



Original Research Article

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FROM RECURRENT WORM INFESTATION TO SUSTAINED CLINICAL AND EMOTIONAL RESTORATION: A CONSTITUTIONAL HOMEOPATHIC CASE DEMONSTRATING LONG-TERM TRANSFORMATION AT DR BATRA'S HOMEOPATHY CLINIC

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Abstract

Chronic intestinal worm infestation is a recurrent gastrointestinal condition often associated with impaired nutrition, anal irritation, and psychological distress. Conventional treatments may provide temporary relief with frequent recurrences. This case study highlights the successful constitutional homeopathic management of a 55-year-old patient with a 4–5 year history of recurrent worms in stool, associated with anorexia, anal itching, emotional sensitivity, and stress-related aggravations. A classical homeopathic approach involving detailed case-taking, totality-based remedy selection, and systematic follow-up resulted in sustained remission, improved physical and mental generals, and normalization of metabolic parameters. This case demonstrates a clear therapeutic transformation achieved at [entity] ["organization", "Dr Batra's Homeopathy Clinic", "homeopathy clinic india"] after failure of other treatment modalities.

Keywords: Worm infestation, constitutional homeopathy, Sulphur, Cinia, case study, transformation

Introduction

Intestinal parasitic infestations remain prevalent in developing countries and are often chronic and recurrent. Patients frequently present with anal itching, altered bowel habits, loss of appetite, and significant psychological distress. Conventional anti-helminthic therapy may not address the constitutional susceptibility, leading to relapse. Classical homeopathy aims to treat the individual as a whole by addressing the underlying predisposition through a constitutional remedy based on totality of symptoms.

Case Profile

Demographic Data

- Age: 55 years
- Gender: Male
- Occupation: Clerk (Ex-serviceman; previously in Army, currently working in a nationalized bank)
- Marital Status: Married, staying away from family due to work

Chief Complaints

- Worms in stool on and off since 4–5 years
- Intense itching and irritation in anal region
- Loss of appetite
- Loose, unsatisfactory stools
- Mental stress and emotional disturbances

History of Present Illness

The patient had been experiencing recurrent episodes of visible worms in stool for the past 4–5 years. Each episode was accompanied by intense anal itching, irritation, and dissatisfaction after stool. Appetite was reduced, and bowel habits were irregular. Symptoms were aggravated during periods of mental stress. Multiple courses of allopathic and alternative therapies provided only temporary relief, with frequent relapses.

Past History

- Fissure in ano (6 months prior to consultation), treated with allopathy and Ayurveda
- No major systemic illness

Family History

- Non-contributory

Physical Generals

- Appetite: Decreased
- Cravings: Sweets, spicy and deep-fried food
- Thirst: Normal (3–4 glasses/day)
- Stool: Loose, unsatisfactory; worms present earlier
- Urine: Regular and satisfactory
- Perspiration: Normal, non-offensive, mainly in axilla
- Thermal Reaction: Hot patient; prefers covering, fan, cold water bathing
- Sleep: 7 hours, refreshing; sleeps on back
- Dreams: Anger

Mental Generals

Since childhood, the patient was described as emotionally sensitive and easily affected by interpersonal relationships. He was disciplined and obedient during school years but emotionally dependent on close relationships. During adolescence and early adulthood, he developed a tendency to suppress emotions, particularly anger, preferring silence over confrontation. A significant emotional stressor occurred during college years due to a prolonged misunderstanding with close relatives, which remained unresolved and contributed to chronic feelings of sadness, disappointment, and emotional withdrawal.

In later life, occupational stress, staying away from family, and a persistent feeling of being used by others without emotional reciprocation led to increased irritability, anxiety, and depressive tendencies. He wept easily, felt lonely, and preferred emotional isolation as a

coping mechanism. His mental state clearly influenced his physical complaints, with gastrointestinal symptoms worsening during periods of stress.

Life Space

- Upbringing: Born and brought up in Kerala; disciplined background
- Education: Joined army school after 12th standard
- Work Environment: Ex-serviceman; currently a bank clerk with routine work stress
- Family Setup: Wife (homemaker), one son working in the army
- Stressors: Staying alone, unresolved family conflicts, work-related stress
- Coping Style: Suppression of emotions, withdrawal, silence during anger

Clinical Examination

- General physical examination: Within normal limits
- Perianal region: No active lesions at follow-up

Diagnosis Chronic intestinal worm infestation

Differential Diagnosis

- Fissure in ano
- Irritable bowel syndrome

Totality of Symptoms

- Worms in stool with anal itching and irritation
- Loss of appetite
- Desire for sweets and spicy food
- Loose, unsatisfactory stools
- Hot patient
- Emotionally sensitive, irritable, weeps easily
- Ailments from stress

Transformation Analysis:

Clinical / Personal Parameter	At First Consultation (Before Treatment)	After Constitutional Treatment (Long-Term Follow-Up)
Frequency of Worm Infestation	Recurrent for 4–5 years, repeated relapses	No recurrence for more than 1 year
Worms in Stool	Visible worms intermittently present	Completely absent
Anal Itching & Irritation	Severe, persistent, disturbing daily routine	Completely resolved
Stool Pattern	Loose, unsatisfactory, incomplete evacuation	Regular, well-formed, satisfactory evacuation
Appetite	Decreased, poor intake	Normalized appetite
Cravings	Marked desire for sweets and spicy food	Controlled and moderated dietary habits
Blood Sugar Levels	Elevated	Returned to normal laboratory values
Emotional State	Irritable, oversensitive, suppressed emotions, weeping easily	Emotionally stable, confident, balanced
Stress Response	Complaints aggravated during stress	Better stress tolerance, no physical aggravation
Energy & Vitality	Low energy, fatigue	Improved stamina and vitality
Sleep Quality	Affected during active complaints	Refreshing and uninterrupted
Medication Dependency	Repeated courses with temporary relief	No dependency; stable without relapse
Self-Confidence	Fear of recurrence, insecurity	Restored confidence and mental resilience
Overall Constitutional State	High susceptibility, psoric manifestations active	Stable constitution with improved resistance

Outcome and Prognosis

The patient showed sustained remission for over one year with no recurrence of worm infestation. Overall physical and emotional well-being improved markedly. Prognosis was considered curable.

Discussion

This case illustrates the importance of constitutional prescribing in chronic parasitic infestations. Rather than targeting only the organism, homeopathy addresses the host susceptibility. The long-term follow-up confirms the role of individualized remedy selection in preventing recurrence and improving overall health.

Conclusion

A holistic classical homeopathic approach led to complete and sustained recovery in a chronic case of intestinal worm infestation. The case highlights that when mental, physical, and constitutional factors are addressed together, long-term transformation is achievable, as demonstrated at Dr Batra's Homeopathy Clinic.

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