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CASE REPORT

Sustained Weight Gain with Constitutional Weakness: A Case Report at Dr Batra's

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ABSTRACT

Background

Being underweight is frequently associated with chronic fatigue, reduced muscle mass, gastrointestinal disturbances, and impaired quality of life. Functional dyspepsia with abdominal heaviness and gas formation further contributes to poor nutritional status despite adequate dietary intake. Individualized homoeopathic treatment aims to improve constitutional health, digestive function, and nutritional status simultaneously.

Case Presentation

A 33-year-old housewife presented to Dr Batra's® Positive Health Clinics with chronic underweight (50 kg), inability to gain muscle mass despite adequate food intake, generalized muscular weakness, postprandial abdominal heaviness, excessive gas formation, leucorrhoea, and fatigue since several months. The patient reported that she had remained thin since childhood. Following two normal deliveries, gastric complaints became more prominent and were associated with abdominal distension after meals. Constitutional assessment revealed anxiety related to household responsibilities, emotional sensitivity, stress, generalized weakness, abdominal heaviness after eating, and chronic leucorrhoea. Repertorial analysis supported *Lycopodium clavatum* as the constitutional remedy, supported by *Natrum phosphoricum*, *China officinalis*, *Sepia*, and *Alfalfa* during the course of treatment.

Outcome

Over ten months of individualized treatment, body weight increased from 50 kg to 56.6 kg. Muscular weakness improved markedly, abdominal heaviness and flatulence reduced substantially, bowel habits normalized, leucorrhoea resolved, and the patient reported improved physical strength, confidence, and overall quality of life.

Conclusion

This case demonstrates sustained weight gain with simultaneous improvement in chronic functional gastrointestinal symptoms following individualized homoeopathic treatment.

Keywords: *Underweight, Functional dyspepsia, Weight gain, Lycopodium clavatum, Homoeopathy, Case report*

INTRODUCTION

Chronic underweight in adults is associated with decreased muscle mass, reduced physical endurance, nutritional deficiencies, and impaired quality of life. Functional gastrointestinal disorders such as dyspepsia, abdominal distension, and postprandial fullness frequently interfere with adequate nutrition and contribute to difficulty in maintaining healthy body weight.

Management usually focuses on nutritional supplementation and dietary counselling. However, patients with chronic constitutional weakness and functional digestive complaints often continue to experience persistent symptoms despite adequate caloric intake.

Individualized homoeopathic treatment seeks to improve constitutional susceptibility, digestive efficiency, and overall health rather than addressing body weight alone.

This report presents the successful constitutional management of chronic underweight associated with functional dyspepsia and constitutional weakness.

CASE PRESENTATION

A 33-year-old married female, homemaker, presented with inability to gain weight despite consuming a satisfactory diet. At presentation, her body weight was 50 kg. Her chief concern was persistent muscular weakness despite adequate food intake.

Chief Complaints

- Underweight since childhood
- Difficulty gaining weight
- Muscular weakness
- Weakness predominantly during morning hours
- Postprandial abdominal heaviness
- Excessive gas formation after meals
- Chronic abdominal distension
- General fatigue
- Leucorrhoea
- Bilateral knee pain

History of Present Illness

The patient stated that she had always been thin since childhood. Before marriage her weight remained approximately 47 kg. During pregnancy her weight increased to approximately 65 kg, but gradually reduced after delivery. Following childbirth she developed:

- Abdominal heaviness after meals
- Flatulence
- Burning sensation occasionally

- Postprandial fullness
- Generalized muscular weakness
- Fatigue while performing household work

She reported that despite eating adequately she was unable to gain muscle mass.

Associated Complaints

Gastrointestinal:

- Gas formation after lunch
- Whole abdomen feels heavy
- Relief after passing flatus
- Occasional burning sensation
- Occasional abdominal pain

Gynecological:

- Regular menstrual cycles
- Flow heavy during first two days
- Dysmenorrhoea on first day
- Daily white vaginal discharge, occasionally thick, occasionally watery
- No itching

Musculoskeletal:

- Bilateral knee pain
- General muscular weakness

Obstetric History

Two full-term normal vaginal deliveries. No obstetric complications.

