

ISSN 2347-985X

HOMOEOPATHY THE FRIEND OF HEALTH

Volume 10 Issue 10 October 2022 Price ₹ 30



HOMOEOPATHY THE FRIEND OF HEALTH

CONTENTS

EDITOR -IN-CHIEF

Dr.N.V.Sugathan

ASSOCIATE EDITOR

Dr.Amar bodhi

EDITORIAL BOARD

Dr.Easwara Das

Dr. Girish S. Patel

Dr.Amiya Goswami

Dr.Saravanan.P.

Dr.Jaslin Edward.J

Dr.Winston vargheese

Dr.Manoj Narayan.V.

Dr.Suman Sankar.A.S.

Printed and Published by

Dr. N.V.Sugathan

Vasantham

Chitharal Post

Kanyakumari District

Tamilnadu - 629 151

Mob : 09443558786

Fax : 04651 279448

E mail: hfhjournal@gmail.com

Regional Office

A53, Allahabad Bank Apartments,

Mayur Kunj, New Delhi - 96

Views expressed by the authors are their own and does not necessarily reflect the views of Editor.

All disputes subject to kanyakumari district Jurisdiction only.

Editorial	4
Infertility and Homoeopathy	5
Healing Hair Loss with Holistic Science of Homoeopathy	12
A Cure Case of Alopecia: Anyone Can Be Confident With A Full Head Of Hair	19
Down syndrome: An Insight of the Disease with Homoeopathic Approach	21
Crossword	28

Dear Readers,
Please send your Articles, News, Suggestions,
Subscriptions & Advertisement for our Journal
E-Mail: hfhjournal@gmail.com; hfhsubscription@gmail.com

HEALING HAIR LOSS WITH HOLISTIC SCIENCE OF HOMOEOPATHY

DR. VAIDEHI BHATT

Assistant Professor, Department of Homoeopathic Pharmacy, Rajkot Homoeopathic Medical College, Panul University.

ABSTRACT

Hair fall is not just a cosmetic issue which concerns skin and hair. In most cases hair fall is due to an internal disturbance. There are medical conditions which cause secondary loss of hair as in, nutritional deficiencies, pregnancy, post fever, alopecia areata, hypothyroidism, sleep disorders, smoking, stress, dandruff etc. There is no improvement in the hair fall without treatment of the internal disturbance. Homoeopathy treats patient as a whole and not in parts which is why it restores total health of the patient, and hair loss is corrected easily and permanently. This article provides basic understanding of hair and homeopathic treatment options for hair fall.

Keywords:

Hair Loss, internal disturbances, Homoeopathy

INTRODUCTION

Hair fall is a condition where there is excessive loss of hair loss from the scalp. Hair fall is one of the most upcoming problems that affect the youth both men and women equally both physically in appearance-wise and emotionally. Usually, new hair replaces the lost hairs but not always because the hair loss may develop gradually over the months and years or with a sudden onset.

NORMAL HAIR CYCLE

Anagen (Growth phase: upto 85%hair this phase)

?

Catagen (Resting phase: upto 1% hair in this phase)

?

Telogen (Falling phase: upto: 15%hair in this phase)

TYPES OF HAIR FALL

There are mainly two kinds of hair fall,

Scarring: - the follicles are completely destroyed, it is called cicatrice or scarring hair loss.

Non-scarring hair loss: - the scalp seems normal with multiple empty hair follicles, it is called non-scarring hair loss

The Hair Loss Can Appear In Different Forms. They are:

- **Localised/Patchy Hair Loss/Small Area:**
 - *Alopecia Areata*: Small size patch on scalp usually grow in months. Coin sized. Usually regrow in 6 to 12 wks. Sometimes alopecia can affect hair on any other parts of the body such as beard, moustaches.
 - *Traction Alopecia*: Hair loss is due to repetitive persistent pulling force on hair roots
 - *Tinea capitis*: Hair loss is due to tinea infection. Affects school going children
 - *Trichotillomania*: Habit of someone voluntarily pulling at their own hairs, twisting them.
- **Diffuse Hair Loss:**
 - *Telogen Effluvium*: rapid shedding of hair after child birth, after fever, menopause, after attaining menarche, after losing weight suddenly.
 - *Androgenic Alopecia/Male Pattern Baldness*:- M shaped baldness found in adolescent boys, middle age group.
 - *Involutional Alopecia*: Natural condition in which the hair gradually thins with the age.
- **Total Loss**: Total loss of hair such as in alopecia totalis or permanent loss of hair due to scarring as in lichen planus of scalp.

