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Research Publications

Sr. No	Research Publications	Yes/No	Details on College Website	Remark
1	Research work / Project details (students and teacher)	No	Uploaded	
2	Particulars of research undertaken, completed projects, ongoing project research papers presented /published	YES	Uploaded	


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Research work / Project details (Teacher)

Sr. No	Name of Project / Article	Name of Teacher	Research/Project
1	Saclac: Boon in Homoeopathic Practice	Dr. Snehal Kavathekar	International Journal of Homoeopathic Sciences
2	Low Back pain and it's Homoeopathic Management	Dr. Vikram Kolekar	International Journal of Homoeopathic Sciences
3	Menopause and the mindset	Dr. Sonali Mane	Vital Informer


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Yours Sincerely,

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Saclac: Boon in homoeopathic practice

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Abstract

Saclac's impact may be attributed largely to placebo response. Placebo is the second-best remedy in Homoeopathy. In the day-to-day practice, certain situations are there, in which we must prescribe placebo. When patient comes to physician and after case is taken, it is found that, he is taking some medicines. When he is already on some other treatment, in this condition, we must wait until the action of ongoing medicine ends, till then placebo is required. In treatment process, placebo is required and also after the treatment when homoeopathic aggravation occurs during improvement of the patient, in all that time physician needs placebo. Certain disease conditions like Artificial Chronic Disease, Pseudo Chronic Disease, Mental diseases due to emotions, Indisposition, Hypochondriac patients needs placebo. In experiments like randomized controlled trials with homoeopathic medicines the value of placebo is tremendous, as in controlled trials, placebo is also given to controlled cases and homoeopathic medicines are given to cases for proving, here placebo plays vital role.

Keywords: Placebo, medicine, second best remedy, vehicle, indisposition, artificial chronic disease, psychotherapy, homoeopathic aggravation, drug proving, supplement

Introduction

Sugar of Milk also called as Saccharum Lactis chemically written as- $C_{12}H_{22}O_{11}$

- Characteristics of sugar of milk are -it is nonmedicated vehicle, used for dispensing of homoeopathic medicine.

It's the best crystalline substance, scentless, gritty to touch, faintly sweet.

The word 'Placebo' derived from Latin word 'Placere' which means 'to please'. Placebo is a term used for a pharmacologically and pharmacodynamically inactive substance administered to a patient during the course of therapy when no active drug treatment is indicated.

Indications of Placebo in Homoeopathy

1. Indisposition i.e. in ailments caused by change in diet and regimen and in artificial chronic diseases

It's not like that, every patient that comes to doctor requires medicine. In cases like symptoms appeared due to Indisposition, A homoeopathic medicine may not be required, and also those ill health due to exposure to avoidable noxious influences, who are in habit of indulging in injurious liquors or ailments, are addicted to dissipation, who undergo prolonged abstinence from things necessary for support of life, who reside in unhealthy localities, who are deprived of exercise or open air and who destroy their health by overexertion of body and mind. The treatment in such case require is the correcting of the diet, regimen and mode of living of the individual.

Then how to manage such a case? Here it might seem very simple that just to tell the patient bluntly that he does not require medicine, but only to change his life style and correct his habits. But this is not according to human natural tendency, in which patient expects to get treated by physician for his complaints. Normally when patient goes to doctor, he expects that he will get medicine and will be cured. He do not agrees, that his trouble is due to his own ignorance towards health. To tell and make aware to patient about his mistakes regarding health and order him to change his lifestyle seems like give the responsibility of cure upon patient himself and this is not that patient wants. The patient expects the doctor should treat him for restore health and must prescribe some medicines to cure him.

Placebo is the only option in such cases to homoeopathic physician. Some patients come to physician at every change of wind, at every attack of snuffles the baby has, at every little

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headache or every little pain, and every smallest health related issues. If the physician thought to change the remedy or prescribe for each one of these little spells of indisposition, in the course of short period, have such a state of disorder in the individual that one will wonder what is the matter with that patient.

So one can give them placebo, and let the indisposition pass off of itself.

2. The indicated remedy must be given time to act, after the remedy is selected

Every remedy has its duration of action, which when administered must be given time to act and its action must not be interfered with by other drugs or influences until it has accomplished its utility. Also too many doses of best remedy may spoil the case. This is also true of cases where the medicine has to be given at a particular phase of disease, as in case of intermittent fevers. Hence administer the *second best remedy*- placebo, till the proper time for administration of remedy comes.

