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## Homeopathy beyond symptom relief: A case of cough with spontaneous nevus resolution

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### Abstract

A 54-year-old male presented with a cough that significantly interfered with his professional life. He was recommended by his wife, a former patient, for Homeopathic treatment. The patient displayed significant emotional sensitivity, anxiety, and an expressive personality. Homeopathic intervention with Drosera 30, followed by Thuja 1M, Sulphur 30, and Sulphur 200, led to a marked improvement in his cough, emotional well-being, and overall health. Notably, during the course of treatment, an incidental but remarkable finding was observed: the spontaneous disappearance of a melanocytic nevus on the scalp, which the patient noticed upon shaving his head. This unexpected dermatological change highlights the holistic and systemic impact of individualized Homeopathic treatment, addressing not only the primary symptom but also underlying systemic imbalances. The case supports Homeopathy's potential in treating cough while promoting overall healing beyond symptom relief.

**Keywords:** Cough, homeopathy, emotional sensitivity, holistic healing, systemic improvement, individualized treatment

### Introduction

Homeopathy is widely utilized in managing chronic conditions with multifactorial etiologies. This case presents a middle-aged male with a persistent cough, alongside hypertension, cholelithiasis, and prostatic enlargement. His emotional disposition, sensitivity to criticism, and anxiety were key considerations in prescribing individualized remedies. Notably, in addition to symptomatic relief, the case demonstrated an unexpected dermatological change, supporting the systemic influence of homeopathic treatment.

### Case report

54 years male by occupation he is Manager in Industrial company come with complaint.

| Location                     | Sensation & complaints                                       | Modalities   | Concomitant         |
|------------------------------|--|--|---------------------|
| Throat since 8-10 days       | Cough-dry, Dryness of throat, itching                        | A/F burr graphites in factory<br>< night<br>< empty stomach<br>> pressure in ear |                     |
| <b>Associated complaints</b> |  |  |                     |
| Leg                          | Calf pain, stiffness   |  |                     |
| Head                         | Pain extending forehead to occiput.<br>Want to pull hair out | > Pressure   | Pain below left ear |

### Personal History

Diet-Veg  
App-Normal  
Thirst-3-3 ½ lit/Day.  
Aversion-sour  
Desire-spicy, sweet, < Milk –Constipation  
Bowel-Normal  
Urine-5-6 /day,0/night  
Sleep-snoring+++ ,unrefreshing

Dreams-clairvoyant  
 Perspiration-all over body, < cold.  
 Past /History-Renal calculi 2018.  
 Family History-HTN (Father, Mother, Brother& Sister.)  
 Drug History-Zandu syrup for cough

Diagnosis-K/C/O Cholelithiasis +, Prostomegally +, HTN,  
 Dry Cough (allergic)  
 Miasm-Sycotic++ (Dominant) Susceptibility-High  
 Sensitivity-High  
 First Rx-Drosera 30 TDS x 7days

### Vital Data

Wt-75.9kg  
 Pulse-79 b/min  
 BP-140/90 mmHg  
 Investigation report-(E/S/O/-22/5/24)  
 VLDL=40, HDL Ratio=7.96, LDL: HDL=5.5, LDL  
 Choles.=156.4, S.HDL=28.3, Sr.Tri.=203.5,LDL:HDL=5.5,  
 S.HDL28.3.  
 USG=Cholelithiasis, Fatty Liver, Prostomegally with  
 significant post void. Gall stones size 1-2 mm

### Follow up Criteria: Changes are given points were noted

- Sleep
- weakness
- Constipation
- Cough intensity
- Cough frequency
- Throat complaints.
- Headache
- BP
- New complaint

| Date    | Complaints  |   |   |                   |                   |                                |                |        |   | Rx                      |
|---------|---|---|---|-------------------|-------------------|--------------------------------|----------------|--------|---|-------------------------|
|         | 1   | 2 | 3 | 4                 | 5                 | 6                              | 7              | 8      | 9   |                         |
| 21/5/24 | Case defined  |   |   |                   |                   |                                |                |        |   | Drosera 30 TDS x 7days  |
|         | Patient did not report from may end to July second week for follow up |   |   |                   |                   |                                |                |        |   |                         |
| 13/7/24 | Not refreshing  | S | S | Reduced by 60%    | Reduced by 60%    |                                | Pain extending | 130/90 | Calf pain, mouth ulcer  | Thuja 1M stat           |
| 20/7/24 | Disturbed due to work stress  | S | S | +                 | +                 | O/E throat granular congestion | < Night        | 130/90 | Calf pain-S, mouth ulcer-S  | Sulph 30 BD x7days      |
| 14/8/24 |   |   | > | Only 2% remaining | Only 2% remaining | Only<onion, tea, biscuits      |                | 150/70 | This week lot of travel due multiple deaths in fly. Though travelled no motion sickness | Sulphur 200 1 dose stat |
| 27/8/24 |   | S |   | 0                 | 0                 | 0                              | >>             |        | Leg pain-60% less   |                         |

