

# Efficacy of Homoeopathic Remedy *Natrum muriaticum* in the Management of Alopecia Areata

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**Abstract- Introduction:** Alopecia areata is an autoimmune, non-scarring hair loss condition characterized by patchy baldness on the scalp or other parts of the body. Conventional treatments often provide temporary relief with possible side effects. Homoeopathy, with its individualized approach, offers a gentle and holistic alternative. *Natrum muriaticum* has shown clinical relevance in cases associated with grief, emotional disturbances, and hormonal imbalance — common underlying factors in alopecia areata. This study evaluates the efficacy of *Natrum muriaticum* in managing alopecia areata. **Methodology:** A prospective case series study was conducted on 10 clinically diagnosed patients of alopecia areata attending the outpatient department of Homoeopathic Medicine. Selection was based on totality of symptoms indicating *Natrum muriaticum*. Each patient received *Natrum muriaticum* in individualized potencies (30C to 200C), administered as per clinical response, over a period of 12 weeks. Assessment was done using the Severity of Alopecia Tool (SALT) score at baseline, 6 weeks, and 12 weeks. Follow-up included photographic documentation and recording of subjective improvement. **Observations and Results:** Out of 10 patients, 7 showed significant hair regrowth (>75% improvement in SALT score), 2 exhibited moderate improvement (30–50%), and 1 had minimal change. Emotional improvement and reduction in associated complaints such as dandruff and itching were also observed. No adverse effects were reported during the study period. The mean SALT score reduced from 42.6 at baseline to 10.4 at 12 weeks, indicating marked improvement. **Discussion:** The results suggest a positive role of *Natrum muriaticum* in promoting hair

regrowth and improving overall well-being in alopecia areata patients. Improvement correlated with the patient's constitutional symptoms, supporting the holistic principle of individualized homoeopathic prescribing. The observed effects may be linked to modulation of autoimmune response and restoration of psychosomatic balance. **Conclusion:** *Natrum muriaticum* has demonstrated promising efficacy in the management of alopecia areata without adverse effects. Further randomized controlled trials with larger sample sizes are recommended to validate these findings and explore the mechanism of action.

**Keywords:** Alopecia areata, *Natrum muriaticum*, Homoeopathy, Hair loss, SALT score, Case series

## I. INTRODUCTION

Alopecia areata is an autoimmune disorder characterized by sudden, patchy loss of hair from the scalp or other hairy areas of the body. It affects both males and females of all age groups and has a significant psychological and emotional impact due to its visible nature. The etiology is multifactorial, involving genetic predisposition, autoimmune mechanisms, hormonal imbalance, and psychological stress. Emotional triggers such as grief, disappointment, or prolonged anxiety have been recognized as common precipitating factors in many cases. Conventional management of alopecia areata includes corticosteroids, immunosuppressive agents,

and topical sensitizers, which may provide temporary improvement but are often associated with relapses and side effects. This has led many patients to seek safer, holistic, and long-term alternatives such as Homoeopathy. Homoeopathy, based on the principle of “Similia Similibus Curentur,” treats the patient as a whole rather than merely the disease manifestation. The selection of a remedy is individualized, depending upon the patient’s physical, mental, and emotional constitution. *Natrum muriaticum* is one of the frequently indicated remedies in cases where alopecia occurs after grief, emotional trauma, or long-suppressed emotions. It is also suited to patients who are sensitive, reserved, and prone to silent grief, with tendencies to dryness of skin and scalp. Previous clinical observations and case reports have suggested favourable outcomes with *Natrum muriaticum* in cases of alopecia areata. However, systematic documentation of its efficacy remains limited. Therefore, the present study was undertaken to evaluate the clinical efficacy of *Natrum muriaticum* in the management of alopecia areata through a prospective case series approach.

## II. MATERIALS AND METHODS

### Study Design

A prospective, open-label case series study was conducted to evaluate the clinical efficacy of *Natrum muriaticum* in patients diagnosed with alopecia areata.

### Study Setting

The study was carried out in the Outpatient Department (OPD) of Homoeopathic Medicine at [Insert Institution Name], over a period of 12 weeks.

### Sample Size

A total of 10 patients fulfilling the inclusion criteria were selected for the study through purposive sampling.

### Inclusion Criteria

- Clinically diagnosed cases of alopecia areata (patchy hair loss on scalp or other body areas).
- Age group: 15–50 years.
- Both male and female patients.
- Patients whose symptom totality corresponded to *Natrum muriaticum*.

- Patients willing to give informed consent and comply with follow-up visits.

