

**RESEARCH ARTICLE****HOMOEOPATHIC CASE STUDY FOR INSULIN RESISTANCE*****Dr. Kavita Virat Shukla**

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Published online 30th January, 2025**ABSTRACT**

Wild High insulin resistance is a condition where the body's cells become less responsive to insulin, leading to elevated levels of insulin in the blood. Homeopathy addresses insulin resistance by aiming to improve the body's insulin sensitivity and overall metabolism. This paper highlights a case study of a 36-year-old female who came to Dr Batra's with severe insulin resistance, showcasing how individualized homeopathic treatment helped alleviate her symptoms and improved her quality of life.

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INTRODUCTION

Insulin resistance develops due to factors like genetic predisposition, obesity, sedentary lifestyle, chronic stress, or hormonal imbalances. Common signs and symptoms include difficulty losing weight, fatigue, bloating, excessive hunger, and darkened patches of skin. If left untreated, it can lead to complications like type 2 diabetes, cardiovascular diseases, PCOS, and fatty liver disease. Early diagnosis and intervention are essential to prevent these long-term health risks.

CASE PROFILE

The patient was born and raised in a middle-class family and had a happy childhood with minimal struggles. She was pampered by her parents, as she frequently fell ill during childhood. She has a passion for cooking, enjoys engaging in conversations with her family, and finds joy in music and art. A mild-mannered and dedicated individual, she is a family-oriented person who prefers a calm and predictable routine at home. She avoids trying new things and is not very physically active. She experiences excessive sweating, tends to feel anxious about the future, and is prone to sadness and depression, often finding it difficult to cope with emotional challenges.

Mental Generals: The patient was home maker by profession born and raised in a middle-class family and had a happy childhood with minimal struggles. She was pampered by her parents, as she frequently fell ill during childhood. She has a passion for cooking, enjoys engaging in conversations with her family, and finds joy in music and art.

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A mild-mannered and dedicated individual, she is a family-oriented person who prefers a calm and predictable routine at home. She avoids trying new things and is not very physically active. She experiences excessive sweating, tends to feel anxious about the future, and is prone to sadness and depression, often finding it difficult to cope with emotional challenges.

Physical Generals

Diet	Mixed
Appetite	Good
Desire	Eggs , sweets , salty food
Aversion	Milk , meat ,doesn't like fatty food
Thermal Reaction	Chilly pt
Thirst	Likes cold drinks
Stools	Alternating constipation anddiarrhoea
Urine	Normal
Perspiration	Profuse sweating on head and body
Sleep	Not very sound sleep
Dreams	Dreams of dead , Scary dreams, Night terrors

Past History: Frequent tonsillitis.**Family History:** Not specific.**Case analysis:** Reportorial totality.

Repertory used	Rubrics selected
Repertory Name	Mind - Anxiety - evening
	Mind - Memory - weak
	Mind - Confusion of mind
	Head - Perspiration - profuse
	Head - Coldness - icy cold
	Mind - Anxiety - about future
	Mind - Dullness
	Mind - Indolence
	Mind - Sluggishness
	Mind - Indolence - mental exertion, from
	Mind - Timidity
	Stomach - Milk - agg.

Repertory screenshot

Remedy Name	Totally							
	Calc	Calc-x	Lyc	Merc	Phos	Phos-x	Alum-x	Ins-c
[K1] [Mind] Ear (see anxiety): Evening:	3	2	2	1	1	2	2	1
[K1] [Mind] Forgetful (see memory):	2	2	3	3	3	3	3	3
[K1] [Mind] Confusion of mind (see concentration):	3	3	2	3	3	2	3	2

Selection of Remedy

1. Calcarea Carb 200 Monthly 2 doses - Pt is mild , anxious , confused tendency to grow fat, foody ,sweat+
2. Insulinum 3x Twice day

Miasmatic approach

Symptoms	Psora	Sycosis	Syphilis	Tubercular
Mind - Anxiety - evening	✓			
Mind - Memory - weak	✓		✓	
Mind - Confusion of mind	✓			
Head - Perspiration - profuse		✓		✓
Head - Coldness - icy cold	✓			
Mind - Anxiety - about future	✓			
Mind - Dullness	✓		✓	
Mind - Indolence	✓			
Mind - Sluggishness	✓	✓		
Mind - Indolence - mental exertion, from	✓			
Mind - Timidity	✓			
Stomach - Milk - agg.	✓			

MATERIALS AND METHODS

Kent repertory was used for repertorization

RESULTS

Month	Progress	Prescription
1st month	Feeling very tired, always bloated, doesn't like to work, sleep disturbed, catches cold often, constipated mostly	Calcarea carb 200 (2 doses monthly), Insulinum 3x (2 tablets BD)
2nd month	Tiredness most of the days, bloated feeling slightly better, sleep is fine, constipation persists but frequency is less, caught cold once last month	Calcarea carb 200 (2 doses monthly), Insulinum 3x (2 tablets BD)
3rd month	Tiredness less than before, bloated feeling is better, sleep is fine, constipation persists but frequency is less, caught cold once last month	Calcarea carb 200 (2 doses monthly), Insulinum 3x (2 tablets BD)
4th month	Tiredness very minimal this month, bloated feeling much better, sleep is fine, constipation is better,	Insulinum 3x (2 tablets BD)
5th month	Tiredness improved, bloated feeling much better, sleep is fine, constipation is better, no cold/flu this month	Calcarea carb 200 (2 doses monthly), Insulinum 3x (2 tablets BD)
6th month	Tiredness much better, no bloated feeling, very sound sleep, constipation resolved, no cold/flu this month	Insulinum 3x (2 tablets BD)
7th month	Started walking and doing physical activity, trying to lose weight, no bloated feeling, sleep is sound, feels fresh, stools normal, no cold/flu	Calcarea carb 200 (2 doses monthly), Insulinum 3x (2 tablets BD)
8th month	Continued walking and physical activity, trying to lose weight, no bloated feeling, sleep is sound, feels fresh, stools normal, no cold/flu	Insulinum 3x (2 tablets BD)

9th month	Overall better	Calcarea carb 200 (2 doses monthly), Insulinum 3x (2 tablets OD)
10th month	Overall better	Insulinum 3x (2 tablets OD)

DISCUSSION & CONCLUSION

This case highlights the efficacy of homeopathic treatment in addressing chronic complaints like tiredness, bloating, and constipation. The prescribed remedies, particularly *Calcarea carbonica* and *Insulinum 3x*, targeted the patient's constitutional and metabolic imbalances. Over the course of treatment, significant improvement was observed in energy levels, digestive health, and overall well-being. The resolution of bloating and constipation, along with better sleep and increased physical activity, demonstrates the holistic impact of homeopathy. The case underscores the importance of consistent follow-ups and individualized prescriptions in achieving lasting results.

The transformation

06.08.2022
Insulin levels – 506.3 uU/mL

05.03.2023
Insulin levels – 150uU/mL

Testimonial

I am very happy and thankful to Dr Batra's and Dr Kavita Shukla as I was not aware that I have this insulin resistance issue but when I shared my problem with dr Kavita that I'm trying since long to loose weight but not able to loose even inch she asked me to do TSH and Insulin resistance, all other allopathic doctors asked me to do thyroid test but no one had suggested about insulin resistance, and to my surprise when I did my insulin resistance It came to be very high. I started treatment with Dr Kavita and I'm very happy that my insulin resistance got better in my blood test I repeated after 5 months

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