Past History

No significant medical illness. No chronic medication.

Family History

Parents healthy. Three brothers healthy. Maternal grandfather had diabetes mellitus. No family history of chronic gastrointestinal disease.

Personal History

Diet: Vegetarian with occasional eggs

Appetite: Normal

Thirst: 5–6 glasses/day

Perspiration: Absent

Bowel: Regular

Sleep: Deep, refreshing, approximately 8 hours

Thermals: Ambithermal

Mental Generals

The patient described herself as:

- Emotionally sensitive
- Easily stressed
- Worried about managing household responsibilities
- Feels mentally exhausted after completing daily work
- Fearful regarding future uncertainties
- Anxiety related to balancing domestic responsibilities

Despite these concerns she continued performing all household activities without assistance.

Clinical Examination

Weight: 50 kg

General appearance: Lean built

Nutrition: Moderately undernourished

Abdomen: Mild gaseous distension after meals; no organomegaly

General examination was otherwise unremarkable.

DIAGNOSIS

Primary Diagnosis

Chronic Underweight associated with Functional Dyspepsia

Differential Diagnosis

- Endocrine disorders
- Gastrointestinal malabsorption
- Chronic nutritional deficiency
- Functional dyspepsia
- Chronic gastrointestinal disease
- Psychological causes of weight loss

CASE ANALYSIS

The patient presented with chronic constitutional underweight associated with long-standing digestive dysfunction despite maintaining an adequate diet. The most characteristic physical symptoms included inability to gain muscle mass, postprandial abdominal heaviness, excessive gas formation relieved after passing flatus, generalized muscular weakness, chronic leucorrhoea, and bilateral knee pain. Gastrointestinal symptoms became more pronounced after childbirth and significantly affected her daily functioning.

The constitutional picture was complemented by emotional sensitivity, anxiety related to household responsibilities, mental stress, and physical exhaustion after routine domestic work. Although appetite

remained normal, nutrient utilization appeared functionally impaired, as evidenced by persistent low body weight despite adequate food intake.

Repertorial analysis highlighted *Lycopodium clavatum* as the leading constitutional remedy because of its strong correspondence with chronic flatulence, postprandial abdominal distension, functional digestive weakness, lean constitution, and constitutional debility. *Natrum phosphoricum* addressed persistent gastric acidity and dyspeptic symptoms, *China officinalis* was prescribed for chronic weakness and nutritional depletion, *Sepia* was considered because of associated female pelvic symptoms and constitutional characteristics, while *Alfalfa* was prescribed as a supportive nutritional restorative during treatment.

The principal therapeutic objective was restoration of constitutional health, improvement of digestion, gradual weight gain, reduction of muscular weakness, and normalization of associated gastrointestinal and gynecological complaints.

TOTALITY OF SYMPTOMS

Mental Generals

- Anxiety regarding household responsibilities
- Emotional and sensitive
- Easily stressed
- Fear regarding future
- Physical and mental exhaustion after routine household work

Physical Generals

- Lean built since childhood
- Unable to gain weight despite good appetite
- Muscular weakness
- Appetite normal
- Thirst normal
- Ambithermal
- Refreshing sleep
- No perspiration

Particular Symptoms

- Underweight
- Postprandial abdominal heaviness
- Excessive flatulence after meals
- Relief after passing flatus
- Functional dyspepsia

- Chronic leucorrhoea
- Bilateral knee pain
- Generalized weakness
- Difficulty gaining muscle mass

EVALUATION OF CHARACTERISTIC SYMPTOMS

Mental Characteristics

- Anxiety
- Emotional sensitivity
- Stress from household responsibilities
- Physical exhaustion after work

Physical Characteristics

- Lean constitution
- Weakness
- Normal appetite with failure to gain weight
- No perspiration
- Refreshing sleep

Particular Symptoms

- Abdominal heaviness after meals
- Flatulence
- Distension
- Leucorrhoea
- Underweight

REPERTORIAL ANALYSIS

Kent's Repertory was used for repertorization.

