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Gilbert's syndrome: Homeopathic management

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Abstract
Gilbert Syndrome, a mild liver disorder caused by a UGT1A1 gene mutation, leads to elevated bilirubin levels, resulting in jaundice and fatigue. A 49-year-old male with long-standing Gilbert Syndrome experienced digestive issues, fatigue, and health anxiety. With constitutional homeopathic treatment from Dr. Batra's, his digestive health stabilized, bilirubin levels balanced, and energy improved. Emotionally, his anxiety reduced, and he felt more confident. This case highlights the potential of homeopathy in managing and improving Gilbert Syndrome symptoms effectively.

Keywords: Dr. Batra's, gilbert syndrome, homeopathic, homeopathic management

Introduction
Gilbert Syndrome is a mild liver disorder caused by a genetic mutation in the UGT1A1 gene, leading to reduced enzyme activity responsible for processing bilirubin. This results in elevated bilirubin levels, often causing jaundice, fatigue, abdominal discomfort, or weakness, especially during stress, fasting, or illness. The condition is usually asymptomatic and does not cause significant liver damage. While complications are rare, bilirubin levels may rise temporarily, making jaundice more noticeable. Despite this, Gilbert Syndrome is generally benign and does not impact long-term health.

Case Profile
A 48-year-old male with a long-standing history of Gilbert Syndrome experienced elevated bilirubin, SGOT, and SGPT levels, along with jaundice and fatigue. Having struggled for years without effective treatment, he had lost hope due to the chronic nature of his condition. After a thorough evaluation, he was advised to adopt lifestyle changes, including stress management and a healthy diet, along with constitutional homeopathic treatment. Within three months, his liver function tests normalized, bilirubin and liver enzymes returned to normal, and his symptoms resolved. This case highlights the effectiveness of a holistic, individualized approach in managing Gilbert Syndrome, even without conventional treatment.

Physical Generals

Diet	Vegetarian
Appetite	Normal
Desire	Tea
Aversion	Rajma
Thermal Reaction	Hot Thermals
Thirst	2-3 l of water per day
Stools	Normal bowel movements
Urine	Normal
Perspiration	Normal
Sleep	Normal sleep cycle
Dreams	Ns

Examination
On examination
Jaundice with yellow sclera and reported fatigue, though his vital signs were normal. Abdominal assessment showed no tenderness or liver enlargement.

Liver function tests (LFTs) indicated elevated bilirubin and SGOT/SGPT levels.
A tongue examination revealed a slight coating, often associated with digestive issues.

Mental Generals
A government teacher, often grappled with self-doubt and a deep-seated fear of failure. He felt immense pressure to meet expectations in both his professional and personal life, making him highly conscious of his reputation. When things didn't go as planned, he became irritable and frustrated but rarely expressed these emotions. His tendency to overthink, especially regarding his students' outcomes, led to significant mental fatigue. Despite his professional success, he frequently sought validation from colleagues and superiors, struggling with feelings of inadequacy. Constant anxiety and worry about the future made it difficult for him to relax, reinforcing the connection between his emotional distress and physical symptoms.

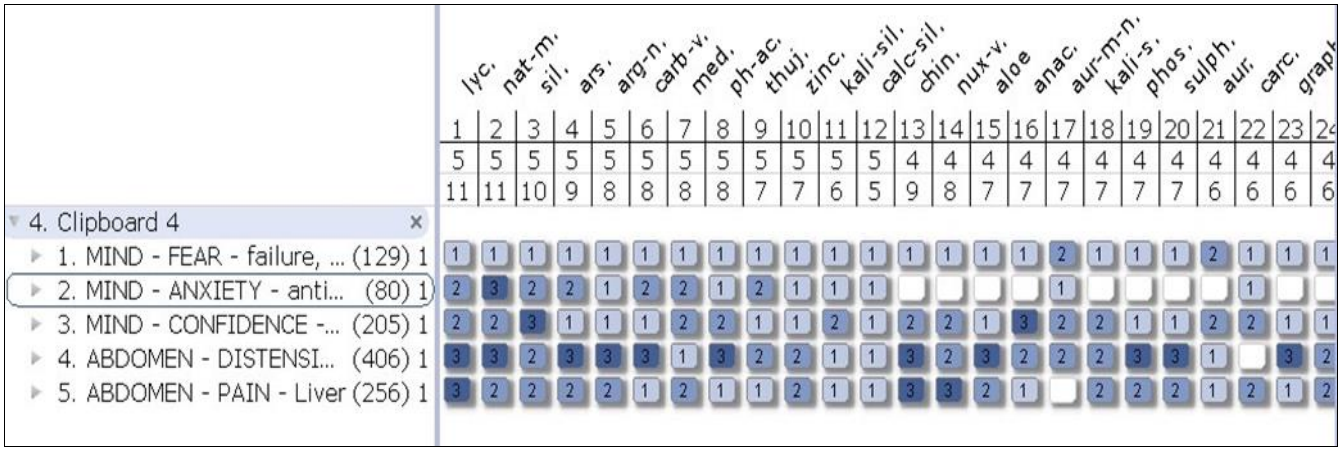
Past History
The patient had a history of intermittent jaundice and fatigue for several years but had never sought treatment. Symptoms were often triggered by stress, largely due to the demanding role as a government teacher. There was no significant past medical history or family history of chronic illnesses or liver conditions.

