



**IJAYUSH**  
*International Journal of AYUSH*  
AYURVEDA, YOGA, UNANI, SIDDHA AND HOMEOPATHY  
<http://internationaljournal.org.in/journal/index.php/ijayush/>

International Journal  
Panacea  
Research library  
ISSN: 2349 7025

Review Article

Volume 15 Issue 03

March 2026

## **LYCOPODIUM 200 – DYNAMIZED, INDIVIDUALIZED REMEDY WORKS AS A HONEYDEW IN CASE OF PRIMARY HYPERTENSION**

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### **Abstract –**

Hypertension is known as silent killer, if it is not treated at proper time. Prolonged hypertension leads to disturbance in more vital organs due to derangement of vital force, development of IHD, Renal disease, liver disease, etc. A patient aged of about 47 years had a stage 2 Primary HTN treated with Lycopodium 200, selection on the basis of individualization considering mental, emotional, physical causes and potency selection on the basis of susceptibility, sensitivity, miasm of the patient which act as honeydew to normalise the hypertension and relief in associated symptoms such as pulsating headache and palpitations without helped of conventional mode of treatment which can causes many side effects or complications.

### **Keywords –**

Dynamized, Honeydew, Individualized Remedy, Lycopodium 200, Primary Hypertension

**Introduction –**

Aims- To evaluate the effectiveness of individualized dynamised Homoeopathic medicine – Lycopodium 200 in reducing the BP level.

Objectives – To evaluate the effect of medicine on BP and associated symptoms.

Methodology-

Study type- Interventional prospective individualized single case study.

Inclusion criteria – Age- 30-60 years of age, diagnosed with primary hypertension.

Exclusion criteria – Age less than 30 years and more than 60 years of the age, women who are pregnant, lactation and patient diagnosed with secondary hypertension.

Intervention- individualized dynamised Homoeopathic medicine

Route of administration – oral

Form of medicine – globules

**Case Report –**

A 47 year of age patient came in OPD with complain of headache since 6 months and raised in blood since 1 year.

Location	Sensation and Pathology	Modalities / Ailments from	Concomitants
Head Occipital region extends to temples O- 6 months F- n/ off D- 30 min Circulatory system Blood vessels Arteries O-9 months	Pulsating pain+3 Fullness+2 Occ. Vertigo Raised in blood pressure O/E- BP- 148/94mmHg	<+3- 4-8 pm <+2- heat >+2 cold application	Sour eructation+ Heaviness in abdomen+2

K/C/O- Primary hypertension

F/H- Fa- HTN, DM; Mo- HTN

Patient as a person –

Appetite – good , but feels full after little thirst- normal, 6-7 glass/ day

Stool – once/ day, consistency – hard urine- 6-7 times/ day, colour – pale yellow

Sleep -7 hours, position of sleep – right side perspiration – profuse, back+3, neck+2

