



A Case Report From “A Study to Evaluate the Efficacy of Pix Liquida For Individuals Suffering from Alopecia Areata”

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ABSTRACT

Alopecia areata is an auto immune disorder of non-scarring type of Baldness. It is commonly known as patchy baldness. Alopecia Areata is an auto-immune disorder which is self-occurring without presence of any obvious cause. A male patient aged 26 years consulted for Alopecia Areata. Patient treated with homoeopathic medicine Pix Liquida. Severity of Alopecia areata assessed with the Severity of Alopecia Tool (SALT) score. Patient recovered after the Homoeopathic treatment administered. The severity of Alopecia tool (SALT) was developed as a standardized method for the measurement of scalp hair loss.

Keywords: Alopecia Areata, Autoimmune, Homoeopathy, Pix Liquida, Severity of Alopecia Tool (SALT) score

INTRODUCTION

Alopecia areata is a non-scarring variety of alopecia that manifests itself as a patchy, confluent, or diffuse pattern of hair loss. In the majority of patients, hair loss from the scalp is noticed but some other parts of the body may show signs of involvement. Alopecia Totalis, which affects the entire scalp, and Alopecia universalis, which affects the entire epidermis, can occur in 1-2% of cases. With a 1.7% lifetime risk and a reported incidence of 0.1-0.2%, both men and women are equally impacted by Alopecia Areata.

The strongest correlation is found in relation to autoimmunity.

The fact that Alopecia Areata can develop in conjunction with other autoimmune diseases such as vitiligo, lichen planus, morphea, atopic dermatitis, Hashimoto's thyroiditis, pernicious anemia, and diabetes mellitus lends support to this theory. According to more recent reports, patients with Alopecia Areata had significant rates of mood, adjustment, depressive, and anxiety problems. It has long been believed that this aspect of psychiatric illness can cause and result into alopecia areata. [1]

Furthermore, rheumatoid arthritis, type 1 diabetes, and celiac disease are among the autoimmune disorders with which Alopecia Areata has genetic risk factors. It can be a singular sign of celiac disease. [3]

Alopecia areata's precise cause is still unknown. Along with unidentified environmental factors, recent research supports an autoimmune reaction to hair follicles. One environmental component that has been suggested to play a role in the development of alopecia areata is psychological stress. [5]

Patients with alopecia are more likely to feel despair and anxiety, and their rates are comparable to those of other long-term skin disorders. Stressful events are commonly experienced by alopecia areata sufferers, and they do so at a rate that is almost twice as high as that of healthy people. The pathophysiology of Alopecia Areata may be significantly impacted by stress and associated oxidative stress. [4]

HAIR GROWTH-HAIR LOSS CYCLE

Hair follicles grow in cycles. Each cycle consists of a protracted growing phase i.e. anagen, a short transitional phase i.e. catagen, and a brief resting phase i.e. telogen. At the end of the resting period, the hair falls out i.e. exogen, and a new hair grows in the follicle, restarting the cycle. The lengths of the three stages vary greatly, with the duration of the anagen determining the type and length of hair generated. Every day, around 100 strands of hair reach the end of their resting phase and fall out. Hair loss in non-scarring Alopecia, such as alopecia areata, is mostly caused by a disruption in hair follicle cycle. It is suggested that in Alopecia Areata, an unexplained trigger initiates an autoimmune lymphocytic attack against the hair bulb.[1]

ETIOLOGY

The exact cause of Alopecia Areata remains unknown. Numerous hypotheses are presented. Epidemics of Alopecia Areata reported from orphanages and schools suggested to an infectious cause. The viral etiology was initially hypothesized, but subsequent study did not substantiate it. The presence of Alopecia Areata in monozygotic twins, as well as a significant family history of Alopecia Areata over several generations, demonstrates that Alopecia Areata can be inherited. Alopecia Areata afflicted 4-28% of families, and polygenic inheritance was proposed. Functional gene alleles that code for autoimmunity, specifically Alopecia Areata, are described in Alopecia Areata people.

In addition to genetic predisposition, various triggering components such as stress, hormones, food, infectious agents, vaccines, and many others have been implicated in the pathogenesis of Alopecia Areata. Stress is considered one of the causes, however controlled research have not confirmed this. Emotional trauma from a family death or an accident has been described as triggering factors in specific cases, but no controlled studies have been conducted to prove this. Iron deficiency was observed in 24-71% of females with Alopecia Areata.[2]

A CASE REPORT

CHIEF COMPLAIN

A Patient aged 26 years male consulted first time on 03-04-'23 for the complaint of Alopecia Areata, i.e. Loss of hair from circular patch of scalp region since 10 months. Bald Patch was located at the Posterior scalp. Patient have occasional eruptions, especially on backs side of hands since 2 years. which itch intolerably at evening and at night. Eruptions also bleeds when scratched. At the time of consultation patient do not have any eruption at the back of the hand.

Patient was completely conscious and oriented. Patient do not suffer from any other coexisting comorbidities. Patient was suffering from presenting complaint of hair loss from one patch of scalp since ten months. Onset of the presenting complain was sudden before 10 months without any prior changes. Loss of hair was visible from the patch. No any history of injury to that part. The area of the patch is not gradually increasing or decreasing as described by the patient. Patients do not experience any burning sensation at the area of the bald patch. Patients do not experience any itching sensation at the area of the bald patch. No oozing discharge was noticed nor even experienced by the patient from the affected area of the scalp. The patient do not experience any other altered or peculiar sensation at bald patch. The patient was otherwise healthy without any other changes in the skin and nail. Other hair bearing areas of his body do not show any changes and patient do not experience and notices falling of hair from other sites of body.

