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Case Study

Homoeopathy in Neurological Problems: An Indian Perspective

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Abstract This article explores the role of homoeopathy in the management of neurological problems, with a specific focus on the Indian context. It examines the historical integration of homoeopathy into the Indian healthcare system, its underlying principles, and its application in various neurological conditions, such as epilepsy, stroke, and Parkinson's disease. Drawing upon both conventional and alternative medicine literature, including clinical trials and case studies from India, this paper provides a comprehensive overview of the current evidence base. It also discusses the challenges and opportunities for homoeopathy within the pluralistic healthcare landscape of India, highlighting the need for rigorous research and standardised practices to further evaluate its efficacy and safety. This article is intended for researchers, healthcare professionals, and individuals interested in alternative medicine, particularly in India.

Keywords *Neurological disorders; AYUSH; epilepsy; Parkinson 'sdisease; stroke; causticum; India; placebo-controlled trial; and stramonium*
Abbreviation *Parkinson disease (PD); complementary and alternative medicine (CAM); Modified Naranjo Criteria for Homoeopathy (MONARCH)*

Introduction

Neurological disorders are a major global health issue, causing disability and death. In India, conditions such as epilepsy, stroke, and Parkinson's disease are increasing, thereby straining the healthcare system. While conventional medicine dominates, interest in complementary and alternative medicine (CAM), especially in homoeopathy, is rising.

Homoeopathy, founded by Samuel Hahnemann in the late 18th century, operates on the principle of "like cures like" (similia similibus curentur). Despite scientific debate about its effectiveness, it has a long history in India since the 19th century and is now a key part of the country's healthcare system. The Indian government supports homoeopathy through the Ministry of AYUSH.

Homoeopathy's importance in India's neurological care comes from its affordability, accessibility in rural areas, and holistic approach that aligns with traditional Indian health philosophies. Many patients, including those with neurological disorders, use CAM therapies alongside conventional medicine, showing a preference and perceived benefits.

This article reviews homoeopathy's role in treating neurological problems in India by examining research, trials, and case studies. It also highlights the challenges and opportunities for better integration with mainstream neurology and stresses the need for evidence-based research, standardised methods, and collaboration between medical systems.

Homoeopathy and Epilepsy

Epilepsy, a chronic neurological disorder characterised by recurrent unprovoked seizures, affects a significant portion of the global population, with a substantial number residing in low- and middle-income countries, such as India. Although conventional antiepileptic drugs are the cornerstone of treatment, many patients seek complementary therapies due to inadequate seizure control, adverse drug reactions, or a desire for holistic care. Homoeopathy is one such alternative widely used in India for epilepsy management.

Research into the efficacy of homoeopathic interventions for epilepsy in India, though limited, includes case reports and clinical trials. One notable case report, entitled "Management of Epilepsy through Individualised Prescription of Homoeopathic Medicine Stramonium: A Case Report" by Singh and Khadim (2023) [4], details the successful management of a 40-year-old woman with epileptic attacks using individualised homoeopathic treatment. The patient, who had suffered from seizures for five years, showed significant improvement over 15 months of treatment with Stramonium in increasing potencies. The study utilized the patient-weighted Quality of Life in Epilepsy (QOLIE-10-P) scale and the Modified Naranjo Criteria for Homoeopathy (MONARCH) to assess outcomes. [11]

Case Study: Epilepsy Management with Stramonium

Patient Profile: A 40-year-old woman with a 5-year history of epileptic attacks with unconsciousness, aggravated after menses, and accompanied by tiredness. She exhibited specific mental symptoms, including abusive language, alternating laughter with singing, and sensitivity to light and noise. The physical general symptoms included poor appetite, constipation, disturbed sleep, and irregular menses.

Treatment and Outcome: The patient was prescribed stramonium 200C, followed by 1M, over 15 months. Significant improvement was observed, with no epileptic attacks in the last 8 months of the follow-up period. The QOLIE-10-P score, which measures the patient's quality of life, showed marked improvement from baseline to post-treatment. The MONARCH score indicated a definite causal relationship between homoeopathic medicine and the observed outcome.