Selected Rubrics

- Generalities — Lean people
- Generalities — Muscular weakness
- Abdomen — Heaviness
- Abdomen — Distension
- Female Genitalia — Leucorrhoea
- General weakness

The repertorial analysis showed *Lycopodium clavatum* as the leading remedy followed by *Natrum muriaticum*, *Sulphur*, *Calcarea carbonica*, *Graphites*, and *Nux vomica*.

Remedies	lyc.	nat-m.	sulph.	calc.	graph.	sep.	ni-sac.	lux-v.	bar-c.	ferr.	mag-c.	merc.	phos.	puls.	sil.	alum.	ars.	carb-v.	amb.
Serial Number	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
Symptoms Covered	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	4	4
Intensity	11	11	11	10	10	10	8	8	7	7	7	7	7	7	7	6	6	9	8
Result	5/11	5/11	5/11	5/10	5/10	5/10	5/8	5/8	5/7	5/7	5/7	5/7	5/7	5/7	5/7	5/6	5/6	4/9	4/8
Clipboard 2																			
GENERALS - LEAN people	2	1	3	1	1	1	2	2	1	1	1	1	2	1	2	1	1		3
GENERALS - WEAKNESS - Muscular	2	3	2	2	1	2	3	1	3	2	1	1	1	1	2	1	1	2	
ABDOMEN - HEAVINESS	3	2	2	2	3	3	1	1	1	1	2	1	1	1	1	1	1	2	2
FEMALE GENITALIA/SEX - LEUKORRHEA - white	1	3	1	2	3	3	1	2	1	2	2	2	1	2	1	2	2	2	1
STOMACH - DISTENSION	3	2	3	3	2	1	1	2	1	1	1	2	2	2	1	1	1	3	2

Figure 1. Repertorization chart showing comparative remedy scores.

REMEDY DIFFERENTIATION

Lycopodium clavatum (Constitutional Remedy)

Lycopodium was selected because it corresponded closely to:

- Marked abdominal distension after meals
- Flatulence
- Feeling of heaviness after eating
- Poor assimilation despite adequate appetite
- Lean constitution
- Muscular weakness
- Functional gastrointestinal complaints

Natrum phosphoricum

Selected because of:

- Hyperacidity
- Dyspeptic complaints
- Gastric discomfort after meals

China officinalis

Given because of:

- General debility
- Nutritional weakness
- Loss of vitality
- Muscular weakness

Sepia

Considered because of:

- Chronic leucorrhoea
- Female constitutional symptoms
- Pelvic weakness

Alfalfa

Used as a supportive nutritional restorative because of:

- Poor weight gain
- General weakness
- Appetite support

PRESCRIPTION

Constitutional Remedy — Lycopodium clavatum 200C

Selected according to the constitutional totality and confirmed by repertorization.

Supportive Medicines

- Natrum phosphoricum
- China officinalis
- Alfalfa tonic

Intercurrent Remedy — Sepia

Prescribed when female constitutional symptoms predominated.

MIASMATIC ANALYSIS

The predominant miasmatic background was Psora with Sycotic features.

Psoric Features

- Functional dyspepsia
- Weakness
- Poor nutrition
- Lean constitution

Sycotic Features

- Chronic leucorrhoea
- Persistent abdominal distension

FOLLOW-UP

Table 1. Clinical Progress

Date	Weight	Clinical Progress
Initial Visit (October 2025)	50.0 kg	Severe muscular weakness, abdominal heaviness after meals, gas formation, chronic leucorrhoea, fatigue.
November 2025	50.0 kg	Weakness markedly reduced. Gastric complaints nearly 50% better. White discharge reduced by approximately 30%.
December 2025	53.5 kg	Gastric complaints reduced by nearly 70%. Sleep and bowel regular. Weight increased by 3.5 kg.
January 2026	54.0 kg	Continued weight gain. General weakness improved. Started yoga regularly. Hair fall noted.
February 2026	54.6 kg	Regular gym activity. Digestion satisfactory. Weight steadily increasing.
March 2026	54.6 kg	Occasional gas only. White discharge improved by nearly 60–70%.
April 2026	55.8 kg	White discharge resolved. Overall health significantly improved.
May 2026	56.0 kg	Stable digestion. Normal appetite and bowel habits.
June 2026	55.4 kg	Mild constipation and occasional abdominal heaviness. Temporary weight fluctuation.
July 2026	56.6 kg	Overall well-being maintained. Digestive complaints minimal. Weight stabilized at 56.6 kg.