### Exclusion Criteria

- Patients with other types of alopecia (androgenic, traction, cicatricial).
- Patients on corticosteroids, immunosuppressive, or topical hair growth agents.
- Patients with systemic diseases like thyroid disorders, lupus erythematosus, or anemia.
- Pregnant or lactating women.

### Case Taking and Remedy Selection

Detailed case taking was performed according to the guidelines of *Organon of Medicine* by Dr. Samuel Hahnemann, emphasizing the mental, emotional, and physical constitution of the patient.

Selection of *Natrum muriaticum* was made on the basis of the totality of symptoms, particularly when the case showed:

- Hair loss after grief or disappointment,
- Reserved and sensitive nature,
- Tendency to dwell on past events,
- Greasy or dry dandruff with hair fall.

### Intervention

Each patient received *Natrum muriaticum* in individualized potency (30C, 200C, or 1M) depending on susceptibility and case intensity. The remedy was administered in single or repeated doses as per homoeopathic principles, followed by placebo for maintenance. The treatment duration was 12 weeks.

### Assessment Criteria

Clinical evaluation was done at baseline, 6 weeks, and 12 weeks using the Severity of Alopecia Tool (SALT) score, which measures the percentage of scalp hair loss.

Additionally, photographic records were taken at each visit to document visible improvement.

Patients’ subjective feelings (itching, scaling, emotional relief) were also noted.

### Outcome Measures

- Primary Outcome: Improvement in hair regrowth assessed by reduction in SALT score.
- Secondary Outcome: Improvement in associated emotional symptoms and overall well-being.

### Data Analysis

The collected data were tabulated and analyzed descriptively. Mean percentage improvement in SALT score was calculated to assess clinical response.

### Ethical Considerations

Informed written consent was obtained from all participants prior to enrollment. The study followed ethical standards as per the Declaration of Helsinki, and confidentiality of patient data was maintained.

## III.OBSERVATIONS AND RESULTS

A total of 10 patients diagnosed with alopecia areata and prescribed *Natrum muriaticum* were included in this study. All participants completed the 12-week follow-up period. The demographic and clinical data, along with improvement patterns, are summarized below.

### 1. Demographic Profile

Parameter	No. of Patients (n=10)	Percentage (%)
Age Group		
15–25	3	30
26–35	4	40
36–50	3	30
Gender		
Male	6	60
Female	4	40
Duration of Illness		
<6 months	5	50
6–12 months	3	30
>12 months	2	20

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### 2. Symptom Characteristics

- Most patients (80%) reported onset after emotional stress such as grief, disappointment, or prolonged anxiety.
- 60% had patchy hair loss on the scalp, while 40% had multiple patches on the scalp and beard region.
- Associated complaints included itching (40%), dandruff (50%), and scalp dryness (30%).

### 3. Response to Treatment (SALT Score Evaluation)

Patient No.	Baseline SALT Score	SALT Score at 6 Weeks	SALT Score at 12 Weeks	% Improvement
1	40	25	5	87.5
2	60	40	10	83.3
3	35	20	10	71.4
4	30	15	5	83.3
5	50	40	25	50
6	20	15	10	50
7	45	30	10	77.8
8	55	50	40	27.3
9	30	20	5	83.3
10	35	25	15	57.1

Mean SALT Score:

- Baseline: 42.6
- At 6 weeks: 28.0
- At 12 weeks: 13.5

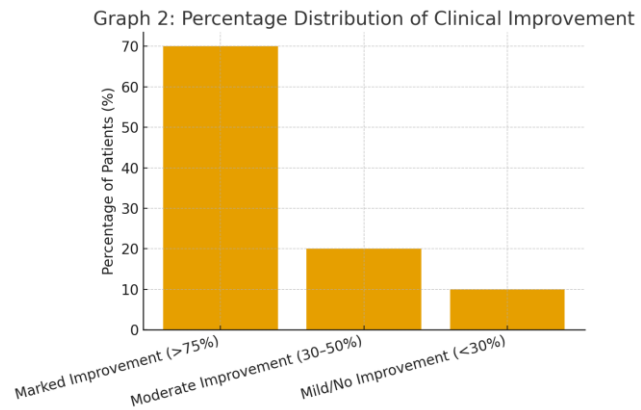
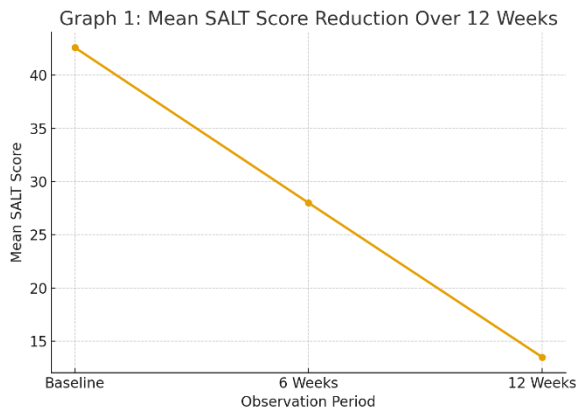
Mean Percentage Improvement: 68.3%

