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## HEPATITIS C: RECOVERY THROUGH DR. BATRA'S HOMEOPATHY

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### Abstract

Hepatitis C Virus (HCV) is a significant global health concern, affecting over 58 million people worldwide, with an estimated 1.5 million new infections occurring each year [1]. If left untreated, chronic HCV can lead to serious complications such as liver cirrhosis, hepatocellular carcinoma, and liver failure. Conventional treatment involves antivirals and supportive therapy, which may come with side effects and uncertain long-term outcomes, especially in resource-limited settings. This paper explores the efficacy of homeopathy in managing the symptoms of HCV and associated complaints.

The case presented is of a 33-year-old female science teacher referred to Dr Batra's Panipat clinic in 2022. Her presenting symptoms included severe headache, frequent vomiting after eating, extreme fatigue, dizziness, and disturbed digestion. Investigations revealed that she was HCV positive and had persistently low hemoglobin levels (6–7 g/dL) for over 7 years despite allopathic iron supplementation [2][3]. Her husband, a former psoriasis patient who found relief through homeopathy, encouraged her to seek similar care.

The homeopathic approach in this case focused on constitutional treatment—aimed at the root cause and the totality of symptoms—rather than symptomatic suppression. The holistic evaluation helped uncover underlying susceptibility and individualized remedy selection, which gradually brought marked improvement in her general well-being, digestion, and energy levels, along with better management of her HCV status.

This paper highlights the potential of homeopathy as an integrative therapeutic modality for chronic viral conditions like HCV, with a focus on individualized care, long-term improvement, and enhanced quality of life.

**Keywords:** Hepatitis C, Homeopathy, Chronic Fatigue, Low Hemoglobin, Constitutional Treatment

## Introduction

Hepatitis C is a blood-borne viral infection primarily affecting the liver. It is caused by the Hepatitis C Virus (HCV), which can result in both acute and chronic infection. Chronic HCV infection poses a risk of liver cirrhosis, hepatocellular carcinoma, and eventually liver failure if left untreated [1]. The disease is often asymptomatic in the early stages but can later manifest through symptoms such as fatigue, nausea, vomiting, jaundice, and poor digestion [2].

A 33-year-old female science teacher was referred to Dr Batra's Panipat clinic in 2022 by her husband, who had previously suffered from psoriasis. After being advised by dermatologists that he would need lifelong allopathic treatment without a permanent cure, he turned to homeopathy. Within 6–7 months of individualized homeopathic treatment, his psoriasis resolved completely, leading him to develop faith in this alternative system of medicine. As a result, he encouraged his wife to seek homeopathic care for her complaints.

The patient had been suffering from severe, recurrent headaches, vomiting immediately after food intake, chronic fatigue, dizziness, and poor digestion. These complaints were debilitating and significantly affected her daily life. Upon medical investigation, her HCV test returned positive. Additionally, she had persistently low hemoglobin levels for over seven years, ranging between 6 and 7 g/dL, despite regular use of iron supplements and conventional allopathic medications [3].

This case not only reflects the limitations of conventional medicine in managing chronic symptoms holistically but also emphasizes the value of constitutional prescribing in homeopathy—addressing the individual as a whole, rather than treating isolated symptoms.

## Case Profile

A 33-year-old female science teacher was referred to Dr Batra's Panipat clinic by her husband in 2022. Her husband had been suffering from psoriasis and was under allopathic treatment for a long time. Despite regular use of medications, dermatologists had told him that there was no permanent cure and he would need lifelong medicines. Eventually, he switched to homeopathy through Dr Batra's clinic, and within 6 to 7 months, his psoriasis cleared completely. Encouraged by this remarkable recovery, he developed strong faith in homeopathy and motivated his wife to seek treatment for her chronic health issues.

The patient had been suffering from severe headaches, frequent vomiting, extreme fatigue, dizziness, and digestive disturbances. She would vomit immediately after eating and experienced persistent tiredness and general weakness. Her digestion was poor, and she often felt nauseous, especially when she remained on an empty stomach for long. On investigation, she was diagnosed as HCV positive and also had a longstanding issue of low hemoglobin. Even after years of taking allopathic supplements, her hemoglobin levels had remained critically low, fluctuating around 6 to 7 g/dL. During her second pregnancy in 2018, it had reached a dangerously low level of around 4 g/dL, and since then she had continued to feel breathless, weak, and tired.

Her case was managed with a detailed homeopathic approach. Within the first few weeks, she started noticing a gradual relief in nausea and vomiting. Her appetite improved, and urinary patterns normalized. Over time, she experienced relief from headaches and dizziness. However, she had a craving for non-digestible things and reported that oily foods aggravated acidity and gas. With regular treatment, the acidity, gas, and constipation reduced, and she no longer complained of headaches. She was advised certain blood tests such as HBsAg, Anti-HBs, and liver function tests to monitor her recovery. Her overall condition continued to improve with better digestion, regular bowel movements, and increased energy levels.