CLINICAL OUTCOME

At presentation:

- Weight: 50 kg
- Severe muscular weakness
- Persistent abdominal heaviness
- Chronic gas formation
- Daily leucorrhoea
- Fatigue after household work

After 10 months of individualized treatment:

- Weight increased to 56.6 kg (+6.6 kg)
- Muscular weakness markedly improved
- Gastric complaints reduced by approximately 80–90%
- Postprandial heaviness became occasional
- Flatulence significantly reduced
- Leucorrhoea resolved
- Energy levels improved
- Daily household activities were performed without excessive fatigue



Figure 2. Body habitus before and after individualized homoeopathic treatment, with weight gain from 50 kg to 56.6 kg.

DISCUSSION

Constitutional underweight is often associated with chronic functional gastrointestinal disturbances, impaired assimilation, and reduced muscle mass despite an adequate diet. In the present case, the patient had remained lean since childhood and experienced persistent abdominal heaviness, flatulence, generalized weakness, and inability to gain weight even with normal food intake. These symptoms became more pronounced following childbirth, adversely affecting her physical endurance and quality of life.

The constitutional prescription was guided by the characteristic combination of digestive dysfunction, poor assimilation, lean body habitus, muscular weakness, and emotional stress related to household responsibilities. *Lycopodium clavatum* closely matched the patient's constitutional and gastrointestinal symptomatology, while supportive remedies such as *Natrum phosphoricum*, *China officinalis*, *Sepia*, and *Alfalfa* were prescribed according to the evolving clinical picture.

Over a follow-up period of ten months, the patient demonstrated a sustained increase in body weight from 50 kg to 56.6 kg, accompanied by marked improvement in digestive complaints, muscular strength, and resolution of leucorrhoea. Although lifestyle modifications, dietary measures, and exercise (including yoga and gym activity) may also have contributed to the observed improvement, the constitutional treatment was associated with progressive and sustained clinical recovery. As this is a single case report, causal inference cannot be established, but the objective weight gain together with parallel improvement in associated constitutional symptoms makes the case clinically noteworthy.

HEALTH-RELATED QUALITY OF LIFE (HRQL)

Before treatment, the patient frequently felt weak after routine household work and lacked confidence because of her thin body frame. Persistent gastric discomfort and inability to gain weight despite adequate eating caused frustration. Following treatment, she experienced significant improvement in strength, digestive comfort, body weight, and self-confidence. She reported feeling healthier, more energetic, and better able to manage household responsibilities.

PATIENT PERSPECTIVE

"I had always been thin since childhood, and people often told me to eat more. Even though I ate well, I never gained weight and always felt weak. After treatment, my digestion improved, I gained more than 6 kg, and I now feel healthier and stronger. I am much happier with my appearance and more confident in my daily life."

LEARNING POINTS

- Constitutional evaluation is important in patients with chronic underweight associated with functional gastrointestinal complaints.
- Objective weight measurements provide valuable outcome indicators in long-term follow-up.
- Improvement in digestion and nutritional assimilation may precede sustained weight gain.
- Individualized homoeopathic treatment may contribute to improved nutritional status and quality of life in selected patients.
- Long-term monitoring is essential to evaluate stability of weight gain and constitutional improvement.

CONCLUSION

This case demonstrates sustained improvement in an underweight 33-year-old woman with chronic functional dyspepsia and constitutional weakness following individualized homoeopathic treatment. Over ten months, the patient's body weight increased from 50 kg to 56.6 kg, accompanied by marked improvement in muscular strength, digestive symptoms, and leucorrhoea, leading to enhanced overall quality of life. While the contribution of dietary optimization and lifestyle measures cannot be excluded, the constitutional approach based on individualized homoeopathic prescribing was associated with progressive and durable clinical improvement. Further prospective studies are warranted to explore the role of individualized homoeopathy in the management of chronic underweight associated with functional gastrointestinal disorders.

DECLARATIONS

Consent: Written informed consent was obtained from the patient for publication of this case report and accompanying images.

Conflict of Interest: None declared.

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