

---

**A comparative study of effectiveness between external application of Arnica Montana Q and Wiesbaden Q along with Individualised Homeopathic medicine for Telogen effluvium in females.**

Ms. Anjali Salvi, Ms. Misba Shaikh, Ms. Komal Doifode.

**ABSTRACT:** Telogen effluvium is a scalp disorder characterized by diffuse, non-scarring shedding of hair. The term 'telogen effluvium' was proposed to differentiate it from excessive shedding of normal club hair. Various hypothesis is put forward regarding the pathophysiology of Telogen effluvium. Headington proposed that there are five different functional types of Telogen effluvium based on alterations in particular phase of follicular cycle. Whiting defined chronic telogen effluvium as an idiopathic disorder. Telogen effluvium is different from the hair loss disorder called alopecia areata. Large amounts of a person's hair might fall out, but it is often temporary, and the hair usually grows back. **Research question:** Is there any difference in action of Arnica Montana mother tincture and Wiesbaden mother tincture when given as local application with Individualised Homeopathic medicine for hair fall in females of 18-45 years of age? **Aim:** To study the difference of effectiveness between external application of Arnica Montana Q and Wiesbaden Q with Individualised Homoeopathic medicine in management of Telogen effluvium. **Objectives: Primary:** 1) To find reduction in hair fall. 2) To study the effectiveness of local application of Arnica Montana mother tincture along with Homeopathic Individualized medicine. 3) To study the effectiveness of local application of Wiesbaden mother tincture along with Homeopathic Individualized medicine. **Secondary:** To compare the effectiveness of external application of Arnica Montana Q and Wiesbaden Q along with Individualised Homeopathic medicine for Telogen effluvium in females. **Method:** With the help of pull test & Daily Hair Count criteria we screened approximately 50 People, out of which 46 were selected. To conduct study we made two group, group A (Arnica Q) & group B (Wiesbaden Q) along with Individualised Homoeopathic medicine. The selection of mother tincture for the selected patient was done randomly. **Result:** Reduction of hair fall was observed according to Pull test. In Paired t test, calculated t value for group A is 7.03 (table value is 2.07) and calculated t value for group B is 6.04 (table value is 2.07) both t value exceed table t value. **Conclusion:** Thus in our study we conclude that significant improvement is seen in both the groups, Group: Individualized Homeopathic medicine along with Arnica montana Q and Group B: Individualized Homeopathic medicine along with Wiesbaden Q were effective in treating telogen effluvium.

**KEYWORDS:** Telogen effluvium, Homeopathic Individualized Medicine, Sinclair's scale

**INTRODUCTION:** Hair is considered as a sign of beauty in almost every culture. The long hair for ladies is a sign of health and beauty. Hair loss is often distressing and can have a significant effect on the patient's quality of life [1]. Almost every person suffers from hair loss some or other time in their life it can be a source of immense psychological distress and emotional turbulence. The physician can play a major role in assessment and treating hair problems if they have the basic knowledge about the common causes of hair disorders.[1]

Hair fall is common cosmetic and psychosocial distressing condition but it has not attracted much attention and there are limited studies on its prevalence. To deal with the side effect of the allopathic drugs pharmacist interest have moved towards the herbal drugs as they are lack of any adverse effects as compared to synthetic formulations. Arnica Montana is widely used herbal preparation for hair growth stimulation [2] and Wiesbaden has also been mentioned in literature as a treatment for hair fall [3]. But there are very few research available on

---

this subject. In order to bring into light, the efficacy of Homoeopathic Q and to guide the patient as to what works best for them.

## **MATERIAL AND METHODS:**

**Study design:** Non-Randomization comparative study

**Location:** Motiwala (National) Homeopathic Medical College and Hospital, Nashik.

**Duration of study:** 6 month.

### **Inclusion criteria:**

- 1) Female patient between the age group of 18 to 45 years.
- 2) Patient with diffuse hair fall (more than 100 stand lost per day continuously irrespective of the duration will be enrolled in this study).
- 3) Patient willing to return for follow ups.
- 4) Informed consent.