Below is a visualization of the QOLIE-10-P scores from the case study:

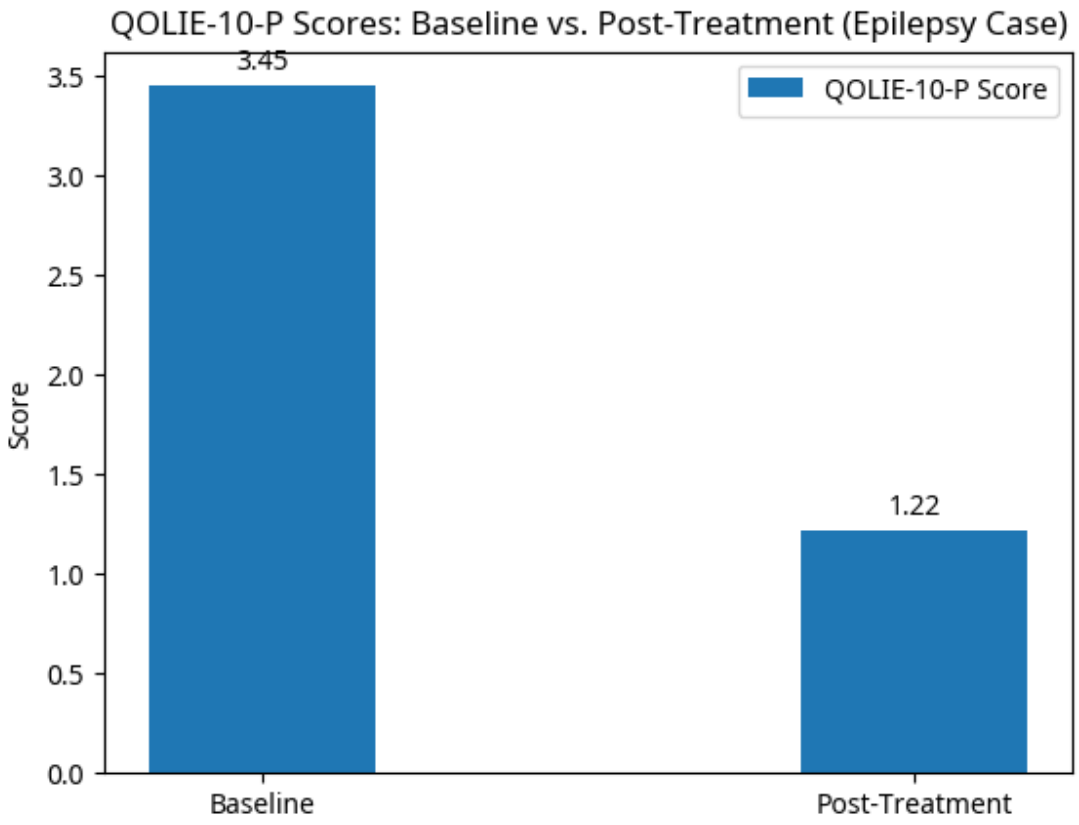

Figure 1: *QOLIE-10-P Scores: Baseline vs. Post-Treatment (Epilepsy Case)*

This chart illustrates the reduction in the QOLIE-10-P score from 3.45 at baseline to 1.22 post-treatment, indicating improvements in the patient's quality of life. The MONARCH score of 9 further supported the positive attribution of the homoeopathic intervention. [4]

Other studies, such as an open-label randomised placebo-controlled trial on individualised homoeopathic medicines as adjunctive treatment of paediatric epilepsy by Gupta et al. (2023) [5], have also explored the role of homoeopathy in epilepsy. While these studies suggest potential benefits, the need for larger, well-designed randomised controlled trials is consistently emphasised to establish the definitive efficacy and generalisability of findings.

Homoeopathy and Stroke

Stroke, a leading cause of long-term disability worldwide, presents a significant challenge in India, where its incidence is rising. Post-stroke complications, such as hemiparesis (weakness on one side of the body), often necessitate extensive rehabilitation. Although conventional rehabilitation is crucial, many patients explore complementary therapies, including homoeopathy, to aid recovery and manage residual symptoms.

A case report titled "Homoeopathic approach in post stroke complications-hemiparesis: A case report" by Ponia and Shukla (2025) [6] illustrates the application of homoeopathy in a 58-year-old male patient with post-stroke hemiparesis. The patient, who had paralytic weakness of the left side of his body for two and a half years, showed significant improvement with individualised homoeopathic treatment using Causticum.

Case Study: Stroke Management with Causticum

Patient Profile: A 58-year-old man presented with left-sided paralytic weakness, difficulty raising his hand and walking, joint stiffness, and insomnia following a cerebrovascular accident. He also exhibited mental symptoms, such as intolerance to injustice, aversion to answering, fear of darkness, and anxiety about the future.

