



RESEARCH ARTICLE

ACUTE TELOGEN EFFLUVIUM: A HOMEOPATHIC APPROACH

*Dr. Vaishali Bhosale

CHC Kalyan branch, Dr Batra's Positive Health Clinic Pvt. Ltd, B.H.M.S

ARTICLE INFO

Article History:

Received 22nd September 2024
Received in revised form
29th October, 2024
Accepted 27th November, 2024
Published online 09th December, 2024

Keywords:

Hair loss, Acute telogen effluvium,
Homeopathy.

ABSTRACT

Hair loss can be caused by ennumber of reasons, ATE (acute telogen effluvium) is a common type of hair loss that affects people after they experience severe stress or provoked by stressful events, trauma, illness, malnutrition, hormonal imbalance and drugs. Symptoms include thinning hair, usually around the top of head. Homeopathy offers a holistic approach to treating hair loss by addressing the underlying causes rather than just the symptoms, by promoting natural healing and restoring balance in the body, homeopathy effectively reduces hair fall and supports re growth.

Citation: Dr. Vaishali Bhosale. 2024. "Acute telogen effluvium: A homeopathic approach", *Asian Journal of Science and Technology*, 15, (12), 13229-13232.

Copyright©2024, Dr. Vaishali Bhosale. This is an open access article distributed under the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

INTRODUCTION

Acute telogen effluvium (ATE) is a common type of hair loss that happens after severe stress or changes in the body. It causes thinning hair, mainly on the top of the head, but hair usually grows back in 3 to 6 months with treatment. While ATE doesn't affect physical health, it can cause emotional stress, anxiety, and depression. Symptoms include increased hair loss, noticeable in your hairbrush, shower drain, or pillow, thinning hair on your scalp, and dry hair that falls out easily. Despite these symptoms, your scalp should look healthy without any rash, itching, burning, pain, or flaking. ATE is a benign condition that typically reverses on its own without complications.

Case Profile: A 29-year-old married female, working as a staff nurse, presented with severe hair loss over the past two weeks. She reported losing hair in bunches, with over 500 strands falling out daily, leading to complete scalp hair loss. The patient had been diagnosed with pancreatitis and elevated bilirubin levels, resulting in a 15-day hospitalization and a weight loss of 6 kg. Following this, she experienced significant hair loss and thinning, attributed to the side effects of allopathic medications. The emotional toll of her condition led to depression and frequent crying during her first consultation. Her husband, an Ayurvedic doctor, runs their own hospital in Murbad, where she also works. The patient avoided social interactions and did not attend her brother's wedding due to her hair loss.

Physical Generals

Diet	Mixed
Appetite	Good
Desire	Salt, butter, chicken, egg, ice cream, rice, spicy, sweet, sour
Aversion	Milk
Thermal Reaction	Hot pt
Thirst	Normal.
Stools	Nad. But sometimes constipated.
Urine	Nad. Sometimes burning micturation
Perspiration	Profuse, on whole body
Sleep	7-8 hrs –sound sleep
Dreams	Of daily events

Mental Generals: The patient was a 29-year-old married female, born in Murbad and raised in Shahapur, who resided with her husband, mother-in-law, and father-in-law. She had good interpersonal relationships with all family members and shared a particularly strong bond with her husband, who was a BAMS doctor running a hospital in Shahapur. They had been married for four years and had a loving relationship, with her husband being very caring. By nature, she was cool and calm, rarely getting angry, and when she did, she expressed it by raising her voice. She tended to take stress over small things and had fears of water and being alone.

Recently, she had been under stress for the past 1.5 months and suffered from pancreatitis two months ago, which included severe abdominal pain and vomiting, leading to a 3-4 day hospital stay. She held a D. Pharmacy degree and worked at a medical shop. Her childhood was very good, although her father passed away when she was in the 3rd grade. Her mother was retired. She had a good schooling experience, actively participating in all school activities, but her confidence was not good. She was highly emotional and sensitive, weeping easily, especially when alone, and felt worse with consolation. Her happiest moment was during her marriage, and she had not yet experienced her saddest moment.

Past History: Pancreatitis in February 2024 and was hospitalized for one week.

Family History: Nothing specific.