She mentioned that earlier, everything she ate seemed to convert into gas and she felt bloated, especially on the left side of the abdomen, with pinching pain. As treatment progressed, these complaints reduced. Occasionally, she experienced pain in the renal region and a bearing-down feeling in the rectum, which was relieved by stopping physical exertion. On one occasion, she developed urticaria with severe itching and eruptions, which resolved with temporary allopathic intervention.

By mid-2023, she reported better digestion, improved skin health, and stable hemoglobin levels around 8 g/dL. She continued to feel occasional fatigue on exertion but showed good appetite and no recurrence of nausea or vomiting. She did complain of excessive sleepiness but was otherwise symptom-free with no headaches or constipation.

Later in the year, she reported increased hair fall, especially during oiling and washing, with noticeable thinning. The hair fall had started four years earlier, reportedly after taking some allopathic medicines. There was also itching on the scalp but no dandruff. She was advised hair therapy and dietary modifications. With regular therapy and adherence to the

prescribed treatment, her hair fall reduced significantly, with only a few strands lost during washing. She also reported relief from joint pain, throat irritation, and general weakness. Her sleep improved, digestion remained stable, and there was no complaint of fatigue. She was advised to continue the treatment and maintain a healthy lifestyle to support her ongoing recovery.

This case highlights the effectiveness of homeopathy in treating complex, chronic, and multisystem conditions by addressing the root cause and improving the overall vitality of the patient.

### **Physical Generals**

**Diet:** Vegetarian

**Appetite:** Initially poor due to nausea and vomiting; gradually improved with treatment

**Desire:** Likes sour food; occasionally craves non-digestible items (indicative of pica)

**Aversion:** Aversion to oily food as it aggravates acidity and gas

**Thermal Reaction:** Sensitive to heat; prefers cooler surroundings

**Thirst:** Moderate; no specific abnormality noted

**Stools:** Initially constipated with hard, dry stools; later became regular with treatment

**Urine:** Initially altered frequency and quantity; improved over time

**Perspiration:** Normal; no abnormal sweat patterns observed

**Sleep:** Excessive sleepiness noted; generally refreshing

**Dreams:** Not prominently reported or remembered by the patient

### **Examination**

☒ **General Appearance:** The patient appeared weak and fatigued, with a pale complexion suggestive of anemia.

☒ **Vital Signs:**

- Pulse: Within normal range
- Blood Pressure: Normal

- Temperature: Afebrile
- Respiratory Rate: Normal

☒ **Skin and Mucous Membranes:** Pale mucous membranes indicating low hemoglobin levels; skin showed signs of dryness; later presented with hair thinning and mild dandruff.

☒ **Abdominal Examination:**

- Mild tenderness in the lower abdomen reported occasionally
- No palpable mass or organomegaly
- Bowel sounds present and normal

**Mental Generals –**

The patient, by nature, is an introvert with a reserved personality. She tends to keep to herself and avoids unnecessary conversations, especially with strangers. At the start of any interaction, she appears shy and hesitant, mostly because of an underlying suspicious nature. However, once she becomes comfortable, she can open up and behave in a relatively extroverted manner, which she herself describes as being “secondarily extroverted.” Despite this, she prefers solitude and often mentions, “I can live alone,” suggesting a tendency toward emotional withdrawal, although it is also accompanied by a fear of being alone, revealing an internal contradiction.

She has recently been diagnosed with hepatitis C, and although she doesn’t describe herself as anxious, she admits to having a fear of how she will face the situation — particularly how others will perceive her illness. There is a clear loss of self-confidence, especially when it comes to interacting with new people. This social withdrawal has increased after the diagnosis. She is afraid of being judged or treated differently.

Her emotions are easily stirred, especially by emotional or sentimental scenes, like those in movies or television. These evoke sadness and make her feel more vulnerable. This shows a sentimental disposition, with a strong emotional response to external stimuli.

Mentally, she also complains of a weak memory, which she notices during day-to-day activities. She often forgets small things and feels mentally fatigued, which could be a result of both her physical illness and emotional stress.

She experiences a lack of motivation to do any work, primarily due to the physical weakness she feels. This tiredness contributes further to her mental dullness and emotional withdrawal.

Despite all this, she has had a good upbringing, and her relationship with her husband is positive and supportive. There are no major emotional traumas or conflicts from her past. Her mental suffering appears more present-focused, revolving around her current health status and the fear of societal judgment.

Her desire for sweets is noted but is not intense or peculiar. She also reports profuse perspiration, especially on the face, head, and underarms, which makes her feel more uncomfortable socially and adds to her hesitation to step out or meet people.

