

## **A case of alopecia areata**

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### **Abstract**

Alopecia areata is common cause of non-cicatricial alopecia that occurs as a patchy, confluent or diffuse pattern. In allopathic way of treatment they use glucocorticoid, intralesional injection, and systemic cyclosporine for management and for surgical treatment they use hair transplantation. This treatment suppresses the disease not cure the patient and complaint again reappear after some time. Homoeopathy has mentioned medicines for alopecia areata. A case reported was a male of 25 years of age suffering from sign of alopecia areata on the right side of chin. The homoeopathic medicine **phosphorus 200c** was prescribed on basis of case. Alopecia areata was reduced considerably within 1 months and it was reduced completely in 3 months, no recurrence of alopecia areata was observed thereafter. Photographs during follow up visits provided documentary evidence about the effectiveness of homoeopathic phosphorus 200c in alopecia areata.

**Key words:** case report, alopecia areata, phosphorus, homoeopathy.

### **Introduction**

Hair is long cylindrical, slender fibre composed of dead cells and proteins. It is an outgrowth of hair follicle that is present in the epidermal layer of skin. In alopecia there is excessive fall of hair in bunches from an area of head. This actually results from changes in hair follicle because of which it loses its function of forming hair. Basically hair loss is attributed to damage of hair follicle and not the hair. The term alopecia areata was used as far back as in 1790 for first time.

Lifetime incidence risk of alopecia areata estimated at 2.1%. In alopecia it is seen that most of the people affected by it fall in late 20's and early 30's and in such cases even the genetic background is not much stronger. This suggests that there is something other than the reasons responsible for alopecia and that is stress.<sup>(1)</sup> In allopathic way of treatment they use glucocorticoid, intralesional injection, and systemic cyclosporine for management and for surgical treatment they use hair transplantation. This treatment suppresses the disease not cure the patient and complaint again reappear after some time.<sup>(2)</sup>

### **Etiology-**

Unknown. Alopecia areata can be associated with other autoimmune diseases, including thyroid disease, celiac disease, vitiligo, and atopy.<sup>(3)</sup>

Homoeopathy has been treating alopecia areata successfully without giving any recurrence. In homoeopathy, different medicines were mentioned for alopecia areata, but there was a lack of published case study or research work with documentary evidence about alopecia areata being treated with homoeopathy.

A case report presented with alopecia areata photographs of follow up visit has provided documentary evidence about the effectiveness of homoeopathic treatment in alopecia areata.

### **Case report**

**History-**

A male aged 25 years presented on January 1, 2017, to the outpatient department of institute with the complaint of alopecia areata on right chin for 20 days. He had no history of any disease.

**Personal history-**

Patient is a student. Belonging to middle class socio economic group with no any habits and addiction.

**Generals-**

His appetite is good .He has desires for sweet and thirst is of large quantity of cold water. Thermal reaction of patient is hot (craves cold drinks, prefers winter, and cannot tolerate heat) and seems to be always anxious with his complaints.

