

Homoeopathic Management of Alopecia Totalis: A Case Report

Dr. Amar Santosh Marathe
Government Homoeopathy College Jalgaon

Abstract—Alopecia Totalis is a severe form of Alopecia Areata characterized by complete loss of scalp hair. It is considered an autoimmune disorder in which the immune system targets hair follicles, resulting in widespread hair loss. The condition significantly affects the psychological well-being and quality of life of patients. This case report describes the successful management of a patient with alopecia totalis using individualized homoeopathic treatment. Gradual regrowth of scalp hair was observed over several months with improvement in emotional well-being.

Index Terms—Alopecia totalis, Homoeopathy, Hair loss, Autoimmune disease, Case report

I. INTRODUCTION

Alopecia Totalis represents an advanced form of Alopecia Areata where complete loss of scalp hair occurs. In some patients the disease may progress further to Alopecia Universalis, resulting in total body hair loss.

The pathogenesis is believed to involve autoimmune destruction of hair follicles along with genetic susceptibility and environmental triggers such as emotional stress. Conventional treatments include corticosteroids, immunotherapy, and topical agents, but long-term outcomes remain variable and recurrence is common.

Homoeopathy offers an individualized therapeutic approach where the remedy is selected based on the totality of symptoms including mental, emotional, and physical characteristics.

Case Presentation
Patient Information
Age: 18 years
Gender: Female

Occupation: house servant
Date of Consultation: march 2029
Chief Complaint

The patient presented with complete loss of scalp hair for the past 1 year 6 months.

II. HISTORY OF PRESENT ILLNESS

The patient initially developed small circular patches of hair loss on the scalp. Within four months the condition progressed rapidly, resulting in complete loss of scalp hair.

Patient come with her sister having scarf on her head (as if hiding it) . When I ask what is your problem then patient smile and remove her scarf and said I have this bald patches on her head. So I ask have you ever taken any treatment for this so she said with ideotic smile on her face I apply oil which my mother suggest to me. I ask but have you not think about this sever problem seriously again patient said no I think if apply hair oil it get cure. Then I ask what you feel about this problem patient again give smile and said I didn't feel anything. My mother said take medicine from doctor so you get better so I here. I ask how you manage with this problem as you are servant you have to go to people house for house hold work. Patient said like this I put scarf over head so no body ask me question on it. I ask how you manage when relative come to your house. Patient sister said she didn't come outside to meet people she feels shy always remain in kitchen. I ask to patient sister about her nature so she said she is mentally slow doesn't understand things easily. In this age also she played cricket with small children in our colony. While listening about her nature patient feel shy. I ask patient what do you think about your problem so patient doesn't said anything.

There was no itching, redness, or scaling of the scalp.

Smooth scalp surface without scarring
Eyebrows and eyelashes mildly reduced

Past Medical History

No history of chronic systemic illness

No thyroid disease

No major surgery or trauma

Family History

No known history of alopecia or autoimmune disease in the family.

Based on clinical findings, the condition was diagnosed as Alopecia Totalis.

Scale used

The Severity of Alopecia Tool (SALT) score is a standardized, numerical method used by dermatologists to quantify the amount of hair loss on the scalp, ranging from 0 (no loss) to 100 (total loss). The score is calculated by adding the percentage of hair loss in four specific quadrants of the scalp (top, back, left, right), weighted by their area.

SALT Score Severity Classification

The following table shows the categorization of alopecia areata severity based on the SALT score:

Clinical Examination

General Examination

Moderately built individual

Vital parameters normal

Local Examination

Complete absence of scalp hair

SALT Score	Severity Category	Description	Patient state
0	No Loss	No scalp hair loss	
1–20	Mild/Limited	Small patches or minimal hair loss	
21–49	Moderate	Noticeable hair loss	
50–94	Severe	Significant hair loss, often including AA Totalis	Marked 80-90 severe loss of hair
95–100	Very Severe/Totalis	Total or near-total scalp hair loss	

