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REVIEW ARTICLE

TELOGEN EFFLUVIUM HAIR LOSS AND ITS HOMOEOPATHIC APPROACH

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Abstract

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Telogen effluvium is the common cause of temporary hair loss due to the excessive shedding of resting or telogen hair after some shock to the system. Homoeopathy always use the holistic approach in every disease conditions, considering the man as a whole, on every dimension of his health. TE mainly provoked by stressful condition, in Homoeopathy we treat the person physically as well as mentally also. This article helps us to evaluate the homoeopathic therapeutics in TE with repertorial approach also.

INTRODUCTION

Telogen effluvium (TE) is one of the most popular alopecia in women, provoked by stressful events, trauma, illness, malnutrition, hormonal imbalance, and drugs. The pattern of hair loss in TE is diffuse, without scars, and involves less than half of the hair. It occurs 2–3 months after the stressful condition, and it is

occasionally self-limiting. TE could be chronic if it lasts more than 6 months. The patients who suffer from TE are anxious and usually worry about their hair. Therefore, TE has a dramatic impact on their psychological health and mind.¹ TE results from an abnormal hair cycle in which the growing phase decreases, and follicles enter the telogen phase

prematurely. Therefore that leads to increased shedding within months.¹ The psychological impact of hair and skin disorders on patients' quality of life and satisfaction is remarkable, resulting in subsequent anxiety and depression.^{1,2}

The normal hair follicle activity is cyclical, consisting of anagen (hair growth phase); catagen (involution phase); telogen (dormant phase); and exogen (release phase occurring in late telogen or early anagen).¹ A telogen hair remains in its follicle for up to 4-6 weeks after the onset of anagen. This cycle results in the replacement of every hair on the scalp every 3-5 years, with individual follicles undergoing 10-30 such cycles in a lifetime.^{1,2} . An average normal scalp has 100,000 hairs, with approximately 86% being in anagen, 1% in catagen, and 13% in telogen.¹ With TE, the ratio shifts to 70% anagen and 30% telogen, with daily shedding of up to 300 hairs.¹

INVESTIGATION

Detailed history and clinical examination helps to detect the cause of TE. If not, a minimum battery of laboratory tests should be performed, which includes complete blood count, urine analysis, serum ferritin and T3, T4, thyroid stimulating hormone (TSH) .⁴

TREATMENT

Stress is one of the major contributing factors for telogen effluvium. There is no specific therapeutic intervention which could prevent stress induced premature onset of catagen.⁴ Psychological counselling being the least invasive and easy to address the psychosocial impact, is considered as the best and safest treatment.⁵

Acute Telogen effluvium-

Acute telogen effluvium is defined as hair shedding lasting for less than six months. Generally, hair loss occurs two to three months after the trigger exposure. In around 33% of the cases, the cause remains unknown¹ Acute telogen effluvium usually undergoes remission in around 95% of cases. On examination of those with resolved effluvium, there is an appearance of shorter, re-growing frontal hair. Such hair can be seen in a large quantity using videodermoscopy .^{1,2}

Chronic Telogen effluvium-

Chronic telogen effluvium is a condition lasting for more than six months. The disorder mostly affects middle-aged women, having a prolonged fluctuating course. The examination of the scalp shows hair having normal thickness with signs of shorter re-growing hair in the frontal and bitemporal areas.

Causes of Telogen Effluvium-

Drugs	Physiological Stress	Medical Conditions
<p>Drugs that can cause telogen effluvium include Oral contraceptive pills</p> <ul style="list-style-type: none"> • Androgens • Retinoids, • Beta-blockers, • ACE (angiotensin-converting enzyme) inhibitors, • Anticonvulsants • Antidepressants • Anticoagulants (heparin) ¹ 	<p>Increased physiological stress such as surgical trauma, high fever, chronic systemic illness, and haemorrhage can cause telogen effluvium .Childbirth can also cause excessive hair to enter the telogen phase.¹</p>	<p>Both hyper- and hypothyroidism.¹ Chronic systemic disorders such as systemic amyloidosis, hepatic failure, chronic renal failure, inflammatory bowel disease, and lymphoproliferative disorders can also cause telogen effluvium.</p> <p>It is also reported in some autoimmune diseases including dermatomyositis, chronic infections such as HIV, and secondary syphilis. Inflammatory disorders such as psoriasis and seborrheic dermatitis can also lead to diffuse telogen hair loss .</p>