ETIOLOGY

A hair loss can be due to various reasons:

- *Illness* – The hair loss usually increases after any acute illness.
- *Radiation therapy* – The use of radiations in cancer treatments also leads to increased hair loss in cancer patients.
- *Chemotherapy* – Certain drugs used in the cancer treatment, to kill the cancer cells, adversely affect the healthy cells, particularly hairs, thereby increasing the hair loss. However, after chemotherapy, hair re-growth can be seen.
- *Age* – The hair loss generally increases with age and can lead to either male pattern or female pattern baldness.
- *Genetics* – A family history of baldness can lead to hair loss in certain individuals.
- *Gender* – Females are more prone to hair loss due to various hormonal changes during puberty, post-delivery, and during menopause.
- *Severe emotional stress* – Emotional trauma or stress affects the hypothalamus and can cause certain hormonal imbalance leading to a hair loss.
- *Systemic illness* – Hyper/Hypothyroidism and Kidney disorders, can cause hair loss. Certain skin conditions, such as Lichen Planopilaris and Psoriasis, can also cause an increase in hair fall.
- *Rapid weight-loss* diets that severely restrict calories or protein increase hair loss. Also, nutritional deficiencies of certain nutrients, such as iron and zinc can increase hair loss.
- *Drugs which affects hair fall*: Blood Thinners, Birth Control Pills, Drugs used to treat Cancer, Medicines used to treat Blood Pressure, Cosmetic procedures such as straightening of hair, Chemical Irritants in Shampoos.

DIAGNOSTIC PROCEDURES FOR HAIR LOSS

- Hair Pull Test: To know no. of hair falling during pulling finger in hair.
- Video microscope hair examination: Scalp Condition (Dry, Oily, Scaly, etc.) TV Ratio (a ratio of terminal and vellus hair should be 90:10), Caliber (Thickness of hair).
- FBS
- ESR
- UREA & ELECTROLYTE
- LFT
- AUTO ANTIBODY PROFILE
- TPHA (Treponema pallidum haemagglutinin) test should be determine the cause of non-scarring alopecia.
- Biopsy scrapping sample taken from scalp skin
Blood tests
T3, T4, tsh
For women androgenic hormones like testosterone, prolactin, FSH
Serum iron, serum ferritin levels

DURATION OF THE TREATMENT

The initial improvement can be seen in 8 to 10 weeks. The treatment course depends on the patient and varies from case to case.

The duration of treatment depends on mainly:

- The severity of hair fall
- The extent of spread as in Alopecia areata.
- The duration of the Hair fall
- Associated systemic illnesses if any like Hyper/Hypothyroidism.
- The use of any chemical agents or medications, such as Steroids, Antihypertensive drugs, etc.

DIET FOR HAIR CARE

Hair is an important accessory structure of the skin that protects the scalp from injury and sun's rays. It also decreases the heat loss from the scalp.

A good nutritious diet along with exercise helps in maintaining the shine, health, and strength of hair.

- As hair is mainly made up of proteins, a protein diet that includes meat, fish, milk, cheese, eggs, yogurt, soybean, etc. is helpful.
- Good iron intake will ensure an adequate supply of oxygen to hair and help promote good hair growth. So, iron-rich foods, such as green leafy vegetables, dates, etc. should be included in your diet.
- Certain vitamins help in maintaining iron content and iron absorption. So, your regular diet should include a good source of folic acid and vitamin B12, such as Eggs, Soya, Walnuts, and chickpeas.
- Vitamin E helps in an increased uptake of oxygen, thus helps in providing nourishment to the hair. Vitamin E rich foods include green leafy vegetables, nuts, grains, vegetable oils, etc. So, add these vitamin E food sources to your diet.

- Along with the proper diet, hydration is equally important to ensure a good supply of nutrients to the hair follicles. So, an adequate intake of water is also important.
- Along with a healthy diet, the application of Hair oil and massaging the scalp will help in stimulating the hair follicles to some extent. This will help in initiating the growth cycle of the hair follicles.

HOMOEOPATHIC APPROACH

- Homeopathic medicines are individualized, selected based on the individual case history of the patient, by taking into consideration the cause like hormonal imbalance, nutritional factor, emotional stress, the nature of the patient, and other factors which may be acting as a maintaining cause in the hair loss.

