



Original Research Article

Volume 13 Issue 7

July 2024

ASSESSING THE EFFICACY OF INDIVIDUALIZED HOMEOPATHY IN INSOMNIA TREATMENT: A CASE REPORT UTILIZING THE PITTSBURGH SLEEP QUALITY INDEX

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Abstract: This case report explores the successful use of individualized homeopathy, specifically Lycopodium, in treating chronic insomnia. Improvements were measured using the Pittsburgh Sleep Quality Index.

Case summary: A 57-year-old female with a 6-8-year history of insomnia, starting after her husband's hemiplegic episode, which required night-time caregiving. Her insomnia, exacerbated by worry and sadness over her husband's condition, has progressively worsened, leaving her awake for significant periods each night.

Keywords: Insomnia, Homoeopathic medicine, Pittsburgh Sleep Quality Index.

Introduction: Insomnia is characterized by persistent difficulties with sleep initiation, duration, consolidation, or quality that occur despite adequate opportunity and circumstances for sleep. This disorder often results in significant distress or impairment in daytime functioning.¹ Insomnia is a prevalent condition that can be primary or secondary to other medical or psychiatric conditions, affects million of people.² insomnia disorder has a

prevalence rate of approximately 6-10% in the general population. Causes and contributing factors to insomnia, including stress, anxiety, depression, poor sleep habits, and certain medical conditions. Additionally, environmental factors such as noise, light, and temperature, as well as lifestyle choices like irregular sleep schedules and excessive caffeine or alcohol consumption, can exacerbate sleep difficulties.³

The Pittsburgh Sleep Quality Index (PSQI) assesses sleep quality and disturbances over a 1-month period.⁵¹ There are 19 items that are used to generate 7 component scores, which then are added together to determine a global score that ranges between 0 and 21, where higher scores reflect worse sleep quality.⁴

Patient Information:

A 57-year-old female came to the POPD of Bakson Homoeopathic Medical College on 30/12/2022, complaining of difficulty falling asleep. The complaints started 6-8 years ago. On exploration, the patient reported that her insomnia began after her husband suffered a hemiplegic episode, necessitating her night-time caregiving. This situation persisted for 2-3 months, during which she developed difficulty falling asleep. The patient felt sad about her husband's suffering, and worrying about him led to sleeplessness that progressively increased over the years. She spends a considerable amount of time awake each night.

Past history: She had a surgery for cholelithiasis at the age of 39 years.

Family history: No history of life style disease, other medical disease or psychiatric complains in the family.

Personal history: There were no delayed developmental milestones. The prenatal and postnatal history was uneventful.

Physical generals: The patient has a craving for warm, fresh cheesy food. Her thirst has decreased to less than 1 litre per day, and her tongue has a thick white coating. She is thermally inclined towards heat. Her stool is hard, and she has to strain while passing it.

Clinical findings: During the first consultation, a Mental Status Examination (MSE) was conducted. The patient was well-oriented and aware of her surroundings. She established

rapport with the physician and maintained eye contact. Her interpersonal relationships appeared satisfactory. No abnormalities were found in psychomotor activity, but there were mild abnormalities in speech and a shallow effect. Her mood was sad, and she objectively appeared tired. She had a good memory with average attention and insight. There were no hallucinations, delusions, or racing thoughts.

Diagnostic assessment: Considering all the presenting complaints had persisted for more than 2 weeks. The consultant psychiatrist diagnosed the case as insomnia as per the diagnostic statistical manual 5 guidelines.

Totality of case:

Sleeplessness at night.

Sleepless after exertion and anxiety.

Constipation.

Aggravation from anticipation.

Desire warm cheesy food.

Feels less or no thirst.

Tongue white coated.

Repertorial totality: Table 1.

Remedy	Ars	Phos	Nux-v	Puls	Lyc	Calc	Sep	Lach	Sil	Bry	Caust	Merc	Ph-ac	Nat-m	Kali-c	Nit-ac
Totality	36	33	32	32	31	30	27	26	26	26	26	26	26	25	24	24
Symptoms Covered	10	10	10	9	10	9	8	9	9	8	8	8	8	8	9	8
Kingdom	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓
[Complete] [Sleep]SLEEPLESSNESS:Night: (420)	4	4	4	4	4	4	4	3	4	4	3	4	4	3	4	3
[Complete] [Sleep]SLEEPLESSNESS:Mental exertion, after: (34)	4		4		3	3		3	3				3		3	
[Complete] [Sleep]SLEEPLESSNESS:Anxiety, from: (103)	4	3	3	4	1	3	4	3	3	3	3	3		1	1	1
[Complete] [Rectum]CONSTIPATION:Urging:Ineffectual urging ...	3	3	4	4	4	3	4	4	4	3	4	4	3	4	3	4
[Complete] [Mind]ANXIETY:Future, about: (195)	3	4	3	3	2	4	3	3	3	4	4	1	3	4	2	3
[Complete] [Mind]ANTICIPATION:Ailments from, agg.: (253)	4	4	2	4	4	4	3	4	4	4	4	4	3	4	3	3
[Complete] [Mind]FEAR:Happen:Something will: (279)	3	4	4	3	4	4	3	1	1		4	4	3	3	2	4
[Complete] [Generalities]FOOD AND DRINKS:Cheese:Desires: (...)		3	1	3	1	3	2				1			3		3
[Complete] [Generalities]FOOD AND DRINKS:Warm:Food, cook...	4	1			4				1	3			3		3	
[Complete] [Stomach]THIRSTLESSNESS: (390)	4	4	4	4	4	2	4	4	3	4	3	3	4	3	3	3
[Complete] [Mouth]WHITE:Thick, tongue: (29)	3	3	3	3				1		1		3				

Therapeutic intervention: This patient presented with the symptoms of insomnia. After taking the complete homeopathic case taking totality of symptoms was done followed by analysis and evaluation. To repertorize the case software Zomeo was used. After the repertorization and reference to Homoeopathic materia medica Lycopodium 200C/ 4 doses, weekly 2 doses was prescribed on 30/12/2022.

