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CASE REPORT

Homeopathic Management of Chronic Multisite Musculoskeletal Pain in a 64-Year-Old Male With Degenerative Spine Pathology: A Case Report at Dr Batra's

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ABSTRACT

Background: Chronic musculoskeletal pain in older adults is frequently multifactorial, with degenerative changes of the spine, osteoarthritis and tendon pathology contributing to pain, stiffness and functional limitation. Individualized case documentation may incorporate both physical symptoms and patient-specific mental and general characteristics.

Case Presentation: A 64-year-old male farmer presented accompanied by his son with severe right-sided shoulder pain, neck pain and back pain, along with bilateral knee pain of more than 20 years' duration. He also reported right lower-limb pain radiating from the thigh to the knee and calf muscles. The shoulder pain was severe enough to restrict movement of the right arm and radiated toward the elbow and hand. MRI of the lumbar spine demonstrated straightening of the spine, multilevel disc desiccation and osteophytes, reduced L5–S1 disc space and concentric disc bulges at L2–L3, L3–L4, L4–L5 and L5–S1. MRI of the shoulder showed significant degenerative changes involving the rotator cuff, partial-thickness supraspinatus tear, joint capsule thickening with effusion, biceps tendinopathy with medial displacement of the long head of the biceps tendon, degenerative posterosuperior labral tear and moderate acromioclavicular joint arthritis. The patient's constitutional picture included a chilly thermal state, irritability, strong and strict personality, workaholic/ambitious disposition, easy anger, fear of injections, fear of being injured and a perceived threat from neighbours, together with loss of confidence after previously considering himself strong and capable. Lycopodium 200 was recorded as the constitutional prescription. Serial follow-up documentation subsequently recorded improvement, with the latest available consultation on 13 August 2026 stating that the patient was feeling better.

Conclusion: This case illustrates the complexity of chronic multisite musculoskeletal complaints in an older adult with objectively documented degenerative pathology. The case also demonstrates the importance of integrating structural findings, functional limitations, physical generals and individualized mental characteristics in

longitudinal clinical documentation. The recorded improvement should be interpreted as a clinical observation and cannot, from a single uncontrolled case, establish causal efficacy of homeopathic treatment.

Keywords: *Chronic musculoskeletal pain, Shoulder pain, Lumbar spondylosis, Osteoarthritis, Rotator cuff tear, Lycopodium, Individualized Homeopathy, Case Report*

INTRODUCTION

Chronic musculoskeletal pain is common in older adults and may involve multiple anatomical sites simultaneously. In the present case, pain involved the shoulder, cervical region, back, knees and right lower limb, with significant functional impairment.

The case is clinically notable because the patient's symptoms occurred in the setting of substantial structural abnormalities documented on MRI. At the same time, the consultation revealed a distinctive psychosocial and constitutional profile, including a transition from a previously strong and confrontational personality to a sense of weakness and reduced confidence.

PATIENT INFORMATION

Parameter	Details
Age	64 years
Sex	Male
Occupation	Farmer
Place/background	Born and brought up in a village
Presenting with	Son
Major complaint	Severe multisite musculoskeletal pain
Duration of knee pain	>20 years
Recent worsening	Approximately 6 months
Constitutional remedy recorded	Lycopodium 200

CHIEF COMPLAINTS

1. Right shoulder pain

- Severe pain
- Significant restriction of movement
- Pain radiating from shoulder downward toward the elbow and hand
- Right shoulder was the most severe symptomatic area

2–3. Neck pain and back pain

4. Right lower-limb pain

- Pain radiating from thigh
- Extending toward knee
- Involving calf muscles

5. Bilateral knee pain

- Present for more than 20 years
- Persistent during the current illness

Functional impact

The shoulder pain was severe enough that the patient reported being unable to move the hand normally.

ASSOCIATED COMPLAINTS

- Bloating
- Constipation
- Recurrent urination
- Toothache
- Mouth ulcers

PAST MEDICAL HISTORY

Cardiac history

The patient had undergone heart stenting in 2020.

Current Conventional Medication

- Aspirin — daily
- Atorvastatin 40 mg
- Metoprolol succinate
- Pantoprazole
- Myotoa 150T — morning and night
- Pregabid 75T — at night for pain

INVESTIGATIONS

MRI Lumbar Spine

The supplied report documented straightening of the spine, disc desiccation at multiple lumbar levels, osteophytes at multiple lumbar levels, reduced disc space at L5–S1, and concentric disc bulges at L2–L3, L3–L4, L4–L5 and L5–S1. These findings were consistent with significant degenerative changes of the lumbar spine.

MRI Right Shoulder

The MRI documented significant degenerative changes involving the rotator cuff tendons, a partial-thickness tear of the supraspinatus tendon, joint capsule thickening, joint effusion, biceps tendinopathy, medial dislocation of the long head of biceps tendon in the bicipital groove, posterosuperior labral degenerative tear and moderate acromioclavicular joint arthritis. These findings provided an objective structural basis for the patient's significant shoulder pain and restricted movement.