3. Until the Physician gets the clear picture of disease.

When a patient is suffering from disease is of a chronic character, and the patient has been taking medicine up to the time he is seen, physician should/may leave him some days quite without medicine, or in the meantime administer something of an unmedicated nature in order to be able to get the pure permanent symptoms of that chronic disease and to form a faithful picture of a disease. At times patient may say "I took some medicine, and most of my symptoms subsided." They lead to another image from which the physician can gather nothing; a scattering has taken place. Or the symptoms may cover page upon page, and yet no remedy may be clear. No individualization is possible. Administer placebo, let the portrait clear.

"Besides this, patients themselves differ so much in their dispositions, that some, especially the so called hypochondriacs and other persons of great sensitiveness and impatient of suffering, portray their symptoms in too vivid colours and, in order to induce the physician to give them instant relief, describe their ailments in exaggerated expressions." (Aph 96)

4. In Homoeopathic drug proving-

Placebo is also a very vital member of 'controlled, double blind therapeutic and proving trials.' Influences and bias on the part of provers and the investigator can significantly modify the drug responses, interfering with the interpretation of therapeutic efficacy of a drug. In order to avoid such complications, dummy preparation or substitute drug i.e. placebo is employed, which should be of the same colour and texture as that of the test substance and should be administered in the same way as that of the experiment group.

5. Acts as an supplement to indicated remedy-

Another use of placebo is as a supplement to the indicated remedy. Dr. Hahnemann advocated the use of sugar of milk following the giving of a remedy in order to allow the latter to unfold its activity in its whole.

Sometimes quite definite aggravations follow the good homoeopathic prescription when too low a potency is employed, and physician may think that the case has become worse then placebo works as supplementary, by

satisfying patients mind, that he has given medicine for intense symptoms.

6. In Psychotherapy

The use of placebo is one form and a very powerful form of - psychotherapy. There is evidence that mood or emotional state of a person affects significantly the manifestation of disease, action of drug and the process of cure. The process of homoeopathic interview combined with the expectations of patient seeking homoeopathic cure may enhance the placebo response itself. Thus, homoeopaths interested in distinguishing the action of homoeopathic remedy from that of placebo response must be reasonably begin each case with placebo- "second best prescription" or may be the first.

7. In Homoeopathic aggravation.

In cases of Homoeopathic aggravation (Aph 280), Dr. Hahnemann advises- 'In order to be convinced of this, the patient is left without medicine for eight, ten or fifteen days, meanwhile giving him only some powders of sugar of milk.' (Aph 281)

8. If you are not sure give placebo

When a physician is called to a new case, and decision is to be made for medication. To avoid a mistake in the first prescription which might prejudice the case by confusing it, so a quick and satisfactory cure would be impossible. When physician is unable to decide what remedy is indicated and time is required to study up case, so give the remedy at once if you are sure of it, but not otherwise. If you are not sure, give placebo.

All this emphasizes the fact that homoeopathic drugs dare not be lightly used, precaution in regard to medicine is to be taken of by judicious resort to a placebo.

The placebo effect refers to the phenomenon where a patient experiences an improvement in symptoms after receiving an inactive substance or intervention, simply due to their belief in its therapeutic effects. It highlights the complex relationship between the mind and body and shows the importance of psychological factors in the healing process.

The placebo effect is well-documented and has been observed across various medical conditions. It plays a significant role in clinical trials and can lead to improvements in subjective measures such as pain, mood, and overall well-being.

The common trend of human being, whenever he or she feels ill, is to have a strong impulse to take some medicine for the illness. But sometimes it happens that there remain no necessity to administer to the particular patient, and the respective physician does not like to administer any medicine to him; then the physician prescribe some non medicated substance which are called placebo for the sake of patients. In the meantime, until the second medicament is given, one can soothe the patient's mind and desire for medicine with something inconspicuous such as a few teaspoons a day, of sugar of milk. Placebo is an agent employed in medical practice with the primary aim of gratifying the patient. It is the psychological state of the individual at the time of its administration that determines the effects produced by the placebo.

