A National Platform For Modern Homoeopathy Research

PRO LIFE ERA

Homoeopathy Journal - Modern Research & Case Studies

e-ISSN XXXX-XXXX | Volume - 1 | Issue - 3 | Bhopal | Publish Date 1st May 2026

Disclaimer: The views expressed in the articles and advertisements published in Pro Life Era are those of the respective authors and advertisers. The publisher and the Editorial Board do not necessarily agree with these views and are not legally responsible for them. In the event of any legal dispute, the jurisdiction shall remain exclusively in Bhopal.

HIGHLIGHTS

- Mother Tincture & Their Amazing Role
- Unlocking Relief: Homoeopathic Remedies For Migraine Sufferers
- A Case of Melasma Treated with Sepia Officinalis
- Managing Pre-Menstrual Syndrome Through Homoeopathy
- Efficacy of Homeopathic Medicine For Treatment of Nocturnal Enuresis-Case Report
- Pharmacological Insights & Therapeutic Applications of The Ophidia Group in Homeopathy
- Homoeopathic Rare Remedies and Mother Tinctures For Treatment of Acne
- A Holistic Homeopathic Management of Acute Allergic Nasopharyngitis in A Pediatric Case-A Case Report
- Efficacy of Homoeopathic Medicines in Autoimmune Thyroiditis

Your idea, our platform- A shared step towards success! At Pro Life Era, we help you build your business's credibility by highlighting your articles and advertisements. Contact us today to showcase your expertise and get better marketing.

Editor : Sana Ayaz

Contact Us : prolifeera@gmail.com | www.prolifeera.com | 8103065007

PRO LIFE ERA HOMEOPATHY JOURNAL
e-ISSN XXXX-XXXX Volume - 1 Issue - 3 Bhopal Publish Date 1st May 2026

Mother Tincture & Their Amazing Role

Introduction-Mother Tincture is the original herbal extract prepared from raw Plant materials (like whole plant, roots, leaves or flowers) with alcohol and water, which serves as a base. It is the foundational medicine in homoeopathy to prepare dilutions. The mother tincture is prepared by soaking or macerating drug substance of plant/other sources in alcohol, which extracts the active principles. The Mother tinctures so prepared serve as the initial, concentrated form of a remedy from which further dilutions and preparations are made.

Process of Preparation of Mother Tinctures In Homoeopathy-

•**Raw Material**-Mother tinctures are prepared from various sources like plants, animals: For plant tinctures, specific parts of the plant (such as leaves, roots, or flowers. For animal substances, they might be extracted from secretions or other biological materials

•**Maceration**-The raw material is crushed and soaked in a solvent, usually strong alcohol (such as ethanol) or alcohol and water. Alcohol is commonly used because it extracts a wide range of constituents and acts as a preservative.

•**Percolation**-The mixture is allowed to stand for several days to weeks. During this time the solvent extracts the active components from the raw material.

•**Filteration**-The mixture is filtered to remove the woody solid parts (called MARC), to obtain a liquid that contains the concentrated essence of the raw material containing its active compounds/principles.

Benefits of Using Mother Tinctures-Here are some of the benefits of using mother tinctures, along with references where ever applicable:

•**Highly Concentrated and Potent**-Mother tinctures are the pure form of homeopathic remedies, containing concentrated active compounds that serve as the basis for further dilutions. This potency allows them to be used directly/in small doses to achieve therapeutic effects. For Eg:- Mother tinctures like ***Arnica montana*** are used for pain relief & bruising, directly benefiting musculoskeletal health.

•**Quick Absorption and Effectiveness**-Since tinctures are alcohol or water-based liquid extracts, they are absorbed more rapidly by the body compared to tablets or capsules. This can result in faster onset of effects.

•**Versatility in Usage**-Mother tinctures can be used for a variety of conditions depending on the specific remedy. They can be administered orally, used topically, or even diluted further for specific treatments. For Eg:- ***Calendula officinalis*** applied for wound healing (topical application ***Berberis vulgaris*** for kidney and liver support (oral consumption).

•**Cost-Effective**-A single bottle of mother tincture can last a long time, since only a few drops are often useful for therapeutic use, making them economical for regular use.

•**Natural Composition**-Mother tinctures are derived from natural sources, making them holistic alternative for those who prefer natural over synthetic medications. They often have fewer side effects when used correctly

•**Broad Range of Applications**-Mother tinctures cater to a wide range of health issues. For Eg.- Digestive disorders (Nux vomica), Respiratory issues (Bryonia alba), Skin ailments (Sulphur), Densification and immunity boosting (Echinacea purpurea)

•**Customizable Treatment**-Since mother tinctures are the base homeopathic preparations, they allow practitioners by tapering treatments by further diluting or combining them for individualized care.

•**Precautions and Side Effects**-Mother tinctures are beneficial, they are highly concentrated and should be used with care. Overdose or improper use can lead to toxicity. Alcohol content may not be suitable for everyone. Consult a qualified practitioner for appropriate dosage.

Commonly Used Mother Tinctures-

•***Avena sativa*-Indications:** Nervous exhaustion, insomnia, general debility, anxiety, and loss of appetite due to stress.
Use: Acts as a nerve tonic and improves mental and physical stamina

•**Ashwagandha** (***Withania somnifera***)
Indications: Stress, fatigue, weakness, anxiety, and low Immunity.
Use: Supports vitality, acts as an adaptogen, and improves endurance.

•***Calendula officinalis*-Indications:**Cuts, wounds, burns, and ulcers
Use: Promotes healing, prevents infection, and reduces inflammation

•***Carduus marinnus*** (Milk Thistle)
Indications: Liver disorders, jaundice, and gallbladder issues
Use: Supports liver function and detoxification

•**Alfalfa-Indications:**General debility, nervous exhaustion, and loss of appetite. Weight loss,
Use: Acts as a general tonic. improves appetite, digestion, and energy levels.

•***Berberis aquifolium*-Indications:**Skin conditions such as acne, pigmentation, and blotches Chronic skin diseases
Uses: Improves skin complexion and promotes clear, healthy skin.

•***Carica papaya*-Indications-**Indigestion, flatulence, and bloating, Loss of appetite, sluggish digestion
Uses: Improves digestive enzyme activity and alleviates dyspepsia.

•***Sabal serralata*-Indications:**Benign prostatic hyperplasia (BPH) and urinary retention, **Uses:**Tonic for prostate health & urinary function

•***Damiana*-Indications:** Sexual debility, lack of energy, & low libido. Nervous exhaustion, anxiety, **uses:** Acts as a natural aphrodisiac and nervine tonic. Enhances vitality, stamina

•***Berberis vulgaris***
Indications: Kidney stones, gallbladder stones, and urinary tract infections.
Uses: Helps dissolve calculi and alleviate pain associated with kidney or gallbladder stones.

•***Zingiber officinalis*** (Ginger)
Indications: Indigestion, nausea, and vomiting (especially motion sickness).
Uses: Enhances and relieves discomfort. digestion gastrointestinal

•***Chelidonium majus*-Indications:**Liver disorders,including jaundice, fatty liver, and sluggish liver function.
Uses: Improves liver health, supports detoxification, and regulates bile flow.

•***Blatta orientalis*-Indications:** Asthma and chronic bronchitis. Difficulty in breathing, wheezing, and expectoration.

References-1. Mother tinctures featured [Internet]. Medisynth. [cited 2014 Nov 13]. Available from: http medisynth.com/ collection mother-tinctures-featured
2. Clarke. J. H., A Dictionary Practical Materia Medica. The book outlines the uses of mother tinctures in homeopathy,
3. Hahnemann, S., Organon Medicine. A foundational for homeopathy discussing the preparation and use of remedies
4. National Center for Complementary and Integrative Health Information alternative and homeopathic treatments.
5. Peer-reviewed journals the Homeopathy for research in efficacy and applications mother tinctures.
6. Homeopathycenter.org. [cited 2024 Nov 17]. Available from:
7. NCCIH [Internet]. NCCIH. [cited 2024 Nov 17]. Available from 'https://nccih.nih.gov'
8. PubMed [Internet]. PubMited 2024 Nov 17].
9. William Boericke, Homeopathic Materia Medica.