### **Exclusion criteria:**

- 1) Patient with alopecia areata or cicatricial hair loss will not be included in the study.
- 2) Pregnant women, post-menopausal women and patient with recent history of Immuno-suppressant therapy or chemotherapy will not be enrolled.

**Sample size:** 46 patients

**Sampling technique:** Systemic random sampling.

## **METHOD OF SELECTION OF COMPARISON GROUP:**

**Group A:** Arnica Montana mother tincture with individualised homeopathic medicine.

**Group B:** Wiesbaden mother tincture with individualised homeopathic medicine.

## **ASSESSMENT OF PROGRESS:**

The assessment of progress was done after doing Hair pull test , Daily hair count and Sinclair hair shedding scale. Through diligent observation, a notable change was identified, transitioning from a higher grade to a lower one. This shift signifies significant improvement and underscores the effectiveness of the homoeopathic treatment applied.

## **STATISTICAL ANALYSIS:**

By using Unpaired t test, the calculated t Value was 1.97 which was less than table t value (2.02). This difference is considered to be not quiet statistically significant. Hence, we accepted the null hypothesis, i.e There is no difference between local application of Arnica Montana mother tincture and Wiesbaden mother tincture with Individualized Homeopathic medicine in management of hair fall.

---

By using Paired t test, the calculated t value for group A is 7.03 (table value is 2.07) this reflects that local application of Arnica mother tincture along with individualized homeopathic medicines is effective And calculated t value for group B is 6.04 (table value is 2.07) this reflects that local application of Wiesbaden mother tincture along with individualized homeopathic medicines is effective.

## DISCUSSION:

The present study was primarily aimed at finding out the comparison between the effectiveness of external application of Arnica Montana mother tincture and Wiesbaden mother tincture along with Individualized Homoeopathic medicine for telogen effluvium in female.

With the help of pull test & Daily Hair Count criteria we screened approximately 50 People, out of which 46 were selected. To conduct study we made two group, group A (Arnica Q) & group B (Wiesbaden Q) along with Individualised Homoeopathic medicine. The selection of mother tincture for the selected patient was done randomly.

After studying 23 cases of Group A (Arnica) 3 cases Not Improved, 20 cases Improved. After Studying 23 cases of group B (Wiesbaden) 7 cases Not improved, 16 were Improved, with the help of pull test we assessed both the group. On the basis of Sinclair hair shedding scale 44 patients were in stage 1 and 2 patients were in stage 2 before and after follow ups. The daily hair count improvement was 60-70% in 36 cases.

According to data collected, statistical analysis was done using paired T-test and unpaired T-test. Using paired T test for each group calculated t Value of group A and group B is 7.03 and 6.04 Respectively, both were greater than table t value. Hence they were Significantly effective Using unpaired t test, the calculated t Value was 1.97 which is less than table t value (2.02). This difference is considered to be not quiet statistically significant. Hence, we accept the null hypothesis.

Observation: The constitutional medicines prescribed, also covered the acute complaints in 3 cases. Improvement was seen in 20 cases of patients having Dandruff.

Homoeopathy is a holistic approach which deals with patient as a whole, so through case taking and counselling, stress management was done. And improvements were seen in coming follow ups.

Difficulties faced:

- 1) Patients were not approaching on time for further follow ups.
- 2) To keep the track of daily hair count in consecutive follow ups was difficult.
- 3) To differentiate the action of Individualized Homoeopathic Medicines and Mother Tinctures.
- 4) As many patients reside in hostel, following a proper diet was difficult for some patients.