Homoeopathy and Placebo

Many people still believe that Homoeopathy is a placebo. For them it must come as a surprise that Hahnemann unlike



most of his contemporaries was already familiar with a phenomenon which we call today placebo effect. First, he differentiated clearly between the homoeopathic drugs administered in line with law of similar that is "similia similibus curentur" and such pharmaceutical substances he considered quite rightly as medicine (for example "milk sugar"). Second, as far as we know, he was the first physician who systematically used a single blinded approach in therapy. In aphorism 91, Hahnemann states, when the disease is of chronic character and patient has been taking medicine up to the time he is seen, the physician can leave him some days quite without medicine or meantime can administer something of an unmedicinal nature and defer to a subsequent period. In case of hypochondriacs, when pure fabrication of symptoms comes, Dr. Hahnemann advises the physician to "give them nothing at all, or something quite unmedicinal" in footnote to aphorism 96.

Aphorism 281, states that when the improvement begins, in order to be convinced of this, the patient is left without any medicine for eight, ten, fifteen days, meanwhile giving him only some powders of sugar of milk. *As observed in the case journals, the main reason for giving placebo by Dr Hahnemann was to please the impatient patient who was used to take frequent medications in allopathic medicine, not only every day but sometimes also hourly.* In the homoeopathic treatment of serious chronic pathology, if the remedy is correct, usually a strong initial aggravation take place and not the therapeutic results expected, here one can take help of sac.lac. to continue with patients desire to take medicine.

Results of studies of placebos showed improvement in 56% of patients experiencing cancer related fatigue, 70% of women experiencing menopausal hot flushes, and 75% to 80% of the patients with depression.

People who find placebo prescribing acceptable seem to do primarily because they believe placebos can be effective and they prioritize such patient benefit over other concerns.

Placebo effect and the brain: Functional imaging upon placebo analgesia shows activation of some areas in brain. High placebo responses link with dopamine activity. Since the body brain response that controls the placebo effect is neurological, they work best for conditions controlled by the neurological system, such as pain, irritable bowel syndrome, depression, Parkinson's disease.

Physiological Effect of Placebo: A ground breaking study in the late 70's showed for the first time that a placebo could trigger the release of Endorphins (the body's natural painkillers), just as certain active drugs do. In the study, it is said that placebos instead of pain medication, to 40 dental patients who had just had their wisdom teeth removed got relief from pain. Not surprisingly, because the patients thought they were getting medicine that would indeed relieve their pain, most reported relief. But then the researchers gave the patients an antidote to morphine, which chemically blocks the receptor sites for both Endorphins and Morphine in the brain. When the researchers administered it, the patients pain returned. This proved that by taking the placebos, the patients have been creating their own endorphins- their own natural pain relievers.

It was the milestone in placebo research, because it meant that, the relief that study subjects experienced wasn't all in

their minds; it was in their minds and their bodies- in their state of being. In an another study, participants are given a placebo but are told it is a stimulant. When the participants take that pill, their blood pressure and pulse rate were increased, and their reaction speeds are improved. Similarly, when the same people are given the same placebo and told it will help to relax and sleep, they experiencing relaxation instead.

Conclusion

Dr. Hahnemann states, our mission is to cure the patient not to hurt them. It is very much better to give placebo than an unwanted or wrong medicines.

Bruce H. Lipton states that, if the brain expects that a treatment will work. It sends healing chemicals into the bloodstream, which facilitates that. That's why the "placebo" effect is so powerful for every type of healing and the opposite is equally true and equally powerful: when the brain expects that the therapy will not work, it is called the "nocebo" effect. The placebo response is about being healed by thought alone. In current scenario, the placebo is mandatory not only in homoeopathy but in all types of medical systems, in situations where a real medicine is not needed.

Conflict of Interest

Not available

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Low back pain and it's homoeopathic management

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Abstract

Low Back Pain (LBP) is one of the most prevalent musculoskeletal disorders worldwide, significantly contributing to disability and reduced quality of life. The conventional management often relies on analgesics, physiotherapy, and surgical interventions, which may provide only temporary relief and may have side effects and in some cases aggravation of previous symptoms.

Homoeopathy, based on the principle of "Similia similibus curentur," offers individualized treatment aimed at addressing both the underlying cause and the patient's constitution. This paper reviews the etiology, clinical features, and scope of homoeopathy in low back pain, highlighting frequently indicated remedies and their characteristic indications and comprehensive management of cases.