S0: 0% hair loss

S1: 1–24% hair loss

S2: 25–49% hair loss

S3: 50–74% hair loss

S4: 75–99% hair loss

S5: 100% hair loss

In this patient S4 level hair loss is present significant hair loss including alopecia totalis

Homoeopathic Case Analysis and Rubric selection

Mental Generals

Timidity bashfulness

Hiding himself visitors laugh at them and they hide behind furniture they think

Dependent of other (especially mother whatever mother said to her she ready to do things without apply her mind)

Credulous (easily believe on other)

Frivolous (Instead of having such serious hair problem for girl she did not care to take medicine on it)

Mentaly slow

Childish behaviour

Physical Generals

Appetite normal

Moderate thirst

Sleep sound

Characteristic Symptoms

Ailment from embarrassment

dwarfishness

Repertorial Analysis

The screenshot shows the RadarOpus software interface. The main window displays a synthesis table for 8 symptoms and 11 remedies. The symptoms listed are:

- 1. MIND - AILMENTS FROM - embarrassment (63)
- 2. MIND - TIMIDITY - bashful (94)
- 3. MIND - HIDING - oneself - children; in - vis... (2)
- 4. MIND - DEPENDENT of others (113)
- 5. MIND - FRIVOLOUS (38)
- 6. MIND - CREDULOUS (9)
- 7. MIND - SLOWNESS (211)
- 8. MIND - CHILDISH behavior (145)

The remedies listed in the columns are: barf-c., puls., sulph., barf-*, sep., lgn., carb-v., phos., bell., hyos., and agr. The table shows the degree of each symptom covered by each remedy, with values ranging from 1 to 3. The bottom status bar indicates '8 symptom(s) / 407 remedies' and 'Sum of symptoms (sorted degrees) No limitation'.

After repertorial evaluation, the remedy that covered the totality of symptoms was Baryta Carb.

Prescription

Baryta carb 1m – single dose

Followed by placebo for four weeks

Follow Ups and Outcomes:

Date	Symptoms	Medicine with Potency, doses and Repetation	Justification
1 st september 2022	Nearly complete loss of hair on head scalp	Baryta carb 1m doses daily od early morning for three days	Selection constituional remedy on the basis of totality of mental and physical symptoms
6 th october 2022	Tiny hair are visible on head	Sac lac 200 tds for 15 days	Medicine is acting good now and will have to wait and watch silently
23 rd October 2022	Significant growth are seen on head	Sac lac 200 tds for 15 days	Physically and mentally marked change seen in patient
15 th november 2022	Patients feel better as hair grow in patches	Sac lac 200 tds for 15 days	Medicine is acting profoundly mentally and physicaly patient is happy
1 st december 2022	Patient feels much better Nearly complete hair regrowth with improved hair density.	Sac lac 200 tds for month	Medicine acting properly no need of repetation

Result photo graph before and after treatment



Result seen in applied salt scale

SALT Score	Severity Category	Description	Patient state
0	No Loss	No scalp hair loss	Complete hair growth seen in patient
1–20	Mild/Limited	Small patches or minimal hair loss	
21–49	Moderate	Noticeable hair loss	
50–94	Severe	Significant hair loss, often including AA Totalis	
95–100	Very Severe/Totalis	Total or near-total scalp hair loss	

Patient feels better after homoeopathic treatment 90%
hair regrowth seen in patient

III. DISCUSSION

Alopecia Totalis is a challenging clinical condition due to its autoimmune nature and unpredictable course. Emotional stress is considered one of the potential triggers for the onset and progression of the disease.

In homoeopathy, remedy selection is based on the holistic understanding of the patient rather than solely the pathological condition. In this case, the patient's emotional characteristics and behaviour mental ability looking toward this gravious disease guided the selection of Baryta Carbonicum.

The gradual regrowth of hair along with improvement in emotional health suggests a positive therapeutic response.

However, larger clinical studies are needed to scientifically validate these observations.

IV. CONCLUSION

This case demonstrates that individualized homoeopathic treatment may play a beneficial role in the management of Alopecia Totalis. Careful case taking and remedy selection based on the totality of symptoms may contribute to favorable outcomes.