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A Homeopathic Approach to Glandular Health with Calcarea Carbonica

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ABSTRACT:

Glandular disorders, encompassing conditions such as hypothyroidism, adrenal fatigue, and lymphatic congestion, significantly impact overall health and well-being. Homeopathy offers a holistic approach to glandular dysfunctions, with Calcarea Carbonica emerging as a prominent remedy. Derived from oyster shells, this homeopathic medicine is widely recognized for its influence on endocrine and metabolic functions. This survey paper explores the historical significance, physiological impact, and clinical efficacy of Calcarea Carbonica in glandular health. A comprehensive review of existing literature, case studies, and experimental findings is presented to analyze its potential in regulating thyroid function, immune response, and metabolic activity. The paper also highlights the role of Calcarea Carbonica in addressing obesity, delayed growth, and hormonal imbalances. Through an evidence-based approach, this study aims to bridge the gap between classical homeopathic principles and modern research, underscoring the relevance of this remedy in contemporary holistic medicine.

Keywords: Homeopathy, Glandular health, Calcarea Carbonica, Endocrine system, Metabolic disorders

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