Case analysis: Repertorial totality

SYNTHESIS REPERTORY.	RUBRICS SELECTED. MIND-RESERVED MIND-GRIEF-SILENT MIND-SADNESS 4. MIND-WEeping-CAN NOT WEEP, THOUGH SAD GENERALS.FOOD AND DRINKS—SALT DESIRE HEAD-HAIR-FALLING MIND-CONSOLATION –AGG MIND-CONFIDENCE-WANT OF SELF –CONFIDENCE MIND-SENSITIVE-MUSIC,TO FACE-GREASY MIND-HATRED DREAMS—ROBBERS MIND-A/F-BAD NEWS STOMACH-APPETITE-INCREASED MIND-AFFECTIONATE A/F—ANGER-SILENT GRIEF MIND-A/F-ANGER-INDIGNATION. MIND-A/F –MORTIFICATION.
----------------------	---

Repertory screenshot

	nat-m.	staph.	phos.	aur.	nux-v.	aur-m-n.	lyc.	sep.	ign.	sulph.	carb.	puls.	ars.	merc.	calc.	ph-ac.	bry.	tham.	sil.	
7. Clipboard 7	19	18	17	17	16	16	16	16	15	15	15	14	14	14	13	13	13	13	12	12
	56	33	30	29	30	29	28	27	33	26	19	25	20	20	25	22	21	21	23	21
▶ 1. MIND - RESERVED (135) 1	3	2	3	1	1	2	1	1	2	1	1	2	1	1	2	1	1	1	1	1
▶ 2. MIND - GRIEF - silent (42) 1	3	1	1	2	1	2	1	1	3	1	1	2		1		2				
▶ 3. MIND - SADNESS (762) 1	3	2	2	3	2	2	3	3	3	3	1	3	3	3	2	2	3	2	3	3
▶ 4. MIND - WEeping - cannot weep, though sad (32) 1	4	1			2	2		2	3		1	1								
▶ 5. GENERALS - FOOD and DRINKS - salt - desire (161) 1	4	1	4			1		1	1	1	2			1	2	1			1	2
▶ 6. HEAD - HAIR - falling (187) 1	3	2	3	3		1	3	3	2	3		2	2	2	2	2	1	1	3	1
▶ 7. MIND - CONSOLATION - agg. (57) 1	4	1	2	1	1	2	1	4	3	1	2		2	1	1			1	3	1
▶ 8. MIND - CONFIDENCE - want of self-confidence(205) 1	2	1	1	2	2	2	2	1	1	1	2	2	1	1	1	2	2		3	2
▶ 9. MIND - SENSITIVE - music, to (68) 1	2	1	1	1	3	2	2	3	2	1	1	1		1	2	2	1	2		
▶ 10. FACE - GREASY (74) 1	3	1	1	1	1	2	1	1		1	1	1	1	2	1		2		1	2
▶ 11. MIND - HATRED (97) 1	4	1	1	2	2	2	1	1	1	3		1	1	1	2	1		2		
▶ 12. DREAMS - ROBBERS (66) 1	3		1	2								1	2						2	
▶ 13. MIND - AILMENTS FROM - bad news (67) 1	2	2	1	1	2		1	1	2	2		1	1		3	1	2	2	2	1
▶ 14. STOMACH - APPETITE - increased (399) 1	3	2	3	2	3	1	3	2	2	3	1	3	3	2	3	2	1	1	2	3
▶ 15. MIND - AFFECTIONATE (89) 1	2	2	2	1	2	2	1	1	2	2	1	3	1		2	1	1	1	2	1
▶ 16. MIND - AILMENTS FROM - anger - indignati... (19) 1	2	4		2	2		1				1		1	1			1	1		
▶ 17. MIND - AILMENTS FROM - anger - silent gri... (28) 1	3	3	1	1	1	2	3		3		1	1	1			2	2	1		2
▶ 18. MIND - AILMENTS FROM - mortification (79) 1	3	4	1	2	2	2	3	1	3	2	2	2	1	1	1	3	2	2	1	2
▶ 19. MIND - AILMENTS FROM - scorned; being (32) 1	4	2	2	2	3	2	1	1		1	1									

Selection of Remedy: Nat mur 200.

