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CASE REPORT

Homeopathic Management of a Child With Poor Weight Gain, Reduced Appetite and Chronic Constipation: A Case Report at Dr Batra's

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ABSTRACT

Background: Poor weight gain in children may be associated with inadequate dietary intake, gastrointestinal symptoms, constipation and psychosocial or behavioural factors. A comprehensive assessment requires evaluation of nutritional intake, bowel habits, associated gastrointestinal symptoms and general constitutional characteristics.

Case Presentation: A child presented with inability to gain weight, reduced appetite and a tendency toward chronic constipation. Stool was passed once every 2–3 days and was hard, with the problem persisting for approximately 4–5 years. The child also complained of acidity, abdominal bloating and recurrent abdominal discomfort. Diet was reported to be inadequate, with irregular intake of fruits and vegetables. Behaviourally, the child was described as shy and introverted, with fear of darkness and insects, inability to stay alone, obstinacy and a tendency to throw tantrums. At the initial documented follow-up, body weight was 19.3 kg, with reduced appetite and stool approximately once every two days. During subsequent follow-up, constipation progressively improved, abdominal symptoms settled and appetite eventually became normal. By August 2026, the patient was documented as active, with normal appetite, improved constipation and no allopathic medication use for the preceding six months. The repertorial analysis showed Pulsatilla prominently, particularly in relation to timidity, fear of being alone and darkness, and the recorded thermal state of being hot.

Conclusion: The case demonstrates longitudinal improvement in constipation and appetite within an individualized homeopathic management framework. However, because this is an uncontrolled single case with no standardized growth assessment or comparison group, the observations cannot establish causal efficacy of the homeopathic treatment.

Keywords: *Poor weight gain, Constipation, Reduced appetite, Child, Pulsatilla, Individualized Homeopathy, Case Report*

INTRODUCTION

Adequate nutrition and regular bowel function are important components of healthy growth during childhood. Persistent constipation accompanied by reduced appetite and poor weight gain warrants careful clinical assessment, particularly when symptoms have been present for several years.

The present case involved a child with a longstanding tendency toward hard, infrequent stools, low appetite and inability to gain weight. The case also contained a distinctive mental and constitutional picture, including shyness, introversion, fear of darkness and insects, fear of being alone, obstinacy and a hot thermal state.

The case is presented according to the available clinical records and longitudinal follow-up.

PATIENT PROFILE

Parameter	Details
Age	Not specified in the supplied record
Sex	Child; sex not explicitly stated in the supplied text
Clinical concern	Poor weight gain with reduced appetite and constipation
Initial documented weight	19.3 kg
Lowest documented weight	18.8 kg
Latest documented status	Active, appetite normal, constipation better
Constitutional remedy recorded	Pulsatilla

CHIEF COMPLAINTS

Poor weight gain

- Inability to gain weight
- Appetite reduced
- Diet described as improper

Constipation

- Present for approximately 4–5 years
- Stool skipped for 2–3 days
- Hard stool
- No laxative use

Gastrointestinal symptoms

- Acidity
- Abdominal bloating
- Recurrent abdominal discomfort

Additional symptom

- Needle-like sensation in the left side of the chest, particularly in the morning after consuming milk.

DIETARY HISTORY

The supplied case records indicate that the child's diet was not proper. The child was reported to skip fruits and vegetables. Dietary counselling was repeatedly given to increase fruits, green vegetables and water, and to reduce excess preservatives and junk food.

PHYSICAL GENERALS

Parameter	Finding
Appetite	Decreased initially
Craving	Sweet
Thirst	Decreased
Stool	Constipated
Stool frequency	Once every 2–3 days initially
Stool consistency	Hard
Thermal state	Hot
Sleep	Refreshing
Activity	Active child

MENTAL GENERALS

The case history revealed a characteristic behavioural picture.

Personality

- Shy
- Introverted
- Active
- Good confidence

- Good in studies
- Obstinate
- Enjoys drawing, singing and dancing

Fears

- Fear of darkness
- Fear of insects
- Cannot stay alone

Behaviour

- Throws tantrums
- Obstinate nature
- Active temperament

This mental picture was considered important in individualization.

FAMILY HISTORY

The supplied follow-up record documented: mother — melasma; grandfather — chronic constipation; grandfather — history of brain stroke.

Family structure

The child lives in a joint family involving grandparents. Father works in real estate business; mother is a homemaker; the child has a younger sister aged 2 years.

