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## RESEARCH ARTICLE

# A CLASSICAL HOMEOPATHIC CASE STUDY OF FEMALE ANDROGENETIC ALOPECIA HIGHLIGHTING PSYCHOSOMATIC CORRELATION AND THERAPEUTIC OUTCOME AT DR BATRA'S® HOMEOPATHY CLINIC

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### ABSTRACT

Female Pattern Hair Loss (FPHL) is a chronic, progressive condition with significant psychosocial impact. Conventional and supportive therapies often provide limited or temporary relief. This case report documents the successful homeopathic management of a long-standing case of Female Androgenetic Alopecia Grade III with associated emotional stress, hair thinning, and scalp visibility. After multiple unsuccessful therapeutic attempts elsewhere, the patient showed sustained clinical improvement in hair fall, density, scalp coverage, and emotional well-being following individualized homeopathic treatment. This case highlights a clear transformation achieved at Dr Batra's® Homeopathy Clinic.

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## INTRODUCTION

Female Androgenetic Alopecia (AGA) is characterized by progressive hair thinning over the crown and frontal scalp, often accompanied by emotional distress, reduced self-esteem, and anxiety. The condition is multifactorial, involving genetic predisposition, hormonal influences, and psychological stress. Homeopathy, with its holistic and individualized approach, aims to address the constitutional susceptibility and underlying psychosomatic contributors rather than providing symptomatic relief alone.

### Case Profile

- **Age / Gender:** 37-year-old female
- **Occupation:** Healthcare worker
- **Duration of Illness:** ~10 years
- **Diagnosis:** Female Androgenetic Alopecia – Grade III
- **Duration of Treatment:** 10 months
- **Duration of Remission Observed:** 3 months (ongoing)
- **Prognosis:** Curable
- **Reason for Prescribing:** Maintenance and constitutional correction

### Chief Complaints

- Excessive hair fall (~100 strands/day) for 10 years
- Progressive hair thinning since 2–3 years
- Visible scalp over crown region for 4 months
- Premature greying of hair since 3 years

### History of Present Illness

Hair fall began gradually around 2015, coinciding with the onset of occupational stress after starting work in a hospital environment. Initially diffuse, the hair fall progressed to noticeable thinning with reduced volume and increasing scalp visibility over the crown. No dandruff or itching was present. The patient had previously undergone multiple non-homeopathic treatments, including cosmetic and supportive therapies, with no lasting improvement.

### Past History

- No significant past medical or surgical illness

### Family History

- Mother suffering from hair loss (positive genetic predisposition)

## Personal & Physical Generals

- **Appetite:** Normal
- **Thirst:** ~3 liters/day
- **Bowels & Urine:** Normal
- **Sleep:** Refreshing
- **Thermals:** Hot patient, prefers covering
- **Perspiration:** Profuse, non-offensive
- **Diet:** Mixed
- **Menstrual History:** Regular

Mental & Emotional Generals: From childhood, the patient was described as calm, quiet, and emotionally sensitive, with a strong attachment to family, especially her mother. She developed early independence and self-respect, preferring to do work on her own terms. During adolescence and early adulthood, she became hard-working, responsible, and straightforward, often speaking honestly without fear. After marriage, she experienced chronic emotional stress, domestic violence, and repeated emotional humiliation. Despite these adversities, she maintained emotional control, responding confidently rather than panicking. Over time, suppressed emotional trauma manifested as inner anxiety about future security and poverty, embarrassment regarding her appearance, and distress related to hair loss. She remained sympathetic, religious, friendly, and trusting, yet became easily irritated when obstructed, followed by quick repentance and guilt. The mental picture showed long-standing emotional suppression with resilience rather than emotional breakdown.

## Life Space–Mind–Body Correlation

Chronic emotional trauma, responsibility overload, suppressed grief, and anxiety formed a continuous stress response, ultimately manifesting at the physical level as progressive hair loss, premature greying, and reduced vitality of hair follicles.

## Totality of Symptoms

- Long-standing progressive hair fall with thinning
- Female pattern scalp visibility
- Family history of alopecia
- Premature greying
- Profuse perspiration
- Hot patient
- Strong self-respect and independence
- Straightforward, confident nature
- Suppressed emotional trauma
- Anxiety about future and financial security

## Repertorial Consideration

- Mind – Anxiety about future
- Mind – Irritability, followed by repentance
- Mind – Strong sense of self-respect
- Mind – Sympathetic disposition
- General – Heat aggravation
- Skin – Hair falling, chronic
- Female – Alopecia

**Miasmatic Assessment:** Predominantly Psoro-Syphilitic miasm, indicated by chronicity, degenerative changes (hair thinning), hereditary predisposition, and emotional suppression.