Laboratory Investigations

Investigation	Result
Hb	13.5–13.7 g/dL
PCV	37.5%
HbA1c	4.6% initially; later 5.8%
Uric acid	4.31–5.3 mg/dL
Vitamin D	37.7 ng/mL
Vitamin B12	303–317
TSH	2.302
CRP	2.25
Anti-CCP	1.1 — negative
Triglycerides	153 mg/dL

Ultrasound examination of the neck showed a normal thyroid gland with mildly enlarged bilateral cervical/submandibular lymph nodes described as reactive.

PHYSICAL GENERALS

Parameter	Finding
Appetite	Normal
Food craving	Sweet
Thirst	Decreased
Stools	Constipated
Thermal state	Chilly
Covering	Thin
Perspiration	Normal
Sleep	~7 hours, refreshing
Urine	Normal

The chilly thermal state was specifically highlighted during the consultation.

LIFE-SPACE ASSESSMENT

The patient was a farmer and had been working actively in agriculture. He described his crops as an important part of his life and expressed concern about the possibility of neighbours causing harm to them.

Family background

- Wife had expired
- He had raised his children — two sons
- Both sons were married and settled
- Financial difficulties were reported

The patient described himself as having previously been strong and capable. He stated that earlier he would argue with people when necessary, whereas currently he felt that he was not as strong as before.

PERSONALITY AND MENTAL GENERALS

Personality

- Extroverted
- Easily mingles with people
- Hardworking, workaholic, ambitious
- Strict
- Irritable
- Strong personality
- Easily angered
- Previously argumentative
- Does not flatter/butter anyone

Anger

The patient reported: "If you scold me, I will also scold you." He was described as someone who could become angry easily and express his anger.

Fears

- Fear of injections ++
- Fear of being injured
- Fear that somebody might harm him

Loss of confidence

A significant change was described. Previously: strong, argumentative and confident. Currently: feels weak and less capable of dealing with threats or opposition. This transition was clinically important in the overall assessment.

STRESSORS AND PSYCHOSOCIAL CONTEXT

The patient described concern regarding his agricultural work and perceived threats from neighbours. His crops were important to him: "My crops are good." He expressed concern that neighbours might do something to damage his crops.

The case therefore included: work → crops → perceived external threat → fear of injury/harm → reduced sense of strength/confidence.

TOTALITY OF SYMPTOMS

Particular symptoms

- Severe right shoulder pain
- Restricted shoulder movement
- Pain radiating from shoulder to elbow/hand

- Neck pain
- Back pain
- Long-standing bilateral knee pain
- Right leg pain radiating from thigh to knee and calf
- Pain worse with cold and first movement

Physical generals

- Chilly
- Thin covering
- Decreased thirst
- Constipation
- Desire for sweets

Associated complaints

- Bloating
- Recurrent urination
- Toothache
- Mouth ulcers

Mental generals

- Extroverted, easily mingles
- Strong personality, workaholic, ambitious, strict
- Irritable, easily angered
- Fear of injections, fear of injury, fear of being harmed
- Threat perception regarding neighbours
- Loss of confidence/feeling weak

REPERTORIAL ANALYSIS

The supplied repertorization included rubrics corresponding to:

- Mind — Fear — injury, being injured of
- Mind — Irritability
- Mind — Fear — pins/of
- Stool — Hard
- Extremities — Morning — upper limbs
- Extremities — Morning — lower limbs
- Extremities — Pain — aching
- Urine — Frequent

The repertorization generated several leading remedies, with the final constitutional assessment documented as Lycopodium 200.

Remedies	ars.	sil.	nat-m.	staph.	bov.	merc.	arn.	nux-v.	alum.	bry.	calc.	carb-v.	lyc.	rhus-t.	verat.	aur.	nit-ac.	puls.	sep.	am-c.
Serial Number	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Symptoms Covered	7	6	6	6	6	6	6	5	5	5	5	5	5	5	5	5	5	5	5	5
Intensity	11	12	11	10	9	9	8	14	10	10	10	10	10	10	10	9	9	9	9	8
Result	7/11	6/12	6/11	6/10	6/9	6/9	6/8	5/14	5/10	5/10	5/10	5/10	5/10	5/10	5/10	5/9	5/9	5/9	5/9	5/8
Clipboard 9																				
MIND - FEAR - injury - being injured; of	1			1			1												1	
MIND - IRRITABILITY	3	3	3	3	3	2	2	3	3	3	3	3	3	3	2	3	3	3	3	1
MIND - FEAR - pins; of	1	3	1		1	1			2											
STOOL - HARD	2	3	3	1	2	2	1	3	3	3	3	2	3	1	3	2	3	2	3	3
EXTREMITIES - MORNING - Upper limbs	1	1	1	2	1	1	1	2	1	1	2	1	1	1	2	1	1	1	1	2
EXTREMITIES - MORNING - Lower limbs	1	1	1	2	1	1	1	3	1	1	1	2	1	2	1	1	1	1	1	1
EXTREMITIES - PAIN - aching	2	1	2	1	1	2	2	3		2	1	2	2	3	2	2	1	2		1
URINE - FREQUENT																				

Figure 1. Repertorization chart showing comparative remedy scores.

