



# Reversing Premature Graying of Hair with Homoeopathic Intervention: A Case Study

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## KEYWORDS

Graying, Hair, Intervention, Premature, Reversing, Sulphur.

## ABSTRACT

Graying of hair, also known as canities or achromotrichia, is a common phenomenon associated with the natural aging process. This aesthetic concern can significantly impact an individual's self-esteem. This case study presents the clinical profile of a 22-year-old male patient who had been experiencing premature graying of hair for six years, without any history of itching or hair loss on the scalp. Despite being an autoimmune condition, the patient's condition showed remarkable improvement with conventional system of medicine, specifically through individualized Homoeopathic Medicines. In this case, a single dose of Sulphur 1M was prescribed, resulting in a remarkable 95% recovery of gray hair during follow-up. This case serves as a compelling example of the effectiveness of Homoeopathic Intervention in reversing premature graying of hair. The findings suggest that personalized Homoeopathic treatment can offer a promising approach for individuals seeking to address this cosmetic concern and boost their self-confidence. Further research in this field may provide valuable insights into the mechanisms behind such interventions and their potential applications in dermatological care.

## INTRODUCTION

The phenomenon of premature graying of hair, scientifically termed canities or achromotrichia, is a condition that has captured the attention of individuals worldwide. While graying hair is a natural consequence of aging, its early onset can significantly impact an individual's self-esteem and overall well-being. In recent years, the pursuit of effective interventions to reverse premature graying has led to the exploration of various treatment modalities, including traditional and alternative approaches.

Among these approaches, Homoeopathy has emerged as a promising and holistic system of medicine that seeks to address health concerns by stimulating the body's inherent healing mechanisms. This case study delves into the clinical profile of a 22-year-old male patient who

presented with a six-year history of premature graying of hair, devoid of associated symptoms such as itching or hair loss on the scalp. Notably, despite being an autoimmune condition, the patient's condition exhibited significant improvement through the administration of individualized Homoeopathic Medicines.

This case study shines a spotlight on the efficacy of Homoeopathic Intervention in reversing premature graying of hair, with particular attention to the use of Sulphur 1M as a therapeutic agent. The results of this intervention, leading to a remarkable 95% recovery of gray hair during follow-up, underscore the potential of Homoeopathy as a valuable approach in addressing this aesthetic concern.

In the context of an increasingly health-conscious society, where the desire to maintain youthful appearances is prevalent, this study highlights the importance of



exploring alternative and complementary therapies. By providing insights into the successful reversal of premature graying of hair through individualized Homoeopathic treatment, this research contributes to the growing body of knowledge in dermatological care and offers hope to those seeking natural and holistic solutions to their cosmetic concerns. Furthermore, it beckons further investigation into the mechanisms underlying Homoeopathic interventions and their potential applications in addressing a wide range of health and wellness issues.

Premature graying of hair (PGH) is defined as graying of hair before the age of 20 years in Caucasians. The exact etiopathogenesis remains unknown, although it has been associated with premature aging disorders, atopy, and autoimmune diseases. However, the age at which it occurs varies in different races. PGH is defined as graying of hair before the age of 20 years in Caucasians and before 30 years in Blacks<sup>[1]</sup>. The average age of the onset of graying in Caucasians is  $34 \pm 9.6$  years, and in Blacks, it is  $43.9 \pm 10.3$  year<sup>[1]</sup>. The prevalence of premature graying of hairs (PMGHs) was found to be 27.3% <sup>[2]</sup>. Under stimulation from radiation or cytokines, the ORS melanocytes may be stimulated to migrate and differentiate to naturally graying hair follicles <sup>[3]</sup> case of a Person with Premature greying of Hair is given in the current research study.

## Case presentation

A male Patient aged 22, came for the treatment of Pre-Mature Grey Hair. He had complaints of Premature Greying of Hair. This issue has been ongoing for the past 6 years, progressively along with Itching in Thigh and Neck Regions accompanied by blackish discoloration and fluid discharge when scratched. Since the condition present with lack of symptoms, the medicine was given based on the constitution. The Case is as mentioned Below.

## Presenting complaint:

Patient complaints of grey hair for 6 years.

## History of preserving complaint:

Patient complaints of grey hair for 6 years. Which was gradually increased in its density. Initially grey hair was present in partial region and gradually started spreading throughout the scalp.

Patient complaints of itching in the thigh and neck region since 1 year. Blackish discoloration present with fluid discharge while scratching, Aggravation - sweating, Night., Amelioration - scratching. No history of itching and hair loss in the scalp., Past history: At the age of 21

years suffered from chicken pox, took natural treatment, and recovered. Personal History: Normal milestone, No addiction, vaccinated, No congenital abnormalities. Family History: Father and mother both are alive. No history of Diabetic mellitus, Hypertension, asthma.

