



**Comprehensive Advanced Specific Summarised Studies
-For Homoeopathy Science (CASS Studies)
An Official Publication of Bureau for Health & Education Status Upliftment
(Constitutionally Entitled as Health-Education Bureau)**

Exploring Homeopathic Approaches for Alopecia Areata: Nurturing Hair Regrowth Naturally

Dr. Disha Singh¹, Dr. Bharat Sharma², Dr. Neeta Sharma³, Dr. Zunnun Ali⁴, Dr. Gaurav Gupta⁵, Dr. Iltika Khatri⁶

1. **M.D. (Hom.)**, HoD and Associate Professor, Department of Organon of Medicine, University College of Homoeopathy, Kekri (Raj.)
2. **M.D. (Hom.)**, HoD and Assistant Professor, Department of Pathology and Microbiology, University College of Homoeopathy, Kekri (Raj.)
3. **M.D. (Hom.)**, HoD and Associate Professor, Department of Surgery, University College of Homoeopathy, Kekri (Raj.)
4. **Ph.D., M.D. (Hom.)**, HoD and Associate Professor, Department of Homoeopathic Materia Medica, University College of Homoeopathy, Kekri (Raj.)
5. **M.D. (Hom.)**, HoD and Assistant Professor, Department of Forensic Medicine & Toxicology, University College of Homoeopathy, Kekri (Raj.)
6. **M.D. (Hom.)**, Assistant Professor, Department of Homoeopathic Materia Medica, University College of Homoeopathy, Kekri (Raj.)

Email Id: serviceheb@gmail.com

ABSTRACT:

Alopecia” is a medical term for hair loss or baldness, and “areata” means that it occurs in small, random areas. Alopecia areata is a condition where there is a loss of a patch of hair from some or all parts of the body. The balding patterns linked with this disorder are generally small, round hairless patches on the scalp. The hair loss might also happen as an overall thinning, as opposed to visible bald patches. In severe cases, an individual might lose all the hair on her or his scalp and body. Balding can go and come, you may experience loss of hair in one area, then hair begins to increase again, only to start losing hair in another area. Homeopathy, a holistic medical system, focuses on treating the individual as a whole, considering physical, emotional, and mental aspects. Homeopathic remedies for alopecia areata aim to stimulate the body's natural healing mechanisms, promoting hair regrowth and addressing underlying imbalances. Homeopathic treatment for alopecia areata involves individualized assessment and remedy selection based on the person's unique symptoms and constitution. Additionally, lifestyle modifications and dietary changes may complement homeopathic remedies to support overall health and hair regrowth.

Keywords

Alopecia Areata, Homoeopathy, Holistic approach, constitution, unique symptom

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Website: <https://heb-nic.in/cass-hom/>

Received on 25/05/2024

Accepted on 01/06/2024

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