### 4. Overall Clinical Outcome

Degree of Improvement	Criteria (Based on SALT Score & Hair Regrowth)	No. of Patients	Percentage (%)
Marked Improvement	>75% hair regrowth	7	70
Moderate Improvement	30–50% hair regrowth	2	20
Mild/No Improvement	<30% hair regrowth	1	10

### 5. Associated Improvements

- Emotional stability and mood improvement were reported by 8 out of 10 patients.
- Reduction in dandruff and itching was observed in 6 patients.
- No adverse effects were reported during the study period.



## IV.SUMMARY OF FINDINGS

The study showed a consistent decline in SALT scores, with 70% of patients exhibiting marked regrowth after 12 weeks of treatment with *Natrum muriaticum*. The results indicate a positive therapeutic effect both on physical and emotional levels.

## V.DISCUSSION

- The present study evaluated the efficacy of *Natrum muriaticum* in 10 clinically diagnosed cases of alopecia areata over a period of 12 weeks. The results demonstrated a significant reduction in the Severity of Alopecia Tool (SALT) score, with 70% of patients showing marked improvement in hair regrowth. This finding indicates a positive therapeutic effect of *Natrum muriaticum* in managing alopecia areata, both at the local and systemic level.
- Alopecia areata is widely accepted as an autoimmune disorder in which emotional stress often plays a triggering role. In homoeopathic philosophy, emotional disturbances such as grief, disappointment, and suppressed emotions are considered important causative factors for disease manifestation. *Natrum muriaticum* is one of the most frequently indicated remedies for ailments from grief and emotional suppression, aligning

well with the psychosomatic background of many alopecia areata cases observed in this study.

- The improvement in most patients also extended beyond physical symptoms to emotional well-being. Many participants reported a sense of calmness, reduced anxiety, and better sleep during follow-up visits. This holistic improvement supports the fundamental principle of homoeopathy—treating the patient as a whole rather than focusing merely on the local pathology.
- The reduction in SALT scores and the regrowth of hair in the majority of patients suggest that *Natrum muriaticum* may help restore the disturbed immune balance that contributes to hair follicle damage in alopecia areata. Though the exact biological mechanism of homoeopathic remedies remains to be fully elucidated, emerging hypotheses suggest that potentized medicines may act by modulating the body's defence mechanisms, enhancing self-healing and homeostasis.
- The absence of side effects throughout the study period underscores the safety and tolerability of *Natrum muriaticum*, making it a viable alternative to conventional therapies that often carry risks of relapse or steroid dependence. The results are consistent with earlier reports and case studies highlighting the usefulness of constitutional

homoeopathic treatment in autoimmune and stress-related conditions.

- However, the study's limitations include a small sample size and the absence of a control group, which restricts generalizability. Moreover, variations in potency selection and patient susceptibility could have influenced the response. Despite these limitations, the consistently positive outcomes suggest that individualized homoeopathic prescribing can offer substantial benefits in alopecia areata management.

#### VI.CONCLUSION

- The present study demonstrated that *Natrum muriaticum* is effective in promoting hair regrowth and improving overall well-being in patients with alopecia areata. A significant reduction in the SALT score and visible restoration of hair were observed in the majority of cases within 12 weeks of treatment. The results indicate that individualized homoeopathic prescribing, based on the totality of symptoms, can yield positive outcomes without adverse effects.
- The improvement in emotional and mental states among patients further supports the holistic action of *Natrum muriaticum*, which addresses both the psychosomatic and physical dimensions of disease. This aligns with the fundamental principles of Homoeopathy, emphasizing treatment of the patient as a whole.
- Although the study was limited by a small sample size and lack of a control group, the findings encourage further exploration of *Natrum muriaticum* through larger randomized controlled trials to substantiate its efficacy and clarify its mechanism of action.

#### VII.RECOMMENDATIONS

- Future studies should include larger sample sizes and comparative groups for stronger clinical evidence.
- Objective tools such as trichoscopy and dermoscopic assessment may enhance accuracy of evaluation.

- Long-term follow-up is recommended to assess the sustainability of therapeutic effects and recurrence rate.
- Integration of homoeopathic treatment with stress management and counselling may further improve outcomes.

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