Craving – sweets+3, aversion – bread+2 thermal – C2H3, hot patient

Dreams – falling from height

Mental symptoms – Anxiety  
about health+3

Irritability+2

Wants company+2

Physical examination –

General examination

Conscious and oriented

General examination – wheatish complexion, moderate built up memory – average

Nutrition – good

Height – 5'5", weight – 64 kg nails- pink

Gait- normal

BP- 148/94 mmHg

HR- 84 bpm

T- 97.2 F

RR- 16/ min

Systemic examination – RS- AE-

BS- B/L- vesicular

CVS- S1S2- normal

GIT- P/A- soft

Nervous system – GCS- 15, E4V5M6

Diagnosis – Primary hypertension

Analysis and evaluation –

App- good, but feels full after little – ATTRI/ PHY/ GEN/ CHAR/ PSORA

Sleep – position – right side – ATTRI/ PHY/ GEN/ CHAR/ PSORA

Stool – constipation – ATTRI/ PHY/ GEN/ CHAR/ PSORA

Urine- normal -6-7 times/ day- ATTRI/ PHY/ GEN/ CHAR/ PSORA

Thermal – hot patient – ATTRI/ PHY/ GEN/ CHAR/ PSORA

Craving – sweets+3- ATTRI/ PHY/ GEN/ CHAR/ PSORA

Aversion – bread+2- ATTRI/ PHY/ GEN/ CHAR/ PSORA

Perspiration- profuse – ATTRI/ PHY/ GEN/ CHAR/ PSORA

Perspiration – back+3,neck+2- ATTRI/ PHY/ PARTI/ CHAR/ PSORA

Dreams – falling from height – ATTRI/ MEN/ SUBCON/ CHAR/ PSORA

Anxiety about health+3- ATTRI/ MEN/ EMO/ CHAR/ PSORA

Irritability+2- ATTRI/ MEN/ BEHA/ CHAR/ SYCO

Wants company+2- ATTRI/ MEN/ BEH/ CHAR/ PSORA

Headache – occipital to temporal region – SYM/ SEN/ PHY/ PART/ COM/ DIAG/ CH C/O/  
CHR/ FUNC/ PSORA

Head- pulsating pain+3- SYM/ SEN/ PHY/ PART/ CHAR/ DIAG/ CH C/O/ CHR/ FUN/ PSORA

Fullness of head+2- SYM/ SEN/ PHY/ PART/ COM/ DIAG/ CH C/O/ CHR/ FUNC/ PSORA

Occ. vertigo – SYM/ SEN/ PHY/ PART/ COM/ DIAG/ CH C/O/ CHR/ FUNC/ PSORA

Headache- <+3- 4-8 pm- SYM/ MOD/ AGG/ PHY/ PART/ CHAR/ CH C/O/ CHR/ FUNC/ PSORA

Headache<+2 heat- SYM/ MOD/ AGG/ PHY/ PART/ CHAR/ CH C/O/ CHR/ FUNC/ PSORA

Headache ->+2 cold application – SYM/ MOD/ AME/ PHY/ PART/ CHAR/ CH C/O/ CHR/  
FUNC/ PSORA

Headache accompanied with sour eructation+ - SYM/ SEN/ PHY/ PART/ CHAR/ ND/ CH  
C/O/ ACC Y/ CHR/ FUNC/ PSORA

Headache accompanied heaviness in abdomen+2- SYM/ SEN/ PHY/ PART/ CHAR/ ND/ CH  
C/O/ ACC Y/ CHR/ FUNC/ PSORA

