



Original Research Article

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SUSTAINED FUNCTIONAL IMPROVEMENT IN A CHILD WITH INTELLECTUAL DISABILITY MANAGED WITH CLASSICAL HOMEOPATHY AT DR BATRA'S® HOMEOPATHY CLINIC: A LONG-TERM CASE STUDY

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Abstract

Background: Intellectual Disability (ID) presents with persistent deficits in cognitive, adaptive, and social functioning, often requiring long-term multidisciplinary care.

Case Summary: A 5-year-old female child with delayed mental development, poor grasping power, deficient eye contact, and impaired communication was managed with individualized classical homeopathy after limited improvement with conventional approaches.

Intervention & Outcome: Constitutional and supportive homeopathic medicines were prescribed based on totality of symptoms and miasmatic understanding. Over 35 months of treatment, the child showed marked improvement in eye contact, attention, confidence, communication, daily functioning, and social adaptability, with sustained remission of core behavioral deficits.

Conclusion: This case demonstrates measurable functional transformation achieved through classical homeopathic management at **Dr Batra's® Homeopathy Clinic**, where consistent improvement occurred after other approaches failed to yield satisfactory progress.

Keywords

Intellectual Disability, Classical Homeopathy, Baryta carbonica, Calcarea carbonica, Pediatric Developmental Delay, Dr Batra's® Homeopathy Clinic

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Introduction

Intellectual Disability (ID) is characterized by limitations in intellectual functioning and adaptive behavior, manifesting before 18 years of age. Management primarily focuses on supportive therapies; however, individualized homeopathy offers a constitutional approach aimed at enhancing global functioning rather than isolated symptoms. This case highlights the role of classical homeopathy in improving adaptive and cognitive parameters in a child diagnosed with ID.

Case Profile

- **Age/Gender:** 5-year-old female
- **Diagnosis:** Intellectual Disability
- **Differential Diagnosis:** Autism Spectrum Disorder, Down Syndrome, Prader–Willi Syndrome
- **Birth History:** Full-term normal delivery, 9 months gestation
- **Family History:** Non-contributory; no siblings
- **Past Treatment:** Supportive therapies with limited functional improvement

Mentals

From early childhood, the patient demonstrated delayed developmental milestones, particularly in cognition and communication. She exhibited poor grasping power, slow comprehension, and minimal expressive speech. Social interaction was restricted; she spoke only with immediate family members and avoided interaction with strangers. Eye contact was markedly deficient, and attention span was short.

Emotionally, the child appeared placid and indifferent. There was an absence of fear, anger, or obstinacy. Interestingly, she responded to reprimand with smiling rather than emotional withdrawal or aggression. She showed attachment to familiar people, particularly her father, and preferred company, indicating social dependence rather than social aversion. Over time, with homeopathic treatment, mental faculties evolved positively—eye contact improved, confidence increased, interaction expanded, and functional independence gradually developed.

Physical Generals

- **Appetite:** Normal

- Thirst: Normal (4–5 glasses/day)
- Perspiration: Profuse, non-offensive, generalized
- Thermals: Hot patient, prefers AC, dislikes covering, winter preference
- Sleep: 7–8 hours, refreshing; sleeps on left side
- Bowel & Urine: Normal

Life Space –

The child exhibited arrested mental development with emotional simplicity, dependency, lack of assertiveness, and delayed cognitive expression. Physical growth retardation with sluggish mental processes indicated a deep constitutional involvement affecting both mental and physical planes.

Totality of Symptoms

- Delayed mental development since early childhood
- Poor grasping and comprehension
- Deficient eye contact
- Speech delay and unclear articulation
- Social dependency; interacts only with familiar people
- Mild, yielding disposition; absence of anger or fear
- Retarded physical and mental growth
- Profuse, non-offensive perspiration
- Hot patient, desires cool environment

Repertorial Analysis

- Mind – Weakness of intellect
- Mind – Slow comprehension
- Mind – Childish behavior
- Mind – Timidity with strangers
- Mind – Deficient attention

- Speech – Delayed development
- Generalities – Retarded growth

Miasmatic Understanding

The case predominantly reflected **sycotic-tubercular miasm**, evident through developmental delay, sluggish mental growth, and constitutional weakness, with tubercular influence addressed through intercurrent remedy.

Prescription Strategy

- **Constitutional Remedy:** Calcarea carbonica
- **Main Developmental Remedy:** Baryta carbonica
- **Biochemic Support:** Calcarea phosphorica
- **Intercurrent Remedy:** Tuberculinum

Treatment and Follow-Up

Follow-Up with Prescription Table

Date	Clinical Status	Prescription
Jul 2023	Poor eye contact, low attention, minimal speech	Baryta carb 30C, Calc-P 6X
Aug-Sep 2023	Slight improvement in eye contact, better responsiveness	Baryta carb 30C continued
Nov 2023	Speech improved, better interaction	Calc-C 200C weekly
Jan 2024	Improved confidence, better communication	Baryta carb 30C
Apr-Jun 2024	Improved concentration, speech clearer	Calc-P 6X
Aug 2024	Functional independence improving	Baryta carb 30C
Jan 2025	Active, improved eye contact, comprehension still slow	Calc-C 200C
Jul 2025	Better social response, speech improved	Baryta carb 30C
Feb 2026	Sustained improvement; daily activities independent	Tuberculinum 200 (intercurrent)

Transformation Table

Parameter	Before Treatment	After Treatment
Eye contact	Absent	Sustained and appropriate
Speech	Minimal, unclear	Improved clarity and response
Attention span	Poor	Improved
Social interaction	Limited to family	Interacts confidently
Independence	Dependent	Performs daily tasks
Confidence	Lacking	Markedly improved

Discussion

Baryta carbonica is classically indicated in developmental delays with mental immaturity, while Calcarea carbonica addresses constitutional growth retardation. The integration of Calcarea phosphorica supported neurodevelopment, and Tuberculinum addressed the underlying miasmatic block. Long-term individualized homeopathic treatment resulted in progressive and sustained functional improvement, emphasizing the holistic action of classical homeopathy.

Conclusion

This case illustrates that individualized classical homeopathy can significantly enhance adaptive, cognitive, and social functioning in children with Intellectual Disability. After limited progress with other approaches, consistent improvement and transformation were achieved at **Dr Batra's® Homeopathy Clinic**, underscoring the potential role of homeopathy as a complementary therapeutic modality in developmental disorders.

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