Treatment and Outcome: The patient was treated with Causticum in various potencies (200C, 1M) over several months. Treatment led to gradual but significant improvements. Initially, there was a minor improvement in appetite, sleep quality, and mobility. After ten months of therapy, the patient was able to walk independently, raise his hand above his shoulder, and experienced an 80% reduction in stiffness and numbness. The Modified Naranjo Algorithm was used to assess the causal relationship between the homoeopathic intervention and the observed improvements. [12]

Below is a visualization of the Modified Naranjo Algorithm scores from the stroke case study:

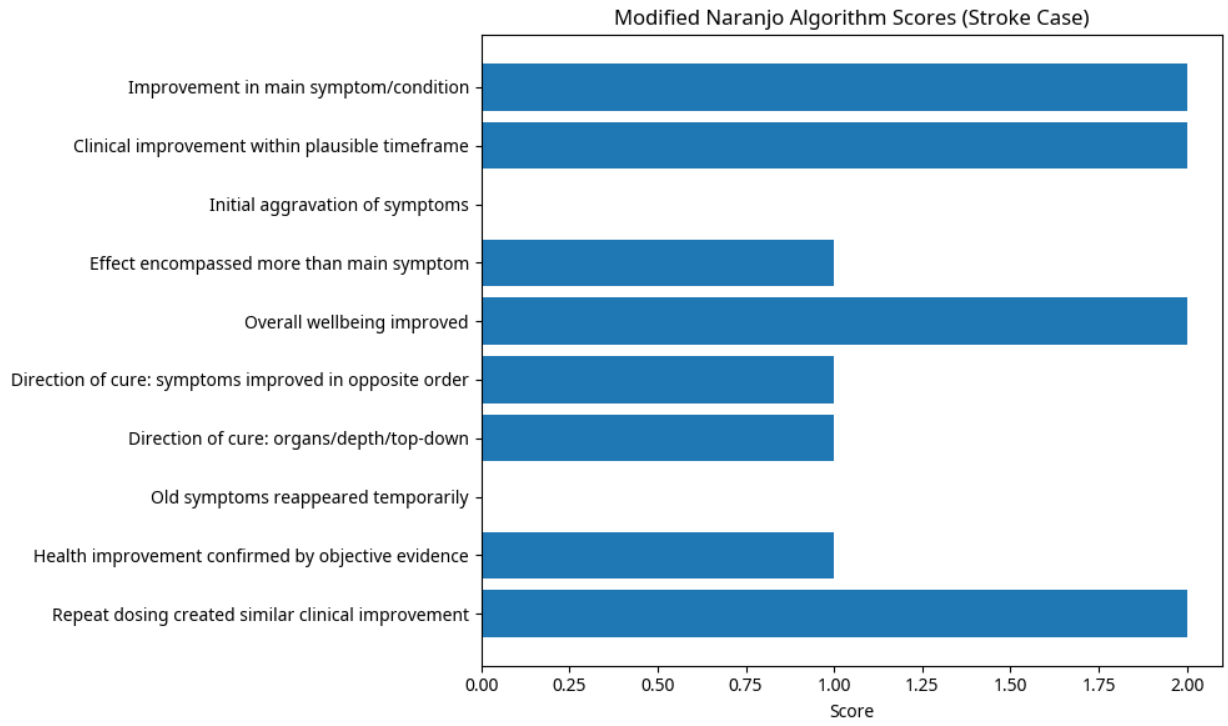

Figure 2: *Modified Naranjo Algorithm Scores (Stroke Case)*

The chart above summarises the scores from the Modified Naranjo Algorithm, which collectively suggest a strong causal relationship between homoeopathic treatment and the patient's recovery. The total score of 12 indicates a definite attribution of the positive outcome to the homoeopathic medicine. [6]

Other studies, such as the randomised trial by Dutta et al. (2023) [7] on the efficacy of individualised homoeopathic medicines in post-stroke hemiparesis, have also investigated the role of homoeopathy. While some studies indicate a nonsignificant direction of effect favouring homoeopathy, further robust clinical trials with larger sample sizes are needed to provide more conclusive evidence on its effectiveness as an adjunct therapy in stroke rehabilitation.

Homoeopathy and Parkinson's Disease

Parkinson's disease (PD) is a progressive neurological disorder characterised by motor and non-motor symptoms. Conventional treatments target symptom relief; however, many patients, particularly in India, resort to complementary approaches, such as homoeopathy, to improve their quality of life.