Totality of symptoms - Anxiety  
about health+3

Irritability+2

Wants company+2

Dreams - falling from height

Sleep - position - right side

Avs- bread+2

Craving - sweets+3

Appetite - feels full after little

Perspiration - profuse

Perspiration - back+3, neck+2

Headache accompanied with heaviness of abdomen+2

Headache accompanied with sour eructation+

Headache -<+3- 4-8 PM

Headache - <+2 heat

Headache - >+2 cold application

Headache - occipital to temporal region - pulsating pain+3

Hot patient

<b>1 MIND - ANXIETY - health; about</b>	⊗		
<b>2 MIND - COMPANY - desire for</b>	⊗		
<b>3 MIND - IRRITABILITY</b>	⊗		
<b>HEAD</b>			
<b>4 HEAD - PAIN - evening</b>	⊗		
<b>5 HEAD - PAIN - accompanied by - complaints</b>	⊗		
<b>6 HEAD - PAIN - cold - applications amel.</b>	⊗		
<b>7 HEAD - PAIN - heat</b>	⊗		
<b>8 HEAD - PAIN - pulsating pain</b>	⊗		
<b>NECK</b>			
<b>9 NECK - PERSPIRATION</b>	⊗		
<b>STOMACH</b>			
<b>10 STOMACH - APPETITE - increased</b>	⊗		
<b>STOOL</b>			
<b>11 STOOL - HARD</b>	⊗		
<b>BACK</b>			
<b>12 BACK - PERSPIRATION</b>	⊗		
<b>SLEEP</b>			
<b>13 SLEEP - POSITION - side; on - right side; on</b>	⊗		
<b>DREAMS</b>			
<b>14 DREAMS - FALLING - height, from a</b>	⊗		
<b>PERSPIRATION</b>			
<b>15 PERSPIRATION - PROFUSE</b>	⊗		
<b>GENERALS</b>			
<b>16 GENERALS - FOOD and DRINKS aversion</b>	⊗		
<b>17 GENERALS - FOOD and DRINKS desire</b>	⊗		
<b>Remedies</b>	<b>ΣSym</b>	<b>ΣDeg</b>	<b>Symptoms</b>
sulph.	15	34	1, 2, 3, 4, 6, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17
phos.	14	33	1, 2, 3, 4, 6, 8, 10, 11, 12, 13, 14, 15, 16, 17
lach.	14	23	1, 2, 3, 4, 6, 8, 9, 10, 11, 12, 13, 15, 16, 17
lyc.	13	33	1, 2, 3, 4, 6, 8, 10, 11, 12, 13, 15, 16, 17
sep.	13	27	1, 2, 3, 4, 8, 10, 11, 12, 13, 14, 15, 16, 17
kali-c.	13	25	1, 2, 3, 4, 8, 9, 10, 11, 13, 14, 15, 16, 17
puls.	12	28	1, 2, 3, 4, 6, 8, 10, 11, 12, 15, 16, 17
calc.	12	27	1, 2, 3, 4, 6, 8, 10, 11, 12, 15, 16, 17
nat-m.	12	26	1, 2, 3, 4, 6, 8, 10, 11, 13, 15, 16, 17
nux-v.	12	26	1, 2, 3, 4, 8, 9, 10, 11, 12, 15, 16, 17

REPERTORISATION –

Sulphur	15/34
Phosphorus	14/33
Lachesis	14/23
Lycopodium	13/33
Sepia	13/27
Kali carb	13/25
Pulsatilla	12/28

PLANNING AND PROGRAMMING –

Characteristics	Potency	Repetition
A/S-47/M	200	Infrequent
Occ- worker	200	Infrequent
SOD- functional	200	Infrequent
POD- Gradual	200	Infrequent
Char-++	200	Infrequent
Imm- +	200	Infrequent
React-++	200	Infrequent
Susceptibility – Moderate	200	Infrequent
Mind- ++	200	Infrequent
Sleep--	200	Infrequent
Dreams -+	200	Infrequent
Nerves-+++	200	Infrequent
Correspondence Mind-++, body- ++	200	Infrequent
FM- Psora	200	Infrequent
DM- Psora	200	Infrequent
General vitality - Good	200	Infrequent

**FINAL REMEDY – Lycopodium 200 1P HS, SAC LAC 3 Pills TDS/ 1WK****FOLLOW-UPS-**

<b>Date</b>	<b>Symptoms</b>	<b>Prescription</b>
13/10/25	No headache , BP- 144/88 MMHG	SL 1P HS, SL 3 PILLS TDS FOR 1WK
21/10/25	Mild headache, BP- 146/90 mmHg	LYCOPODIUM 1P HS, SL 3 PILLS TDS FOR 1WK
27/10/25	No headache, BP- 138/88 mmHg	SL 3 PILLS TDS, SL 1P HS/ 1WK
3/11/25	No headache, BP- 132/78 mmHg	SL 3 PILLS TDS, SL 1P HS/ 1WK
17/11/25	Mild headache, BP- 134/84 mmHg	LYCOPODIUM 1P HS, SL 3 PILLS TDS FOR 2 WK
1/12/25	No headache, BP-126/80 mmHg	SL 3 PILLS TDS, SL 1P HS/ 2 WK
15/12/25	No headache, BP- 124/84 mmHg	SL 3 PILLS TDS, SL 1P HS/ 2 WK

**CONCLUSION –**

On the basis of susceptibility, sensitivity mi asmatic approach, holistic approach, dynamised, individualised homoeopathic medicine – lycopodium 200 work as a honeydew in treatment of primary hypertension along with associated symptoms.

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