Some Rubrics Helps in Treating Hair Loss

- Hair fall all over : SELENIUM
- Hair fall in children : baryta carb, nat mur
- Alopecia in climacteric period: LYCOPODIUM , SEPIA
- Hair fall after disease: CARBO VEG, LYCO, THALLIUM MET
- Hair fall due to dandruff: THUJA
- Hair fall after delivery: NAT MUR, SEPIA, PULS, CARBOVEG, LYCO, SULPH, NITRIC ACID
- Hair fall after fever like typhoid: FLOURIC ACID
- Hair fall handfuls in : PHOS
- Hair fall due to injury : HYP
- Hair fall nursing during: NAT MUR
- Hair fall during pregnancy LACH
- Alopecia spots: NAT MUR, PHOS, FLOURIC ACID, CANTHARIS
- Hair fall with graying: LYC, SILICEA, ACID PHOS, KALI IOD.
- Thick hair: ANT CRUD, GRAPH, LYC
- Hair cutting refuses in children: CINA

Miasmatic Diagnosis

Psora

- The skin usually dry, rough and unhealthy and discharges are scanty.
- The diseases having itching, burning sensation.
- The lesion with irritation inflammation and due to hypersensitivity reaction are psoric.

Sycosis

- The characteristic sign are infiltrations, indurations and overgrowth.
- The pain may be intense.
- The discharges are having pungent and fishy odour.
- The skin may be thickening, scales, dark discolouration, warts moles naevi and hair growth.

Syphilis

- The lesions of syphilis are characterized by granulation, degeneration and ulceration.
- There are no sensation of pain and itching or agonising pain < night is syphilitic in nature.
- The discharges are very offensive, foul and putrid.
- The eruptions may have brownish red or copper colour spots and tendency for easy ulceration.

Tubercular/Pseudo-psora

- It is mixed presentation of psora and syphilis.
- The specific lesions are tubercles, fibrosis and suppuration.
- The pain are neuralgic, sharp piercing and twisting.
- The discharges are purulent, yellow bloody or musty.
- The skin may be translucent, fine, smooth having tendency of bruises and bleed easily.

HOMOEOPATHIC TREATMENT OF DIFFERENT TYPE OF ALOPECIA**1. Alopecia Areata:-**

- In case lesions of Alopecia areata continue to increase in size or in number or if hair have not regrown in any even after three months.
- Such cases should be treated immediately.
- Syphilinum & Ustilago have been used for ALOPECIA TOTALIS and UNIVERSALIS.

2. Telogen effluvium or Diffuse Alopecia:-

- The patient should be encouraged to clean the hair regularly with shampoo.
- Cal.carb., Cantheris Carbo.veg., Lyco., Nat.mur., Sepia., Sec.cor., Sulpher are used in cases of falling hair after pregnancy and parturation.
- Ars. & China are used in cases due to surgical shock and after haemorrhage respectively.
- Nat.mur & Phos.acid are used in cases with mental stress.
- A nosode Typhoidinum can be used in cases of typhoid fever.

3. Androgenic Alopecia or (Male pattern baldness):-

- Ancardium., Bac.carb., fluoric.acid., Graph., Phos., Silicea and Nat.mur., have been used for treatment for Male pattern baldness.
- All these drugs are given on the basis of constitution of patient.

4. Traction Alopecia:-

- Main steps of treatment lies in correction of hair styles to reduce traction on the hair.
- The early stage changes revert back after correction, however, scarring hair does not regrow.

5. Trichotillomania (Traumatic) or hair pulling Tics:-

- Usually the patient is treated psychologically through repeated assurances and explanation
- In a few cases who do not respond, psychiatric advice is essential.
Bell., Lechesis., Lil.tig and Tarentula are useful.

6. Premature greying:-

- Greying of hair is physiological manifestation of the old age which has no treatment expect dyeing.
- However many individual have been seen developing grey hair during their teens or even in childhood.
- Thought it is entirely a cosmetic problem, it has been seen having psychological effect on the individual.
- However Lyco., Graph., Phos., Phos.acid., Silicea., Sul.acid., Psorinum., & Ars. alb can be tried in cases of premature greying.

THERAPEUTICS OF HAIR LOSS

Some common medicine discussed below.