Dr Niva Goti, MD Part 1,
Department of Homeopathic Materia Medica
Rajkot Homeopathic Medical College
Attached With Sainath Homeopathic Hospital, Rajkot
Guided By–**Dr. Rajesh Sanja,** HOD
Department of Homeopathic Materia Medica,
Rajkot Homeopathic Medical College, Rajkot

PRO LIFE ERA HOMEOPATHY JOURNAL
e-ISSN XXXX-XXXX Volume - 1 Issue - 3 Bhopal Publish Date 1st May 2026

Unlocking Relief: Homoeopathic Remedies For Migraine Sufferers

Abstract-Migraines are a common type of headache marked by severe, sporadic pain, which requires effective treatment. Homeopathic approaches can successfully manage migraines & improve patients' quality of life by alleviating suffering. This article also explores the limitations of conventional medical treatments for migraines.

Keywords-Migraine, homoeopathy, aura, headache

Introduction-Migraine is a common neurological disorder that affects over one billion people annually, particularly women and young adults. It ranked second in disability-adjusted life years (DALYs) lost due to neurological conditions worldwide in 2016.

Migraines are linked to various comorbidities, such as stress and sleep disorders, and can impact family, work, and finances. The initial attack may occur at any age, usually starting in childhood, adolescence, or early adulthood, with intensity and frequency typically decreasing with age. Additionally, about 70% of migraine sufferers have a family history of the condition.

Aetiology and Risk Factors [3]-

•**Age:**The onset may be in childhood, adolescence or early adult life. But rarely, adult life after 35 years of age.

•**Sex:** More common in females than males.

•**Hereditary Influence:** The transmitted factor is an abnormal response of Cranial & other Vasculature to certain external or endogenous stimuli.

Precipitating Factors: Medications overuse, Stimulants, Obesity, Snoring & sleep apnoea.

Other medical conditions like Anxiety, bipolar disorder, hypertension, sleep disorders, epilepsy, food Items like citrus food, lifestyle changes, etc.

Pathophysiology-The two main theories explaining migraine are vascular and neurogenic. The vascular theory, once put forth by Wolff, has been replaced by the neurovascular theory, which suggests that the brain is primarily affected, with blood vessel dilation being a secondary effect. A key hypothesis is that migraine attacks may be triggered by spreading depression, a temporary disruption of neuronal activity in the brain accompanied by the influx of sodium, calcium, and chloride ions.

The classification of migraines.to ICHD3[4]

1.1 Migraine with aura
1.2 Migraine without aura
1.3 Chronic migraine
1.4Complication of migraine-Status of migraineurs, persistent aura without infarction, migraine infarction, migraine aura triggered a seizure.

Diagnostic criteria of migraine according to ICHD 3 [4]

1.1 Migraine without aura-

A. At least five attacks fulfilling criteria B-D

B. Headache attacks lasting 4-72 hours (when untreated or unsuccessfully treated)

C. Headache has at least two of the following four characteristics:
•Unilateral location
•Pulsating quality, •Moderate or severe pain intensity, •Aggravation by or causing avoidance of routine physical activity (e.g.walking or climbing stairs)

During a headache at least one of following: •Nausea and/or vomiting
•Photophobia and phonophobia

Management of Migraine-

Lifestyle modification: •Avoid certain foods. Alcohol, chocolate, aged cheese
•Avoid smoking, •Eat a balanced diet
•Establish a good sleep pattern
•Exercise for 30minutes daily
•Reduce stress and excessive emotional environment., •Reduce trigger

Homoeopathic Management Of Migraine

•**Iris Versicolor-**Frontal headache, with nausea. Scalp feels constricted. Right temples are especially affected. Sick headache, worse rest; begins with a blur before eyes, after relaxing from a mental strain. Pustular eruption on scalp.[5]

•**Spigellia**-*Pain beneath frontal eminence and temples, extending to eyes*. Semi-lateral, involving left eye; pain violent, throbbing; worse, making a false step. Pain as if a band around head. Vertigo, hearing exalted.[5]

•**Sanguinaria Canadensis**-Periodical sick headache begins in morning, increases during day lasts until evening, head feels as it would burst, or if eyes would be pressed out. Relived by sleep. Headache begins in occiput, spreads upwards and settles over right eye. Headache return at climacteric, every 7th day.[6]

•**Glonoinum**-Bad effects from having the haircut. Head feels enormously large, as if the skull were too small for the brain, sunstroke and sun headache increase and decrease every day with the sun.[6]

•**Belladona**-Congestion of blood to the head, with external and internal heat; distended and pulsating arteries, stupefaction in the forehead, burning red face. headache from taking a cold in the head, from a haircut.[7]

•**Epiphegus**-pain in temples mostly in right; in forehead; pressing from without inward; piercing pains; fullness; paincoming on suddenly; scalp feels tight during headache.[7]

•**Natrum Muriaticum**-Headaches are awful; dreadful bursting, compressing as if in a vies; the head feels as if skull would be crushed in. the pains like little hammers in the head on beginning to move. the headaches are periodical, every day or 3rd day, or 4th day.[8]

•**Prunus Spinosa**- [9]These pains occurring in and around the eyehave led to its successful use in glaucoma, ciliary neuralgia, choroido-retinitis, irido-choroiditis,irido-cyclitis. Spraining pains and pains which take away the breath. Shooting from right front albone through brain to occiput. Pain in right eyeball, as if it would burst.[10]

•**Gelsemium**- Brain congestion can cause headaches that start at the neck and move to behind the eyes, often with dizziness and a stiff neck. Nervous headaches may arise from stress or sunlight, while neuralgic headaches begin in the neck and cause sharp forehead pain, nausea, and cold sweats[11].

References-1) Amiri P, Kazeminasab S, Nejadghaderi SA, Mohammadinasab R, Pourfathi H, Araj-Khodaei M, et al. Migraine: A review on its history, Global Epidemiology, risk factors, andComorbidities [Internet]. Frontiers in neurology. U.S. National Library of Medicine; 2022 [cited2023Feb1].
2) Read ETmin. Migraine sufferers and family history.[Internet]. Migraine.com.
3) G olwallaAspi F, GolwallaSharukh A. Neurology. Golwalla's Medicine. 23rd edition: 2011; p:438 -439
4) migraine [Internet]. ICHD. 2019 [cited 2023Feb1]. Available from: https://ichd-3.org/1_migraine/
5) Boericke W. Homeopathic Materia Medica.
6) Allen HC. Allen's Keynotes: Rearranged &classified. B. Jain Publishers; 2002.
7) Clarke JH. A dictionary of practicalMateria medica. homoeopathic publishing Company;1902.
8) Kent JT. Lectures on homoeopathic Materia medica. New Delhi, India: Jain Publishing Company; 1980.
9)Murphy R. Lotus Materia Medica. B Jain Publishers Pvt. Limited; 2010.
10)Allen TF. The Encyclopedia of Pure Materia Medica. B. Jain Publishers; 1997.
11)Lilienthal S. Homoeopathic therapeutics. B. Jain Publishers; 1998.

1st Author-**Dr. Suraj Bhan Singh Rathore**
PG Scholar Department of Materia Medica
2nd Author-**Dr.Soniya Tuteja**
Professor, Department of Materia Medica
3rd Author-**Dr. Sachin Kumar Yadav**
PG Scholar Department of Materia Medica
Dr. MPK Homoeopathic Medical College, Hospital & Research Centre, Saipura, Sanganer Jaipur Rajasthan, India

PRO LIFE ERA HOMEOPATHY JOURNAL

e-ISSN XXXX-XXXX | Volume - 1 | Issue - 3 | Bhopal | Publish Date 1st May 2026

A Case of Melasma Treated with Sepia Officinalis

Abstract-Melasma is one of the commonest skin diseases seen in middle aged and post pregnancy female. A case of 34year old female patient presented with complaints of brownish pigmentation on the cheeks, forehead, and upper lip for the past 2 years was treated successfully with Homoeopathic medicine,

Keyword-Homoeopathic medicine, Sepia officinalis, Melasma (cholasma)

Introduction-Melasma, also known as chloasma or the "mask of pregnancy," is a common skin condition characterized by symmetrical, blotchy, brownish facial pigmentation. It is often triggered by hormonal imbalances, sun exposure, and emotional stress. From a homeopathic perspective, melasma is seen as a constitutional disorder influenced by the individual's miasmatic background and emotional makeup. This article presents a successfully treated case of melasma using the homeopathic remedy *Sepia officinalis*, with repertorial analysis, follow-ups, and discussion on alternative remedies.