REPERTORIAL ASSESSMENT

The supplied repertorization included the following important rubrics:

- Mind — Timidity
- Mind — Timidity — bashful
- Mind — Timidity — children
- Mind — Fear — alone, of being
- Mind — Fear — insects, of
- Mind — Fear — dark, of
- Mind — Obstinate — children
- Rectum — Constipation — chilled
- Rectum — Constipation — difficult, hard stool
- Generals — Warm — becoming — aggravation
- Mind — Cheerful

The repertorial sheet showed Pulsatilla among the leading remedies.

Remedies	puls.	lyc.	phos.	calc.	sil.	carc.	sulph.	sep.	tub.	ars.	carb-v.	chin.	nat-m.	nux-v.	bell.	zinc.	kali-c.	nat-c.	hyos.	cupr.
Serial Number	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Symptoms Covered	8	8	8	8	8	8	7	7	7	7	7	7	7	7	7	7	6	6	6	6
Intensity	17	16	15	14	12	8	12	11	11	10	10	10	10	10	9	9	12	12	10	9
Result	8/17	8/16	8/15	8/14	8/12	8/8	7/12	7/11	7/11	7/10	7/10	7/10	7/10	7/10	7/9	7/9	6/12	6/12	6/10	6/9
Clipboard 4																				
MIND - TIMIDITY	4	3	3	3	4	1	3	3	1	2	2	2	2	2	1	1	3	3	1	2
MIND - TIMIDITY - bashful	3	1	1	2	1	1	2	1	1		1	2	1	1	1	1		2	1	2
MIND - TIMIDITY - children; in	1		1		1	1	1	1	1	1	1	1	1			1	1			1
MIND - FEAR - alone, of being	2	3	3	1	1	1		2	1	3	1			1	1	1	3	1	3	
MIND - FEAR - insects; of	1	1	1	2		1	1			1			2							
MIND - FEAR - dark; of	2	2	2	2	1	1	1	1	2	1	2	1	1	1	1	1	1	1	1	2
MIND - OBSTINATE - children		1		1	1	1			3	1		2		1	1		1		1	1
RECTUM - CONSTIPATION - childbed; in																				
RECTUM - CONSTIPATION - difficult stool - hard stool																				
GENERALS - WARM; BECOMING - agg.	2	3	2	1	2		2	2			2	1	2	2	2	2	3	2		
MIND - CHEERFUL	2	2	2	2	1	1	2	1	2	1	1	1	1	2	2	2		3	3	1

Figure 1. Repertorization chart showing comparative remedy scores.

CONSTITUTIONAL ASSESSMENT

The constitutional picture was summarized as Pulsatilla. Key individualizing characteristics recorded in the case included timidity, bashfulness, fear of being alone, fear of darkness, fear of insects, child-specific obstinacy and a hot thermal state.

The final case note specifically states: "Pulsatilla — timidity, fears of being alone, darkness, thermals — hot."

HOMEOPATHIC TREATMENT PLAN

Sr. No.	Category	Remedy / Advice
1	Constitutional	Pulsatilla
2	Dietary management	Increase fruits and green vegetables
3	Lifestyle management	Encourage regular dietary routine
4	Supportive advice	Increase water intake
5	Avoidance advice	Reduce excessive preservatives/junk food

The supplied material does not provide a complete chronological prescription chart with potency and dosing, so these details have not been added.

CLINICAL COURSE

Date	Clinical Documentation
18 November 2025	Stool once in two days, no fixed schedule, reduced appetite, weight 19.3 kg, active, recurrent abdominal pain, improper diet, skipping fruits and vegetables. Dietary advice given.
19 January 2026	Stool better, passing every second day and normal in character, no abdominal pain, appetite remained low, child active, concentration poor but memory good; overall condition better.
09 March 2026	Weight 18.8 kg. Appetite reduced, constipation better, abdominal pain for 2–3 days, vomiting two days previously (subsequently better, following outside food), sleep normal, active, regular with school, concentration good.
15 April 2026	Weight 19 kg. Stool every alternate day, appetite reduced, no cold or cough episode during the preceding month.
02 May 2026	Passing stool regularly, constipation better, appetite still reduced, active child; dietary advice continued.
03 June 2026	Stomach better, stool regular, hard stool still present, no laxative use, appetite normal, active; advised to increase water, green vegetables and fruits.
11 August 2026	Constipation better, appetite normal, active child, skin patches better, no frequent cold/cough episodes, no allopathic medication during the preceding six months. Dietary advice reinforced.