#### Past History

- Low hemoglobin (6–8.5 g/ dl) for 7 years despite supplements
- Severe fatigue, dizziness, and vomiting, especially during second pregnancy (2018)
- Hair thinning and hair fall started 4 years ago after certain medications
- Diagnosed with hepatitis C in 2022
- No major surgeries or other chronic illnesses reported

#### Family History

- Husband with psoriasis, fully cured by homeopathy after stopping allopathy
- Mother and brother have mild gastrointestinal complaints
- No significant chronic or genetic diseases in family

#### Case analysis - Reportorial totality

| Repertory used                 | Rubrics selected                                                                                                                                                                                                                                                                                    |
|--------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Synthesis<br/>Repertory</b> | <ul style="list-style-type: none"> <li>– 1. STOMACH - VOMITING eating - after - agg.</li> <li>– 2. ABDOMEN - LIVER and region of liver; complaints of-functional</li> <li>– 3. ABDOMEN - INFLAMMATION - Liver - chronic</li> <li>– 4. MIND - ANXIETY - health; about - own health; one's</li> </ul> |

## Repertory screenshot

2, Clipboard 2

- 1. STOMACH - VOMITING - eating - after - agg.
- 2. ABDOMEN - LIVER and region of liver; complaints of - functional
- 3. ABDOMEN - INFLAMMATION - Liver - chronic
- 4. MIND - ANXIETY - health; about - own health; one's

|         | lyc. | nit-ac. | phos. | sulph. | nat-m. | nux-v. | psor. | sil. |
|---------|------|---------|-------|--------|--------|--------|-------|------|
| 1       | 2    | 3       | 4     | 5      | 6      | 7      | 8     |      |
| 4       | 3    | 3       | 3     | 3      | 3      | 3      | 3     |      |
| 8       | 8    | 8       | 6     | 5      | 5      | 5      | 5     |      |
| (106) 1 | 2    | 2       | 3     | 3      | 2      | 2      | 1     | 3    |
| (2) 1   | 1    |         |       |        |        |        |       |      |
| (27) 1  | 3    | 2       | 2     | 2      | 2      | 2      | 2     | 1    |
| (87) 1  | 2    | 3       | 3     | 1      | 1      | 1      | 2     | 1    |

## Selection of Remedy

Lycopodium 200 - Constitutional

Chelidonium 6c - Specific

## Miasmatic approach

| Symptoms / Complaints                   | Psora | Sycosis | Syphilis | Tubercular |
|-----------------------------------------|-------|---------|----------|------------|
| Stomach - Vomiting after eating         | ✓     |         |          |            |
| Abdomen - Liver complaints (functional) | ✓     |         |          |            |
| Abdomen - Inflammation - chronic liver  | ✓     |         |          |            |
| Mind - Anxiety about own health         | ✓     |         |          |            |

## Miasmatic Predominance: Psora

## Materials and Methods

Synthesis repertory was used for repertrization

## Results

| Month     | Progress                                                                     | Prescription                                      |
|-----------|------------------------------------------------------------------------------|---------------------------------------------------|
| 1st month | Nausea and vomiting sometimes when fasting; appetite normal; Hb 8.5 gm/dl    | Lycopodium 200,x 4 doses weekly<br>Chelidonium 6C |
| 2nd month | Relief from nausea and vomiting; mild attacks only 1-2 times in last 15 days | SL bxd<br>Chelidonium 6C                          |

|            |                                                                                                           |                                                                          |
|------------|-----------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------|
| 3rd month  | Better overall; no nausea, no vomiting; appetite good; urine normal; stools unsatisfactory                | Sl weekly x 4dose<br>Chledonium 6c bxd                                   |
| 4th month  | Relief in all symptoms                                                                                    | Sl x doses weekly<br>, Chelidonium 6C                                    |
| 5th month  | Appetite good; headache relief; craving for non-digestible things                                         | Lycopodium 200 x 4 doses weekly<br>Chelidonium 6C                        |
| 6th month  | Headache cured; aggravated by oily foods; acidity, gas present; constipation after meds finished          | Lycopodium 200 x 1 <sup>st</sup> 10 days bxd<br>Sl bxd<br>Chelidonium 6C |
| 7th month  | Better; no acidity, no gas, no headache; advised HBsAg, Anti-HBs, LFT                                     | Sl<br>Chelidonium 6C                                                     |
| 8th month  | Better; no headache; appetite good; urine normal                                                          | Sl<br>Chelidonium 6C                                                     |
| 9th month  | Feeling good; advised diet and regular exercise                                                           | Lycopodium 200, weekly x4 dose rep Chelidonium 6C                        |
| 10th month | Headache when exposed to cold air, mostly in winters                                                      | Sl bxd<br>Chelidonium 6C                                                 |
| 11th month | Smelly stool and gas; stiffness with mild pain                                                            | Lycopodium 1m x3 doses every 10 <sup>th</sup> day.<br>Chelidonium 6C     |
| 12th month | Over all relief in all complaint pt even pt hemoglobin also start increasing pt is living normal life now | Sl<br>Chelidonium 6C                                                     |

