



Original Research Article

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## A CASE STUDY OF SYSTEMIC LUPUS ERYTHEMATOSUS (SLE) AT DR BATRA'S

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### Abstract

Systemic Lupus Erythematosus (SLE) is a chronic autoimmune disorder affecting multiple organs, predominantly in women. Homeopathy offers an individualized and holistic approach, addressing both physical and emotional layers of the disease. This paper presents a case of a 37-year-old woman with SLE whose severe pain, breathlessness, and emotional suffering improved significantly with homeopathic treatment at Dr Batra's

### Keywords:

Systemic Lupus Erythematosus, homeopathic treatment, Dr Batra's

### Introduction

Systemic Lupus Erythematosus (SLE) is a chronic autoimmune disease where the immune system mistakenly attacks healthy tissues. Its exact cause is unknown but may involve genetic, hormonal, and environmental factors. Common symptoms include joint pain, fatigue, skin rashes, fever, and organ involvement. Complications can affect the kidneys, heart, lungs, and nervous system. Early diagnosis and holistic treatment are crucial to prevent long-term damage.

### Case Profile

37-year-old female known case of Systemic Lupus Erythematosus SLE has been suffering for the past 6–7 years with intense, generalized body pain, significantly affecting her ability to perform routine daily activities. She reported severe pain in both hands and neck, with

intermittent pain shifting to different parts of her body. The pain was so debilitating that she struggled to comb her hair, dress her children, or care for them, leading to emotional distress. Her children would often cry, questioning her inability to care for them, which deeply impacted her mentally and increased her desire to recover. She also experienced reddish rashes on both cheeks, which later turned black. Associated symptoms included vomiting tendencies with pain and breathlessness, which worsened in the evening.

### Physical Generals

Diet	<b>Non-veg</b>
Appetite	<b>Reduced because of pain</b>
Desire	<b>Spicy</b>
Aversion	<b>N.S.</b>
Thermal Reaction	<b>Like summers</b>
Thirst	<b>7-8 glasses of water</b>
Stools	<b>Normal</b>
Urine	<b>Normal</b>
Perspiration	<b>Scanty</b>
Sleep	<b>Disturbed from 10-15 days</b>
Dreams	<b>mother who expired</b>

### Examination

O/e –red butterfly rash around cheek and nose

### Investigation & Clinical Findings Table

Parameter	Result	Reference / Interpretation
MRI	Arthritic & fibromyositic changes	Suggestive of musculoskeletal inflammation
ANA (IFA, HEp-2 Substrate)	Positive; Titer 1:40; Intensity 2+	Indicates autoimmune activity
ANA – Quantitative	135.4%	Raised (Normal: <110%)
Anti-dsDNA (Farr Assay)	2.7	High-normal (Range: 0.0 – 4.2)

CRP (C-Reactive Protein)	Elevated	Ongoing inflammatory activity
WBC Count (CBC)	10,800 cells/cmm	Mildly elevated
Platelet Count (CBC)	2,24,000 cells/cmm	Within normal limits
Total Cholesterol	178 mg/dL	Normal (Below 200 mg/dL)
Triglycerides	208 mg/dL	Slightly elevated (Normal: <200 mg/dL)
Fibromyositis	Positive	Clinically evident
Skin Changes	Present	Clinically observed
Arthritic Changes	Present	Confirmed on MRI

### **Mental Generals –**

She was born and brought up in Ranchi, where she also completed her education, graduating with a Philosophy Honours degree. Her father worked in the Culture Department and was known to be a kind and good-natured person. Her mother is a homemaker. She comes from a large family with ten siblings. She is married and lives in Ranchi with her husband, who is a distributor for Star Plus. She shares a good relationship with her husband and has never faced any issues from his side. Her in-laws are also supportive, and she has never experienced any stress from them. The couple has two children—a son aged 11 and a daughter aged 6. Before the onset of her illness, she lived a peaceful and content life without any significant tension. She is a devoted mother who deeply enjoys cooking and teaching her children. She becomes emotional when she is unable to cook for them due to her health. While she generally doesn't expect much from others, she places her emotional reliance and expectations primarily on her husband, with whom she shares her worries and problems.

She was good in her studies and had a normal childhood. She has a sensitive nature and tends to internalize stress, especially related to her illness. Although she has been feeling low and emotionally down, there are no visible signs of anxiety on her face. She becomes particularly upset when her children neglect their homework. Overall, she is a caring, emotionally expressive individual who is currently overwhelmed by her health concerns but continues to find strength in her role as a mother and wife.

