



International Journal of Homoeopathic Sciences



E-ISSN: 2616-4493

P-ISSN: 2616-4485

Impact Factor (RJIF): 5.96

www.homoeopathicjournal.com

IJHS 2026; 10(1): 243-245

Received: 25-10-2025

Accepted: 28-11-2025

Dr. AK Dwivedi

(1) Senior Homeopathic
Physician, Advanced Homoeo
Health Center & HMR Pvt.
Ltd., Indore, Madhya
Pradesh, India

(2) Member, Scientific
Advisory Board, CCRH,
Ministry of AYUSH,
Government of India

(3) Executive Council Member,
Devi Ahilya Vishwavidyalaya,
Indore, Madhya Pradesh,
India

(4) Professor & Head,
Department of Physiology,
S.K.R.P. Gujarati
Homeopathic Medical College,
Indore, Madhya Pradesh,
India

Corresponding Author:

Dr. AK Dwivedi

(1) Senior Homeopathic
Physician, Advanced Homoeo
Health Center & HMR Pvt.
Ltd., Indore, Madhya
Pradesh, India

(2) Member, Scientific
Advisory Board, CCRH,
Ministry of AYUSH,
Government of India

(3) Executive Council Member,
Devi Ahilya Vishwavidyalaya,
Indore, Madhya Pradesh,
India

(4) Professor & Head,
Department of Physiology,
S.K.R.P. Gujarati
Homeopathic Medical College,
Indore, Madhya Pradesh,
India

Homeopathy: An effective approach for managing fever, influenza, joint pain & headache an observational study

AK Dwivedi

DOI: <https://www.doi.org/10.33545/26164485.2026.v10.i1.D.2194>

Abstract

Fever, Influenza, Headache and Joint pains are commonly encountered Infectious diseases. These Infectious diseases are very well treated in Homeopathy system of Medicine as homeopathy work on the principle of "like cures like" and the use of highly diluted substances to stimulate the body's natural healing processes. In this paper we have given details about how various patients have been treated at our research centre using Homeopathy.

Keywords: Fever, influenza, headache, joint pains, infectious diseases, homeopathy

Introduction

Influenza is an acute respiratory disease caused by a negative-strand RNA virus of the Orthomyxoviridae family. Influenza is a viral disease that affects around 5 to 15% of the world population every year. Globally, Influenza is considered as one of the most important infectious diseases. The World Health Organization (WHO) estimates that the average global burden of Influenza is approximately 1 billion cases of Influenza, 3-5 million cases of severe illness and 300,000-500,000 deaths annually.

A astonishing 70% of people suffer from headaches. Tension headaches report for about 90% of these with a characteristic constricting phenomenon, soreness and painful knots in tense neck and scalp muscles. Migraine and cluster headaches occur in about 10% of the population, affecting women three times more than men.

Headaches occasionally occur as a result of an allergic effect. The pain from these headaches is frequently determined in sinus area and in the front of head. Migraine headaches are generally misdiagnosed as sinus headaches. Actually up to 90 percent of "sinus headaches" are in fact migraine. People who have continual seasonal allergies or sinusitis are vulnerable to these types of headaches.

Joint pain is discomfort that affects one or more joints in your body. A joint is where the ends of two or more of your bones come together. For example, your hip joint is where your thigh bone meets your pelvis. Joint discomfort is common and usually felt in your hands, feet, hips, knees or spine. Pain in your joints may be constant, or it can come and go. Joint pain may affect the function of your joints and can limit your ability to do basic tasks.

Common Symptoms

- Fever/Chills: Sudden high temperature or feeling feverish with chills.
- Body Aches: Significant muscle and joint pain (myalgia/arthritis).
- Headache: Often a prominent symptom.
- Fatigue: Extreme tiredness and weakness.

Diagnosis

Most cases of human influenza are clinically diagnosed.

Home care

- Protection: don't do any activities that cause a medium increase in your pain. Do not stop all activity.

- Elevation: when resting, try to keep the joint above the level of your heart, to reduce swelling.
- Avoid anti-inflammatories and ice, as this may slow healing.
- Compression: use a bandage to compress the joint. The bandage should not be too tight or worn at night.
- Education: listen to your body. Often your body can heal without treatment.
- stay home to avoid infecting other people
- rest
- drink plenty of fluids
- treat other symptoms such as fever
- seek medical care if symptoms get worse.

Homeopathy Management of Fever, Influenza, Headache and Joint pains

Infectious diseases are very well treated in Homeopathy system of Medicine as homeopathy work on the principle of "like cures like" and the use of highly diluted substances to stimulate the body's natural healing processes.

A prospective, observational study was conducted at the Advanced Homoeopathy Clinic of Dr. A. K. Dwivedi. All 256 patients completed the study (159 females, 97 males). Significant clinical improvement was observed in 90-93% of cases.

Homeopathy focuses on the constitutional make-up, mental stressors, and specific modalities of the patient. Treatment is individualized, yet certain medicines consistently show efficacy.