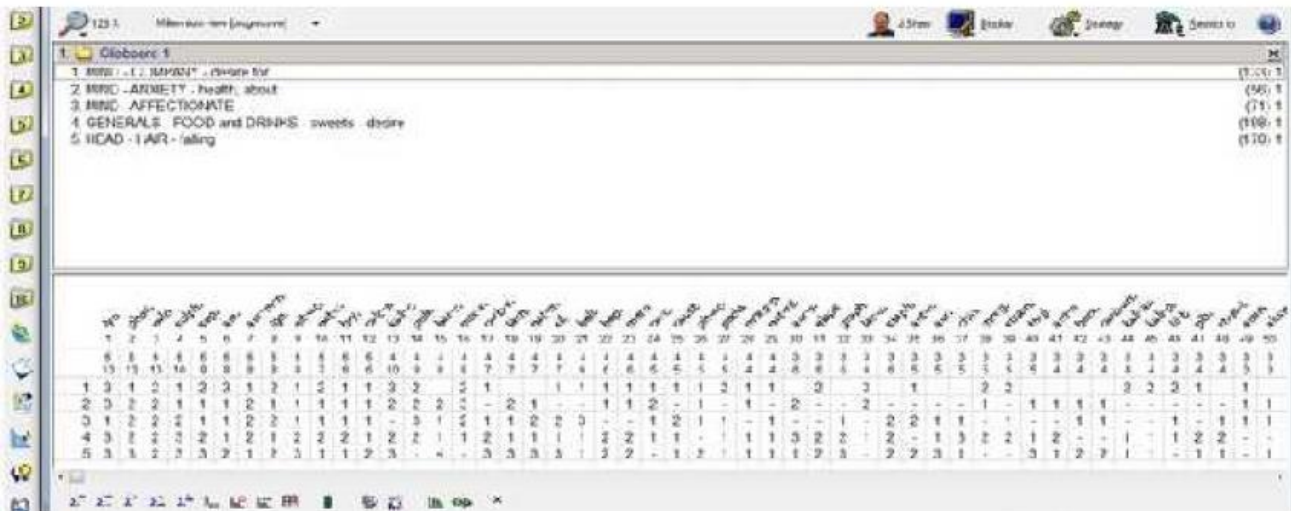
**Local and systemic examination-**

**Cardiovascular system** - S1 and S2 heard normally on auscultation.

**Respiratory system** - Air entry bilaterally equal on auscultation.

**Central nervous system** - conscious and oriented.

**Analysis of case-**



After analysing the case the characteristic mental and physical general and particular symptoms were considered for framing totality. Considering the symptomatology, synthesis repertory was preferred and using radar software, systemic repertorization was done. The repertorization chart is given above. Phosphorus 200c, bid for 7 days was prescribed on first visit. Considering the reportorial totality .the patient improved symptomatically .the detail of follow up is given.

DATE	INDICATION FOR PRESCRIPTION	MEDICINE WITH DOSE
15/01/2017	Alopecia areata on face. Anxious own health about .affectionate, desires sweet.	Phosphorus 200c bd. Followed by placebo 7 days
22/01/2017	Alopecia areata not increased size, general feeling of well being	Placebo 15 days
7/02/2017	Small hairs are seen on the bald area	Placebo 15 days

1/03/2017	The hair are little more than previous follow up. Feeling of well-being. but no complete hair on bald spot	Phosphorus 200c *3 dose*8 hourly. Followed by placebo bd 1 month.28/03/2017
28/03/2017	The bald spot reduced 90 /. There is no any complaint.	Placebo bd 15 days.

**Before treatment-**



**After treatment**



**Discussion and conclusion-**

Alopecia areata (AA) is a common cause of noncicatricial alopecia that occurs as a patchy, confluent or diffuse pattern. It may occur as a single, self-limiting episode or may reoccur at varying intervals over many years. Strong direct and indirect evidence supports an autoimmune etiology for alopecia areata. The origin of disease process is not fully understood; however, there are indications for a T-cell-mediated autoimmune process directed against an unknown autoantigen of the hair follicle. T lymphocytes that have been shown to be oligoclonal and autoreactive are predominantly present in the peribulbous inflammatory infiltrate.<sup>(4)</sup>

Patient visited the opd of hospital for alopecia areata. He is very anxious about his complaints. By considering his totality of symptoms phosphorus 200c bd is prescribed for 3 days, followed by placebo bd for 15 days. After 15 days at visit no considerable changes was observed. The medicine phosphorus 200c was repeated bd followed by placebo bd for 15 days. In next visit there is no increase in the size of alopecia. He feels generalised well-being. Anxiety slightly reduced. In next followup only the placebo was prescribed. At time of next follow up there is growth of small hairs at the bald spot. At that time again the medicine is prescribed. 3 month later there is total hair growth at the bald spot. It is very clear from this case can be successively managed with the homoeopathic medicines.

**Referance**

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