

Androgenic Alopecia and Homoeopathic Management

Dr. Sreevidhya JS¹, Dr. Tummala Aarathi Reddy², Anusha B³, A Shirisha⁴

^{1,2}Associate Professor, Department of Obstetrics & Gynaecology, MNR Homoeopathic Medical College, Sangareddy, Telangana State.

^{3,4}Intern, MNR Homoeopathic Medical College, Sangareddy, Telangana

Corresponding Author: Anusha B

DOI: <https://doi.org/10.52403/ijrr.20230833>

ABSTRACT

Androgenic alopecia also known as pattern hair loss or male hormonal alopecia affects both men and women. This has a huge psychological impact on patients, regardless of age or phase of baldness. Homeopathy is a system of treatment that considers the psychological and pathological effects of treating people.

Keywords: Homeopathy, alopecia, hair loss, androgens

INTRODUCTION

Alopecia: loss of existing scalp hair is called as alopecia. This may be permanent or temporary

Types of alopecia:

- 1) Permanent (cicatricial or scarring)
- 2) Temporary (non-scarring or non-cicatricial)

The androgenic alopecia comes under non-cicatricial type of alopecia. This non-cicatricial alopecia is further categorised into

Non-inflammatory:

- a) patterned -common baldness
- b) diffuse -telogen effluvium, thyroid disorders, drugs.
- C) patchy-alpecia areata, trichotillomania

Inflammatory:

- Tinea capitis
- Superficial pyoderma.

ANDROGENIC ALOPECIA: It is transmitted by an autosomal dominant trait. In men, hair loss is observed in the apex and temporal region and seen in teens, twenties or early thirties with a gradual loss of hair

In women, hair loss is noted in the larger front part of the hair. The midline part of the scalp shows an important clinical sign which resembles “Christmas tree pattern “

PATHOPHYSIOLOGY

Due to the activation of Androgen in the androgenic alopecia this shortens the growth phase in the normal hair growth cycle

But in androgenic alopecia alopecia overactivation of androgen leads to shorter anogen phase and thus resulting in shorter and thinner hair follicles

These thin and shorter hair follicles may end and may not even penetrate the epidermis and DHT (dihydrotestosterone) plays the key role in developing androgenic alopecia.

CLINICAL FEATURES

In males:

- *Initially thinning of hair
- *Later increase in the number of vellus hair
- *Hair loss from vertex and frontotemporal region
- *Whisker or kinky hair -this is the first sign

In females:

- *Progressive decrease in hair density from vertex to the front of scalp.
- *Christmas tree pattern of hair loss

*If androgen is excess then hirsutism, menstrual irregularities, and acne

HOMOEOPATHIC APPROACH

Homeopathy is a therapeutic science that aids in healing the ill by giving them medication based on the adage “Similia Similibus Curentur”-Let likes be treated by likes.

Complete symptom relief and recurrence prevention are the two objectives of homeopathic treatment for patients. The chosen treatment will enable the patient to live to the fullest extent possible-both physically and cognitively, emotionally, spiritually, and socially.

Homeopathy individualizes a patient, and the remedies chosen are based on the patient’s personality and the cause of their illness in addition to their symptoms. The prescription must take into account the patient’s mental and emotional composition as well as the depths of human nature. Homeopathy therefore offers considerable potential for treating each patient uniquely and holistically.

Indicated remedies for Androgenic alopecia in homoeopathy are:

1. LYCOPODIUM CLAVATUM:

There are eruptions, smooth patches on the scalp with the hair off. eczematous eruptions behind the ears, bleeding and oozing a yellow watery discharge. the patient emaciates about the neck, externally have sensitiveness, the lower extremities are fairly nourished.

2. NATRUM MURIATICUM:

The hair falls out mainly from the forepart of the head, temples, and beard. scabs on the head, itching of the scalp. Dermatitis which is raw and oozing a corroding fluid that damages hair, and matting hair. face is oily, shiny and greasy

3. PHOSPHOROUS:

There is violent itching of the scalp, dandruff is copious, the hair comes out in bunches, scaly. baldness of single spots Hair

turns dry and gray resulting in hair loss from vertex, crown area and forehead.

It is also effective for the treatment for hair fall

Is due to change of water, change of climate, and even dandruff.

