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**Homoeopathy for Happy Aging:
A Retrospective Study On Common Diseases and Homoeopathic Medicines of Old Age**

Dr. Suhruthom P¹, Dr. Sasitharan S²

¹ Associate Professor, HOD, Department of Pathology and Microbiology, Alva's Homoeopathic Medical College and Hospital, Mijar, Mangalore, DK, 574225, Karnataka, India

² Assistant Professor, Dept of Homoeopathic Materia Medica, Alva's Homoeopathic Medical College and Hospital, Mangalore, DK, 574225, Karnataka, India.

Email Id: serviceheb@gmail.com

ABSTRACT:

As Homoeopathic medicines are effective for physical, emotional and mental challenges in all age group, it seems to be fruitful in managing health issues in old age also. But no much theoretical aspect been confronted with that even practically we are managing many cases. To determine the prevalent diseases, homoeopathic remedies and the potencies used in people above 65 years, we selected 60 cases of patient above 65 yrs old who visited the OPD and IPD of Alvas Homoeopathic Medical College, Mangalore; Our clinic and an old-age home. Based on the retrospective case series, (chart review) Descriptive statistics (proportions) was developed noting the common medicines, potencies and prevalent diseases among old age people. Patients included in the study above age group 65years commonly were suffering from hypertension [26%], sleep disturbance [23.3%], and DM [20%]. Most Common medicines were Acid phos, Conium, and Baryta carb. Marked Improvement seen in 43 cases [72%] out of 60 cases. The common potencies choosen were 30 and LM. Medicines given in LM shows marked improvement [93%]. Our findings might indicate that homeopathic medical therapy may play a beneficial role in the long-term care of older adults with chronic diseases and studies on comparative effectiveness are needed to evaluate this. Also regarding potencies selection the results is based on only 60 cases so further research is needed for supporting this.

Key Words: Homoeopathy and Geriatrics, Happy Aging, LM Potencies

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