HAIR FALLING RELATED RUBRICS IN DIFFERENT REPERTORIES-

<p>Hair -Falling-</p> <p>Abdominal disease after-(1)-LYC</p> <p>Bunches in-(1)-PHOS</p> <p>Children in -(1)-Arund</p> <p>Typhoid fever-(1)FL – AC</p> <p>Hysteria with-(1)LYC</p> <p>Injury from-(1)-hyper²</p>	<p>Head-Hair falling</p> <p>Chronic-(2)-Carb-an, Carb-v.</p> <p>Combing the hair when-(3)-canth, tritic-vg, vanil.</p> <p>Delivery after-(15)-Bell, Calc, Canth, Carb-v, hep, LYC, Nat-m, Nit-ac, plat, Puls, Sep, sil, SULPH, verat, zinc.</p> <p>Grief from-(9)-caust, coloc, graph, ign, lach, lyc, nat-m, Ph-ac, staph.</p> <p>Handfuls in- (14)-Canth, carb-v, hep, Iod, lyc, Mez, petr, PHOS, rein, sulph, syph, thal, thal-xyz, THUJ</p> <p>Menopause-(4)-hypoth, lyc, phos, Sep</p> <p>Pain in head with-(3)-ant-c, nit-ac, sil²</p>
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<p>HEAD-HAIR -FALLING-(94)</p> <p>alum, am-c, Am-m, Ambr, Ant-c, ant-t, apis, Ars, ars-I, Arund, asc-t, AUR, Aur-m, aur-m-n, aur-s, Bar-c, bell, bov, bry, bufo, Calc, Calc-p, cal-s, Canth, Carb-n, CARB-V, CARBN S, carl, caust, Chel, chin, chlol, colch, con, cop, Elps, ferr, ferr-ar, ferr-m, ferr-p, FL-AC, Form, glon, GRAPH,, hell, Hep, iod, Kali-ar, Kali-bi, KALI-C, Kali-I, Kali-n, Kali-p, KALI-S, Kreos, LACH, LYC, Mag-c, manc, Merc, Merc-c, Mez, naja, nat-c, NAT-M, nat-p, NIT-AC, nuph, oena, op, osm, Petr, ph-ac, PHOS, plb, psor, rhus-v, sanic, sars, sec, Sel, SEP, SIL, Staph, sukl-ac, SULPH, syph, tab, tep, THUJ, tub, ust, vesp, Zinc.</p> <p>Grief from-(1)-Ph-ac</p> <p>Handfuls, in- (4) lyc, Mez, PHOS, sulph</p> <p>Menopause-(1)-sep</p> <p>Parturition, after-(8)Calc, Canth, Carb-v, LYC, Nat-m, Nit-ac, Sep, SULPH</p> <p>Pregnancy during-(1)LACH²</p>	<p>Head-Hair Falling-(25)</p> <p>alum, Ars, ars-s-f, aur, Calc, carb-v, fl-ac, GRAPH, hell, Hep, Kali-c, Kali-s, lach, Lyc, nat-m, nit-ac, PHOS, sep, sil, staph, SULPH, thal, thuja, thyr, Ust.</p> <p>Children in -(1)- nat-m</p> <p>Combing, when-(1)- canth</p> <p>Fever after-(1)- fl-ac</p> <p>Handful, bunches in -(5)carb-v, mez, Phos, syph, thal.</p> <p>Headache after-(5)ant-c, hep, nit-ac, sep, sil.</p> <p>Illness severe after-(3)-carb-v, manc, thal</p> <p>Itching of head with-(1)-ant-c.</p> <p>Lactation during-(1)-Nat – mur</p> <p>Pregnancy after-(1)-Lach</p> <p>Rapidly-(1)-thal.²</p>
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Therapeutic approach

Treatment should never be done on only the name of disease conditions but with the individualization of case. With following medicine taken from different Materia Medica, the general features of the medicine must be kept in mind. Only then the treatment will be fruitful.

1. **Alumina:** Hair falls from all over body including lashes. Denuded

appearance of scalp. Itching and numbness of scalp. Dandruff.

2. **Ammonium mur:** Large accumulation of brain like scales, with falling off of the hair, which has a deadened and lustreless of appearance, with great itching of the scalp.
3. **Antimonium crud:** Losing hair from nervous headaches. Itching of the head.

