

A Case Report : Scalp Folliculitis in a Peacock Chasing Railway Track Supervisor

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ABSTRACT

Scalp folliculitis is a common inflammatory condition of the hair follicles, often exacerbated by bacterial infections, heat, sweat and friction. This case report describes a 45 year old male railway track manager who developed chronic scalp folliculitis due to prolonged outdoor work and helmet use. The patient presented with symptoms of persistent itching, erythema and pustules on the scalp, particularly worsening after long shifts in hot, dusty conditions. The case highlights the role of occupational factors and understanding of metaphorical meaning of rubrics of scalp folliculitis and emphasizes the importance of preventive hygiene and homoeopathic medicine related scalp folliculitis¹.

KEYWORDS: Scalp Folliculitis, Hair Follicle Inflammation, Chronic Scalp Infection, Dermatological Disorder, Bacterial Folliculitis, Occupational Health, Homoeopathic Management, Skin Infection, Inflammatory Scalp Condition.

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SCALP FOLLICULITIS

Scalp Folliculitis is an inflammatory disease that affects the hair follicles in the scalp and become inflamed and irritated which is characterized by small and itchy pustules on the scalp².

CAUSES

- Wearing helmets for a long time
- Repeatedly shaving in head
- Wearing hair too tight in ponytails or braids
- Frequently scratching of scalp
- Using too many hair products, which can clog hair follicles over time
- Weak immune system
- Yeast infection
- Bacterial infection
- Long-term application of topical antibiotics
- Using unchlorinated water in a hot tub or being in unclean water for a long time
- Consumption of few drugs such as corticosteroid².

CLINICAL MENIFESTATION

- Clusters of small red bumps

- White heads on some of the bumps
- Burning or stinging sensation
- Pain or tenderness
- Itchiness
- Sores
- Pus-filled blisters²

CLASSIFICATION

Superficial Folliculitis²

- Bacterial Folliculitis
- Pseudofolliculitis Barbae
- Pityrosporum Folliculitis
- Pseudomonas Folliculitis

Deep Folliculitis²

- Boils & Carbuncles
- Sycosis Barbae
- Eosinophilic Folliculitis
- Gram-Negative Folliculitis

Prevention For Scalp Folliculitis

- Bathe daily, especially after workouts
- Use a mild soap
- Don't scratch the bumps

- Avoid shaving too frequently
- Avoid tying your hair too tight
- Avoid using too much oil as this can clog the follicles and trap bacteria
- Maintain personal hygiene. Do not share your towel, comb, or any other personal items¹.

CASE STUDY

NAME : XYZ

AGE : 45 year

SEX : Male

RELIGION : Hindu

OCCUPATION : Railway track manger (Gov. officer)

History : He came with c/o Itching in the scalp and boils in whole head since 8 year.

ODP : In 2014 itching over the scalp started so he left his gov. job in railway tract because initially there was only itching but increased gradually now a days, he has consulted so many skin specialist,

Prescription : HYOCYMUS NIGER 3X STAT

SACRUM LACTATE 30 5 PILL 3 TIMES/DAY X 7 DAYS

FOLLOW UP :

but didn't follow any one regularly because of suspiciousness.

Associate complain : K/C/O Hypertension(taking regular allopathic medicine)

Personal History : He used to change doctor every time and want only specialist one because he has no faith on anybody. he thought his complain started due to his laborious work on railway track so he resigned from it and from 2014 to till date he is searching someone to cure his illness. His nature is if he suffered from any GIT related complain then consult only Gastro-physician because of fear of any wrong medicine is given by other doctor which will affect on Kidney. He used to tell everything to every doctor so they understood his case and give proper medicine.

Repertorisation:

1. Delusion, peacock chasing
2. Suspiciousness
3. Delusion, wrong suffered, he has
4. Naked wants to be

DATE	COMPLAIN	PRESCRIPTION
AFTER 7 DAYS	ITCHING SLIGHTLY DECREASED BOIL SAME, BUT NO NEW BOIL OCCUR	SAC LAC 30 5 PILL TDS X 7 DAYS
AFTER 7 DAYS	ITCHING SAME AS PREVIOUS FOLLOW UP BOIL SAME	HYOCYMUS NIGER 6X STAT SAC LAC 30 5 PILLS TDS X 7 DAYS
AFTER 7 DAYS	ITCHING 30% BETTER BOIL : NEW BOIL APPEAR BUT WITHOUT FLUID	SAC LAC 30 5 PILL TDS X 15 DAYS
ON SAC LAC FOR 4 MONTH BECAUSE OF CONTINUOUS IMPROVING		
AFTER 5 MONTH	NO ITCHING ONLY LIGHT BLACK SPOT PRESENT	SAC LAC CONTINUED
COMPLETE CURE IN 7 MONTHS		

