A Case Report of Trichotillomania Treated with Homoeopathy

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Dr. M. Gnnanaprakasham[1], Dr. Ayisha. E. K[2]

[1.]Associate Professor, Dept of Psychiatry, National Homoeopathy Research Institute in Mental Health (NHRIMH), Kottayam, Kerala, India

[2.]Medical officer, Ayush Primary Health centre, Perumanna Klari , Malappuram, Kerala

Author for Correspondence:

Dr. M. Gnnanaprakasham

National Homoeopathy Research Institute in Mental Health (NHRIMH), Kottayam, Kerala, India

Email: drgprakashpsy@gmail.com

Abstract

Aim: To know the impact of homoeopathic medicines in managing Trichotillomania.

Place and Duration of Study: National Homoeopathy Research Institute in Mental Health, Kerala, between July 2021 and July 2022.

Methodology: A 25-year-old female with Trichotillomania was assessed using standardized tools including the MGH Hair Pulling Scale. Repertorization was performed with RADAR Opus software, and individualized remedies were prescribed with follow-up assessments.

Results: The patient showed marked reduction in hair-pulling frequency and anxiety, with significant improvement documented across follow-ups. Modified Naranjo Criteria confirmed causal attribution of improvement to homoeopathic intervention.

Conclusion: This case highlights the therapeutic potential of individualized homeopathic treatment in Trichotillomania. Further controlled studies are warranted.

Keywords: Trichotillomania; Hair pulling; Nux vomica; Staphysagria, Homoeopathy