4. **Arsenicum album:** Touching the hair is painful; bald patches at or near the forehead, bregma, sides, scalp covered with dry scabs and scales, looking rough and dirty extending sometimes even to forehead, face and ears. Brittle and stiff hair. Dandruff.
5. **Calcarea carb:** Hair falls out, especially when combing; dryness of hair; great sensitiveness of scalp, with yellowish or white scales on scalp; sensation of coldness of outer head.
6. **Cantharis:** Hair falls out in bunches, spots when combing, especially during confinement and lactation; scales on scalp, enormous dandruff, stiff hair.
7. **Carbo veg.:** Falling out of hair after severe diseases or abuse of mercury, with great sensitiveness of scalp to pressure; hair falls out more on back of head, after severe illness or parturition. Hair fall worse from warmth of head, cold sweat on forehead.
8. **Fluoric acid:** Hair fall after syphilis,, fevers. Large patches entirely denuded of hair, dry and breaks off; must comb the hair often; it mats so at the end; baldness. Hair in tangles, congestion of blood to the head.
9. **Lachesis:** Hair falls after parturition. Hair falls out here and there - vertex, occiput, bregma leaving bald spots.
- Scalp sore and sensitive. Alopecia from headaches, caused by concussion of the brain. Falling of hair after injury. Hair fall in bunches stiff hair. Alopecia after nervous fevers; dry brittle hair, rapidly falling off from eyebrow, temple, beard, moustache and sides with much dandruff. Hairfall especial in pregnancy. Sensitive scalp. Does not want hair touched.
10. **Lycopodium:** Hair falls from temples and vertex. Hair becomes grey early; hair falls off after abdominal diseases; after parturition, with burning, scalding, itching of the scalp, especially on getting warm from exercise during the day. Dandruff.
11. **Natrum mur:** Hair fall after nursing. Hair falls out if touched: mostly on forepart of head, bregma, moustache, temples and beard; scalp very sensitive; face shining as if greasy. Dandruff on occiput.
12. **Phosphoric acid:** Hair falls after grief, anguish and debility especially from sides. Gnawing grief changes hair of the young to grey; Dry, greasy and fluffy hair. Hair falls from the sides.
13. **Phosphorus:** Hair falls after mental emotion or sickness. Round patches on scalp completely deprived of hair;

falling off the hair in large bunches on the tufts, occiput, forehead and on the sides above the ears; the roots of the hair seems to be dry; the denuded scalp looks clear white and smooth; dandruff copious, falls out in clouds. Itching of the scalp.

14. **Selenium:** Hair falls off when combing, also of eyebrows, whiskers, vertex, eyelashes and genitals; tingling, itching on scalp, which feels tense and contracted. Does not want hair touched.
15. **Sepia:** Hair fall after chronic headaches and menopause especially from vertex and occiput, worse when combing. Itching of root of hair.
16. **Silicea:** Premature baldness, itching of scalp or of vulva before menses. Hair falls from vertex, occiput, bregma beard and nostrils after headaches or parturition.
17. **Staphisagria:** Hair falls out, mostly from occiput, eyelashes, sides and around the ears, with humid, foetid eruption or dandruff on the scalp. Hair pulls out without pain after the slightest effort; offensiveness. Head lice.
18. **Syphilinum:** Hair falls after parturition. Hair falls from occiput and eyelashes. Dandruff, hair dry, falling off, scalp sore to touch, itching violently < when getting warm in bed

and washing. Hair grey, offensive, dry, cold and hard. Hair falls out after syphilis, in circles from heard and scalp.

19. **Thallium:** Hair falls after excessive perspiration of scalp and after acute exhausting diseases.
20. **Thuja:** White, scaly dandruff; hair dry and falling out. Hairfall after headache, from vertex.

CONCLUSION

This review gives a wide view in approach of Telogen effluvium with the scientific homoeopathic medicinal system. Homoeopathy has wonderful effect on hair falling, not only it help at the physical plane by stimulating regrowth of hair but it boosts up the patient as a whole by its action on mental plane, Homoeopathy works on two principles. It cures the cause from the root & not merely the symptom. It works holistically taking into account the state of patient physical, emotional & physiological strengthens the immune system.

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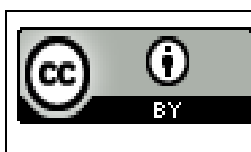
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