HOMEOPATHIC TREATMENT PLAN

Sr. No.	Category	Remedy / Advice
1	Constitutional	Lycopodium 200
2	Supportive management	Calcium/Vitamin D and lifestyle measures, advised during follow-up

The consultation notes indicate that several remedies had been considered or prescribed during the course before the constitutional assessment was documented as Lycopodium 200.

WHY LYCOPODIUM WAS SELECTED

The final case assessment specifically records: "Lycopodium 200 — Constitutional." The selection was based on the totality documented in the case, particularly the combination of:

- Strong/strict personality
- Ambitious and workaholic nature
- Irritability and easy anger
- Extroverted and easily mingles
- Fear of being injured
- Fear of injections
- Threat perception from neighbours
- Loss of confidence/feeling weak
- Constipation and bloating
- Chilly thermal state

The local musculoskeletal pathology was therefore considered alongside the patient's broader constitutional and mental characteristics.

CLINICAL COURSE

Date	Clinical Documentation
05 October 2025	The patient was reported to be better in right shoulder pain.
22 October 2025	Persistent knee pain, described as shifting from knees to thighs and sometimes involving the neck. Patient was cycling; advised to avoid excessive strain on the legs. Constipation with bloating and piles also reported. Dietary advice included increased water intake, fibre-rich foods, walking after meals and avoiding excessive spices.
19 November 2025	Shoulder pain reported as "Better ++". Knee-to-toe pain persisted with difficulty walking, aggravated by cold and by first movement. The case was subsequently repertorized using the documented features including arthritis, constipation, spondylosis, frequent urination, fear of injury and fear of injections.
10 January 2026	One month of medication was couriered.
May–June 2026	Further medication continuation was documented.
13 August 2026	The patient was reported to be "Feeling better +". The consultation also documented the fuller constitutional picture and identified Lycopodium 200 as constitutional.

CLINICAL OUTCOME

Musculoskeletal outcome

Parameter	Initial	Latest documented
Right shoulder pain	Severe, restricted movement	Better
Knee pain	>20 years, persistent	Continued during earlier follow-up
Lower-limb pain	Radiating to knee/calf	Persistent during earlier follow-up
Walking	Difficulty reported	Later overall improvement documented
Neck/back pain	Present	Later overall improvement documented
Overall condition	Significant multisite pain	Feeling better +

The most clearly documented improvement was in the right shoulder pain, followed by an overall report of feeling better at the latest consultation.

OUTCOME TIMELINE

64-year-old farmer → long-standing bilateral knee pain (>20 years) with 6-month worsening → severe right shoulder pain with restricted movement → neck/back pain and radiating right leg pain → MRI: multilevel lumbar degenerative changes and rotator cuff/shoulder degenerative pathology → chilly, irritable, workaholic, ambitious with fear of injections, fear of injury/harm and loss of confidence → individualized homeopathic assessment → Lycopodium 200 (constitutional) → shoulder pain better → overall improvement documented → 13 August 2026: patient feeling better +.

DISCUSSION

This case is notable for the coexistence of long-standing multisite musculoskeletal pain and substantial structural abnormalities.

The patient's shoulder MRI demonstrated several abnormalities capable of producing significant pain and functional limitation, including a partial-thickness supraspinatus tear, biceps tendinopathy, joint effusion, labral degeneration and acromioclavicular arthritis. Similarly, the lumbar MRI demonstrated multilevel degenerative changes and disc bulges. Therefore, the case should not be interpreted as a purely functional pain syndrome. The structural pathology provides important clinical context.

The homeopathic assessment incorporated the patient's physical complaints, modalities, thermal state, bowel symptoms, personality, fears, anger, occupational identity, perceived loss of strength and psychosocial circumstances. The final constitutional prescription was documented as Lycopodium 200.

The follow-up records showed improvement in shoulder pain and eventually an overall report of improvement. However, because this is a single case without a control group and without objective post-treatment imaging, it cannot establish that the homeopathic prescription caused improvement or reversed the underlying degenerative pathology.

STRENGTHS OF THE CASE

1. Objective structural documentation

MRI findings provide detailed documentation of the underlying shoulder and lumbar pathology.

2. Longitudinal follow-up

The patient was followed over an extended period.

3. Multidimensional case assessment

The case included pathology + physical generals + modalities + mental generals + occupational context.

4. Constitutional characterization

The final record provides a detailed description of the patient's personality, fears, occupational identity and change in confidence.

CONCLUSION

A 64-year-old male farmer with chronic multisite musculoskeletal pain and objectively documented degenerative shoulder and lumbar spine pathology was managed through an individualized homeopathic case approach. His constitutional assessment was characterized by a chilly state, workaholic and ambitious nature, irritability, strong personality, fear of injections, fear of injury/harm and loss of confidence.

> *Lycopodium 200 was documented as the constitutional prescription. During follow-up, the right shoulder pain improved and, by the latest available consultation on 13 August 2026, the patient was documented as feeling better.*

HOW TO CITE THIS ARTICLE

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