Keywords: Low back pain, homoeopathy, musculoskeletal disorders, individualization, auxiliary management

Introduction

Low back pain is a worldwide health issue, affecting up to 80% of individuals at some point in their life. It is the most common cause of work-related disability and absenteeism, with a substantial socioeconomic burden. Risk factors include sedentary lifestyle, poor posture, overwork, obesity, and degenerative spinal conditions. While conventional management emphasizes symptomatic relief, homoeopathy offers a holistic and individualized approach that considers physical, mental, and constitutional aspects of the patient.

Etiology and pathophysiology

- **Mechanical causes:** Muscular strain, ligamentous sprain, poor ergonomics, injuries.
- **Degenerative conditions:** Osteoarthritis, lumbar spondylosis, intervertebral disc prolapse.
- **Referred pain:** Renal calculi, pelvic pathology, gastrointestinal causes.
- **Predisposing factors:** Obesity, sedentary habits, psychological stress, physical over-exertion.

Clinical features

Patients may present with:

Dull, aching, or sharp lumbar pain. Radiation to thighs or legs (sciatica) Stiffness and restricted movements

Pain modified by posture, rest, exertion, or climatic changes

Associated features: Numbness, weakness, piles, urinary or gynecological complaints

Role of Homoeopathy in LBP

Homoeopathy emphasizes

- **Individualization:** Remedy selection based on modalities (aggravation/amelioration factors), concomitant symptoms, and constitution.
- **Causation:** Identifying precipitating factors such as injury, exposure, or chronic strain.
- **Holistic management:** Addressing mental and emotional aspects alongside physical complaints. Homoeopathic medicines act at a deeper level, aiming not only at symptomatic relief but also at prevention of recurrence.
- **Auxillary management:** Homoeopathic physician focuses on diet and exercise of patient which can be maintaining cause for LBP.

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Remedy characteristic indications in LBP**1. Gnaphalium**

Intense pain along the sciatic nerve, alternating with numbness Chronic backache in lumbar region > resting on back

Useful in sciatica pain ass. with numbness of the affected part

2. Ginseng

Acts on lower part of the spinal cord. Paralytic weakness Lumbago, sciatica, & Rheumatism Coldness in back & spine Stiffness in back.

3. Valeriana

Rheumatic pains in limbs. Constant jerking. Heaviness. Sciatica; pain worse standing and resting on floor (Bell.); better walking. Pain in heels when sitting.

4. Cobaltum met

Pain in back & Sacrum, < while sitting > walking or lying. Backpain with impotency. Weakness in legs & backache after emission.

5. Boswellia serrata mother tincture

To treat chronic inflammatory illnesses as well as several other health conditions. It is a health supplement used to improve joint health and flexibility. It is useful in Osteoarthritis, Rheumatoid arthritis and other joint pains.

6. Rhus toxicodendron

Pain and stiffness worse at rest, better by motion and warmth; history of strain, damp exposure.

7. Bryonia alba

Stitching, tearing pain, worse from slightest motion, better by absolute rest and lying on painful side.

8. Arnica montana

Bruised soreness after trauma, fall, or overexertion.

9. Calcarea fluorica

Chronic lumbar pain from spondylosis/osteoophytes; stiffness.

Aesculus hippocastanum Constant dull lumbosacral pain, associated with hemorrhoids; sensation of back breaking.

10. Kali carbonicum

Weakness of back, pain worse at night/early morning; suited to obese, chilly patients. Colocynthis Sciatica with better relief from pressure, bending double, or warmth.

11. Hypericum perforatum

Spinal pain from nerve injury; extreme sensitiveness of spine. Injury to parts rich in sentient nerves.

General management**Exercise**

1. Cat & Cow position
2. Glute-bridges or Hip bridges
3. Cobra pose
4. Passive SLR test

Diet and nutrition

Here are the main dietary takeaways for managing lower

back pain:

Focus on an anti-inflammatory diet

1. **Increase fruits and vegetables:** Aim for a wide variety of colorful fruits and non-starchy vegetables (like leafy greens, broccoli, berries) as they are rich in antioxidants, vitamins, minerals, and fiber, all of which help reduce inflammation.
2. **Fats and Omega-3s:** Focus on sources of anti-inflammatory Omega-3 fatty acids, such as fatty fish (salmon, sardines, mackerel) and plant sources like walnuts, chia seeds, and flax seeds. Use olive oil as a primary cooking and dressing fat.
3. **Lean protein:** Choose healthier protein sources like fish, skinless chicken, eggs in moderation, and plant proteins (beans, nuts, tofu).