Research in India has shown a growing interest in homoeopathy for PD. A study by Pandit et al. (2016) found that homoeopathic medicines were among the commonly used CAM therapies in Indian PD patients, reflecting its popularity.[8]

Raghunandan and Sharma (2025) emphasised the holistic role of homoeopathy in PD. While more clinical trials are needed, some studies and case reports suggest symptom relief and improved quality of life through individualized homoeopathic remedies. [9]

Case reports, though limited in evidence strength, demonstrate clinical use of remedies like Zincum metallicum in refractory PD, showing improvements in tremors, sleep, and overall well-being. [10]

Despite promising insights, India lacks large-scale randomised controlled trials on homoeopathy for PD. The complexity and individualised nature of the disease make research challenging, highlighting the need for rigorous, outcome-focused studies.

Homoeopathy's Integration into the Indian Healthcare System (AYUSH) [1-2]

In India, traditional and alternative systems, including homoeopathy, are uniquely integrated into the healthcare framework through the Ministry of AYUSH, shaping medical services with a pluralistic approach.

Homoeopathy is the popular system of medicine in India, supported by a vast institutional network, national health programs, and dedicated research councils.

Homoeopathy integration is driven by

- **Accessibility and Affordability:** Easier access in rural areas at lower costs.
- **Cultural Acceptance:** Alignment with India's holistic healing traditions
- **Perceived Efficacy:** Popular for chronic conditions like neurological disorders.
- **Governmental Support:** AYUSH provides structured growth in education, practice, and research.

Challenges include the need for rigorous scientific evidence of efficacy and better standardisation of homoeopathic education and practice to ensure consistent care.

The integration of AYUSH with conventional medicine offers opportunities for collaborative, patient-centred care. In neurology, this may involve homoeopathy complementing conventional treatments to enhance quality of life and address individual needs.

Below is a diagram illustrating the integration of AYUSH systems within the Indian Healthcare System:

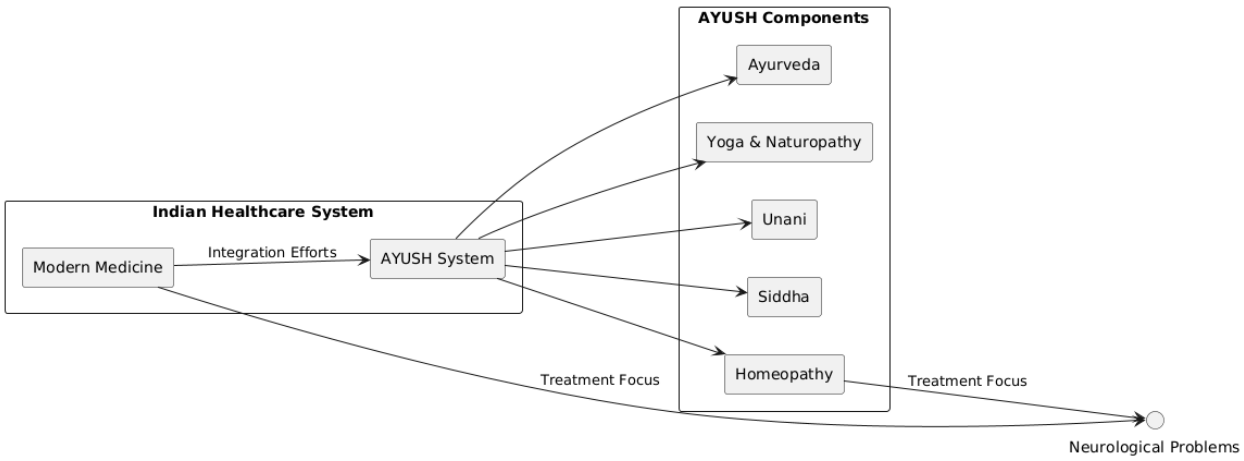

Figure 3: *AYUSH Integration within the Indian Healthcare System*

This diagram visually represents how various AYUSH components, including homoeopathy, are part of the broader Indian healthcare system, with integration efforts bridging them with modern medicine, particularly in areas such as neurological problems.

Conclusion

Homoeopathy plays an important role in India's healthcare, especially for neurological problems. Though conventional medicine leads in diagnosis and acute care, homoeopathy is widely used and valued as complementary therapy. Case reports and early studies suggest benefits in epilepsy and post-stroke cases, mainly in quality of life and symptom relief.

Current evidence is limited, mostly from small trials and case studies. Stronger evidence requires large, well-designed randomized controlled trials to validate efficacy, explore mechanisms, and identify which patients may benefit most.

Homoeopathy's integration under the AYUSH framework brings both opportunities and challenges. It enables collaborative research and integrative care models, combining strengths of both systems for more holistic management of chronic neurological conditions.

The future of homoeopathy in neurological care in India depends on scientific rigor, transparency, and collaboration. Robust research and interdisciplinary dialogue are essential to responsibly integrate it into healthcare, ensuring effective and safe patient care.

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