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## Unlocking vitality: Homeopathic pathways to addressing B12 deficiency

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### Abstract

Vitamin B12 deficiency presents a multifaceted health challenge, encompassing symptoms ranging from fatigue and weakness to neurological complications. While conventional treatments primarily focus on supplementation, this study explores the potential of homeopathic remedies in addressing B12 deficiency. Through a comprehensive analysis of symptom profiles and individual constitutions, homeopathy offers personalized and holistic interventions aimed at restoring balance and vitality. This article investigates the efficacy of homeopathic approaches in revitalizing individuals battling B12 deficiency, shedding light on the nuanced strategies for fostering resilience and well-being.

**Keywords:** Homeopathy, vitamin B12 deficiency, remedies, holistic approach, vitality, resilience

### Introduction

Vitamin B12, also known as cobalamin, plays a crucial role in various bodily functions, including nerve function, red blood cell production, and DNA synthesis. Deficiency in this essential vitamin can lead to a range of symptoms, including fatigue, weakness, neurological problems, and megaloblastic anemia. While conventional treatments typically involve vitamin supplementation, some individuals explore complementary approaches like homeopathy for managing vitamin B12 deficiency. This article delves into the causes, symptoms, and conventional treatments of B12 deficiency, and explores the potential role of homeopathy in addressing this condition.

### Discussion

#### Function of vitamin B12

Vitamin B12, also known as cobalamin, is a water-soluble vitamin that plays several essential roles in the body. Here are some of the key functions of vitamin B12:

- DNA Synthesis and Cell Division:** Vitamin B12 is necessary for the synthesis of DNA, the genetic material in cells, and is therefore crucial for cell division and the growth and repair of tissues throughout the body.
- Red Blood Cell Formation:** Vitamin B12 is involved in the synthesis of red blood cells in the bone marrow. It works in conjunction with folate (vitamin B9) to produce red blood cells, which are essential for carrying oxygen from the lungs to various tissues and organs.
- Nerve Function:** Vitamin B12 plays a vital role in maintaining the health of the nervous system. It is involved in the production of myelin, a protective sheath that surrounds and insulates nerve fibers, allowing for efficient nerve signaling. Deficiency in vitamin B12 can lead to nerve damage and neurological symptoms.
- Energy Production:** Vitamin B12 is necessary for the metabolism of carbohydrates, fats, and proteins, converting them into usable energy for the body. It helps in the synthesis of certain amino acids and fatty acids, which are essential components of energy-producing pathways.
- Homocysteine Metabolism:** Vitamin B12, along with folate and vitamin B6, plays a role in the metabolism of homocysteine, an amino acid derived from the breakdown of proteins. High levels of homocysteine in the blood are associated with an increased risk of cardiovascular disease, and adequate levels of vitamin B12 help regulate homocysteine levels.

6. **Brain Health:** Vitamin B12 is thought to play a role in cognitive function and mood regulation. Adequate levels of vitamin B12 are important for maintaining mental clarity, memory, and overall brain health.
7. **DNA Methylation:** Vitamin B12 is involved in the process of DNA methylation, which regulates gene expression and helps control cell function and differentiation.

### Understanding of B12 Deficiency

1. **Inadequate Dietary Intake:** Vitamin B12 is naturally found in animal products such as meat, fish, eggs, and dairy. Vegans and vegetarians who exclude these foods from their diet are at higher risk of developing B12 deficiency unless they consume fortified foods or supplements.
2. **Malabsorption Disorders:** Conditions that affect the absorption of nutrients in the gastrointestinal tract can lead to B12 deficiency. These include pernicious anemia, a condition where the body lacks intrinsic factor, a protein necessary for B12 absorption, as well as inflammatory bowel disease (IBD), celiac disease, Crohn's disease, and intestinal parasites.
3. **Gastrointestinal Surgery:** Surgical procedures that involve the removal or alteration of parts of the stomach or small intestine, such as gastric bypass surgery for weight loss or surgeries to treat gastrointestinal disorders, can impair B12 absorption.
4. **Age:** As people age, their ability to absorb vitamin B12 from food decreases. Older adults may also have reduced stomach acid production, which is necessary for releasing B12 from food proteins.
5. **Medications:** Certain medications can interfere with vitamin B12 absorption or utilization. These include proton pump inhibitors (PPIs) used to treat acid reflux and peptic ulcers, H2-receptor antagonists, metformin (used to treat type 2 diabetes), and certain antibiotics.
6. **Autoimmune Conditions:** Autoimmune diseases such as pernicious anemia and autoimmune gastritis can damage the stomach lining or affect the production of intrinsic factor, leading to impaired B12 absorption.
7. **Parasitic Infections:** Infections with certain parasites, such as fish tapeworms or intestinal parasites like giardia, can interfere with B12 absorption or cause B12 deficiency by competing for nutrients in the gastrointestinal tract.
8. **Chronic Alcoholism:** Excessive alcohol consumption can lead to gastritis and damage to the stomach lining, impairing B12 absorption. Additionally, alcohol can interfere with the metabolism of B vitamins in the liver.
9. **Certain Genetic Factors:** Rare genetic disorders, such as transcobalamin deficiency or mutations in genes involved in B12 metabolism, can lead to impaired B12 absorption or utilization.