## Discussion & Conclusion

The patient presented with symptoms of loss of appetite, nausea, vomiting, heaviness and bearing down sensation in the rectum, headaches, and generalized weakness. Initial investigations confirmed a diagnosis of Hepatitis B, explaining many of the digestive and systemic complaints. Mentally, the patient exhibited fear and anxiety related to the illness,



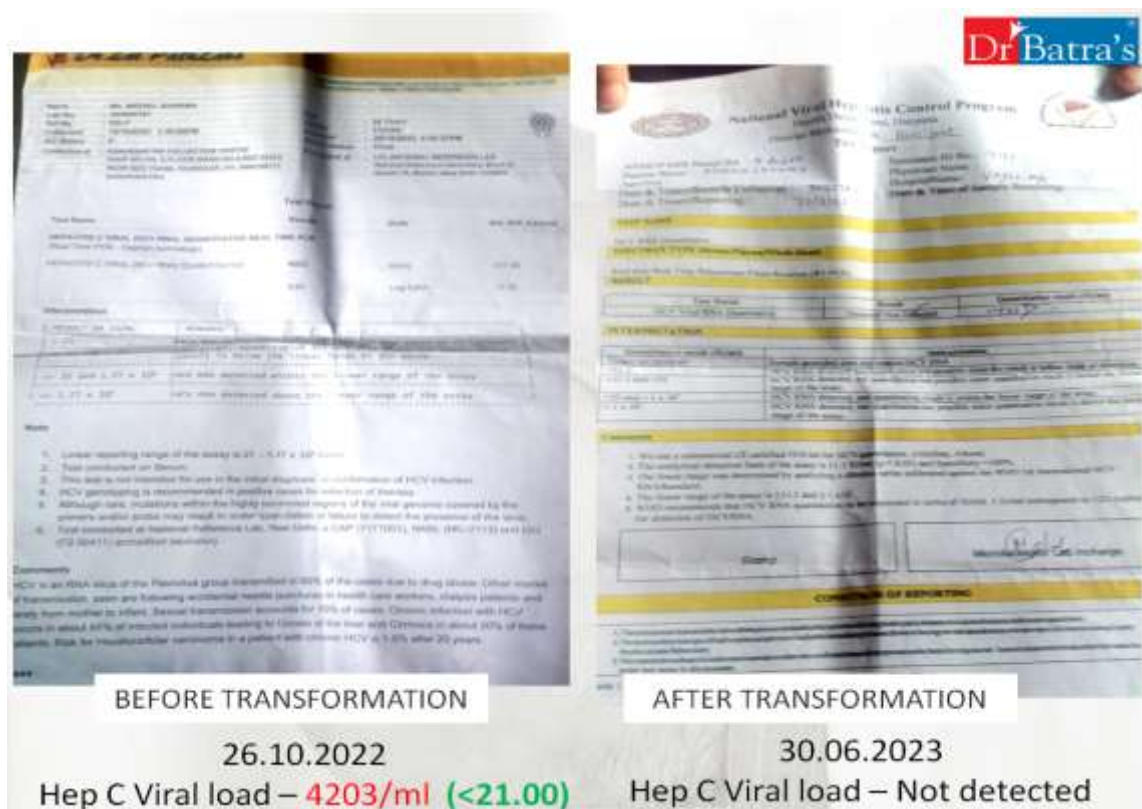
especially the fear of being alone and how the diagnosis would affect her life. She also showed signs of reduced self-confidence and sentimental moods, though family relationships were supportive.

Homeopathic treatment was initiated with Lycopodium 200 and Chelidonium 6C, targeting both physical symptoms and the mental-emotional state. Over the course of treatment, the patient showed gradual improvement in nausea, vomiting, appetite, and headache. Digestive complaints such as acidity, gas, and constipation reduced significantly. The patient's mental state also improved with decreased anxiety and fear, contributing positively to her overall recovery.

Throughout the 12-month follow-up, homeopathic approach, focusing on totality of symptoms including mental and emotional aspects, helped improve both the liver function symptoms and quality of life.

In conclusion, this case illustrates that a holistic homeopathic treatment protocol, addressing both physical and mental generals, can effectively support patients with chronic Hepatitis B symptoms, reduce digestive discomfort, and improve mental well-being.

### The transformation



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## References

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