Treatment history: At the age of 21 years suffered from Fungal infection, took Homoeopathy treatment, got recovered. The Physical generals Appetite: Normal 3 times / day. Thirst: 1 - 2 litres / day, Desire: Spicy foods, Aversion: Nothing specific, Intolerance: Nothing specific, Urine: 2- 3 / 0-1 (D/N). Stool: Regular, twice a day, Sweat: Generalized, Sleep: 6 - 7 hrs/day, refreshed, Dreams: Nothing specific, Thermal: Chilly patient. He was diagnosed as premature greying of hair

Mind or personality

He is shy and obedient during school, College days and with his parents. He has hesitation to speak in stage. At the age of 16 years, patient started suffering from premature greyish of hair, but he did not worry about it. His neighbor started advising him to take a step for this greying of hair which he felt irritating and his school friends started teasing him and he faced a tough situation among them. After Homoeopathic remedy he got relieved, until that he

## Homoeopathic Analysis

*Mental general and Totality of symptoms:*

The mental general of this individual presents a complex array of symptoms, revealing a temperament marked by timidity and an acute sensitivity to external stimuli. Notably bashful and easily embarrassed, the person experiences heightened anticipatory anxiety, especially in the context of stage fright. This apprehension manifests as a physical ailment, contributing to gray hair and hints at an overall emotional vulnerability. Furthermore, the individual is prone to irritation, particularly in response to advice and teasing from others, suggesting a delicate emotional balance. The totality of symptoms extends beyond the mental realm, with the skin exhibiting signs of itching, exacerbated at night and during perspiration. This intricate interplay of mental and physical manifestations underscores the intricate nature of the individual's psyche and highlights the need for a comprehensive approach to address both emotional and somatic aspects of their well-being.



Remedies	3Sym	3Deg	Symptoms
1 MIND - AILMENTS FROM - embarrassment			
2 MIND - ANTICIPATION - stage fright			
3 MIND - TIMIDITY - bashful			
4 HEAD - HAIR - gray; becoming			
5 SKIN - ITCHING - night			
6 SKIN - ITCHING - perspiration - during			
7 SKIN - ITCHING - scratching - agg.			
Remedies	3Sym	3Deg	Symptoms
sulph.	7	15	1, 2, 3, 4, 5, 6, 7
puta.	6	10	1, 2, 3, 5, 6, 7
sil.	6	10	2, 3, 4, 5, 6, 7
staph.	6	9	1, 3, 4, 5, 6, 7
bar-c.	6	8	1, 3, 4, 5, 6, 7
merc.	6	8	1, 2, 3, 5, 6, 7
sep.	6	6	1, 2, 3, 4, 5, 7
lyc.	5	9	2, 3, 4, 5, 6

Fig. 1. Reperetorial Chart

**Prescription:**

The prescription dated August 25, 2022, recommends the administration of Sulphur 1M in a single dose, with a specified regimen of 1-0-0 (one dose in the morning, none in the afternoon, and none at night) to be taken before

meals. Sulphur, a homeopathic remedy, is often employed to address a range of symptoms encompassing both the mental and physical spheres. With its deep-acting properties, Sulphur is frequently prescribed for individuals exhibiting diverse manifestations such as skin issues, hair conditions, and psychological traits like timidity and stage fright. The specificity of the dosage and timing underscores the precision required in homeopathic treatments to facilitate optimal efficacy. The inclusion of "BF" (before meals) in the prescription emphasizes the importance of administering the dose on an empty stomach for enhanced absorption and effectiveness in addressing the individual's symptoms.

Table 1: Follow-up:

Date	Symptoms	Prescription
19- 3-2023	50% Grey hair turned to black, first eruptions in neck disappeared.	No medicine was prescribed as he is Homoeopathic student, explained him body started producing Melanin, and advised not to take any medicines without knowledge of physician
25-10-2023	95% Grey hair has recovered all around head.	No Medicine required as improvement continues

**RESULTS:**

As an outcome of the treatment, the patient achieved a remarkable 95% improvement in their grey hair condition with the administration of sulphur.



Fig 2: Treatment Before and After



**Fig 3: Treatment Before and After**

#### CONCLUSION:

This case study is notably encouraging, revealing a remarkable 95% recovery in the premature greying of hair through homoeopathic intervention. This outcome serves as a testament to the efficacy of homoeopathy in addressing not only the aesthetic concerns of the patient but also the underlying physiological imbalances contributing to the condition. The success underscores the importance of personalized homoeopathic treatment, acknowledging the unique constitution and symptomatology of each individual. By tailoring the intervention to the specific needs of the patient, homoeopathy demonstrates its potential for delivering favorable results. Beyond the restoration of hair color, this case highlights the holistic approach of homoeopathic care, suggesting that the improvement in one aspect, such as hair pigmentation, can positively influence the overall well-being of the patient. This emphasizes the comprehensive impact that individualized homoeopathic treatment can have on enhancing both the physical and emotional dimensions of a person's health.

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