



# Emotional Triggers in Hair Fall: A Homeopathic Case Study at Dr Batra's

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**ABSTRACT:** Hair fall and alopecia are common conditions affecting both men and women worldwide, with significant psychosocial impact on self-esteem and quality of life. Factors such as genetics, hormonal imbalance, nutritional deficiencies, emotional stress, and lifestyle changes play a vital role in its pathogenesis. Conventional treatment often provides temporary relief but fails to address the underlying constitutional causes. The homeopathic approach emphasizes individualized treatment, considering the patient's physical generals, mental state, and miasmatic background. This paper presents a case of chronic hair fall in a young adult male with strong emotional etiology, managed successfully with constitutional remedies over a period of 12 months, demonstrating the holistic role of homeopathy in hair disorders at Dr Batra's.

**KEYWORDS:** Hair fall, Alopecia, Homeopathy, Natrum Muriaticum, Ignatia

## INTRODUCTION

Hair fall, also known as alopecia, is a multifactorial disorder that can affect the scalp and body hair. The most common form, androgenetic alopecia, has a hereditary basis and affects nearly 50% of the adult population worldwide by middle age [1]. Other causes include telogen effluvium, alopecia areata, nutritional deficiencies, systemic diseases, medications, and psychosocial stressors [2].

The clinical presentation includes increased daily hair shedding, hair thinning, receding hairline, or bald patches. Associated symptoms may involve scalp itching, dandruff, or oily scalp. In many cases, hair fall leads to psychological distress, low self-esteem, social withdrawal, and even depression [3]. Complications arise when chronic untreated alopecia progresses to permanent hair loss, scarring, or severe psychosomatic burden [4].

From a homeopathic perspective, the approach is holistic, focusing not only on the local pathology but also on the individual's constitution, mental state, and miasmatic tendencies. Remedies like Natrum Muriaticum and Ignatia are often prescribed when hair fall is associated with grief, disappointed love, or prolonged mental stress, reflecting the deep-rooted connection between emotions and physical health.

This paper discusses the case of a young adult male suffering from chronic hair fall with a background of grief and job-related stress, treated effectively with constitutional homeopathic remedies.

## CASE PROFILE

The patient has been experiencing hair fall for the past 3–4 years, which he attributes initially to water exposure. Along with hair fall, he also developed skin problems. Over time, he has used multiple treatments including Minocam 10, Ketonid shampoo, Lyme Nidee, mesotherapy, and currently Minox 5% solution. Despite this, he continues to experience hair thinning, with 1–2 strands falling per day post-shampoo. He shampoos every alternate day, maintains a proper diet, and reports no significant family history of hair loss, as both parents and his elder sister have good hair. He has experienced periods of stress related to work in the police department and personal matters, including a disrupted long-distance relationship, though stress has reportedly reduced after transfer to the head office.

Past medical history is unremarkable. Pathologic tests show mild hair loss upon pulling (HPT), with initial serum ferritin at 51.4 ng/dl and vitamin B12 at 835 pg/ml, for which he was advised iron supplementation and nutritionally supportive therapy. Over time, he reported gradual improvement in hair fall, which reduced to 5–10 strands per day, along with decreased dandruff and itching. However, he continues to perceive inadequate hair density, particularly in the frontal and vertex areas, and reports ongoing mild hair thinning and greying. Regular follow-ups have documented improvement in hair fall, hair growth visible in photo comparisons, and stable scalp condition with mild flaky dandruff.

Stress due to job duties occasionally affects sleep and diet, but no other systemic complaints are reported. He is advised to continue homeopathic therapy (NH), maintain a nutritious diet including green leafy vegetables, flaxseed, black dates, and seasonal fruits, practice meditation and exercise, and undergo periodic blood tests for serum ferritin, vitamin B12, vitamin D3, and TSH. Skin concerns primarily involve mild sun tanning without itching or acne, and he continues skincare sessions as advised, though sometimes irregularly due to work commitments. Overall, hair fall has improved compared to initial presentation, but hair density and thinning remain areas of concern for the patient.