Foods to limit or avoid (Pro-inflammatory)

- **Added sugars and refined carbohydrates:** Significantly cut back on soda, juices, cookies, candies, cakes, white bread, white rice, and pastries.
- **Processed and red meats:** Avoid processed meats (bacon, sausage) and limit consumption of red meat, which can promote inflammation.
- **Saturated and unhealthy fats:** Limit saturated fats found in butter, ice cream, and fatty red meat. Reduce the use of vegetable oils high in Omega-6 fatty acids (like soybean, corn, sunflower, and safflower oils).

Key nutrients

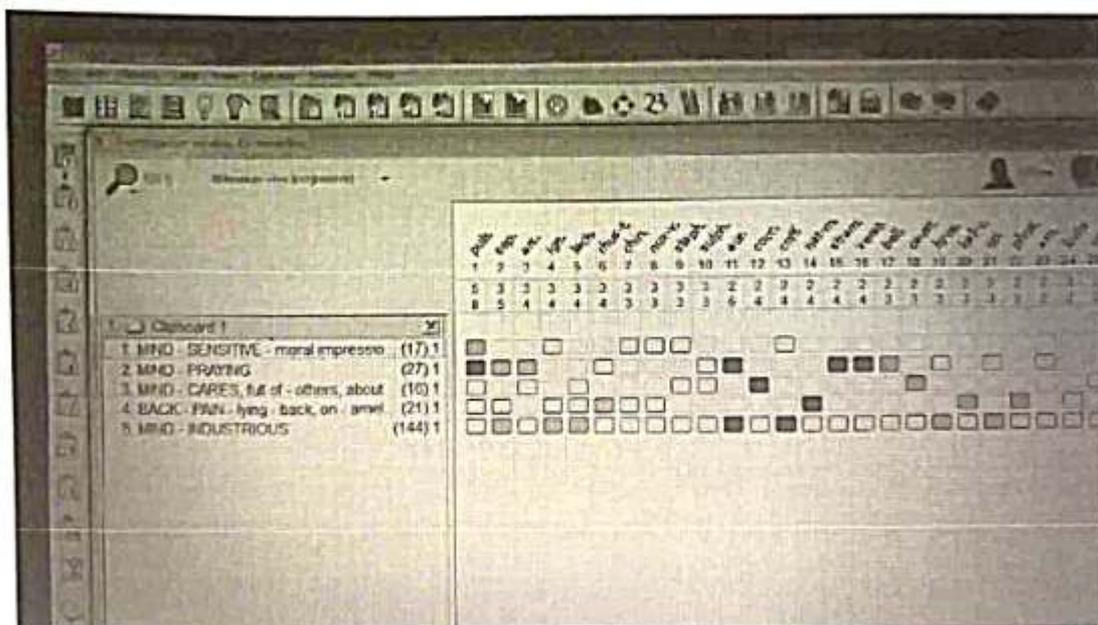
- **Vitamin D:** Often studied for its anti-inflammatory and neuromodulating properties, and its role in bone health. Optimizing Vitamin D levels may be beneficial.
- **Fiber:** Found in whole grains, fruits, vegetables, nuts, and beans, fiber is important for overall health and may indirectly help manage pain.
- **Water:** Adequate hydration is essential, especially for the discs in the spine.
- **Ergonomic corrections:** Proper posture, supportive mattress, correct lifting techniques. Physical activity: stretching, strengthening, yoga.
- **Lifestyle modifications:** Weight management, balanced diet, stress reduction
- **Preventive care:** Avoid prolonged sitting/standing, regular exercise, avoid sleeping on the floor.