Family History
The patient's mother has a history of hypothyroidism, while the late father was hypertensive and diabetic. Aside from these, no other significant hereditary conditions were reported in the family.

Case analysis
Repertorial totality

Repertory used	Rubrics selected
Synthesis	Mind, fear, failure of
	Mind, anxiety, anticipation from
	Mind, confidence, want of self confidnece
	Abdomen, distension
	Abdomen, pain, liver region

Repertory screenshot



Selection of Remedy
Constitutional: Lycopodium 200 single dose

Acute: Chel 30

Miasmatic approach

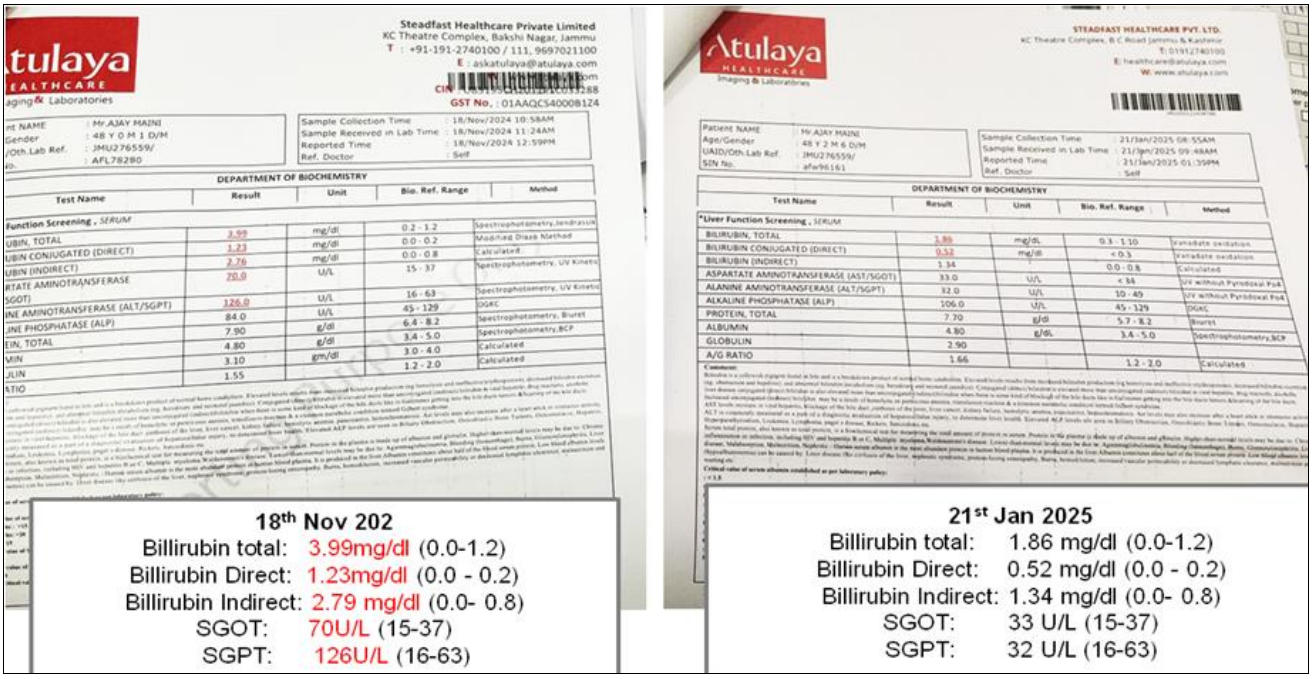
Symptoms	PSORA	SYCOSIS	Syphilis	Tubercular
Mind, fear, failure of	✓			
Mind, anxiety, anticipation from	✓			
Mind, confidence, want of self confidnece	✓			
Abdomen, distension	✓			
Miasmatic predominance	Psora			

Discussion and Conclusion
This case demonstrates the effectiveness of constitutional homeopathy in managing Jaundice, fatigue, and elevated liver enzymes showed significant improvement with individualized treatment. After three months, Liver Function Tests (LFTs) normalized, and jaundice resolved. Additionally, anxiety and self-doubt were reduced, highlighting the positive impact of addressing both physical and mental symptoms.

Results

Month	Progress	Prescription
1st Month	Ajay showed initial improvement with reduced fatigue and irritability, but jaundice persisted	lyco 200-single dose Chel 30-twice daily
2nd Month	Significant progress with noticeable reduction in jaundice, and bilirubin levels began normalizing; mental clarity improved and anxiety decreased.	Sac-lac 30-twice daily
3rd Month	Liver function tests (LFTs) normalized, jaundice resolved, and Ajay reported feeling more confident, with self-doubt and over thinking significantly reduced.	Sac-lac 30-twice daily

The transformation



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Conclusion
Gilbert Syndrome, characterized by elevated bilirubin levels due to a genetic mutation in the UGT1A1 gene, typically presents with mild symptoms such as jaundice and fatigue. This case study of a 48-year-old male illustrates the potential for significant improvement through a holistic approach, combining lifestyle modifications and constitutional homeopathic treatment. Within three months, the patient experienced normalization of liver function tests and resolution of symptoms, demonstrating the effectiveness of individualized care. This case underscores the importance of addressing both physical and emotional aspects of health in managing chronic conditions like Gilbert Syndrome, ultimately enhancing the patient's quality of life.

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