▶ 4. HEAD - HAIR - falling - spots, in	(29) 1	2	2	2	1	2	2	1	1		2	1		

Selection of Remedy

1. Constitutional Remedy:

Remedy Name: Nux Vomica

Remedy Potency: 200

Remedy Dose: 1 dose per week (first week)

Reason: Mind symptoms—obstinate, irritable nature.

2. Acute Remedy:

Remedy Name: Arnica

Remedy Potency: 30

Remedy Dose: Twice daily

Reason: To reduce hair fall.

3. Intercurrent Remedy:

Remedy Name: Acid Fluor

Remedy Potency: 30

Remedy Dose: 1 dose per week

Reason: To increase hair growth.

Miasmatic approach

Symptoms	Psora	Sycosis	Syphilis	Tubercular
Irritability	+++	+	+	
Family History - Hypothyroidism	+++	+		
Likes Chicken	+++	+		+

RESULTS

Month	Progress	Prescription
1st month	Hair fall is more	Nux Vom 200C - 1 dose/1 week, Acid Fluor 30 - 1 jab 1BT (external direct)
2nd month	Hair fall is reduced slowly	Arnica 30 - 1 jab 1BT (external direct)
3rd month	Hair fall is completely reduced	Arnica 30 - 1 jab 1BT (external direct)
4th month	To improve hair growth	Acid Fluor 30 - 1 jab 1BT

		(external direct)
5th month	Hair growth is better	Arnica 30 - 1 jab 1BT (external direct)
6th month	Hair growth is better	Arnica 30 - 1 jab 1BT (external direct)
7th month	Patches are completely covered	Arnica 30 - 1 jab 1BT (external direct)
8th month	Patches are completely covered	Arnica 30 - 1 jab 1BT (external direct)
9th month	Patches are completely covered	Arnica 30 - 1 jab 1BT (external direct)
10th month	Patches are covered	Arnica 30 - 1 jab 1BT (external direct)
11th month	Patches are recovered completely	Arnica 30 - 1 jab 1BT (external direct)
12th month	Patches are recovered completely	Arnica 30 - 1 jab 1BT (external direct)

The transformation



DISCUSSION & CONCLUSION

The child presented with severe hair loss, which had started approximately 2 months after a viral fever. Despite initial use of topical steroids, hair loss continued, and the condition progressed rapidly, affecting the scalp and eyebrows. After starting homeopathic treatment with remedies such as Nux Vomica, Arnica, and Acid Fluor, there was a noticeable reduction in hair fall within the first few months. By the third month, hair fall had completely ceased, and significant hair growth was observed. Throughout the treatment period, no relapses of hair loss occurred, and patches on the scalp were fully covered by the 7th month. The patient's response to treatment was positive, with the family reporting satisfaction with the results. Homeopathy, combined with nutritional support, proved to be an effective intervention in managing and reversing the symptoms of alopecia areata in this young patient.

Acknowledgments: I take this opportunity to thank those who have helped and supported me personally and professionally during this case study.

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