Clinical case

A 70-year-old female farmer, weighing 32 kg, came on March 26, 2024, with severe lower back pain, difficulty for walking and bending her legs, and tingling sensation in both legs since 1 yr. Backache & tingling better when she lying on her back. She also experienced shortness of breath during exertion, had disturbed sleep and a reduced appetite and she has H/O chewing tobacco since many years. The patient was afraid of surgery and wanted to be cured without surgery. Her MRI showed disc bulging at L1 to L5 levels with nerve root compression and her X-ray revealed osteoarthritis. Her blood work up showed a hemoglobin level of 11.9 gm%, a white blood cell count of 12,900 with normal ure acid and kidney function. The patient is thermally Hot, had normal bowel and urinary function, thirstless and dislikes sour things. She was very worried about her alcoholic son who lost his property due to alcohol addiction. She has a lean,

thin build, worked continuously since many years. Based on symptom similarity and repertorization, the first prescription

was Pulsatilla 0/2 water potency TID and Passiflora mother tincture 15 drops in one glass of water BID for 15 days.



During the first follow-up on April 8, 2024, her weight was 32.5 kg, and her lower back pain had improved by 50-60%. She felt better and could walk, and her appetite had improved, but her sleep was still disturbed. The same remedies were prescribed for another 15 days.

On the Second follow-up on April 24, 2024, she weighed 33.5 kg. She complained of pain in her right hip joint. About 10 days prior, she has started the trouble of sleeplessness again, but her appetite was normal. Prescribed Pulsatilla 0/3, Calcarea Phos 6X 4 tb. BID, and Passiflora mother tincture for a month.

On the Third follow-up on May 14, 2024, she weighed 34.5 kg, had no tingling, mild right hip pain, improved sleep and appetite, and had stopped chewing tobacco. Prescribed Pulsatilla 0/3 and Passiflora mother tincture for another month.

On the fourth follow-up on June 22, 2024, she weighed 36 kg, felt better, had no pain, and was mentally fresh. She has started working in the farm again and has been happy since then.

Conclusion

Low back pain is a multifactorial disorder with significant impact on individual and community health.

Homoeopathy, with its holistic and individualized therapeutic approach, offers promising results in the management of LBP.

Remedies such as *Rhus toxicodendron*, *Bryonia alba*, *Arnica montana*, and others, when prescribed on the basis of symptom similarity, can provide safe, effective, and long-lasting relief.

Integration of homoeopathic treatment with lifestyle modification may improve prognosis and prevent recurrence.

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Menopause and the mindset

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Introduction

Women going through the menopausal transition are at a higher risk of mood changes and symptoms of depression and anxiety. Common physical, emotional and cognitive issues related to menopause can complicate and overlap with mental health symptoms. Stress related to life circumstances can also complicate understanding whether changes in mood and mental health are related to menopause. Having an open discussion about symptoms, life circumstances and mental health history can assist your doctor in offering suitable treatment options and lifestyle changes. This review aims to examine the relationship between menopause and mental health, focusing on the hormonal mechanisms involved in mood regulation. Additionally, we explore the role of homeopathy in managing menopausal symptoms, specifically those related to mood swings, anxiety, and other psychological symptoms.

Causes

Natural decline of hormones. As you enter your late 30s, your ovaries start making less of the hormones that control your period. These are called estrogen and progesterone.

Oophorectomy. Ovaries make hormones, including estrogen and progesterone, that control the menstrual cycle. Surgery to remove the ovaries causes instant menopause.

Chemotherapy and radiation therapy. These cancer therapies can cause menopause. They can cause symptoms such as hot flashes during or shortly after treatment.

Primary ovarian insufficiency. About 1% of people who have menopause get it before age 40. This is called premature menopause. Premature menopause may result from the ovaries not making the usual levels of hormones. This is called primary ovarian insufficiency.

Mental symptoms

- Low mood, feeling unhappy or depressed
- Feeling tense or nervous
- Memory problems
- Panic attacks or anxiety
- Loss of confidence
- Anger and irritability

- Poor concentration (brain fog)

Biology of Depression

During Menopause Though genetic, psychological and social factors are related to an increased risk of depression, changes in ovarian hormone regulation are associated with more vulnerability to depression during the transition to menopause. 41-46 Women who experience VMS are four times more likely to have depression compared with women without VMS during the transition to menopause, but not during the post-menopausal stage. It is also noticeable that the longer a woman experiences the erratic hormonal period the greater the risk of depression. 46 Hence, there is a bidirectional relationship between hormones and mood changes. It is suggested that the association between depression and VMS involves shared pathophysiological events in which hormonal changes play an important role.