## Physical Generals

Diet: Regular; advised to maintain nutritious diet including green leafy vegetables, flaxseed, black dates, and seasonal fruits

Appetite: Normal

Desire: No specific desires reported

Aversion: No specific aversions reported

Thermal Reaction: Not reported

Thirst: Not reported

Stools: Normal

Urine: Normal

Perspiration: Not reported

Sleep: Occasionally disturbed due to work stress, otherwise normal

Dreams: Not reported

## Examination

General Appearance: Well-nourished, no acute distress, scalp shows mild thinning at vertex and frontal areas, mild dandruff present

Hair: Thinning at crown and frontal region, hair fall 5–15 strands/day, HPT 1–2/4 pull, no scarring

Scalp: Oily, mild flaky dandruff, no inflammation or lesions, Wood's lamp – no seborrhea

Skin: Mild sun tan on face, no itching, acne, or marks

Nails: Normal

Systemic Examination: Within normal limits

### **Mental Generals –**

The patient's mental health history indicates a generally stable childhood with no reported psychological or behavioral issues. In adulthood, he experienced significant emotional stress related to personal and professional life. While working in the Cuttack police for three years, he faced considerable job-related stress. Simultaneously, he underwent emotional strain due to a disrupted long-distance love affair and an arranged marriage, which contributed to feelings of disappointment and loss. After transferring to the head office, his stress levels reportedly decreased. Overall, the patient demonstrates resilience, coping with stress through work and routine, but remains sensitive to emotional and professional pressures.

### **Past History**

\* **No significant medical or surgical history**

### **Family History**

\* **Father has good hair, no hair loss**

\* **Mother has good hair, no hair loss**

\* **Elder sister has good hair**

\* **No significant family history of chronic or genetic disorders**

### **Case analysis reportorial totality**

Repertory used	Rubrics selected
<b>Synthesis Repertory</b>	MIND - AILMENTS FROM - anxiety - prolonged; from MIND - AILMENTS FROM - love; disappointed MIND - COMPANY - aversion to MIND - ANXIETY - work GENERALS - HEAT - flushes of GENERALS - FOOD and DRINKS - sweets - desire HEAD - HAIR - falling - grief; from HEAD - HAIR - thin

Repertory screenshot

Remedies	Ign.	nat-m.	staph.	lach.	aur.	caust.	tub.	psor.	larent.	carc.	lyc.	plat.	sep.	sulph.	aur-s.	bell.	calc.	kali-c.	nux-v.	ph-ac.
Serial Number	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Symptoms Covered	5	5	5	5	5	5	5	5	5	5	4	4	4	4	4	4	4	4	4	4
Intensity	12	11	10	9	8	8	8	7	6	5	9	9	9	9	8	7	7	7	7	7
Result	5/12	5/11	5/10	5/9	5/8	5/8	5/8	5/7	5/6	5/5	4/9	4/9	4/9	4/9	4/8	4/7	4/7	4/7	4/7	4/7
Clipboard 1																				
MIND - AILMENTS FROM - anxiety - prolonged; from					1					1										
MIND - AILMENTS FROM - love; disappointed	4	4	3	2	3	2	1	1	1	1		3	1	1	2	2	1	1	1	3
MIND - COMPANY - aversion to	3	4	3	2	2	1	1	1	2	1	2	2	3	2	2	2	1	1	3	1
MIND - ANXIETY - work																				
GENERALS - HEAT - flushes of	3	1	1	3	1	3	3	3	1	1	3	3	3	3	1	2	3	3	2	1
GENERALS - FOOD and DRINKS - sweets - desire	1	1	2	1	1	1	2	1	1	1	3	1	2	3	3	1	2	2	1	
HEAD - HAIR - falling - grief; from	1	1	1	1		1					1									2
HEAD - HAIR - thin							1	1	1											

Selection of Remedy: NAT MUR 200

Miasmatic approach

Symptoms

- \* MIND - AILMENTS FROM - anxiety - prolonged
- \* MIND - AILMENTS FROM - love; disappointed
- \* MIND - COMPANY - aversion to
- \* MIND - ANXIETY - work
- \* GENERALS - HEAT - flushes of
- \* GENERALS - FOOD and DRINKS - sweets - desire
- \* HEAD - HAIR - falling - grief; from
- \* HEAD - HAIR - thin

Miasmatic Predominance - Psoric

Materials and Methods

Synthesis repertory was used for repertorization

RESULTS

1st month

Progress: Hair fall slightly reduced, scalp oily, mild dandruff; HPT 2/4 pull.

