



# International Journal of Homoeopathic Sciences

E-ISSN: 2616-4493  
P-ISSN: 2616-4485  
Impact Factor (RJIF): 5.96  
[www.homoeopathicjournal.com](http://www.homoeopathicjournal.com)  
IJHS 2025; 9(4): 557-560  
Received: 14-08-2025  
Accepted: 16-09-2025

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## Homoeopathic approach in the treatment of blunt eye injury with traumatic ptosis: A case report at Dr. Batra's

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**DOI:** <https://www.doi.org/10.33545/26164485.2025.v9.i4.I.1964>

### Abstract

Ocular trauma is a common cause of visual impairment worldwide, often resulting from accidents or sports-related injuries. Millions of people experience eye injuries each year, which can lead to complications such as blurred vision, eyelid trauma, retinal damage, and traumatic mydriasis. Conventional management often involves surgical intervention or strong medications, which can be stressful for patients, especially children and sensitive individuals. Homeopathic treatment offers a gentle and holistic approach, focusing on reducing pain, inflammation, and psychological distress while supporting the body's natural healing mechanisms. This paper presents a case managed at Dr. Batra's clinic, highlighting successful recovery and symptom relief using homeopathy, thereby avoiding invasive procedures.

**Keywords:** Ocular trauma, blurred vision, homeopathy, traumatic mydriasis, non-surgical management

### Introduction

Ocular trauma refers to any injury to the eye or its adnexa caused by blunt or penetrating forces. Common causes include sports injuries, accidents, falls, and workplace hazards. Symptoms may include pain, swelling, blurred vision, eyelid drooping, pulsation in the eye, mydriasis, and retinal damage such as commotio retinae. Complications can range from temporary discomfort to permanent vision impairment if left untreated. Management requires careful assessment of both physical and emotional factors, as trauma can induce anxiety, anticipatory behavior, and stress, affecting overall recovery. Homeopathy provides a patient-centered approach, aiming to relieve pain, restore eye function, and improve mental well-being while minimizing the need for surgical interventions.

### Case Profile

The patient, originally from Himachal Pradesh and currently residing in Chandigarh, comes from a humble family; his father works as a cab driver, and he himself is employed in a shop. One day, while playing cricket with friends, he sustained an injury to his right eye from a ball. Although he regularly played cricket on his days off, this time he experienced blurred vision and severe pain following the incident.

His family immediately took him to the hospital, where investigations were carried out as advised by the doctor. He was diagnosed with blunt trauma to the eye, accompanied by ptosis and traumatic mydriasis. The patient had a strong fear of injections and potent medications. On the advice of his uncle, his father brought him to Dr. Batra's Chandigarh clinic for care.

When he first visited the clinic, the patient was in considerable pain and discomfort. However, he did not express this to his father to avoid causing him stress. On discussing the incident, he explained that he was fielding when the injury occurred. Additionally, he had been preoccupied with distressing thoughts since that morning—his landlord had informed them that the house they were living in had been sold, and they needed to vacate. This worry distracted him, and during the game, the ball struck his eye severely.

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## Physical Generals

| Diet             | Veg                  |
|------------------|----------------------|
| Appetite         | Normal               |
| Desire           | Ns                   |
| Aversion         | Ns                   |
| Thermal Reaction | Hot                  |
| Thirst           | Increased Cold Water |
| Stools           | Normal               |
| Urine            | Pale                 |
| Perspiration     | Profuse              |
| Sleep            | Restful              |
| Dreams           | Ns                   |

## Mental Generals

The patient is calm and hardworking, supporting his father in running the family. He is shy, introverted, and does not

openly express his emotions. Among three siblings, he is responsible and obedient. However, he is anxious and impatient, often becoming anticipatory over minor things. For example, in school, he struggled to answer questions he knew due to anticipation, and he frequently seeks help when making decisions independently.

## Past History

Was once hospitalized in the childhood as was diagnosed with stomach infection.

## Family History

Father is suffering from chronic cough.

## Case analysis

### Repertorial totality

| Repertory used      | Rubrics selected                                                                                                                                                                                                                                                                                                                          |
|---------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Synthesis Repertory | MIND - CHANGE - aversion to - house or flat; in the<br>EYE - PAIN - stitching pain - pulsating pain<br>EYE- PULSATION - In the eye -alternating with - stitching pain<br>GENERALS - INJURIES - blunt instrument from<br>GENERALS - Injuries - Glands<br>EYE -PAIN - Lids - Upper - sore<br>EYE - INFLAMMATION - Retina - commotio retinae |