Menopause is a significant life transition for women, affecting not only physical health but also mental and emotional well-being. The time leading up to menopause (called perimenopause) is a physical and emotional roller coaster for some women. The so-called "change of life" comes with a host of symptoms triggered by hormonal shifts — hot flashes, insomnia, mood fluctuations and even depression. When women go through sudden hormonal changes like those that come with perimenopause, puberty, postpartum and even their monthly cycle, they're at a higher risk for depression say mental health experts.

The same hormones that control your menstrual cycle also influence serotonin, a brain chemical that promotes feelings of well-being and happiness. When hormone levels drop, serotonin levels also fall, which contributes to increased irritability, anxiety and sadness. Falling estrogen and progesterone levels can trigger mood swings that make you less able to cope with things you'd normally let roll off your back.

Homeopathic Approach to Mental Health in Menopause

Homeopathy is a system of alternative medicine that uses highly diluted substances to trigger the body's natural healing mechanisms. It focuses on the individual's overall health and addresses symptoms in a holistic manner. Here are a few homeopathic remedies that practitioners might consider for menopausal symptoms.

Lachesis mutus. This remedy

relieves hot flashes from menopause, especially when hot flashes are relieved by sweating or the occurrence of periods. It is helpful for women with a history of irregular menstrual cycles or those who have undergone a hysterectomy.

Sepia. This remedy can be helpful if a woman's periods are sometimes late and scanty but heavy and flooding at other times. Her pelvic organs can feel weak and sagging, and she may have a craving for vinegar or sour foods. Women who need this remedy usually feel dragged-out and weary, with an irritable detachment regarding family members, and a loss of interest in daily tasks. Exercise, especially dancing, may brighten up the woman's mood and improve her energy.

Calcarea carbonica. This remedy may be helpful to a woman with heavy flooding, night sweats and flushing (despite a general chilliness), as well as weight gain during menopause. People who need this remedy are usually responsible and hard-working, yet somewhat slow or plodding and can be easily fatigued. Anxiety may be strong, and overwork or stress may lead to temporary breakdown. Stiff joints or cramps in the legs and feet, and cravings for eggs and sweets are other indications for *Calcarea*.

Ignatia-ignata is often helpful for emotional ups and downs occurring during menopause. The woman will be very sensitive, but may try to hide her feelings—seeming guarded and defensive, moody, or hysterical. Headaches, muscle spasms, and menstrual cramps can occur, along with irregular periods. A heavy feeling in the chest, a tendency to sigh and yawn, and sudden outbursts of tears or laughter are strong indications for *Ignatia*.

Lilium tigrinum. A woman likely to respond to this remedy feels hurried, anxious, and very emotional—with a tendency to fly into rages and make other people "walk on eggs." She often has a sensation of tightness in her chest, and a feeling as if her pelvic organs are pressing out, which can make her feel a need to sit a lot or cross her legs.

Natrum muriaticum. A woman who needs this remedy may seem reserved, but has strong emotions that she keeps inside. She often feels deep grief and may dwell on the loss of happy times from the past or brood about hurts and disappointments. During menopause, she can have irregular periods.

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backaches or more severe hot flashes & RGE
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who needs this remedy usually craves salt, and feels worse from being in the sun.

Staphysagria. A person who needs this remedy usually seems mild-mannered, shy, and accommodating but has many suppressed emotions. Women around the time of menopause may become depressed, or have outbursts of unaccustomed rage (even throwing or breaking things). Many people needing *Staphysagria* have deferred to a spouse for many years, or have experienced abuse in childhood. Remember that homeopathic treatments are individualized, and the selection of a remedy is based on a person's unique set of symptoms and overall health. It is always advisable to consult with a qualified homeopathic practitioner or a healthcare professional before starting any treatment, and it's important to continue regular medical check-ups for monitoring overall health during menopause.

Conclusion:

The menopausal transition is a significant change in a woman's life and the challenges of menopausal symptoms can have lasting impacts on women's health. The complex hormonal shifts during menopause, particularly the decline in estrogen and progesterone, can influence mood, cognition, and emotional resilience. It is imperative that future research seeks to further understand the lasting impacts of this transition on the lives of older women to ensure proper interventions are implemented for successful aging.

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