## GRAPHICAL REPRESENTATION:

TABLE 1: Age Distribution

AGE GROUP	TOTAL PATIENTS
18 YEARS	1
19 YEARS	6
20 YEARS	8
21 YEARS	8
22 YEARS	9
23 YEARS	8
24 YEARS	5
28 YEARS	1

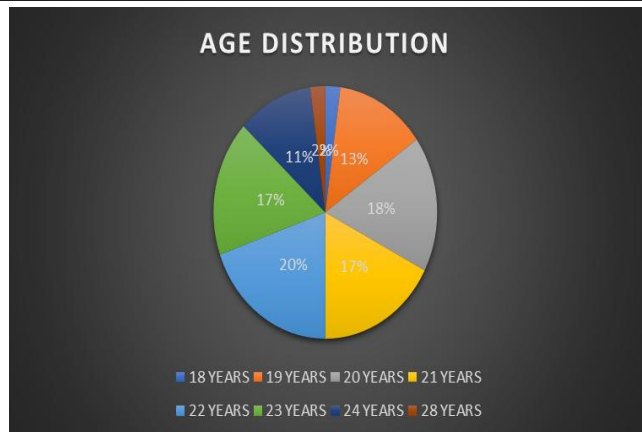


FIG.1 Age Distributio

TABLE 2. Medicine distribution

MEDICINES	TOTAL
NAT SULPH	1
PHOS	10
NATRUM MUR	14
LACH	2
CALC PHOS	1
LYCO	6
ACID PHOS	1
NUX VOM	1
PULS	5
SILICEA	1
OPIUM	1
CALCA SILICATA	1
IGNATIA	2