Case History-The patient noticed the pigmentation during her second pregnancy. It worsened after delivery and did not improve with topical creams. The discoloration was more pronounced after sun exposure and during stressful periods.

Associated Symptoms:

•Irregular menstruation (early and scanty)
•Tendency to feel exhausted, especially in the afternoon
•Irritability, aversion to family responsibilities
•Prefers solitude, indifferent to loved ones
•Cold intolerance, •Headache before menses

Family History-She has an elder brother but having no disease

Past History-No any history of major illness. She had taken O.C. pills 2-3 times after her marriage.

Obstetric History-$G_4 P_2 A_2 L_2$

After her marriage in 2015 she was working and had an unplanned pregnancy in 2016 so for that she had taken MTP pill. Then, she had her first baby in 2018. She had an unplanned pregnancy again in 2019, but as her first son was still small, she didn't want to have another baby. Therefore she took MTP pill for the second time. She had her second child (daughter) in December 2023 and started showing pigmented spots around august 2024.

Menarche-At the age of 14 years

Menses-•Cycle of 28 days, with menstrual bleeding lasting up to 4-5 days.
•Regular/Sometimes clots/ bright red to maroon coloured bleeding.

Deliveries-•First Son–FTND – 9 months and 2 days •Second Daughter–CS due to overweight of the baby; 3.8kgs; 9 months & 6 days

Personal History-•Appetite-Adequate
•Desire-Not specific, •Aversion-Fried food and food with much ghee or oil
•Thirst-Drinks less water, •Thermal state-sometimes chilly sometimes hot
•Sleep-Disturbed, •Dream-of daily activities
•Urine-4-5/0-1-D/N,
•Bowel habit-constipation

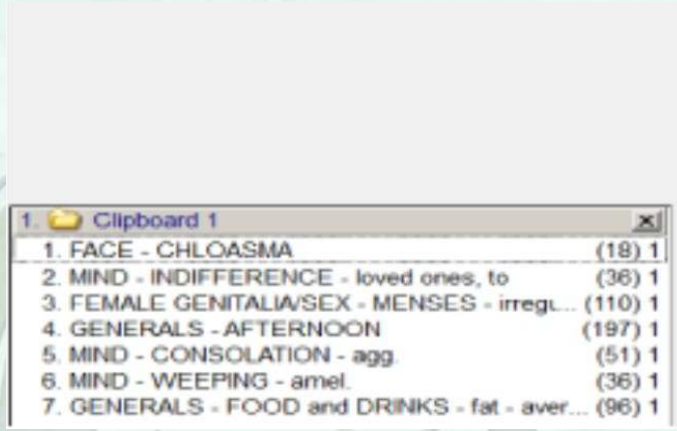
Physical Examination-
•Built-fat and heavy built, •R.R-20/min
•Weight-65.9kg, •Pallor-absent
•B.P-120/90 mm of hg, •Pulse- 92 beats/min

Mind-•Feels burdened by household responsibilities and feels emotionally disconnected from her children and husband.
•Cries easily but feels better after crying
•Aversion to consolation

Repertorization-Case was repertories on the following symptoms by using RADAR 10.5.003

Prescription-•Remedy-Sepia officinalis 200C, One dose, single globule, dry on tongue
•Adjuvant-Avoid direct sun exposure; use a mild sunscreen •Diet & Regimen: Balanced diet, avoid spicy and oily food, practice light yoga.

Miasmatic Analysis-The case shows a predominance of the sycotic miasm, evident from hormonal disturbances, pigmentation, & indifference. Sepia covers sycotic tendencies, especially in women with hormonal imbalance &emotional disconnection



	sep.	lyc.	phos.	merc.	ars.	bell.	sulph.	nit-ac.	nux-v.	kali
	1	2	3	4	5	6	7	8	9	10
7 16	6 10	6 10	6 8	5 9	5 9	5 9	5 8	5 7	5 6	
1	1	-	-	2	-	2	-	1	1	
3	-	3	1	1	1	-	-	-	1	
2	2	1	1	-	2	2	2	2	1	
3	3	2	2	2	3	2	2	2	1	
4	1	2	1	2	2	1	2	1	2	
1	2	1	1	-	-	-	1	-	-	
2	1	1	2	2	1	2	1	1	-	

Discussion and Conclusion-The case highlighted the usefulness of Homoeopathic medicines in Melasma. Based on the totality of symptoms dose of SEPIA was prescribed.

Follow-up 1 (1 Month)-
•Pigmentation slightly lighter
•Energy levels improved
•Menses more regular
•Emotionally calmer
•SAC LAC – 4 x 3 x 30 days

Follow-up 2 (2 Months)-
•40% reduction in pigmentation
•No new patches observed
•Headaches before menses much milder
•Placebo continued

Follow-up 3 (3 Months)-
Skin as it was
Menses regular and symptom-free
Patient reported feeling more "connected" with her family

Follow-up 4 (4 Months)-
Skin had near to no visible patches but 1-2 small dots where still visible
Menses still as per date
Patient had an acute episode of cough and coryza
SAC LAC DOSE – 3 doses for 3 days in water no other medicine
Reported back after 3 days and then continues on SAC LAC

Follow-up 5 (5 Months)-
Complaints SQ
Rx – Sepia off. 1M dose repeated in water for one day
SAC LAC for 30 days

Follow-up 6 Months-
Patient showing no more spots, small 1-2 spots around nose and cheek not clearly visible.
Patients feeling better mentally

Alternative Remedies Considered

Alternate Medicines For Melasma-

•Sulphur-For cases with hot sensations, philosophical nature, and poor hygiene habits.
•Pulsatilla-In mild, yielding women with weeping tendency and hormonal disturbances, especially when symptoms change frequently.
•Thuja Occidentalis-For sycotic cases with skin discolorations and a history of vaccinations or suppressed eruptions.
•Natrum Muriaticum-Reserved personalities with grief, sun aggravation, and pigmentation in the malar area.
•Lycopodium-When there is low confidence, right-sided complaints, and digestive disturbances along with pigmentation.

Reference-1.Gupta, M., & Manchanda, R.K. (2014). *Homeopathy in Dermatology: A Case Series*. Central Council for Research in Homoeopathy (CCRH).For background on the effectiveness of homeopathic remedies in skin conditions.

2. Jain, R. (2015). *Essentials of Repertorization*. B. Jain Publishers. Repertorial methodology and case analysis techniques.

3. RADAR 10.5.003 (Schroyens F. synthesis 9.0)

Dr. Devanshi Doshi PG Scholar Part-1
Department of Materia Medica
Rajkot Homeopathic Medical College,
Parul University
Guided by–**Dr. Rajesh Samjha** M.D. (Hom)
HOD of Homoeopathic Materia Medica &
Dr. Vani Oza M.D. (Hom)
Associate Professor of Department of Homoeopathic Materia Medica

e-ISSN XXXX-XXXX Volume - 1 Issue - 3 Bhopal Publish Date 1st May 2026

PRO LIFE ERA HOMEOPATHY JOURNAL

Managing Pre-Menstrual Syndrome Through Homoeopathy

Abstract-PMS is a complex condition that affects women in different ways, with symptoms that can be emotional, like mood swings, or physical, such as bloating and headaches. In homeopathy, treatment focuses on the "totality of symptoms," considering the whole patient. As Dr. Samuel Hahnemann said in the *Organon of Medicine*, the physician's mission is to restore health, highlighting the need to treat the patient, not just the disease symptoms.[1]
This individualized approach makes homoeopathy especially effective in PMS, where the manifestation varies widely from woman to woman.