OUTCOME: GASTROINTESTINAL OUTCOME

Parameter	Initial	Latest documented
Appetite	Reduced	Normal
Stool frequency	Every 2–3 days	Improved/regular
Stool consistency	Hard	Improved; some hardness noted earlier
Constipation	Long-standing	Better
Abdominal pain	Recurrent	Improved
Bloating/acidity	Present	No persistent worsening documented
Laxative use	None	None

General outcome

The child remained active, regular with school, good in studies, with improved appetite.

WEIGHT TREND

The documented weights were: 18 Nov 2025 → 19.3 kg; 09 Mar 2026 → 18.8 kg; 15 Apr 2026 → 19.0 kg.

Although appetite and bowel function improved, the available records do not demonstrate sustained weight gain. Therefore, the outcome should not be presented as successful weight gain based on the supplied data. For a

pediatric growth assessment, serial height, weight, BMI-for-age and appropriate growth-chart percentiles would be important.

TIMELINE OF CLINICAL IMPROVEMENT

Initial: poor weight gain, reduced appetite, constipation for 4–5 years, hard stool every 2–3 days, bloating/acidity → Early follow-up: stool frequency improved → Intermediate follow-up: constipation progressively better, abdominal symptoms improved → 03 June 2026: stool regular, appetite normal → 11 August 2026: constipation better + appetite normal + active child.

DISCUSSION

This case demonstrates a chronic gastrointestinal complaint in a child characterized by reduced appetite, inadequate dietary intake and long-standing constipation.

The initial constipation had persisted for several years and was characterized by infrequent bowel movements and hard stool. The child was not using laxatives. Dietary irregularities, particularly inadequate intake of fruits and vegetables, were repeatedly identified during follow-up.

An individualized assessment additionally documented a mental picture characterized by shyness, introversion, fear of darkness, fear of insects, inability to stay alone and obstinacy.

The repertorial analysis showed Pulsatilla prominently, and the supplied treatment rationale specifically identifies Pulsatilla with timidity, fears of being alone, darkness and hot thermal state.

The clinical records subsequently showed progressive improvement in bowel regularity and eventual normalization of appetite. However, the weight data require careful interpretation. The weight decreased from 19.3 kg to 18.8 kg before returning to 19 kg, and the available record does not demonstrate a sustained upward weight trajectory. Therefore, improvement in constipation and appetite should be distinguished from improvement in growth or weight gain.

STRENGTHS OF THE CASE

1. Long-standing symptom history

Constipation was reported for approximately 4–5 years.

2. Clear symptom characterization

The case documented frequency → consistency → dietary association → associated GI symptoms.

3. Longitudinal follow-up

The patient was followed from November 2025 through August 2026.

4. Individualized mental assessment

Specific fears and behavioural characteristics were recorded.

5. Objective weight documentation

Multiple weight measurements were available.

LEARNING FROM THE CASE

The case illustrates the importance of separating three different outcomes:

- Symptom outcome — Constipation → improved
- General outcome — Appetite → normalized
- Growth outcome — Weight → no clear sustained gain demonstrated

This distinction is important when presenting the case scientifically.

CASE SUMMARY

A child presented with poor weight gain, reduced appetite and chronic constipation, characterized by hard stool and skipping bowel movements for 2–3 days. Associated symptoms included bloating, acidity and recurrent abdominal discomfort. Dietary history revealed inadequate intake of fruits and vegetables.

The mental and constitutional picture included: shy, introverted, fear of darkness, fear of insects, cannot stay alone, obstinate, active, hot thermal state.

Repertorial analysis identified Pulsatilla prominently, and Pulsatilla was recorded as the constitutional remedy.

During approximately nine months of follow-up, constipation progressively improved, bowel movements became regular, abdominal symptoms improved, appetite became normal and the child remained active. At the latest follow-up on 11 August 2026, constipation was better and appetite was normal.

> *Final documented assessment: Pulsatilla — Constitutional. Timidity • Fear of being alone • Fear of darkness • Fear of insects • Hot thermal state*

The case demonstrates clinical improvement in constipation and appetite, while the available weight data do not establish sustained improvement in weight gain.

HOW TO CITE THIS ARTICLE

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