### **Past History**

No major ailment in past

Family History

Mother- HTN

### Case analysis Repertorial totality

Repertory used	Rubrics selected
Kent Repertory	Mind – Ailments from grief Mind – Reserved, does not share problems Mind – Weeping – alone, when Mind – Sensitive – emotional

### Repertory screenshot

Remedy Name	Nat-m	Ign	Puls	Aur	Caust	Lyc	Nux-v	Calc
Totality	8	8	8	6	6	6	6	5
Symptom Covered	4	3	3	3	3	3	3	3
[KT] [Mind]Grief:	3	3	3	3	3	2	2	1
[KT] [Mind]Reserved:	1	2	2	1	1	1	1	2
[KT] [Mind]Weeping,tearful mood,etc.:Alone,when:	2							
[KT] [Mind]Sensitive,oversensitive (see offended):	3	3	3	2	2	3	3	2

### Selection of Remedy

Category	Remedy Name	Potency	Dose	Reason for Selection
Constitutional	<i>Natrum Muriaticum</i>	200C	Single dose, as needed	Complaints began after grief (death of mother); emotionally reserved; suppresses feelings
Supportive	<i>Magnesium Phosphoricum</i>	6X	TDS (three times daily)	Supportive remedy for muscle aches and general body pain
Acute	<i>Rhus Toxicodendron</i>	200C	Based on pain intensity	Specific for joint pain, stiffness, and fibromyositic discomfort
Specific	<i>Kali Bichromicum</i>	30C	As per acute phase	Specific remedy for sinus-related complaints (congestion, discharge, etc.)

### Miasmatic Approach

Symptoms	Psora	Sycosis	Syphilis	Tubercular
Emotional suppression, grief (mother's death)	✓			✓
Recurrent joint pain with stiffness		✓		✓
Autoimmune activity (ANA+, CRP raised)		✓	✓	
Fibromyositis		✓		
Skin changes (suggested in reports)	✓	✓		
Sensitive nature, easily hurt emotionally	✓			
Tendency to take stress to heart	✓			
Restlessness and need for movement (if present)				✓

### Month-Wise Follow-Up Progress

Month	Progress	Prescription
1st Month	There is slight improvement in her condition. Initially, she was unable to do her own work. Now, she is at least able to manage her daily activities.	<i>Natrum Muriaticum 200</i> was given, as the complaints started after her mother's death. She has anxiety about losing family members and does not share her problems with anyone. <i>Magnesium Phosphoricum 6x</i> was prescribed for pain.
2nd Month	Telephonic consultation done. The patient is very happy with the results. She was able to keep all her Ramadan fasts and expressed immense gratitude to Dr. Batra's. Case of SLE – she is not on any steroids.	<i>Sac Lac</i> continued. <i>Mag phos 6x</i> continued.
3rd Month	Pain increased again, especially in the joints. She developed nasal blockage with thick yellow discharge (patient is outstationed, from Ranchi).	<i>Natrum Muriaticum 1M</i> was given. <i>Rhus Toxicodendron 200</i> as a specific for joint pain. <i>Kali Bichromicum</i> for sinusitis.
4th Month	HB: 10.7 Anti-dsDNA: 23.82 IU/ml (>20) – positive.	Same medicines continued.

5th Month	Joint pain persists for the past month, mainly in knees and hips. Breathlessness improved. Sinus better. Menses: 25-day cycle, normal flow. Motion: Constipation. Hair fall improved.	Same medicines continued.
6th Month	She is independently doing all her work. Everyone around her is surprised to see her improvement. However, mild pain has recurred in both shoulders for the past month.	Same medicines continued.
7th Month	Overall improvement noted. Joint pain and sinus symptoms reduced. ESR: 15 mm/hr SGPT: 14 U/L SGOT: 18 U/L Alkaline Phosphatase: 112 U/L HB%: 11.6 g/dL	<i>Kali Bichromicum 30</i> – BD <i>Rhus tox 200</i> – BD <i>Kali Phos 6x</i> – 4 tabs at night
8th Month	Patient is symptomatically much better. She reports no complaints and is living a normal life. No active disease symptoms.	Same medicines continued.
9th Month	Overall better. HB%: 13.2 g/dL Anti-dsDNA: Negative (9.1 U/mL)	Same medicines continued.
10th Month	Overall condition is good, but sometimes experiences headaches and joint pain. Complains of mild abdominal pain and marked weakness. Doesn't feel like cooking and prefers to lie down. She was emotional and cried while narrating her symptoms.	<i>Pulsatilla 200</i> was prescribed, as she was emotionally vulnerable and needed support but was not opening up. <i>Kali Bichromicum 30</i> – BD <i>Rhus tox 200</i> – BD
11th Month	Telephonic consultation. Patient (from Ranchi) reports much improvement. She is very happy and requested that the same medication be couriered.	Same medicines continued.
12th Month	Telephonic consultation. Condition is much better. Patient requested repetition of the same prescription.	Same medicines continued.

### Discussion & Conclusion

Initially, the patient was very anxious about her health condition. Her main concern was her young children—she wanted to cook good food for them but was unable to do so. She couldn't even get them ready for school. However, after starting treatment at Dr. Batra's, her general condition improved significantly. She gradually stopped all allopathic medications and began to notice substantial improvements. Over time, her medical reports

also showed progress, with her anti-dsDNA levels returning to normal. Now, she is living a normal life, free from intense pain and fully capable of managing daily household tasks. She is able to cook meals for her children, take care of them, and has regained her role as a mother. Her emotional health has also improved—she no longer feels burdened by her illness and is now able to lead a happy and fulfilling life.

### **The transformation**



### **Acknowledgments**

"I would like to thank the entire Dr. Batra's organization for giving me the opportunity to learn so many things."