Introduction-Premenstrual Syndrome (PMS) consists of emotional and physical symptoms that appear before menstruation and usually resolve shortly after. It affects 30–40% of reproductive-age women. Premenstrual Dysphoric Disorder (PMDD) is a severe form of PMS that can disrupt daily life.[2]

Common Symptoms-Symptoms of PMS vary from mild to severe enough to interfere with daily personal and occupational life. The most common symptoms are categorized as physical, psychological, and behavioural [3]

- Irritability or mood swings
- Sadness or emotional sensitivity
- Anxiety, restlessness
- Fatigue or sleep disturbances
- Breast tenderness or swelling
- Bloating or weight gain
- Headaches or back pain
- Cravings or changes in appetite
- Acne or skin eruptions[3]

Homoeopathic Management

•**Pulsatilla Nigricans-**The patient is mild and gentle, with a strong tendency to weep. Their mood changes quickly, accompanied by irregular periods, severe abdominal cramps, and breast tenderness. They find relief in the open air, consolation, and gentle motion[4].
*"A remedy for changeable moods and soft-hearted dispositions,"***-Dr. James Tyler Kent**, *Lectures on Homoeopathic Materia Medic*

•**Sepia Officinalis-**The patient shows marked irritability, is indifferent to loved ones, and is emotionally withdrawn. She experiences severe bearing-down sensations, pelvic fullness, and very scanty menstruation. Symptoms improve with exercise, warmth, and time spent alone[5].
*"Suited to women worn out by work and worry,"***-Dr. William Boericke**, *Pocket Manual of Materia Medica*

•**Lachesis Mutus-**The talkative, jealous, and restless woman who prefers to isolate herself from the world experiences worsening complaints before her menstruation. Her menstrual flow is often too short and weak, accompanied by hot flashes. These symptoms improve with the onset of discharge and the application of warmth[6].
*"The loquacity and left-sided complaints define Lachesis,"***-Dr Margaret Lucy Tyler, Homeopathic Drug Pictures**

•**Natrum Muriaticum-**The patient is reserved and suffers due to emotional suppression and sadness from past grief leading to headache before menses, skin eruptions and much aversion to consolation. Ameliorated by being alone and open air[7]
"For those who build emotional walls around themselves," **-Dr. E.B. Nash**, *Leaders in Homoeopathic Therapeutics*

•**Ignatia Amara-**Emotionally very sensitive, easily hurt, and reacts strongly to emotional stress. There are premature and violent menstrual periods associated with severe cramping pains, along with intense heaviness, heat, and pain in the head[8].
"Ignatia is the great remedy for acute emotional states, especially in women," – **Dr. Henry C. Allen**, *Keynotes of the Materia Medica*

•**Calcareacarbonica-**A fair, fatty, flabby lady overwhelmed by emotions, anxious about her health and gets easily fatigued with menses too early, too profuse and too long, along with headache and colic. The menstrual flow returns by least mental excitement[9].
"A cornerstone for hormonally sluggish types," **-Dr. John Henry Clarke**, *A Dictionary of Practical Materia Medica*

Constituitional Vs Acute-In certain situations, women may find relief from acute remedies taken before each menstrual period, depending on their current symptoms. How-ever, constitutional treatment-where a remedy is chosen based on the individual's lifelong tendencies-often offers more lasting relief.

For example: •A woman who frequently becomes tearful, seeks companionship and feels better with consolation may benefit from Pulsatilla.
•A woman who tends to turn inward, feels emotionally detached, and improves from exercise might find relief with Sepia.

Lifestyle Management

•**Balanced Diet:** Minimize the intake of processed foods, sugar, and caffeine.
•**Hydration:** Ensure you drink enough water throughout the day for optimal hydration.
•**Movement:** Incorporate gentle exercises like yoga or walking to relieve tension.
•**Sleep:** Make restful and consistent sleep a priority to promote hormonal balance.
•**Journaling:** Utilize journaling as a tool to monitor patterns and emotions throughout your cycles.

Homeopathy works even more effectively when supported by conscious lifestyle choices.

Conclusion-Premenstrual syndrome (PMS) is a natural component of the menstrual cycle; however, the discomfort it causes should not be regarded as something women must accept. Homeopathy presents a safe, compassionate, and holistic method of treatment that addresses the individual woman rather than merely the symptoms of the syndrome. By employing remedies that are specifically tailored to the emotional and physical dimensions of the experience, homoeopathy not only alleviates discomfort but also promotes balance, confidence, and inner harmony.

As women cultivate a deeper awareness of their cycles, homoeopathy empowers them to perceive their hormonal rhythm as a reflection of inherent inner wisdom rather than a source of burden.

References-1. Jain N. Organon of Medicine. B. Jain Publishers; 2004.
2. Premenstrual Syndrome: A mini-review. Maturitas8 2015;82.
3. Premenstrual Syndrome: Advances in Diagnosis and Treatment. Obstetrics and Gynecology Clinics of North America 2000;27.
4. Kent JT. Lectures on homoeopathic materia medica: Together with Kent's "New Remedies" Incorporated and Arranged in One Alphabetical Order. B. Jain Publishers; 1989.
5. Boericke W. Pocket Manual of Homoeopathic Materia Medica & Repertory: Comprising the Characteristic and Guiding Symptoms of All Remedies (clinical and Pahtogenetic [sic]) Including Indian Drugs. 1995.
6. Tyler ML. Homoeopathic drug pictures. B. Jain Publishers; 1990.
7.Nash EB. Leaders in homoeopathic therapeutics. B. Jain Publishers; 2002.
8. Allen HC. Keynotes and Characteristics with Comparisons of Some of the Leading Remedies of the Materia Medica with Bowel Nosodes. B. Jain Publishers; 2002.
9. Clarke JH. A Dictionary of practical materia medica. 1902.

1st Author-**Dr Shivani Mishra**
PG Scholar, Dept of Homoeopathic Materia Medica
Dr MPK Homoeopathic Medical College, Hospital And Research Centre, Jaipur, Rajasthan
2nd Author-**Dr Sonia Tuteja**
Professor, Dept of Homoeopathic Materia Medica
Dr MPK Homoeopathic Medical College, Hospital And Research Centre, Jaipur, Rajasthan

PRO LIFE ERA HOMEOPATHY JOURNAL
e-ISSN XXXX-XXXX Volume - 1 Issue - 3 Bhopal Publish Date 1st May 2026

Efficacy of Homeopathic Medicine For Treatment of Nocturnal Enuresis-Case Report

Abstract-Nocturnal enuresis is a frequently encountered and often challenging issue in pediatric practice, particularly in children aged 5 to 12 years. This article presents a case of a 4½-year-old female suffering from involuntary bedwetting for two years, who showed significant improvement and eventual resolution of symptoms with individualized homeopathic treatment. The case demonstrates the effectiveness of **Pulsatilla** in managing paediatric enuresis without side effects or recurrence.

Keyword-Homeopathy, Pulsatilla, Nocturnal Enuresis, Bedwetting

Introduction-Enuresis, commonly referred to as **bedwetting**, is defined as the involuntary discharge of urine during sleep or wakefulness in children over the age of five, without any identifiable organic cause. It is a **prevalent yet often overlooked condition** that can lead to emotional distress and social embarrassment for both the child and their caregivers. In conventional medicine, treatment options include **tricyclic antidepressants** like Amitriptyline, Imipramine, and occasionally Nortriptyline. However, these drugs are associated with side effects such as behavioral changes, and symptoms often recur once the medication is discontinued. Homeopathy, in contrast, seeks to address the root cause by treating the individual holistically-emotionally, mentally, and physically-offering a safe, non-suppressive approach tailored to the child's unique constitution.

Case Report-Patient Information-

•**Age/Gender:** 4½-year-old female

•**Chief Complaint:** Bed wetting occurring approximately twice a week over the last eight months, •**Onset:** Symptoms present for the last two years

•**Associated Complaints:** Sensation of abdominal fullness and coldness in the extremities

Family History-•No family history of enuresis reported, •Elder sibling is asymptomatic

Past History-No history of major illness or hospitalization

Personal History-•**Appetite:** Adequate

•**Food Cravings:** Strong desire for sweets

•**Aversion:** Fried foods

•**Thirst:** Drinks small sips of water infrequently

•**Bowel Movements:** Occasional constipation

•**Urination:**4-5times during day; twice at night

•**Sleep:**Disturbed; sometimes startled during sleep

•**Dreams:** Often dreams about princesses from television shows

•**Constitution:** Lean, thin, and fair-skinned

•**Thermal Reaction:** Alternates between feeling hot and chilly

General Examination

•**Build:** Lean and thin•**Weight:** 20 kg

•**Height:** 130 cm, •**Pulse:** 82 bpm

•**Blood Pressure:** 100/80 mm Hg

•**Respiratory Rate:** 20/min

•**Pallor/Cyanosis:** Absent

Systemic Examination•**Central Nervous System:** Conscious, alert, and oriented

•**Respiratory System:** Air entry bilaterally equal, clear

•**Cardiovascular System:** S1 and S2 heard normally, •**Abdomen:** Soft, non-tender

Mental And Emotional State-The child is emotionally expressive and hypersensitive. She startles easily at loud sounds and responds by crying. She exhibits **fear of wild animals**, particularly tigers and lions. Her attachment to fictional characters, especially **Disney princesses**, reflects her imaginative and impressionable nature. She strongly dislikes being alone; separation from caregivers evokes anxiety and tears. When reprimanded for misbehaviour, she becomes upset, seeks attention, and insists on being consoled by her mother. She craves affection and reassurance and is emotionally dependent, with frequent mood swings and a strong need for companionship.