\*S=Same, ++increased, 0=no symptom, <-Aggravation, >-Amelioration

### Case work out by using zomeo app

| Symptoms : 8   Remedies : 366   Filters : Normal                       |          |       |      |     |     |     |      |      |      |     |      |       |       |        |        |      |      |       |     |       |      |
|--|----------|-------|------|-----|-----|-----|------|------|------|-----|------|-------|-------|--------|--------|------|------|-------|-----|-------|------|
|  |          |       |      |     |     |     |      |      |      |     |      |       |       |        |        |      |      |       |     |       |      |
| Remedy   |          | Sulph | Calc | Bry | Ars | Lyc | Puls | Bell | Chin | Sep | Lach | Mag-m | Nux-v | Rhus-t | Kali-c | Phos | Cham | Coloc | Con | Nat-c | Zinc |
| ⬇  | Totality | 16    | 13   | 12  | 12  | 12  | 11   | 11   | 11   | 11  | 10   | 10    | 10    | 10     | 10     | 9    | 9    | 9     | 9   | 9     | 8    |
| Symptoms Covered   |          | 7     | 5    | 6   | 5   | 5   | 5    | 4    | 4    | 4   | 5    | 5     | 5     | 5      | 4      | 6    | 4    | 4     | 4   | 4     | 5    |
| Kingdom  |          | 🌿     | 🌿    | 🌿   | 🌿   | 🌿   | 🌿    | 🌿    | 🌿    | 🐾   | 🐾    | 🌿     | 🌿     | 🌿      | 🌿      | 🌿    | 🌿    | 🌿     | 🌿   | 🌿     |      |
| [Murphy ] [Dreams]CLAIRVOYANT, DREAMS : (13)                           |          | 2     |      |     |     |     |      |      |      |     |      |       |       |        |        | 1    |      |       |     |       |      |
| [Murphy ] [Generals]SUN, SUNLIGHT, GENERAL:Heat, of sun, aggravates... |          | 1     | 1    | 2   | 2   |     | 3    | 3    |      |     | 3    | 1     | 2     |        |        |      |      |       | 3   | 1     |      |
| [Murphy ] [Generals]COLD, TEMPERATURE, WEATHER:Agg. : (216)            |          | 2     | 3    | 2   | 3   | 3   | 2    | 2    | 3    | 3   | 1    | 2     | 3     | 3      | 3      | 3    | 2    | 2     | 2   | 2     |      |
| [Murphy ] [Food]MILK, GENERAL:Agg. : (101)                             |          | 3     | 3    | 2   | 2   | 2   | 2    |      | 3    | 3   | 1    | 3     | 2     | 1      | 2      | 2    | 2    |       | 3   | 3     |      |
| [Murphy ] [Cough]NIGHT : (162)   |          | 3     | 3    | 1   | 3   | 3   | 3    | 3    | 2    | 3   | 3    | 2     | 1     | 2      | 3      | 1    | 3    | 1     | 2   | 2     |      |
| [Complete ] [Extremities]PAIN:Legs:Calves:Left: (72)                   |          | 3     |      | 3   |     | 1   |      |      |      |     |      |       |       | 3      |        | 1    |      | 3     | 2   | 1     |      |
| [Complete ] [Rectum]CONSTIPATION:Milk:Agg.: (1)                        |          |       |      |     |     |     |      |      |      |     |      |       |       |        |        |      |      |       |     |       |      |
| [Murphy ] [Gallbladder]GALLSTONES, GENERAL : (80)                      |          | 2     | 3    | 2   | 2   | 3   | 1    | 3    | 3    | 2   | 2    | 2     | 2     | 1      | 2      | 1    | 2    | 3     |     |       |      |

### Changes in Melanocytic Nevus



Fig 1 & 2: Before Rx

Fig 3: After Rx

## Observation

Patient stopped reporting for cough, found himself in manageable situation at job. Though he faced challenges he could keep his mind in a better state. He showed to the physician that he has lost a skin small melanocytic nevus in the scalp has totally disappeared, leaving a very small faint spot on scalp. He saw it when he shaved his head, (ritual performed, as he lost his mother), this was reported later.

## Discussion

Case was treated as an acute dry cough which should have cleared within 1 week. Work pressure was quiet a lot so did not report for 2 months We find that coming back after 2 months 40% cough yet remained which was not expected if we consider as acute. Retrospective thinking tells that it seemed to be a case of chronic dry cough which had reported within 8-10 days of onset. Drosera proves to be a partially similarly remedy as 60% cough has reduced. Thinking of a miasmatic block Thuja.1M was introduced. Thuja has also not been able to make major change in cough as expected. Expectation from Thuja. Not met. May be timing of antimiasmatic was not right. Restudy showed Sulphur coming up. Sulphur then was introduced as constitutional. Its response was very well registered at cough and constitutional level as though travelled a lot NO Motion sickness at all. Constitutional remedy covers the domain of all symptoms in the totality and not considered in totality too. Hence potency stepped up with single dose. Sulphur 200, 1 dose.

## Conflict of interest

None.

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