Prescription: Ignatia 30C, Natrum Mur 30C, 2 doses daily each

2nd month

Progress: Hair fall 10–15 strands/day, hair thinning persists, dandruff mild.

Prescription: Ignatia 30C, Natrum Mur 30C, 2 doses daily each

3rd month

Progress: Hair fall reduced to 8–10 strands/day, mild improvement in scalp condition.

Prescription: Ignatia 200C, Natrum Mur 200C, 1 dose weekly each

4th month

Progress: Hair fall 5–10 strands/day, dandruff mild, hair density slightly improved.

Prescription: Ignatia 200C, Natrum Mur 200C, 1 dose weekly each

5th month

Progress: Hair fall 5–10 strands/day, scalp less oily, visible hair growth at vertex.

Prescription: Ignatia 1M, Natrum Mur 1M, 1 dose monthly each

6th month

Progress: Hair fall 5–10 strands/day, mild flaky dandruff, stress slightly higher due to work

Prescription: Ignatia 1M, Natrum Mur 1M, 1 dose monthly each

7th month

Progress: Hair fall stable at 5–10 strands/day, hair density stable, dandruff mild.

Prescription: Ignatia 1M, Natrum Mur 1M, 1 dose monthly each

8th month

Progress: Hair fall <10 strands/day, mild dandruff, scalp healthier, growth visible in photo comparison.

Prescription: Ignatia 1M, Natrum Mur 1M, 1 dose monthly each

9th month

Progress: Hair fall 5–10 strands/day, hair thinning persists at crown, dandruff mild.

Prescription: Ignatia 1M, Natrum Mur 1M, 1 dose monthly each

10th month

Progress: Hair fall 5–10 strands/day, scalp condition stable, hair density improved slightly.

Prescription: Ignatia 1M, Natrum Mur 1M, 1 dose monthly each

11th month

Progress: Hair fall 5–10 strands/day, dandruff powdery mild, scalp healthy, visible hair growth.

Prescription: Ignatia 1M, Natrum Mur 1M, 1 dose monthly each

12th month

Progress: Hair fall 5–10 strands/day, mild dandruff, hair density stable, patient reports better overall scalp and hair condition.

Prescription: Ignatia 1M, Natrum Mur 1M, 1 dose monthly each

## DISCUSSION & CONCLUSION

The patient, a young adult male, presented with chronic hair fall and hair thinning over the past 3–4 years, associated with oily scalp, mild dandruff, and psychosocial stress due to professional and personal circumstances. Despite multiple conventional interventions, including Minocam, Ketoconazole shampoo,

Minoxidil, mesotherapy, and various hair tonics, the patient experienced only partial improvement. Family history was non-contributory, with parents and sibling having good hair. Biochemical investigations revealed mild deficiencies in serum ferritin and vitamin levels, which were addressed with supplementation.

A holistic homeopathic approach was adopted using constitutional remedies Ignatia and Natrum Mur, guided by the patient's mental and physical generals, miasmatic predominance, and symptomatology. Over a 12-month follow-up, the patient showed gradual reduction in hair fall from 15–20 strands/day to 5–10 strands/day, improvement in scalp condition, and visible regrowth in the vertex and frontal regions. The patient reported improved mental well-being with reduced stress levels, alongside adherence to diet, meditation, and lifestyle modifications.

In conclusion, the case highlights the effectiveness of constitutional homeopathy, combined with lifestyle and nutritional support, in managing chronic hair fall with psychosomatic components. It underscores the importance of individualized treatment considering both physical and mental factors, resulting in improved hair density, scalp health, and overall quality of life.

### **The transformation**



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