Repertorization-Case was repertories on the following symptoms by using RADAR 10.5.003 PULSATILLA were the highest scoring remedy covering maximum rubrics.

Homeopathic Prescription-

Remedy Selected: ***Pulsatillanigricans***

Pulsatilla was chosen based on the child's constitutional traits:

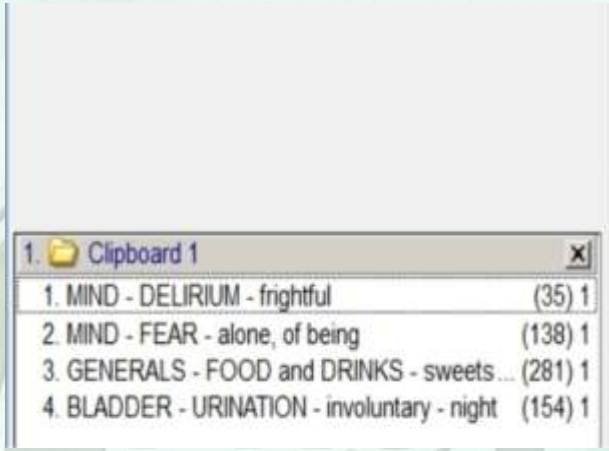
•Mild, sensitive, and affectionate temperament

•Emotional clinginess and need for constant attention

•Fear of abandonment and dark spaces

•Aggravation from being alone and need for consolation

•Physical symptoms including chilliness, thirstlessness, and a desire for sweets



	puls.	stram.	bell.	lyc.	phos.	caust.	nit-ac.	calc.	carb-v.	hep.	merc.	plb.	sil.
	1	2	3	4	5	6	7	8	9	10	11	12	13
	49	49	48	48	48	47	47	46	46	46	46	46	46
1. MIND - DELIRIUM - frightful (35) 1	2	3	3	1	1	1	1	1	1	1	1	2	1
2. MIND - FEAR - alone, of being (138) 1	2	2	1	3	3	2	1	1	1	1	1	1	1
3. GENERALS - FOOD and DRINKS - sweets... (281) 1	2	2	1	3	2	1	2	2	2	2	2	2	1
4. BLADDER - URINATION - involuntary - night (154) 1	3	2	3	1	2	3	3	2	2	2	2	1	3

•**Fear of abandonment and dark spaces**

•**Aggravation from being alone and need for consolation**

•**Physical symptoms including chilliness, thirstlessness, and a desire for sweets**

Dose And Potency-Pulsatilla 200C, single dose; repeated after two weeks based on symptom review

•**Supportive Prescription:***Saccharumlactis* (SAC-LAC) 4 globules, to be taken three times daily (TDS) for 15 days.

Auxiliary Management-The patient was advised to empty her bladder before bedtime to help reduce nighttime incontinence episodes.

Follow-Up Observations

•**First Follow-Up (15 Days)-**Bedwetting had reduced to **once per week**, with no new or associated complaints. As improvement was evident, **placebo** was continued for the next month.

•**Second Follow-Up (One Month Later)-**Frequency of nocturnal enuresis further decreased to **once in two weeks**. Placebo therapy was extended for another month.

•**Subsequent Monthly Follow-Ups (Three Visits)-**The patient reported **complete resolution** of bed wetting with **no recurrence**. Emotional and physical health remained stable, & no further intervention was required.

Discussion And Conclusion-This case emphasizes the positive role of **homeopathic medicine** in managing **nocturnal enuresis** effectively and gently. The prescription of *Pulsatilla*, selected based on the complete **totality of symptoms**, not only addressed the urinary incontinence but also supported the child's emotional balance.Homeopathy treats the patient as a whole, taking into account not just physical symptoms, but emotional and behavioral traits as well. In this case, the child's sensitive and clingy temperament, aversion to being alone, and fearfulness aligned closely with the constitutional picture of *Pulsatilla*.

Other Commonly Used Remedies In Nocturnal Enuresis-

•**Kreosotum:**-Indicated for children who pass urine during **deep sleep** and are difficult to awaken. Urine may have a **strong offensive odor** and may irritate the skin.

•**Causticum:** - Suitable for older children with **involuntary urination during cough, sneeze, or exertion**. Often prescribed where bladder control was **delayed** in early childhood.

•**Sepia:** - Effective in cases where children **wet the bed shortly after falling asleep**. These children often have **irritable, indifferent, or moody dispositions**.

•**Equisetum:** - Recommended when enuresis is accompanied by the passage of **large quantities of urine**, often with **no discernible physical cause**. Daytime frequency may also be present.

•**Belladonna-**Useful when **sudden bed wetting episodes** occur, often accompanied by **nightmares or restlessness** during sleep.

•**Sulphur-** Prescribed for children who tend to be **warm-blooded, thirsty**, and who may also suffer from **skin eruptions**. Enuresis in these cases often reflects a **deep constitutional imbalance**.

This case reaffirms that with careful individualization and holistic consideration, **homeopathy offers a safe, effective, and non-suppressive treatment** for childhood nocturnal enuresis, leading to complete and lasting recovery.

Dr. Devanshi Doshi PG Scholar Part-1
Department of Materia Medica
Rajkot Homeopathic Medical College,
Parul University
Guided by–**Dr. Rajesh Sanjha**
M.D.(Hom) HOD of Homoeopathic MateriaMedica
Dr. Vani Oza M.D. (Hom)
Associate Professor of Department of Homoeopathic Materia Medica

e-ISSN XXXX-XXXX Volume - 1 Issue - 3 Bhopal Publish Date 1st May 2026

PRO LIFE ERA
HOMEOPATHY JOURNAL

Pharmacological Insights & Therapeutic Applications of The Ophidia Group in Homeopathy

Abstract-The Ophidia group in homeopathy refers to remedies derived from snakes, including **Naja**, **Crotalus**, **Bothrops**, and **Lachesis**, among others. These remedies are primarily indicated for conditions involving the circulatory, nervous, and lymphatic systems, and are often employed in cases of venomous bites, toxic reactions, and severe inflammatory processes. The pharmacological action of the Ophidia group remedies involves the regulation of blood circulation, improvement of tissue healing, and modulation of the nervous system. This article explores the pharmacological actions, therapeutic indications, and key homeopathic remedies from the Ophidia group.

Introduction-The Ophidia group in homeopathy includes remedies derived from various snake venoms, with each remedy showcasing specific therapeutic actions based on the venom's properties. Snake venoms contain complex proteins, enzymes, and peptides that have varying effects on the body, such as anticoagulant, neurotoxic, and cytotoxic actions. Homeopathically, these properties are potentized and used to address conditions that mirror these toxic effects, such as blood poisoning, nerve damage, and circulatory issues. The Ophidia remedies are frequently indicated in acute inflammatory conditions, shock, sepsis, and diseases with a sudden onset or intense symptoms.

Pharmacological Actions of Ophidia Group Remedies-1. Lachesis Muta

Pharmacological Action-•Potent venous action: increases blood flow, especially venous congestion, leading to **varicose veins** & **cyanosis,** •**Anticoagulant** effect: slows clotting and increases hemorrhagic tendencies, making it useful in conditions with **hemorrhage** or **ecchymosis**.

•**Neurotoxic** action: affects the central nervous system, often leading to **nervous exhaustion**, **delirium**, or **psychic disturbances**.

