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A Clinical Study On The Effectiveness of Constitutional Homoeopathic Treatment in Premature Canities In The Pediatric Age Group

Abstract-Background-Premature canities, commonly known as early greying of hair, is defined as the appearance of grey hair before the age of 20 years in Caucasians, 25 years in Asians, and 30 years in Africans. Although uncommon in children, its incidence appears to be increasing due to hereditary predisposition, nutritional deficiencies, psychological stress, autoimmune disorders, endocrine disturbances, and environmental factors. The condition often causes cosmetic concern and psychological distress in children and adolescents. Constitutional homoeopathy offers an individualized therapeutic approach aimed at correcting the patient's underlying susceptibility rather than treating the disease locally.

Objective: To evaluate the effectiveness of constitutional homoeopathic treatment in managing premature canities in children.

Materials and Methods-A prospective observational clinical study was conducted on 30 children aged 6–15 years diagnosed with premature canities. Individualized constitutional homoeopathic medicines were prescribed after detailed case taking and repertorization. Patients were followed monthly for six months. Clinical improvement was assessed by reduction in progression of greying, appearance of newly pigmented hair, improvement in hair quality, and overall constitutional health.

Results-Most patients demonstrated moderate to marked improvement, with reduced progression of greying and improvement in general health.

Conclusion-Constitutional homoeopathic treatment appears to be a promising therapeutic approach in pediatric premature canities and deserves further evaluation through larger randomized controlled trials.

Keywords-Premature Canities, Early Greying of Hair, Constitutional Homoeopathy, Pediatric Homoeopathy, Individualized Treatment.

Introduction-Premature canities is

characterized by the loss of natural hair pigmentation before the expected physiological age. Hair pigmentation depends on normal melanocyte function within the hair follicle. Progressive depletion or dysfunction of melanocytes results in reduced melanin production and ultimately grey or white hair.

Although physiological greying is associated with aging, premature canities in children and adolescents is increasingly encountered in clinical practice. Several factors including hereditary predisposition, nutritional deficiencies (Vitamin B12, Iron, Copper, Zinc, Folic Acid), thyroid dysfunction, autoimmune disorders, oxidative stress, emotional stress, and unhealthy dietary habits have been implicated.

Premature greying has a significant psychosocial impact during childhood. Many children develop embarrassment, low self-esteem, anxiety, and reduced confidence because of altered appearance.

Conventional treatment mainly consists of nutritional supplementation and correction of underlying disorders. However, no universally accepted curative treatment exists for restoration of natural pigmentation.

Homoeopathy approaches premature canities as an external manifestation of internal constitutional imbalance. Constitutional prescribing considers the patient's physical constitution, mental and emotional characteristics, hereditary background, miasmatic tendencies, and individual symptom totality. The aim is to stimulate the body's natural healing mechanism and improve overall health.

Materials and Methods-

•Study Design: Prospective observational clinical study.

•Study Setting: Homoeopathic Outpatient Department.

•Study Population: Thirty children between 6 and 15 years of age suffering from premature canities.

Inclusion Criteria

- Children aged 6–15 years.
- Clinically diagnosed premature canities.
- Parents willing to provide informed consent.
- Patients willing for regular follow-up.

Exclusion Criteria

- Congenital pigmentary disorders.
- Drug-induced hair depigmentation.
- Alopecia areata associated with white hair.
- Children receiving chemotherapy.
- Severe systemic illness requiring emergency management.

Methodology-Each patient underwent detailed homoeopathic case taking including:

- Chief complaints
- History of present illness
- Family history
- Birth history
- Dietary habits
- Emotional profile
- Physical generals
- Mental generals
- Thermal reaction
- Past illness
- Clinical scalp examination

Repertorization was performed whenever indicated, followed by individualized constitutional prescription.

Patients were reviewed every four weeks for six months.

Outcome Assessment-Improvement was assessed on the basis of:

- Arrest in progression of greying
- Appearance of pigmented hair
- Improvement in hair texture
- Reduction in associated complaints
- Improvement in general health

Observations-Among the thirty cases studied, the majority belonged to the age group of 11–15 years. Females were slightly more affected than males.

Positive family history was observed in nearly half of the patients.

Associated findings included:

- Nutritional deficiencies
- Emotional stress
- Recurrent upper respiratory infections

- Poor dietary habits
 - Scalp dryness
- Constitutional medicines were prescribed strictly according to symptom totality.

Frequently indicated remedies included:

- Lycopodium clavatum
- Natrium muriaticum
- Phosphorus
- Calcarea carbonica
- Sulphur
- Silicea
- Acid phosphoricum
- Sepia

Discussion-The present study suggests that constitutional homoeopathic treatment may play a beneficial role in managing premature canities among children. Improvement was observed not only in slowing the progression of hair greying but also in enhancing general health and constitutional well-being.

Patients with shorter disease duration, better nutritional status, and regular follow-up demonstrated comparatively better outcomes. Constitutional medicines were selected based on the totality of symptoms rather than diagnosis alone, which is consistent with the fundamental principles of homoeopathy.

Besides improvement in hair pigmentation, many children reported better appetite, improved sleep, reduced frequency of recurrent infections, increased energy, and improved emotional stability. These observations indicate that constitutional treatment may influence overall health rather than merely the cosmetic manifestation.

Although encouraging, the findings should be interpreted cautiously because the study was observational, involved a limited sample size, and lacked a control group. Long-term follow-up is also necessary because hair pigmentation changes occur gradually.

Future multicentric randomized controlled trials with standardized outcome measures, photographic documentation, dermoscopy, and biochemical investigations are required to establish stronger scientific

evidence.

Conclusion-Constitutional homoeopathic treatment demonstrated encouraging clinical improvement in children suffering from premature canities. Individualized remedy selection based on constitutional characteristics and symptom totality appeared to reduce further progression of greying while improving overall physical and mental health.

Homoeopathy may be considered a safe and holistic complementary therapeutic option in pediatric premature canities. However, larger well-designed clinical studies are needed to validate these findings and strengthen the evidence for its clinical effectiveness.

Conflict of Interest-None declared.

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