- **Treatment taken:** No any treatment taken for the presenting complaint previously.
- **Past Illness:** No history of any major or critical past illness.
- **Co-morbidities-** No any other comorbidities.
- **Family History:** Brother: Asthma.
No any family History of Alopecia Areata or any other autoimmune disease.
- **Appetite:** Good
- **Thirst:** 9-10 Glasses/Day
- **Urine:** Regular, Normal
- **Stool:** Regular, Normal
- **Sleep:** Regular, Sound
- **Perspiration:** Moderate, Generalized
- **Likes:** Spicy Food
- **Dislike:** Not Specific

Local examination:

- Localized Circular bald patch present at the Back of the scalp i.e., at Occipital region.
- Bald Patch does not show any signs of injury.
- Skin at the area of the bald patch did not show any change in the color compared to patient's skin.
- On examination area of the bald patch was non tender.
- The skin of the bald patch was not showing any rise of temperature.
- There was not any burning sensation in the area of the bald patch.
- There was not any itching sensation at the area of the bald patch.
- No oozing discharge was present.

Personal History:

Patient is Talkative and Expressive in nature He is curious too. Likes to watch Suspense and court room serials as well movies of the same kind. Generally enthusiastic towards work, but due to some reason lost his previous job 11 months ago. He is experiencing loss of hair in patch afterwards. He was very happily involved

with his previous work. He also likes current work, gives his full attention in present job but his mind suffering with accommodation.

Totality of symptoms:

1. Talkative and Expressive
2. Loss of hair from one circular patch from posterior scalp
3. Loss of hair from one circular patch from posterior scalp since 10 months
4. Occasional eruptions at the back of hand
5. Positive inclination towards work
6. Enthusiastic nature
7. Likes to watch suspense Serials and movies
8. Likes Spicy food.

Patient prescribed with Homoeopathic medicine PIX LIQUIDA 30 C one dose at the time of first consultation.

First Prescription/ Follow up	Complain at the time of consultation/ Follow up	Homoeopathic Medicine prescribed with Dose and Duration
First Prescription (03-04-'23)	Presenting complain of Alopecia Areata at Posterior scalp	Pix Liquida 30 C one Dose, Rubrum (Placebo) bd for 15 days
1 st follow up (18-04-'23)	No any improvement seen	Rubrum (Placebo) bd for 15 days
2 nd Follow up: (03-05-'23)	No any Improvement seen	Pix Liquida 200 C one dose, Rubrum (placebo) bd for 15 days
3 rd Follow up: (18-05-'23)	Mild Improvement seen. Tiny hair growth started appearing at the bald patch	Rubrum (placebo) bd for 15 days
4 th Follow up: (03-06-'23)	Good Improvement seen. Same tiny hair growth present at the bald patch with mild further improvement.	Rubrum (placebo) bd for 30 days
5 th Follow up: (03-07-'23)	Good Improvement seen. Good amount of hair appeared at the bald patch. Amount of hair increased compared to previous follow up.	Rubrum (placebo) bd for 30 days
6 th Follow up: (03-08-'23)	Good Improvement seen. Good amount of hair present same as previous follow up.	Rubrum (placebo) bd for 30 days
7 th Follow up: (04-09-'23)	Good Improvement seen. Normal density of hair appeared as compared to rest of the scalp. Bald patch covered with normal density of the hair.	Rubrum (placebo) bd for 30 days
8 th Follow up: (04-10-'23)	Good Improvement seen. Normal density of hair appeared as compared to rest of the scalp. Bald patch covered with normal density of the hair.	Rubrum (placebo) bd for 30 days

SALT Score before and after administration of Homoeopathic medicine Pix Liquida

NO.	DUARATION AT WHICH SCORE EVALUATED	SALT SCORE
1	SALT score at first consultation	4.8
2	SALT score at the 4 th Follow up	3.6
3	SALT score at the 8 th Follow up	0



Discussion:

Patient thoroughly evaluated as per the laws and principles of Homoeopathy. Homoeopathic medicine Pix Liquida was given in 30C potency after the first consultation. Homoeopathic medicine Pix Liquida kept constant as the treatment of the patient as and when required, as the study aimed with treatment of the Alopecia Areata with single medicine i.e. Pix Liquida. After one month duration of treatment potency of the Pix Liquida changed from 30 C to 200 C as there was no any significant improvement seen. Followed by it Patient gradually started improving from 3rd Follow up. From the 4th Follow up patient showcased signs of good improvement. Patient evaluated for the duration of the six months. For First four follow up i.e., up to 60 days patient evaluated at the interval of 15th day. Afterwards the patient is evaluated at an interval of 30 days. Thus, Patient evaluated for the 6 months i.e., for 180 days. Improvement in the bald patch was analyzed by SALT score. SALT score also showed the zero value by the 180th day Follow up, which is indicative of absence of Alopecia Areata. After treatment duration of 6-month patient showed improvement. This also indicated the efficacy of Homoeopathy and homoeopathic medicine Pix Liquida in regard to patient's condition.

Conclusion:

In cases of autoimmune diseases like Alopecia areata homoeopathic medicines can bring out results only after careful administration of the medicine and evaluation during the periods of follow up. Thus, Homoeopathy is able to reverse the sick patient to a healthy state. Case discussed here shown improvement in his prevailing condition which also suggest efficacy of Homoeopathy and homoeopathic medicine Pix Liquida. Severity of alopecia tool widely known as SALT score is used to assess the severity of the Alopecia Areata. SALT score found to have helpful tool for assessing severity of Alopecia Areata as it suggests increase or decrease in severity of Alopecia significantly. This case showed a positive role of Homoeopathy in treating Alopecia areata.

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