4. VINCA MINOR:

Vinca Minor is another useful homeopathic medicine for hair loss. It works well in cases where there is a tendency for hair to fall in spots which are then replaced by white hair. Along with this, itching and violent scratching over the scalp may also be present.

5. FLOURIC ACID:

This is the highly indicated drug for treating patients with hair loss in spots, and for the persons who are suffering with hair loss after fevers such as typhoid. the hair is dry, breaks off and get tangled easily

6. THUJA:

This is indicated remedy for hair loss due to dry, white, and scaly dandruff. and also useful for dryness and hair thinning. The skin of thuja is unhealthy everywhere.

SOME RUBRICS RELATED TO ANDROGENIC ALOPECIA:

Head -hair -falling

Head -hair baldness

Head -hair -feeling -grief -from

Head -sensorium and scalp -hair -falling out

Head-External – Hair – Falling out – From head

Head-External – Hair – Falling out – In bunches, spots

Head – Scalp – Hair – Brittle, harsh, dry

Head – Scalp – Eruptions – Moist, humid eruptions – Margin of hair, nape of neck

Head – Scalp – Hair – Tangled, in bunches

Head – Scalp – Hair – Falling out (alopecia)

Head – Scalp – Hair – Gray, premature

CONCLUSION

Even though there are different modes of treatments for this condition, like 5-alpha reductase inhibitors and minoxidil which are most commonly used. And also include

laser therapy, scalp microneedling, hair mesotherapy, and hair transplantation. homeopathy is the method of treatment which considers patient's symptom totality and helps in effectual treating of patient.

Declaration by Authors

Ethical Approval: Not Applicable

Acknowledgement: None

Source of Funding: None

Conflict of Interest: The authors declare no conflict of interest.

REFERENCES

1. S.Sacchidanand ,IADVL textbook of Dermatology,5th edition published by Bhalani publishers in year 2022.
2. Dr Uday khopar, An illustrated handbook of skin and STD'S with an update on HIV infection,published by Bhalani book depot in year 2022.
3. James, Andrew's disease of skin clinical dermatology,10th edition, published by Elsevier in year 2005.
4. Blumeyer A, Tosti A, Messenger A, Reygagne P, Del Marmol V, Spuls PI, et al. Evidence-based (S3) guideline for the treatment of androgenetic alopecia in women and in men. *J Dtsch Dermatol Ges.* 2011;9(Suppl 6): S1–57. [PubMed] [Google Scholar]
5. Kaliyadan F, Nambiar A, Vijayaraghavan S. Androgenetic alopecia: An update. *Indian J Dermatol Venereol Leprol.* 2013; 79:613–25. [PubMed] [Google Scholar]
6. E.B Nash. Expanded works of Nash Compiled by P. Sivaraman,9th Impression, B.Jain Publishers(P)LTD New Delhi, 2013,164
7. Henry N.Guernsey. Key Notes to the Materia Medica, Reprint edition 2003, Mayur Jain Indian Books Periodicals Publishers, New Delhi,2003,165
8. H.C.Allen, Allen's key notes Re arranged and classified with leading remedies of the Materia medica and Bowel Nosodes.
9. Kent JT. Repertory of the Homoeopathic Materia Medica. 8th impression. Noida: B. Jain Publisher (P) Ltd.; c2009.
10. Boger CM. Boger Boenninghausen's Characteristics & Repertory with corrected abbreviations, word index & thumb index. 47th impression. New Delhi: B. Jain Publisher (P) Ltd.; c2019.
11. Robin Murphy, Homoeopathic Medical Repertory A Modern Alphabetical and Practical Repertory, Third revised edition, 10th impression, Noida: B. Jain Publisher (P) Ltd.; c2021.
12. Phatak SR. A Concise Repertory of Homoeopathic Medicine Alphabetically arranged. 4th edition. Noida: B. Jain Publisher (P) Ltd.; c2005.
13. Practical homoeopathic therapeutics, arranged and compiled by W. A. Dewey. Indian Books & Periodicals publishers, New Delhi; Reprint edition: August 2012

How to cite this article: Sreevidhya JS, Tummala Aarathi Reddy, Anusha B, A Shirisha. Androgenic alopecia and homoeopathic management. *International Journal of Research and Review.* 2023; 10(8): 258-260. DOI: <https://doi.org/10.52403/ijrr.20230833>