•**Toxic effects**: can cause **sepsis** and intense inflammation when the body is overwhelmed by toxins.

2. Naja Tripudians (Indian Cobra)

Pharmacological Action-

•**Neurotoxic**: affects the **nervous system**, leading to symptoms such as **paralysis** of the muscles, especially in the **thoracic region**.

•**Cardiac** action: often indicated in conditions of **heart failure**, particularly when associated with **tachycardia** or **arrhythmias**.

•**Circulatory** action: increases blood pressure and circulation, with an affinity for the **venous system** and **lymphatic drainage**.

•**Tissue degeneration**: often used when the individual shows signs of **sepsis**, **edema**, or tissue damage.

3. Crotalus Horridus (Timber Rattlesnake)

Pharmacological Action-

•**Hemorrhagic tendency**:induces **hemorrhages** & **coagulation disorders**, leading to breakdown of blood vessels & **bleeding tendencies**.

•**Lymphatic action**: strongly affects the lymphatic system, used when there is **swelling**, **glandular enlargement**, or **lymphadenitis**.

•**Antiseptic properties**:often used in conditions associated with **infection** or **sepsis** where the body's defense mechanisms are compromised.

•**Venomous inflammation**: typically indicated for **tissue inflammation** following injury, infection, or toxic exposure.

4. Bothrops (Fer-de-Lance)

Pharmacological Action-

•**Coagulant and anticoagulant** action:causes both **blood clotting** and **internal bleeding**, depending on the case's progression, leading to a complex effect on the circulatory system.

•**Vascular system**:has a strong effect on the **vascular tone**, leading to conditions like **varicosities**, **hemorrhoids**, and **poor venous return**., •**Neurological effects**: induces **headache**, **severe dizziness**, and **nervous system disturbances**.

•**Toxicity**: induces **cellular breakdown**, leading to tissue necrosis, particularly after exposure to environmental toxins.

5. Agkistrodon (Copperhead)

Pharmacological Action-•**Cellular and tissue toxicity**: induces **tissue damage** and **necrosis**, especially in the context of acute toxic exposure.

•**Anticoagulant properties**: contributes to **blood thinning** and can be used in conditions where **excessive clot formation** is observed, but with caution.

•**Neurological & muscle toxicity**: can lead to **muscle paralysis**, particularly in **respiratory muscles**, causing breathing difficulties

Indications for Ophidia Group Remedies

•**Venous congestion and hemorrhages**: Remedies like **Lachesis** are particularly helpful when there is **venous stasis** or a tendency for **bleeding**.

•**Cardiovascular conditions**: **Naja Tripudians** is often used in cases of **arrhythmias**, **tachycardia**, and **heart failure**, especially with **edema** or **congestion**.

•**Septic states and tissue inflammation**: **Crotalus Horridus** is indicated when there is **sepsis**, **inflammation**, and **necrosis**, often following toxic exposure or injury.

•**Neurological disorders**: **Bothrops** & **Naja** are used for conditions with **neurological disturbances** like **headaches**, **dizziness**, & **paralysis**.,•**Lymphatic and glandular issues**: Used when **swelling**, **enlarged lymph nodes**, and **glandular inflammation** are present.

Conclusion-The **Ophidia group** remedies play a crucial role in treating a wide array of ailments involving the circulatory, nervous, and lymphatic systems. These remedies are particularly useful in acute conditions with **intense onset**, such as **shock**, **sepsis**, & **venomous bites**. By utilizing these remedies, homeopathy offers an effective, individualized approach to treating conditions that are often resistant to conventional treatment. Further research into the **pharmacological actions** & **clinical efficacy** of these remedies could enhance their application in modern medical practice.

Dr. Smita Hirvale
Guide, Department Of Homeopathic Pharmacy
Guru Mishri Homeopathic Medical College And Hospital, Shelgaon, Jalna
Dr. Kalyani Waikar
PG Part 2 Department of Homeopathic Pharmacy
Guru Mishri Homeopathic Medical College And Hospital, Shelgaon, Jalna

PRO LIFE ERA HOMEOPATHY JOURNAL
e-ISSN XXXX-XXXX Volume - 1 Issue - 3 Bhopal Publish Date 1st May 2026

Homoeopathic Rare Remedies and Mother Tinctures For Treatment of Acne

Abstract-Acne is a chronic inflammatory discase e of the pilosebaceousfollicles. the most common disease which affects almost all adolescents. Age of onset of acne is 12–14 years, being earlier in females. In about 70% of subjects, the lesions subside in the third decade. The problem should never be tackled permanentaly with superficial, local acting medicines. Instead, deep acting constitutional remedies should be Prescribed judiciously as soon as the complete totality is available.

Keywords-Acne, Skin, Homoeopathy, Medicine.

Introduction-Acne is a disorder of the pilosebaceous apparatus characterized by comedones, papules, pustules, cyst sand scars.

Etiology-•*Sebum*. Sebum excretion is increased.

•*Hormonal*. Androgens (from the testes, ovaries and adrenals) are the main stimulants of sebum excretion. Premenstrual flare About 70% of women complain of a flare 2-7 day premenstrually.

•*Poral occlusion*. Both genetic and environmental factors (e.g. some cosmetics) cause the epithelium to overgrow the follicular surface

Pathology•Occlusion of pilosebaceous orifice

•Increased sebum secretion

•Microbial colonization

•Release of inflammatory mediators

Stages of acne•*Whiteheads* - remain under the skin and are very small

•*Blackheads*-are clearly visible,they are black and appear on the surface of the skin

•*Papules*-are visible on the surface of the skin. They are small bumps, usually pink

•*Pustules*-clearly visible on the surface of the skin. They are red at their base and have pus at the top

•*Nodules*-clearly visible on the surface of the skin. They are large, solid pimples. They are painful and are embedded deep in the skin

•*Cysts*-clearly visible on the surface of the skin. They are painful and are filled with pus. Cysts can easily cause scars.

Rare homoeopathic medicines for acne

•**Arsenicum Bromatum** -Acne rosacea, with violet papules on nose; worse in the spring. Acne in young people.

•**Ars sulph rubrum** -acne accompanied by psoriasis and eczema

•**Asimina triloba-**Itching red pimples, appearing first on the left, then on right side. Pustular acne, with itching in evening when undressing

•**Berberis aquifolium Q-**Acne. Blotches and pimples. Clears the complexion. Acne associated with menstrual irregularity

•**Bellis per-**Exudations and swellings, acne from cold drinks, give 3X potency

•**Calotropis-**heals the ulcers and blotches from the skin, and perfects the cure

•**Crab apple-**Bach flower remedy which is "sensitive to his external appearance (before others)." Pimples in the face of teenage college girls, grey hair, baldness. This Remedy is for those who are over conscious of filth, dirt, contagion, infection, bacteria etc.

•**Chrysarobinum-**Acne rosacea that leads to easy formation of crusts, Acne is associated with violent itching

•**Eugenia Jambos Q-**It is especially indicated for indurated & painful along with comedones. Pimples are painful for some distance around It is also useful for acne rosacea.

•**Fagopyrum Q-**itching, better by bathing in cold water; worse scratching, touch and retiring. Sore red blotches. Blind boils. Itching of knees and elbows and hairy portions

•**Granatum:**Pimples on the forehead and left temple with sore pain. They suppurate and on drying leave nodules. Itching in different parts of the body as if pimples would breakout

•**Hydrocotyle-**acne of face, accompanied with uterine derangement, great dryness of skin

•**Juglans regia Q -**Comedones and acne of the face that itch violently. When the acne bursts. it forms thick crusts. Acne that isassociated with menstrual irregularities.

•**Nabulus seprpentira-**Pimples on the face, about the nose, upper lip and chin

•**Oophorinum-**acne rosacea and other skin diseases during climetric

•**Sumbul:**Smooth, small, reddish spots on the forehead. Black pores on the face. Comedones

•**Streptococcin-**acne worse during winter season

Conclusion-Acne tends to be chronic, and is obstinately resistant to Treatment. With proper diet and attention to hygiene, together with the homeopathic remedy it yields to treatment in course of a few weeks to a few months.

References-1.Hunter JAA, Savil J, Dahl M. Clinical dermatology. 3rd ed. Chichester: Wiley-Blackwell publication; 2002 Oct 7.