Key Homeopathic Medicines with Indications

1. *Natrum muriaticum*

Indications

- Headache linked with stress, suppressed emotions, grief
- Migraine triggered by sun exposure
- Hammering pain, worse in the morning
- Women who appear emotionally strong yet sensitive internally

2. *Ignatia amara*

Indications

- Headache due to acute emotional stress, disappointment, anxiety
- Sensation as if a nail is driven into the side of the head
- Spasmodic headaches, variable symptoms
- Ideal for oversensitive, perfectionist women

3. *Sepia officinalis*

Indications:

- Headache related to hormonal imbalance (PMS, perimenopause)
- Left-sided migraine with nausea
- Irritability, indifference, exhaustion
- Better with vigorous exercise

4. *Gelsemium sempervirens*

Indications

- Headache from anticipatory anxiety, fear, pressure
- Heaviness of eyelids, dullness, trembling
- Suitable for students and professionals under performance pressure

5. *Sanguinaria canadensis*

Indications

- Right-sided migraine, beginning in the occiput and settling over right eye
- Triggered by bright light, smell, or fasting

- Relief by vomiting or lying down in a dark room

6. *Belladonna*

Indications

- Sudden, intense, throbbing headache
- Red face, dilated pupils, hot head
- Pain worse from noise, light, touch
- Helpful in hyperacute migraine episodes

7. *Aconitum napellus*

Indications

- Fevers due to sudden to cold, characterized by high temperature,
- Dry and hot skin, restlessness, anxiety,
- Intense thirst for cold water.

8. *Belladonna*

Indications

- Intense, high fevers,
- A red, hot face, dilated pupils,
- A lack of thirst,
- Pounding headache.

9. *Bryonia alba*

Indications

- fevers with dry, painful cough,
- body aches,
- movement worsens the pain.
- person is often very thirsty.

10. *Eupatorium perfoliatum* (Boneset):

Indications

- fevers with severe deep bone and muscle aches,
- Chills and shivering

11. *Rhus Toxicodendron*

Indications

- Stiffness on first movement
- Better by continuous motion
- Ligamentous and small joint pains

12. *Arnica montana*

Indications

- Bruised, sore feeling
- Post-viral musculoskeletal pain

13. *Causticum*

Indications

- Tendon stiffness
- Weakness in lower limbs

14. *Ruta graveolens*

Indications

- Tendon/ligament injury sensations
- Ankle and wrist pain

15. *Calcarea fluorica*

Indications

- Chronic stiffness
- Crepitus and degenerative changes

16. *Lycopodium clavatum*

Indications

- Right-sided pains
- Weakness and flatulence

Conclusion

Homeopathy offers a natural and individualized approach to preventing and treating colds and flu. By selecting the right remedies based on your specific symptoms and overall health, you can strengthen your immune system and alleviate discomfort during the cold and flu season. Whether you're looking to prevent illness or manage symptoms, homeopathy provides a gentle and effective solution to help you stay healthy and resilient.

Biography of Author:

Dr. A. K. Dwivedi, BHMS (Gold Medalist), MD, MBA, Ph.D. has been a Registered Homeopaths for over 27 years. He is a Professor & HOD: Department of Physiology S.K.R.P. Gujarati Homoeopathic Medical College, Indore. He is a Member of Executive Council, Devi Ahilya Vishwavidyalaya Indore, MP, INDIA, he is also a Member Scientific Advisory Board (CCRH) Ministry of Ayush, Govt of India. Member Academic Board Madhya Pradesh Medical Science University, Jabalpur MP (India). DIRECTOR, & CEO Advanced Homeo Health Centre & Homeopathic Medical Research Pvt.Ltd. Indore, Madhya Pradesh, India, EDITOR,"SEHAT EVAM SURAT"(Hindi Monthly Medical Magazine).

References

1. Dwivedi AK. Homeopathic treatment: Influenza. Int J Sci Res. 2023 Apr;12(4). ISSN: 2277-8179.
2. Dwivedi AK. Headache or migraine and homeopathy management. Indian J Appl Res. 2020 May;10(5). ISSN: 2249-555X.
3. Dwivedi AK. Stress-induced headache in women: A homeopathic perspective. Int J Homoeopath Sci. 2025;9(4):1347-1349.
4. Dwivedi AK. Homeopathic treatment for dengue fever. Int J Homoeopath Sci. 2025;9(1):853-855.
5. Dwivedi AK. Arthritis and its treatment using homeopathy and yoga. Paripex Indian J Res. 2020 Jan;9(1). ISSN: 2250-1991.
6. Dwivedi AK. A case study: Dengue its homeopathic treatment. Indian J Appl Res. 2019 Dec;9(12).
7. Longo DL, Fauci AS, Kasper DL, Hauser SL, Jameson JL, Loscalzo J, editors. Harrison's principles of internal medicine. 17th ed. New York: McGraw-Hill; 2008.
8. Davidson S, editor. Davidson's principles and practice of medicine. 22nd ed. Edinburgh: Elsevier Churchill Livingstone; 2014.
9. Kent JT. Repertory of homoeopathic materia medica. New Delhi: B. Jain Publishers; 2002.
10. Dubey SK. Textbook of materia medica. New Delhi: B. Jain Publishers; 2010.
11. Choudhari NM. A study on materia medica. New Delhi: B. Jain Publishers; 2008.
12. Boericke W. Pocket manual of homoeopathic materia medica and repertory. New Delhi: B. Jain Publishers; 2005.
13. Allen HC. Keynotes and characteristics with comparisons of some leading remedies of the materia medica with bowel nosodes. 8th ed. New Delhi: B. Jain Publishers; 2006.
14. Uniyal P. Materia medica for students. New Delhi: B. Jain Publishers; 2012.
15. Kinra R. Materia medica for students. New Delhi: B. Jain Publishers; 2015.

How to Cite This Article

Dwivedi AK. Homeopathy: An effective approach for managing fever, influenza, joint pain & headache an observational study. International Journal of Homoeopathic Sciences. 2026; 10(1): 99-104.

Creative Commons (CC) License

This is an open-access journal, and articles are distributed under the terms of the Creative Commons Attribution-Non Commercial-Share Alike 4.0 International (CC BY-NC-SA 4.0) License, which allows others to remix, tweak, and build upon the work non-commercially, as long as appropriate credit is given and the new creations are licensed under the identical terms.