1. **Acid fluor:** - Itching of the head and falling to the hair after fever. Large patches entirely denuded of hair. New hair dry and break off. Often hair matts at the end. Baldness.
2. **Arsenic:**-Touching of hair is painful .Bald patch at or near the forehead & sides. Scalp cover with dry scabs and scales. Looking rough and dirty. Extending to forehead, face and ear. Brittle and stiff hair .Dandruff.
3. **Arnica:**-Improve the blood circulation to the hair root. OThis is turn hair fall and promotes hair growth. It enriches the scalp with nutrients which help to cure and control dandruff. It is natural scalp coolant and hence prevents scalp disease.
4. **Baryta carb:** - Hair fall from vertex and moustache. Baldness especially on crown in young people. Scalp very sensitive to touch agg. From scratching & touch.
5. **Borax:** - Hair rough and horny. Tangles at tips, sticks together. If bunches are cut they reform. Hair can't be combed smooth-especially occiput, sides and vertex. Temples. Beared, nostrils.
6. **Cal carb:** - Hair fall out especially when combing especially during confinement. Dryness of hair, great sensitiveness of scalp with yellow or white scabs on scalp. Sensation of coldness of outer head.
7. **Carbo veg:**-Falling out of hair after severe disease. Abuse of mercury with great sensitiveness of scalp to pressure. Hair fall out more on back of head, after severe illness or parturition. Hair fall worse from warmth of head, cold sweat on forehead.
8. **Graphites:**-Even the on the sides of the head, vertex and nostrils falls out. Dry, tangled, matted or brittle hair. Perspiration of scalp, greying of hair .Dandruff, like milk crusts.
9. **Kali carb:**-Alopecia after nervous fever. Dry brittle hair, rapidly falling off from eyebrow, temples, beard, moustache and sides with much dandruff. Greying of hair.
10. **Lycopodium:** - Hair fall from temples and vertex. Hair becomes grey early; hair fall off after abdominal disease. After parturition, with burning scalding, itching of the scalp. Especially on getting warm from exercise during the day. Dandruff.
11. **Mancinella:**- Losing of hair after severe acute disease.
12. **Nat mur:** - Hair fall after nursing. Hair fall out if touch: mostly on forepart of head, bregma moustache, temples and beard. Scalp very sensitive; face shining as if greasy .Dandruff on occiput.
13. **Nitric acid:** - Hair fall from beard and vertex.
14. **Phosphoric acid:** - Hair fall after grief, anguish and debility especially from sides. Gnawing grief changes hair of the young to grey. Dry greasy and fluffy hair. Hair fall from the sides.
15. **Phosphorus:**-Hair fall after mental emotion or sickness. Round patches on scalp completely deprived of hair .Falling of hair in large bunches on the tufts, occiput, forehead and on the sides

above the ear. The roots of hair seem to be dry. The denuded scalp looks clear white and smooth. Dandruff copious, fall out in clouds. Itching of the scalp.

16. Selenium: - Hair fall off when combing, also of eyebrows, whisker, vertex eyelashes and genital. Tingling itching on scalp. Which feel tense and contracted. Does not want hair touch.

17. Sepia: - Hair fall after chronic headaches and menopause. Especially from vertex and occiput, worse when combing. Itching of root of hair.

18. Staphisagria: - Hair fall out mostly from occiput and around the ear. Hair pulls out without pain after the slight effort. Eruption humid, fetid and dandruff on scalp.

19. Sulphur: - Hair fall after parturition. Hair fall from occiput and eyelashes. Dandruff, hair dry, falling of scalp sore to touch, itching violently agg when getting warm in the bed and washing. Hair grey, offensive, dry, cold and hard.

20. Syphilinum: - Hair fall out after syphilis, in circles from heard and scalp.

21. Thuja: - White scaly dandruff; hair dry and falling out. Hair fall after headache, from vertex. Dry or greasy hair, lustreless and split. Grey hair.

22. Thyroidinum: - Premature greying of hair.

23. Vinca minor: - Hair fall out in single spots and white hair grows there; spot on head oozing moisture, the hair matted together. Bald patches covered. Itching of scalp.

24. Wiesbaden: - Hair falls and grows rapidly. Hard, brittle and lustreless hair.

Several such remedies can be prescribed for hair loss problem. It is essential to understand the cause of the problem before starting any homeopathic remedies. A well well-experienced homeopath would be able to understand the issue and prescribe the correct remedy for the same.

CONCLUSION

The homeopathic medicines are one of the best medicines available for the treatment of hair loss in both men and women. By using homeopathic medicines the other treatment like Laser comb hair therapy, HVT, MESO, STEM cell etc. can be avoided. If the continues dosages of homeopathy is prescribed and the recovery is monitored than the hair loss can be cured

REFERENCES

- Journal of the American Academy of Family Physicians, July 2003
- Dictionary of Practical Materia Medica, Clarke J.H.
- Pocket manual of Homoeopathic Materia Medica, Boericke W
- Practical Homoeopathic Therapeutics, Dewey
- Synthesis Repertory
- Schwabe India's CME on Alopeci