2. Master FJ. Skin homoeopathic approach to dermatology. 2nd rev. ed. New Delhi: B. Jain Publishers; [year]. Chapter 32, p. 657-684.

3.N'Khanna R, Kubba R. World clinics: dermatology - acne. London: Jp Brothers Medical; 2014. Chapter 7, p. 109-128.

4.Boericke O. New manual of homoeopathic materia medica with repertory. 3rd rev. & augmented ed. New Delhi: B. Jain Publishers Pvt. Ltd; 2010.

5.Gopi KS.,disease of skin with homoeopathic management,AIY publication. March,2017

Author-**Dr. Digna Solanki,** PG Scholar Department of Practice of Medicine,
Rajkot Homoeopathic Medical College, Parul University

Dr. Urmila Bhalgariya
MD. Hom- Assistant Professor-
Department of Practice of Medicine
Rajkot Homoeopathic Medical College, Parul University

Dr. Hitarth Mehta Phd Scholar,
MD. Hom- Principal, Professor and HOD
Department of Practice of Medicine
Rajkot Homoeopathic Medical College, Parul University

PRO LIFE ERA HOMEOPATHY JOURNAL
e-ISSN XXXX-XXXX Volume - 1 Issue - 3 Bhopal Publish Date 1st May 2026

A Holistic Homeopathic Management of Acute Allergic Nasopharyngitis in A Pediatric Case-A Case Report

Abstract-Allergic nasopharyngitis is a common inflammatory condition of the upper respiratory tract in children, often triggered by allergens such as cold food and environmental irritants. This case report presents the effective homeopathic management of a 2-year-old male child suffering from acute allergic nasopharyngitis characterized by copious watery nasal discharge, mucosal dryness, itching, & redness, following the consumption of cold milk. The symptom totality pointed toward *Aconitum napellus* and *Cosmos*, which were prescribed in suitable potencies. Significant symptomatic improve-ment was observed within a few days, without any recurrence upon follow-up. This case demonstrates the scope of individualized homeopathic treatment in managing acute pediatric allergic conditions effectively & safely

Preliminary Data-•Case No: 01
•Sex / Age: 2-year-old Male
•Religion: Hindu, •Occupation: Student

Chief Complaint-•Watery nasal discharge +3 (copious) since 4 days
•Redness of the nasal mucosa

Location | Sensation | Modality | Concomitant
•Location (Respiratory System: Nose)
•Sensation ModalityConcomitant
•Onset: Sudden- Itching +3
•A/F: Outside food (cold milk)
•Duration: 4 days- Watery discharge (copious)< Cold air
•Dryness +3 of nose> Warm things
•Redness

History of Present Complaint-Patient presented with complaints of:
•Watery nasal discharge +3 (copious) for 4 days
•Dryness +3 of the nose from inside
•Redness of the nasal mucosa
•Itching +3 of the nose < cold air, > warm things
•Complaints started after consuming outside food (cold milk)

Associated Complaints-•Nothing specific

Past History-Nothing significant

Family History-Father-Known case of Rhinitis

Physical Generals-•Appearance: Wheatish skin tone, •Taste: Normal, •Diet: Vegetarian
•Appetite: Normal, •Thirst: Normal
•Desire: Nothing specific,
•Craving: Nothing specific
•Aversion: Nothing specific
•Intolerance: Nothing specific
•Food/Drinks: Nothing specific
•Sleep: Disturbed due to complaints
•Dreams: Nothing specific, •Habits: None
•Vaccination: All required vaccines taken up to date, •Milestones: Normal

Natural Elimination-•Perspiration: None
•Urine: 2-3 times/day, •Stool: Satisfactory
•Thermals: Ambithermal

Life Space Investigation-Not Applicable

General Examination-

Parameter-Observation-•Height-34 cm
•Weight-8 kg, •Pallor-Absent, •Icterus-Absent
•Cyanosis-Absent, •Oedema-Absent
•Nails-Healthy and pink, •Gait-Normal
•Temperature-98°F, •Pulse-91/min
•Respiratory Rate-18/min

Systemic Examination-•RS: Clear AEBE
•CVS: S1 and S2 normal
•CNS: Well-oriented and conscious
•GIT: Soft and non-tender

Local Examination-

Nose-•Congestion present
•Hypertrophied turbinates

Laboratory Investigation And Findings-Not Required

Provisional Diagnosis-Allergic nasopharyngitis

Differential Diagnosis-•Common Cold
•Laryngitis, •Nasopharyngitis

Analysis of Symptoms-(Complete characteristic physical particulars)
•Watery nasal discharge +3 (copious)
•Dryness +3 of nose, •Itching +3, •< Cold air
•> Warm things, •Redness of the nasal mucosa
•A/F: Outside food (cold milk)

Miasmatic Analysis-Psora

Totality of Symptoms-
•Itching of the nose from inside
•Dryness of the nasal mucosa
•Nose redness at the tip of the nose
•Watery nasal discharge
•Copious nasal discharges, •< Cold air
•>Warm drinks, •A/F:Outside food (cold milk)

Reportorial Approach-

Follow-Up & Treatment Progression-

Date	Symptoms	Prescription
03/01/2024	- Dryness of nose reduced by 80% - Watery nasal discharge reduced by 70% - Redness – Absent - Itching reduced by 70% O/E: - Temperature: 100°F - Nose: Nasal Turbinates - Normal - Nasal mucosa - Redness Reduced	Cosmos 200 (1P) Rubrum 200 (4 Pills) TDS
08/02/2024	- Watery copious discharge Absent - Body temperature – Normal - Itching – Absent O/E: - Temperature: 98°F - Nose: Nasal Turbinates - Normal - Nasal mucosa - Redness Reduced	Cosmos 200 (1P) Rubrum 200 (4 Pills) TDS
12/02/2024	- Watery copious discharge Absent - Redness – Absent O/E: - Temperature: 98°F - Nose: Nasal Turbinates - Normal - Nasal mucosa - Redness Absent	Cosmos 200 (1P) Rubrum 200 (4 Pills) TDS

•Symptom Repertorial Rubric
•Nose Itching (inside) Nose-**Itching**-inside
•Nose Dryness (inside) Nose-**Dryness**, inside
•Nose Redness (tip)Nose-**Discoloration**, general-redness, tip
•Nasal Discharge (watery) Nose-**Discharge**, general-watery
•Nasal Discharge (copious) Nose-**Discharge**, general-copious
•A/F Cold drinks aggravation Generals-cold drinks.agg
•Warm things (amel) Generals-warm things, drink amel
•A/F Outside food aggravation Food-**Outside**, agg.

Repertorial Totality Table-
•Remedies acon. sil. sulph. carb-v. nit-ac. calc. bell. sep. puls. nat-m.
•Score 9/20 9/17 8/20 8/19 8/17 8/16 8/14 8/14 8/127/17

Prescription-

Remedy-•Aconite 200 C (Stat 1 Powder dose)
•Cosmos 30 x (4 pills, 4-4-4 x 3 days)

General Management & Auxiliary Measures-•Avoid cold drinks
•Take steam inhalation,
•Drink lukewarm water
•Avoid going out without precautions
•Take ginger water

Dr. Kalyani Waikar PG Part 2
Department of Homeopathic Pharmacy
Guru Mishri Homeopathic Medical College & Hospital, Shelgaon, Jalna
Dr. Smita Hirvale Guide,
Department of Homeopathic Pharmacy
Guru Mishri Homeopathic Medical College & Hospital, Shelgaon, Jalna

e-ISSN XXXX-XXXX Volume - 1 Issue - 3 Bhopal Publish Date 1st May 2026

PRO LIFE ERA
HOMEOPATHY JOURNAL

Efficacy of Homoeopathic Medicines in Autoimmune Thyroiditis

Types of Autoimmune Thyroiditis-

•***Hashimoto's Thyroiditis (Chronic Lymphocytic Thyroiditis)***-The most common cause of hypothyroidism. Characterized by gradual thyroid destruction, leading to reduced hormone production.
Symptoms: Fatigue, weight gain, cold intolerance, dry skin, and depression.

•***Graves' Disease***-The most common cause of hyperthyroidism.
Caused by autoantibodies stimulating the thyroid, leading to excessive hormone production.
Symptoms: Weight loss, heat intolerance, rapid heartbeat, anxiety, and bulging eyes (exophthalmos).