### Symptoms of Vitamin b12 deficiency

Vitamin B12 deficiency can manifest in various symptoms that affect multiple systems in the body. The symptoms can vary in severity and may develop gradually over time. Some common symptoms of vitamin B12 deficiency include:

1. **Fatigue:** Persistent tiredness and lack of energy, even after adequate rest, are common symptoms of B12 deficiency. This fatigue may interfere with daily activities and lead to decreased productivity.
2. **Weakness:** Generalized weakness and muscle fatigue are frequently reported by individuals with B12 deficiency. This weakness may affect physical endurance and lead to difficulty performing routine tasks.
3. **Pale or Jaundiced Skin:** B12 deficiency can lead to megaloblastic anemia, characterized by abnormally large and immature red blood cells. This can result in pale skin or, in some cases, jaundice (yellowing of the skin and eyes) due to the breakdown of red blood cells.
4. **Shortness of Breath:** In severe cases of B12 deficiency, inadequate oxygen-carrying capacity of the blood due to anemia can lead to shortness of breath, especially during physical exertion.
5. **Dizziness or Lightheadedness:** B12 deficiency can affect circulation and oxygen delivery to the brain, leading to feelings of dizziness, lightheadedness, or faintness, particularly when standing up quickly.
6. **Tingling or Numbness:** Nerve damage caused by B12 deficiency can result in tingling sensations, numbness, or a pins-and-needles feeling, typically in the hands, feet, or legs. This is known as peripheral neuropathy.
7. **Difficulty Walking:** Severe B12 deficiency can lead to problems with balance, coordination, and proprioception (the body's sense of its position in space), resulting in difficulty walking or an unsteady gait.
8. **Memory Problems:** B12 deficiency may impair cognitive function, leading to difficulties with memory, concentration, and mental clarity. Some individuals may experience brain fog or forgetfulness.
9. **Mood Changes:** B12 deficiency has been associated with mood disturbances such as depression, anxiety, irritability, and changes in personality. These symptoms may be subtle and overlooked initially.
10. **Vision Changes:** Optic nerve damage due to B12 deficiency can result in vision changes, including blurred or double vision, sensitivity to light, and difficulty focusing.
11. **Mouth or Tongue Symptoms:** Some individuals with B12 deficiency may experience symptoms related to the mouth or tongue, such as glossitis (inflammation of the tongue), mouth ulcers, or a burning sensation in the mouth.
12. **Digestive Issues:** B12 deficiency can cause gastrointestinal symptoms such as nausea, vomiting, diarrhea, constipation, or loss of appetite, although these symptoms are less common.