## Repertory screenshot

|                                                                      |       | calc. | ars. | rust. |
|----------------------------------------------------------------------|-------|-------|------|-------|
|                                                                      |       | 1     | 2    | 3     |
|                                                                      |       | 3     | 2    | 1     |
|                                                                      |       | 3     | 3    | 1     |
| 5. Clipboard 5                                                       |       |       |      |       |
| 1. MIND - CHANGE - aversion to - house or flat; in the               | (2) 1 | 1     | 1    |       |
| 2. EYE - PAIN - stitching pain - pulsating pain                      | (3) 1 | 1     | 2    | 1     |
| 3. EYE - PULSATION - In the eyes - alternating with - stitching pain | (1) 1 | 1     |      |       |

|                                                     |        | <div>arn. apis con. hyper. dulc. iod. petr. phos. sil. sul-ac. sulph. symph. aster. bar-c. bell-p. cic. gels. hep. kali-c. kalm. merc. puls. rhe-t.</div> |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|-----------------------------------------------------|--------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
|                                                     |        | 1                                                                                                                                                         | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 |
|                                                     |        | 4                                                                                                                                                         | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1  | 1  | 1  | 1  | 1  | 1  | 1  | 1  | 1  | 1  | 1  | 1  | 1  | 1  |
|                                                     |        | 7                                                                                                                                                         | 3 | 3 | 3 | 2 | 2 | 2 | 2 | 2 | 2  | 2  | 2  | 1  | 1  | 1  | 1  | 1  | 1  | 1  | 1  | 1  | 1  | 1  |
| 4. Clipboard 4                                      |        | x                                                                                                                                                         |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| ▶ 1. GENERALS - INJURIES - blunt instruments; from  | (2) 1  | 1                                                                                                                                                         |   |   |   |   |   |   |   |   |    |    | 2  |    |    |    |    |    |    |    |    |    |    |    |
| ▶ 2. GENERALS - INJURIES - Glands                   | (19) 1 | 2                                                                                                                                                         |   | 1 |   | 2 | 2 | 2 | 2 | 2 | 2  | 2  |    | 1  | 1  | 1  | 1  |    | 1  | 1  | 1  | 1  | 1  | 1  |
| ▶ 3. EYE - PAIN - Lids - Upper - sore               | (1) 1  | 1                                                                                                                                                         |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| ▶ 4. EYE - INFLAMMATION - Retina - commotio retinae | (4) 1  | 2                                                                                                                                                         | 2 |   | 2 |   |   |   |   |   |    |    |    |    |    |    |    | 1  |    |    |    |    |    |    |

## Selection of Remedy

For constitutional treatment, Calcarea Carbonica 200 was given in 2 doses based on core prescription and repertorization.

For acute management, Arnica 30 was prescribed twice daily, considering the totality of symptoms.

## Miasmatic approach

Mind – change; aversion to house or flat.

Eye – pain: stitching and pulsating; pulsation in eye alternating with stitching pain.

Generals – injuries from blunt instruments; glands involved.

Eye – pain: upper lid; inflammation: retina – commotio retinae.

## Predominantly Psoric miasm.

### Materials and Methods

Synthesis repertory was used for repertorization

## Results

| Months                 | Progress                                                                                          | Prescription                                           |
|------------------------|---------------------------------------------------------------------------------------------------|--------------------------------------------------------|
| 1 <sup>st</sup> month  | No change slight relief in pain but once it shoots up he has to wake up and to keep the eye warm. | Calc carb 200 stat dose<br>Arnica 30 BD<br>Mag phos 6x |
| 2 <sup>nd</sup> month  | Pain is much better vision is still blurred                                                       | Arnica 30 BD with<br>mag phos 6x sos pain              |
| 3 <sup>rd</sup> month  | Pain is only when he rub his eye otherwise no pain, vision slight improved                        | Arnica 30 BD                                           |
| 4 <sup>th</sup> month  | No pain this time, blurred vision still same                                                      | Arnica 30 BD                                           |
| 5 <sup>th</sup> month  | No pain no discomfort, blurred vision better than before and he can now read with right eye       | Arnica 30 BD                                           |
| 6 <sup>th</sup> month  | No pain, vision is also clear.                                                                    | Arnica 30 BD                                           |
| 7 <sup>th</sup> month  | No pain, vision is better and clear                                                               | Arnica 30 BD                                           |
| 8 <sup>th</sup> month  | No pain, vision clear now he can read easily and without any strain on eye                        | Arnica 30 BD                                           |
| 9 <sup>th</sup> month  | Patient cured                                                                                     | Arnica 30 BD                                           |
| 10 <sup>th</sup> month | cured                                                                                             | Arnica 30 BD                                           |
| 11 <sup>th</sup> month | cured                                                                                             | Arnica 30 BD                                           |
| 12 <sup>th</sup> month | cured                                                                                             | Arnica 30 BD                                           |

## Discussion & Conclusion

The patient presented with ocular trauma resulting in blurred vision, pain, and eyelid involvement, compounded by anxiety and anticipatory tendencies. The injury led to both physical and emotional distress, affecting his daily activities and concentration. Holistic management focusing on his physical symptoms as well as underlying emotional

and mental factors facilitated gradual recovery, reduced discomfort, and improved overall well-being. The case highlights the importance of addressing both the physical and psychological aspects in trauma management for optimal outcomes.

## The transformation

O/O: Dilated pupil due to sphincter pupillae muscle injury after trauma.

O/O: Sub-retinal and sub-Retinal Pigment Epithelium hemorrhage nearly resolved.

Foveal thickness decreased

**Acknowledgments**

I take this opportunity to thank those who have helped and supported me personally and professionally during this case study.

**Conflict of Interest**

Not available

**Financial Support**

Not available

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**How to Cite This Article**

Bhavneet Kaur. Homoeopathic approach in the treatment of blunt eye injury with traumatic ptosis: A case report at Dr. Batra's. International Journal of Homoeopathic Sciences. 2025;9(4):557-560.

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