Mental Status Examination: Table 2

S:No	Domains	Before (30/12/2022)	After (20/12/2023)
1	General appearance and behaviour	Mildly groomed, rapport was established, less cooperative.	Groomed, cooperative.
2	Psychomotor activity	Mildly reduced	Normal
3	Speech <ul style="list-style-type: none"> • Rate • Volume • Reaction time • Tone 	Relevant Decreased Normal Normal Normal	Normal
4	Affect	Shallow	Appropriate
5	Mood	Dull & sad	Euthymic
6	Thoughts <ul style="list-style-type: none"> • Flow • Form • Content • Possession 	NAD	NAD
7	Perceptual disorders <ul style="list-style-type: none"> • Hallucinations • Illusions 	NIL	NIL
8	Orientation to	Well oriented	Well oriented
9	Memory	Good	Good
10	Attention & concentration	Average	Good
11	Abstract thinking	Intact	Intact
12	Judgement	Average	Average
13	Insight	Grade 5	Grade 5

Prescription and Follow-ups:

Date of prescription	Symptomatology	Medicine prescribed	Conventional medicine	Side effect of conventional medicine
30/12/2022	Baseline consultation	Lycopodium 200/4 doses weekly 2 doses followed by sac lac.	Clonafit beta-HS	Feels sleepy during the daytime.
15/01/2023 to 4/02/2023	<ul style="list-style-type: none"> • Mild reduction in anxiety. • Sleeps but still not refreshing and sound. • Relief in constipation. • Feels sad and anticipate about things as earlier. • Anxiety reduced. • Bowels clear. • Tongue clean. • Achieves sleep and maintain it well for 4 to 5 hours. 	Lycopodium 200/ 8 doses, weekly 2 doses.	Clonafit beta -HS	Feels sleepy during the daytime and mild tremors in hand.
20/02/2023 to 30/4/2023		A placebo was prescribed. Lycopodium 200/ 4 doses SOS.	Clonafit beta half- HS	Tremors are better but still feels sleepy in the daytime.
2/05/2023 to 3/7/2023	<ul style="list-style-type: none"> • Sleeping well for 4 to 5 hours. • Do not anticipate about things. • Feeling confident and positive. • Sometimes feels constipated and bloating. 	Sac Lac was prescribed.	Clonafit beta-half-HS	Decrease in sleepiness during the daytime.

	<ul style="list-style-type: none"> • Thirst better, drinks 2 litre of water. 			
10/08/2023 to 19/10/2023	<ul style="list-style-type: none"> • Sleep sound and refreshing for 4 to 5 hours. • Feels positive and cheerful. • Feels little anxious but manageable. 	Sac Lac was prescribed.	Clonafit beta-half- HS on alternate days.	Decrease in sleepiness during the daytime.
25/10/2023 To 20/12/2023	<ul style="list-style-type: none"> • Bowels clear. • Symptoms are better. 	Sac Lac was prescribed.	Clonafit beta – HS (SOS)	Sleepiness has reduced.

Modified Naranjo Criteria: Table 3

Domains	Yes	No	Not sure or N/A
1. Was there an improvement in the main symptom or condition for which the homeopathic medicine was prescribed?	+2		
2. Did the clinical improvement occur within a plausible timeframe relative to the drug intake?	+1		
3. Was there an initial aggravation of symptoms?		0	
4. Did the effect encompass more than the main symptom or condition (i.e., were other symptoms ultimately improved or changed)?	+1		
5. Did overall well-being improve? (suggest using validated scale)	+1		
6A Direction of cure: did some symptoms improve in the opposite order of the development of symptoms of the disease?		0	
6B Direction of cure: did at least two of the following aspects apply to the order of improvement of symptoms: –from organs of more importance to those of less importance? – from deeper to more superficial aspects of the individual? –from the top downwards?		0	

7. Did “old symptoms” (defined as non-seasonal and non-cyclical symptoms that were previously thought to have resolved) reappear temporarily during the course of improvement?	+1		
8. Are there alternate causes (other than the medicine) that—with a high probability— could have caused the improvement? (Consider known course of disease, other forms of treatment, and other clinically relevant interventions)	-3		
9. Was the health improvement confirmed by any objective evidence? (e.g., laboratory test, clinical observation, etc.)	+2		
10. Did repeat dosing, if conducted, create similar clinical improvement?	+1		

Total score: 6

Total scores range from -4 to +13; the reaction is considered **definite** if the score is **9 or higher**, **probable** if **5 to 8**, **possible** if **1 to 4**, and **doubtful** if **0 or less**.

Discussion:

This insomnia case was managed with Lycopodium, selected through comprehensive symptom analysis and repertorization. Over a year of follow-ups and gradual tapering of conventional medication, the patient's symptoms significantly improved with individualized homeopathic treatment. PSQI scores before (17) and after treatment (10) demonstrated this improvement, guiding the reduction in conventional medication dosage. Also, the outcome was assessed with Modified Naranjo Criteria. This case underscores the potential of homeopathy in managing chronic insomnia and the importance of caregiver support.

Conclusion:

This case report shows that Lycopodium is as individualized homeopathy's effectiveness in managing insomnia, allowing for gradual tapering of conventional medication. Further follow-ups are essential to prevent relapse. Larger case series and randomized controlled trials (RCTs) are needed to substantiate these findings.

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