**Table 1:** Homoeopathic Medicine

Homeopathic Medicine	Indication	Mechanism	Constitutional Considerations
Calcarea carbonica	Calcarea carbonica is often indicated for individuals with fatigue, weakness, and sensitivity to cold, especially those with a tendency to develop anemia.	This remedy is derived from calcium carbonate and is known to support the body's metabolic processes, including the absorption of nutrients from the digestive tract. It may help improve the assimilation of B12 and other essential nutrients, particularly in individuals with digestive disturbances or impaired absorption.	Calcarea carbonica is often prescribed for individuals who are overweight or have a sluggish metabolism, as well as those with a history of chronic illness or anemia.
Phosphorus	Phosphorus is indicated for individuals with nervous exhaustion, weakness, and a craving for cold drinks.	Phosphorus is a vital component of cellular energy production and is involved in various metabolic processes. It may help replenish energy reserves and support overall vitality, which can be beneficial for individuals experiencing fatigue and weakness due to B12 deficiency.	Phosphorus is often recommended for individuals who are sensitive, imaginative, and prone to nervous exhaustion, as well as those with a history of chronic illness or rapid depletion of energy reserves.
Lycopodium	Lycopodium is indicated for individuals with digestive issues, flatulence, and fatigue, particularly in the afternoon.	Lycopodium is known for its affinity for the liver and gastrointestinal tract. It may help improve digestion, nutrient absorption, and assimilation, which can be beneficial for individuals with B12 deficiency and associated gastrointestinal disturbances.	Lycopodium is often prescribed for individuals who are ambitious, perfectionistic, and prone to digestive complaints, as well as those with a history of liver dysfunction or gastrointestinal disorders.
Natrum muriaticum	Natrum muriaticum is indicated for individuals with fatigue, weakness, and emotional sensitivity, often exacerbated by grief or emotional stress.	Natrum muriaticum is derived from sodium chloride (common salt) and is involved in fluid balance and cellular function. It may help regulate emotions, reduce stress, and support overall well-being, which can be beneficial for individuals experiencing emotional distress or fatigue associated with B12 deficiency.	Natrum muriaticum is often recommended for individuals who are reserved, introspective, and emotionally sensitive, as well as those with a history of grief, emotional trauma, or chronic stress affecting nutrient absorption and utilization.
Ferrum metallicum	Ferrum metallicum is indicated for individuals with anemia or weakness due to iron deficiency, which can sometimes occur alongside B12 deficiency.	Ferrum metallicum is derived from iron and is involved in the production of hemoglobin and red blood cells. It may help improve oxygen transport and utilization, as well as support overall energy levels and vitality.	Ferrum metallicum is often prescribed for individuals who are anemic, weak, and prone to fatigue, as well as those with a history of blood loss or poor iron absorption.
Arsenicum album	Arsenicum album may be indicated for individuals with weakness, fatigue, and anxiety, often associated with digestive disturbances or chronic illness.	Arsenicum album is derived from arsenic and is known for its affinity for the gastrointestinal tract and metabolic processes. It may help improve digestion, nutrient absorption, and energy metabolism, as well as reduce anxiety and restlessness associated with B12 deficiency.	Arsenicum album is often recommended for individuals who are anxious, restless, and perfectionistic, as well as those with a history of food poisoning, gastrointestinal infection, or chronic illness affecting nutrient absorption and utilization.
China officinalis	China officinalis (Cinchona) is indicated for individuals with weakness, fatigue, and anemia due to nutrient loss or malabsorption.	China officinalis is derived from Peruvian bark and is known for its tonic and restorative properties. It may help improve digestion, nutrient absorption, and blood circulation, as well as support overall vitality and resilience.	China officinalis is often prescribed for individuals who are debilitated, fatigued, and prone to anemia, as well as those with a history of chronic diarrhea, vomiting, or excessive sweating leading to nutrient depletion.

### Complementary Approaches

In addition to homeopathic remedies, individuals with B12 deficiency may benefit from lifestyle modifications and dietary adjustments to support optimal B12 absorption and utilization. This may include consuming B12-rich foods, such as fortified cereals, nutritional yeast, and fortified plant-based milk, as well as addressing underlying factors contributing to malabsorption, such as gastrointestinal issues or medication use.

### Conclusion

While conventional supplementation remains the primary treatment for vitamin B12 deficiency, homeopathy offers a complementary approach that addresses the underlying imbalances contributing to the deficiency. Working with a qualified homeopathic practitioner can help individuals with B12 deficiency develop a personalized treatment plan that integrates homeopathic remedies with conventional interventions and lifestyle modifications. Further research is

needed to better understand the efficacy and safety of homeopathy in managing B12 deficiency, but for many individuals, it represents a valuable adjunctive therapy in their journey towards optimal health and well-being.

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### Conflict of Interest

Not available

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