Miasmatic approach

Symptoms	Psora	Sycosis	Syphilis	Tubercular
MIND-RESERVED	✓			
MIND-GRIEF-SILENT			✓	
MIND-SADNESS	✓			
MIND-WEeping-CANNOT WEEP, THOUGH SAD		✓		

GENERALS.FOOD AND DRINKS—SALT DESIRE		✓		
HEAD-HAIR-FALLING			✓	
MIND-CONSOLATION –AGG	✓			
MIND-CONFIDENCE-WANT OF SELF-CONFIDENCE	✓			
MIND-SENSITIVE-MUSIC, TO	✓			
FACE-GREASY		✓		
MIND-HATRED			✓	
DREAMS—ROBBERS			✓	
MIND-A/F-BAD NEWS	✓			
STOMACH-APPETITE-INCREASED	✓			
MIND-AFFECTIONATE	✓			
MIND-A/F-ANGER-SILENT GRIEF			✓	
MIND-A/F-ANGER-INDIGNATION			✓	
MIND-A/F-MORTIFICATION			✓	

RESULTS

Month	Progress	Prescription
1st Month	Advised serum ferritin, CBC, and Vitamin D3. Hair loss reduced by 20-30%.	Nat Mur-200 (constitutional), 2 doses in the 1st week. Specifics: Flouric Acid-200, 5 Phos 6X, Jab-Q LA
2nd Month	Investigations showed CBC, Vitamin D3, and thyroid levels. Advised Uprise D3 60K weekly for 3 months and R B Tone capsule daily for 3 months. Hair loss continued reduction.	Nat Mur-200 (constitutional), 2 doses in the 1st week. Specifics: Flouric Acid-200, 5 Phos 6X, Jab-Q LA
3rd Month	Hair growth seen over the scalp. Regular diet with dry fruits and green tea. Menses and mental stress normal. Continued R B Tone and Uprise D3, and taking Zincovit tablet daily.	Nat Mur-200 (constitutional), 2 doses in the 1st week. Specifics: Flouric Acid-200, 5 Phos 6X, Jab-Q LA
4th Month	New hair growth visible on the scalp. Appetite, thirst, sleep, and menses all normal. Regular intake of fruits and dry fruits.	Nat Mur-200 (constitutional), 2 doses in the 1st week. Specifics: Flouric Acid-200, 5 Phos 6X, Jab-Q LA
5th Month	Hair growth continued. Menses regular. Diet regular with dry fruits and green tea. No itching on the scalp, and the scalp is clean.	Nat Mur-200 (constitutional), 2 doses in the 1st week. Specifics: Flouric Acid-200, 5 Phos 6X, Jab-Q LA

DISCUSSION AND CONCLUSION

In this case, the patient experienced significant improvement in hair growth and overall well-being over the five-month period. Initial severe hair loss reduced by 20-30% after the first month of treatment. By the third month, visible hair regrowth was noted, and by the fifth month, the patient had a clean scalp with regular menses and no itching. The combination of constitutional and specific homeopathic remedies, along with appropriate dietary and supplementary support, effectively addressed the hair loss and improved the patient's overall health and quality of life.

The transformation



Patient feedback:**24 Renuka B Kante**

1 review

★★★★★ a week ago **NEW**

My name is Dipali kante is taking treatment at Dr Batras since last 3 months. When I joined Dr Batras that time I was loosing my all hairs of scalp after illness. Was suffering from jaundice in Jan due to that I was hospitalised since then within 1 wk I lost my all hairs .then I took appointment at Dr Batras under Dr Vaishali Bhosale .within 2- 3 months of treatment I got my hairs back.i have no words how I appreciate the efforts of Dr Vaishali .she is a very good Doctor .I am very happy patient of Dr Batras treatment. Due to hair loss I was in depression and I started avoiding people. Now I got my confidence back.

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

REFERENCES

1. Hahnemann S. Organon of medicine. B. Jain publishers; 2005.
2. Boericke W. Pocket manual of homoeopathic Materia Medica & Repertory: comprising of the characteristic and guiding symptoms of all remedies (clinical and pathogenetic) including Indian Drugs New Delhi, India: B Jain publishers; 2002.
3. Clarke JH. A dictionary of practical materia medica. 2 vols.[in 3]. 1900.
4. Kent JT. Lectures on homoeopathic materia medica. New Delhi, India: B Jain Publishing Company; 1980.
5. Lilienthal S. Homoeopathic therapeutics. B. Jain Publishers; 1998.
6. Kent JT. Lectures on Homeopathic Philosophy. Sittingbourne, Homeopathic Book Service. 1990.
7. Clarke JH. The Prescriber: A dictionary of the new therapeutics. Homeopathic Publishing Company; 1900.