•***Postpartum Thyroiditis***-Temporary thyroid inflammation occurring after childbirth.
Can cause transient hyperthyroidism, followed by hypothyroidism.Often resolves on its own but may require treatment if persistent.

•***Silent (Painless) Thyroiditis***-Similar to postpartum thyroiditis but occurs independently of pregnancy.Causes temporary hyperthyroidism followed by hypothyroidism.

•***Subacute (De Quervain's) Thyroiditis***-Often follows a viral infection.Causes painful thyroid inflammation with symptoms like fever, neck pain, and temporary thyroid dysfunction.

•***Riedel's Thyroiditis (Fibrosing Thyroiditis)***-A rare condition where the thyroid becomes hard and fibrotic.May cause compressive symptoms like difficulty swallowing or breathing.

Homeopathic Medicines As Per The Common Symptoms of Thyroiditis-

•**Enlarged Thyroid or Goiter-**Iodium, Nat.mur, aqua marina, thyroidinum, spongia tosta, calcarean carbonica, fucus vesiculosus, iris versicolor, badiaga, bromium, calcareaflourica, calcarean iodata, mercurious iodatus ruber, lapis albus, belladonna.

•**Hair Loss-**Natrium mur, lycopodium, acid phos, sepia.

•**Unexplained Weight Gain**-Phytolacca berry, Calcarean carbonica, Fucucs versiculosus, Graphites.

•**Prolonged Or Excessive Menstrual Bleeding-**Sepia, Calcareacarbonica, Ferrummetallicum, Cincona officinalis.

•**Fatigue-**Cinchona officinalis, Calcareacarbonica, Phosphoricumacidum, Iodinum, Natrium muraticum, Alfalfa.

•**Difficulty In Becoming Pregnant-**Agnus castus, Borax veneta, Natrium phosphoricum, Calcareacarbonica.

A. Roberts: Homoepathic Therapeutics of Endocrinology-He has clearly explained about the importance of our system in duct-less gland disorders. He says that the viewpoint of the modern physiologist reflects the theory that the vast majority of human ills are traceable to dysfunction of the glandular system; that most growth problems (over and under-development of the whole body or parts) and many maladjustment of the child to its environment, and even of the adult to his relationships and problems, are related in some degree to endocrine imbalance. So it is that the function of some of the ductless glands is to secrets a minute quantity of specialized product into the system, a secretion that has a vital bearing on the health of the whole constitution. In many cases, this secretion of a normal gland is so minute that it approaches the homeopathic attenuation. With this concept of the importance of the endocrine glands in maintaining health, and with the almost infinitesimal amount of some of these glandular secretions, we can hardly fail to see the important relationship the homeopathic remedy may hold to the manifestations of endocrine dysfunction and to the balance of the ductless glands themselves.

Psoric Miasm In Thyroiditis

Characteristics-Hypo-functioning or hyper-functioning thyroid due to stress, lifestyle, or emotional triggers.
Initial stages of Hashimoto's thyroiditis, where mild hypothyroidism may be seen.

Symptoms Indicating Psoric Miasm-
Nervousness, restlessness, and anxiety. Mild swelling of the thyroid gland (goiter).

Homeopathic Remedies with Psoric Influence-
Lycopodium: For digestive issues with thyroid problems, intolerance to contradiction, bloating, and gas.
Sulphur: Dry skin, heat aggravation, irritability, and desire for sweets.

Sycosis Miasm Characteristics-
Autoimmune thyroiditis (Hashimoto's thyroiditis and Graves' disease) where there is an overactive or underactive thyroid.
Tendency for fibrotic and nodular changes in the gland.

Symptoms Indicating Sycotic Miasm-
Enlarged thyroid (goiter) with nodular formations.
Chronic metabolic disturbances like weight gain or weight loss.
Puffiness of the face, swelling around the eyes, and bloating.

Homeopathic Remedies With Sycotic Influence-
Thuja: Glandular swelling, warty growths, and excess sweating.
Calcarea Carbonica: Sluggish metabolism, cold extremities, obesity, and excessive sweating.

Syphilitic Miasm In Thyroiditis Characteristics-
Destructive changes, atrophic conditions, and severe autoimmune pathology.
Chronic thyroiditis leading to fibrosis, tissue destruction, and permanent hypothyroidism.

Symptoms Indicating Syphilitic Miasm-
Marked glandular destruction with severe atrophy.
Loss of thyroid function despite treatment.
Progressive weight gain, extreme lethargy, and memory loss.

Homeopathic Remedies with Syphilitic Influence-
Syphilinum: Deep-seated destruction, ulcerative conditions, and marked debility.
Mercurius Solubilis: Ulceration, night sweats, excessive salivation, and glandular destruction.

Homeopathic Medicines-

Hedera Helix-A rare known plant remedy established by mezger. Used in the affections of thyroid like hyperthyroidism, colloidal goiter, thyrodities- hyperplastic, ligneous thyrodities.

Calcarea Carb-It has action on the glands especially on pituitary and thyroid. Sensitive to light. Lachrymation in open air and early in morning. Fair, fat, flabby personality. Confused, low spirited, swallowing difficult, goiter and palpitation at night. Worse from mental and physical exertion.

Natrum Mur.-Effective for goiter, hyperthyroidism, addison's disease, diabetes. Grief is always present. Muscles weak & stiff.

Thyroidinum-Prepared from dried thyroid gland of sheep. Used in cases of goiter with excessive obesity. Patients with paleness, amblyopia, uterine fibroid. Great weakness and hungry yet losing flesh. hypothyroidism with weakness, easy fatigue, weak pulse, tendency to faint, palpitations

Iodinum-It is suited to thin, dark complexed persons with enlarged lymphatic glands. Eats well yet loses flesh. Great debility and perspire easily with slightest exertions. Ravenous hunger and marked thirst.

Lycopodium Clavatum-It is useful in patients with grauvogl'snitrogenoid constitution. Symptoms runs from left to right. Craving for food that is hot and sweet. Offensive perspiration.

Lachesis Mutus-Defective vision, extrinsic muscles too weak to maintain focus. Great loquacity, sadness in morning restless and uneasy persons. Jealous, suspiciousness is marked. Craving for alcohol.

Repertorial Approach

Kents Repertory-Goitre-Ail., aloe., am-c., ambr., apis., aur-i., aur., bad., bell., brom., calc-f., calc-i., calc-s., Calc., carb-an., carb-s., caust., cist., con., crot-c., ferr-i., fl-ac., form., hep., Iod., kali-c., kali-i., lach., lap-a., lyc., lycps., mag-c., merc-i-f., merc-i-r., nat-c., nat-m., nat-p., nat-s., phos., plat., podo., sep., sil., Spong., stram., tab., tarent., tub., urt-u.

Right Sided-Iod., lyc., merc-i-f., nat-c., phos., sep., sil., spong.
Left : Lach.

Constriction-Calc-s., Crot-c., iod., lyc., spong

External Throat p. 472

Goitre, Exophthalmic Exophthalmic:Aur-i., aur., bad., cact., calc., con., crot-h., ferr-i., ferr., Iod., lycps., nat-m., phos., sec., spong.

Boger Boenninghausen Characteristic Repertory-Gland (goitre) :- Am-c., Am-m., Ambr., Apis (cyst), Ars. (r.), Ars-i., Aur. (pulsation of), Bad., Bar-c. (children), Bell., Brom., CALC., Calc-f., Calc-i., Caust., Con., Dig., Ferr-i., Fl-ac. (hard), Ham., Hep., IOD., Kali-c. (r.), Kali-i., Lap-a., LYC., Mag-c., Merc., Merc-i-f., Merc-i-r., Nat-c., Nat-m., Nit-ac. (r.) (children), Petr., Phos., Plat., Sep., Sil., SPONG., Staph., Sul-i., Sulph., Thyr.

Dr. Devanshi Doshi PG Scholar Part-1
Department of Materia Medica
Rajkot Homeopathic Medical College,
Parul University
Guided by-**Dr. Rajesh Samjha**
M.D.(Hom)
HOD of Homoeopathic Materia Medica &
Dr. Vani Oza M.D(Hom)
Associate Professor of Department of
Homoeopathic Materia Medica