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RESEARCH ARTICLE

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HOLISTIC HOMOEOPATHIC APPROACH IN A CASE OF CHRONIC INSOMNIA

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ABSTRACT

Insomnia is a common sleep disorder characterized by difficulty initiating or maintaining sleep. This article presents a homoeopathic approach in a case of chronic insomnia and highlights the role of individualized remedy selection.

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INTRODUCTION

Insomnia affects physical, emotional, and social well-being. Homoeopathy treats the patient as a whole and aims to restore normal sleep through individualized treatment.

CASE PROFILE

A 35-year-old female presented with difficulty falling asleep, frequent waking, anxiety, and fatigue for the past two years. Restlessness running through all. Anxious about health with fearful dreams

PRESENTING COMPLAINTS

Difficulty falling asleep

Frequent awakening at night

Restlessness

Fatigue on waking

Anxiety and irritability

PHYSICAL GENERALS

Appetite:

Normal

Thirst: Unquenchable sip of water

Thermal Reaction: Ambithermal

Sleep :- Sleeplessness

Dream: Fearful

Urine:- Scanty

Stool:- Satisfactory

MENTAL GENERAL

- Sorrow and Fear full dream
- Anxious about health
- Anxiety and irritability
- Restlessness
- Fastidious
- Anguish on small things
- Confusion
- Mentally exhausted
- Fear of death

MIASMATIC BACKGROUND

Mainly miasm running behind the disease is ANTI-PSORIC miasm. But in family background PSORIC miasm was predominant

CLINICAL FINDINGS

INSOMNIA

REPERTORIAL TOTALITY ON THE FIRST VIST

Repertorisation							
Filters Applied: Sort by Totality							
Symptoms: 5				Remedies: 122			
Remedy Name	Ars	Graph	Sulph	Acon	Nat-m	Bell	Dig
Totality / Symptoms Covered	8 / 3	7 / 3	7 / 3	5 / 3	5 / 3	4 / 3	4 / 3
[Kent] [Sleep]Disturbed: (42)	2	3	3	1	1	1	1
[Kent] [Sleep]Restless:Night,before paroxysms: (1)							
[Kent] [Sleep]Waking:Frequent:Midnight,after: (7)			3				
[Kent] [Mind]Anxiety:Sleep:During (see dreams): (33)	3	2		1	2	2	1
[Kent] [Mind]Anxiety:Fear, with: (85)	3	2	1	3	2	1	2

PRESCRIPTION

Arsenicum Album 200C× BDS × 5DAYS

FOLLOW UP

Date	Symptoms	Prescription
02/06/2026	No such big relief, fear full dreams Pt feel fatigue on awaking	Arsenicum Album × 200c ×Bd × 15 days SL× TDS × 15 Day's
20/06/2026	Improved sleep, No Fear full dream , mentally is calm. Unfresh sleep	Arsenicum Album ×200c × one dose SL × TDS ×5 Day's
26/06/2026	Marked improvement seen in pt. Sleep well improved Feeling fresh after sleep	Sac lac × TDS × 5 day's

CONCLUSION

Individualized homoeopathic treatment showed significant improvement in this case of chronic insomnia.

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