Remedies	hu.	hu-v.	phos.	acqn.	calc.	caust.	lyc.	nit-ac.	natrm.	sep.	su/oph.	lan-c.	bell.	graph.	talent.
Serial Number	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Symptoms Covered	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
Intensity	13	13	13	12	12	12	12	12	11	11	11	10	10	10	10
Result	5/13	5/13	5/13	5/12	5/12	5/12	5/12	5/12	5/11	5/11	5/11	5/10	5/10	5/10	5/10
Clipboard 6															
MIND - TIMIDITY	2	3	3	2	3	2	3	1	2	3	3	4	1	2	1
MIND - SYMPATHETIC	1	2	3	1	1	2	1	2	2	1	1	1	1	1	1
MIND - IRRITABILITY	3	3	3	3	3	3	3	3	3	3	3	2	3	3	2
MIND - ANGER - violent	4	4	1	3	2	2	2	3	2	2	1	1	2	2	4
MIND - ANXIETY	3	2	3	3	3	3	3	3	2	2	3	2	3	2	2

## Remedy Selection & Reasoning

**Calcarea Sulphurica:** Reason for Selection of Calcarea Sulphurica: Calcarea sulphurica was selected as the constitutional and tissue-level remedy based on the following clearly expressed mental, general, and physical indications:

- **Straightforward and assertive personality** – patient speaks honestly and confidently without fear, even in emotionally difficult situations
- **Aggressive resilience under stress** – faces adversities directly rather than avoiding them
- **Underlying anxiety about future and financial security**, especially after marital separation and family responsibilities
- **Strong sense of self-respect and independence**, with intolerance to dependence on others
- **Chronic hair pathology with tissue involvement**, thinning, poor hair quality, and scalp visibility indicating disturbed nutrition at follicular level
- **Long-standing disease with slow but progressive changes**, suitable for a deep-acting anti-psoric and tissue remedy

Calcarea sulphurica covers the **mind–body axis**, where prolonged emotional stress and anxiety have manifested as chronic degenerative changes in hair structure, making it the most appropriate constitutional simillimum.

**Treatment Protocol:** Individualized homeopathic medicines along with supportive scalp therapy (STM) and nutritional guidance.

## Clinical Outcome

- Hair fall significantly reduced
- Hair thinning stabilized
- Scalp visibility markedly improved
- Emotional confidence restored
- Anxiety regarding future reduced

**Learning from the Case:** This case highlights that Female Androgenetic Alopecia, when driven by long-standing emotional stress and anxiety, responds best to constitutional homeopathic treatment supported by maintenance therapy. Calcarea sulphurica acted deeply at both mental and tissue levels, resulting in sustained improvement rather than temporary cosmetic relief.

## DISCUSSION

This case demonstrates the effectiveness of classical homeopathy in managing chronic Female Pattern Hair Loss when treatment is based on individualization and constitutional

Detailed Follow-Up Table with Prescription

Date	Subjective Complaints	Objective Findings	Hair Pull Test	Prescription	Clinical Assessment
25/09/2025	Hair fall ~100 strands/day, thinning, embarrassment	Scalp clearly visible at crown, hair thin	0/2	CalcareaSulphurica 200C, single dose; placebo	Baseline assessment
02/10/2025	Hair fall reduced	Improved hair texture	0	Placebo continued	Initial response observed
09/10/2025	Hair thinning stable	No dandruff, no itching	0	CalcareaSulphurica 200C (repeat dose)	Remedy acting
17/10/2025	No new complaints	Scalp condition stable	0	Placebo	Observation
23/10/2025	Hair fall minimal	Hair volume slightly improved	0	Placebo	Sustained improvement
07/11/2025	Feels confident, less anxious	Scalp coverage improved	0	CalcareaSulphurica 200C	Photographic comparison
12/12/2025	Hair fall controlled	Thicker hair shafts	0	Placebo	Maintenance phase
05/01/2026	Stable condition	Healthy scalp	0	Supportive remedies + placebo	Nutritional correction
09/02/2026	No active complaints	Marked improvement in density	0	CalcareaSulphurica 200C	Sustained remission

Transformation Table (Before vsAfter)

Parameter	Before Treatment	After Treatment
Hair fall	~100 strands/day	Minimal
Hair density	Poor	Improved
Scalp visibility	Prominent	Significantly reduced
Hair texture	Thin	Stronger
Emotional state	Anxious, embarrassed	Confident, calm
Quality of life	Affected	Improved



prescribing. The patient had long-standing disease with genetic predisposition and emotional stress, where conventional measures failed to provide lasting relief. Homeopathy addressed the psychosomatic root, restoring balance at mental and physical levels. The addition of supportive therapy enhanced follicular response without suppressing symptoms. Gradual, sustained improvement rather than rapid cosmetic masking highlights the depth of cure. The mental transformation was as significant as the physical outcome, reinforcing the holistic scope of homeopathy.

CONCLUSION

This case reinforces that Female Androgenetic Alopecia, though chronic and progressive, can be effectively managed through classical homeopathy when emotional causation, constitutional makeup, and miasmatic background are

addressed. Individualized remedy selection, correct potency, and long-term follow-up resulted in sustained clinical improvement and enhanced quality of life. The transformation observed in this patient clearly establishes the role of individualized homeopathic care at Dr Batra’s® Homeopathy Clinic.

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