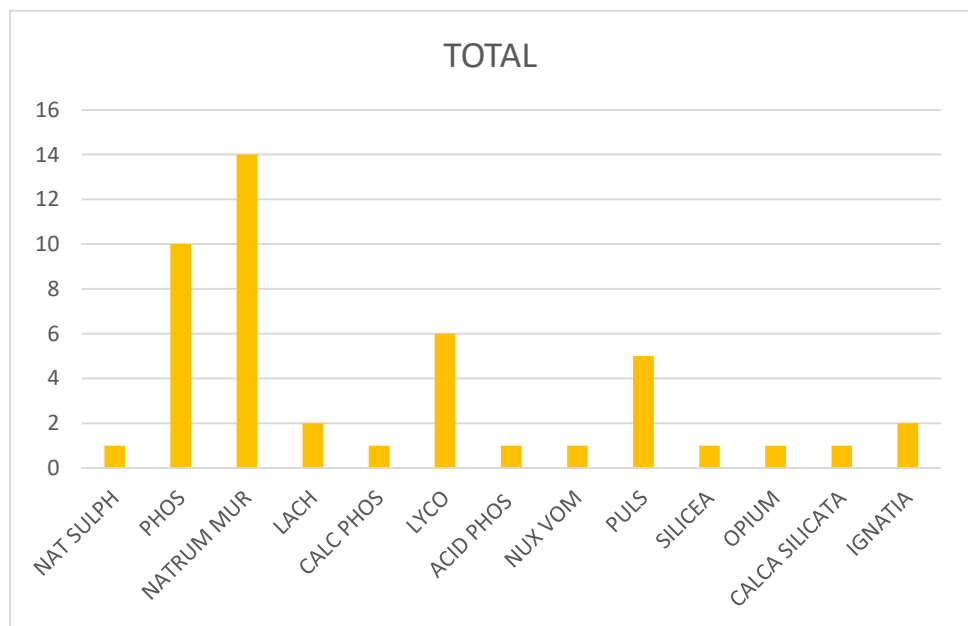


FIG. 2 . Medicine distribution

TABLE 3. Arnica Q treatment outcome

RESULT	TOTAL PATIENTS
IMPROVED	20
NOT IMPROVED	3

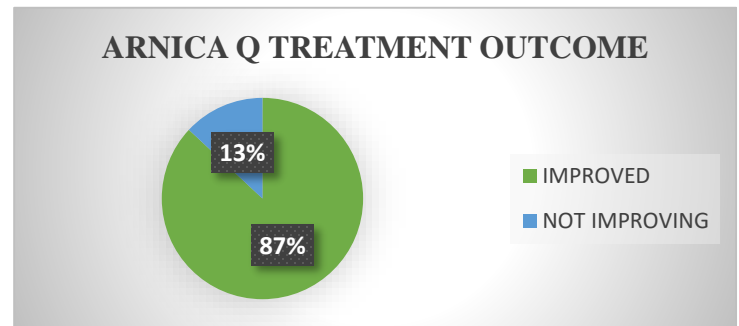


FIG. 3. Arnica Q treatment outcome

TABLE.4 Wiesbaden Q treatment outcome

RESULT	TOTAL PATIENTS
IMPROVED	16
NOT IMPROVED	7

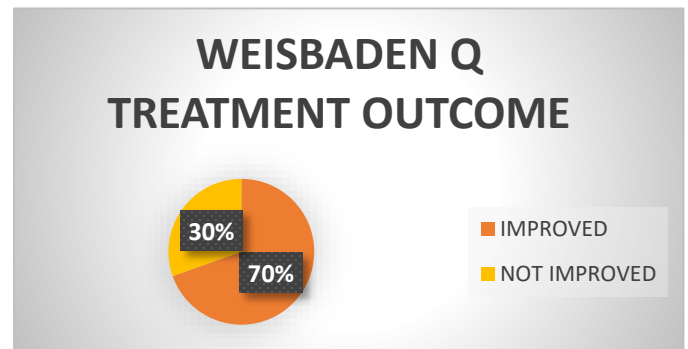


FIG.4. Wiesbaden Q treatment outcome

**CONCLUSION:**

Thus in our study we conclude that significant improvement is seen in both the groups,

Group A : Individualized Homeopathic medicine along with Arnica montana Q and

Group B : Individualized Homeopathic medicine along with Wiesbaden Q were effective in treating telogen effluvium.

**FINANCIAL SUPPORT AND SPONSORSHIP:** Nil

**CONFLICT OF INTEREST:** There are no conflicts of interest.

**BIBLIOGRAPHY:**

1) AradiIKA[Internet]\_Review\_Article\_Hair\_Fall\_Common\_Causes\_and\_Treatment\_Modalit ies 2005 [cited 2023 Jun 9]. Available from: [https://www.researchgate.net/publication/272678033\\_](https://www.researchgate.net/publication/272678033_)

- 
- 2) 1. Haihaywanshi MSS [Internet]. 2017 [cited 2023 Jun 12]. Available from: <https://jddtonline.info/index.php/jddt/article/view/1575>
  - 3) Synthesis Treasure Edition repertory
  - 4) 1. Fabbrocini G [Internet]. 2018 [cited 2023 Jun 9]. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6322157/#:~:text=Among%20healthy%20women%2C%20approximately%206,is%20later%20than%20in%20men>
  - 5) 1. Pundkar AS. A REVIEW: HERBAL THERAPY USED IN HAIR LOSS [Internet]. 2020 [cited 2023 Jun 12]. Available from: <https://pharmacy.dypvp.edu.in/pharmaceutical-resonance/downloads/original-research-articles/Volume3-Issue1/Article-0011-44-50.pdf>
  - 6) Uday Khopkar : SKIN DISEASES AND SEXUALLY TRANSMITTED INFECTIONS, pg no.169, 7<sup>th</sup> edition, 2022.
  - 7) 1. Phillips TG [Internet].2017 [cited 2023 Jun 9]. Available from: <https://pubmed.ncbi.nlm.nih.gov/28925637>
  - 8) 1. Dhurat R [Internet]. 2009 [cited 2023 Jun 14]. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2938572/#:~:text=UAT%20is%20more%20accurate%20than,laborious%20and%20requires%20special%20skill>
  - 9) 1. Goren A [Internet]. 2016 [cited 2023 Jun 15]. Available from: [https://www.researchgate.net/publication/308926928\\_Prevalence\\_of\\_hair\\_shedding\\_among\\_women](https://www.researchgate.net/publication/308926928_Prevalence_of_hair_shedding_among_women)
  - 10) 1. Ananta Khurana CG [Internet]. 2013 [cited 2023 Jun 12]. Available from:<https://ijdvl.com/article?issn=03786323;year=2013;volume=79;issue=5;spage=591;epage=603;aulast=Grover>
  - 11) 1. Khadim AI [Internet]. 2021 [cited 2023 Jun 12]. Available from: <https://doi.org/10.23953/cloud.ijaayush.493>
  - 12) Timothy.F.Allen : The Encyclopedia of pure materia medica.Vol 10, 1879.
  - 13)J.H. Clarke : A Dictionary of Practical Materia Medica, Vol 3,1900.