

ROLE OF HOMEOPATHY IN GERIATRIC MEDICINE**Dr. Vikas Singhal*, Mrs. Tripti Singhal, Mr. Svayam Singhal, Dr. Singhal Homeo**

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DOI: <https://doi.org/10.5281/zenodo.21292980>**How to cite this Article:** Dr. Vikas Singhal*, Mrs. Tripti Singhal, Mr. Svayam Singhal, Director, Dr. Singhal Homeo, (2026). Role Of Homeopathy In Geriatric Medicine. European Journal of Pharmaceutical and Medical Research, 13(7), 486-497. This work is licensed under Creative Commons Attribution 4.0 International license.

Article Received on 14/06/2026

Article Revised on 04/07/2026

Article Published on 10/07/2026

ABSTRACT

The specialized branch of medicine that deals with the medical problems and care of elderly persons is called geriatrics. The need for safe, efficient, and patient-centred healthcare solutions has grown due to the world's ageing population. The goal of geriatric medicine is to enhance the quality of life for senior citizens by preventing, diagnosing, and treating age-related illnesses. Ageing is a very unique experience, with varying disabilities and ailments due to wear and tear, natural tissue atrophy and deterioration of bodily functions. The degree of impairment is dependent on the physiological reserves of the various organs. Many seniors look for mild, all-encompassing alternative therapy methods because ageing is frequently accompanied by a number of chronic ailments, decreased immunity, and increasing sensitivity to drugs. Because of its customised and non-invasive approach to healing, homeopathy has become a significant choice in geriatric care. It is important not just to consider individual and environmental approaches that ameliorate the losses associated with older age, but also those that may reinforce recovery, adaptation and psychosocial growth. The ageing person also has an ageing immune system which is vulnerable to numerous conditions and a deterioration of vitality. Homeopathy offers the ideal treatment modality for senior patients because its basic treatment philosophy stems from the school of thought that disease and a lack of well-being are caused by a weakness of the body's vital forces. In this paper we have discussed how homeopathy acts as Geriatric Medicine.

KEYWORDS: Senior Citizens, Geriatrics, Geriatric Medicine, Chronic Ailments, Decreased Immunity, And Increasing Sensitivity To Drugs, Homeopathic Medicines.**INTRODUCTION**

The foundation of homeopathy is the idea of treating the patient as a whole as opposed to just treating certain symptoms. It takes into account psychological, emotional, and physical aspects while choosing treatments that are specific to each patient's health profile. Because of its individualised approach, **homeopathy** is especially well-suited for older people who frequently struggle with complicated health issues like arthritis, sleeplessness, digestive difficulties, anxiety, respiratory ailments, and age-related frailty.

Best homeopathy clinic, **Homeosaga Clinic** concentrate on offering everyone complete homeopathic care to improve their general health and quality of life. Before creating a personalised treatment plan, the doctor at **HomeoSaga Clinic, Chandigarh** thoroughly considers

each patient's lifestyle, medical history, etc. Homeopathy can encourage healthy ageing and supplement traditional medical care by focusing on long-term wellness and compassionate healing.

Importance of Individualized Assessment

A thorough case evaluation is the first step in a successful homeopathic treatment. During consultation, elements like:

- Current health issues
- Medical background
- Lifestyle practices
- Emotional health
- Sleep habits
- Digestion and appetite
- Family background

These are thoroughly evaluated prior to choosing a suitable treatment. Many families seek treatment from the top **homeopathic doctor** at **Homeosaga Clinic, Chandigarh**, where each patient receives thorough attention and individualised care, in part because of this individualised approach.

Healthy Ageing and Homoeopathy

Increasing life expectancy is only one aspect of healthy ageing. It entails preserving independence, mental clarity, emotional stability, physical strength, and general well-being throughout older age. People frequently experience a range of health issues as they get older, which can have an impact on their quality of life. These issues include chronic illnesses, diminished mobility, sleep problems, mental stress, and diminishing vigour. During this phase of life, a holistic approach to healthcare becomes more crucial, and homoeopathy provides a mild and customised medical system that supports the body's innate capacity to preserve equilibrium and health.

Enhancing general vitality is one of the main objectives of homoeopathic treatment in geriatric medicine. Fatigue, low energy, and a diminished ability to carry out everyday tasks are common among the aged. In order to boost the body's self-regulating processes and foster a stronger sense of energy and well-being, homoeopathy focuses on each individual's unique constitution and symptom profile.

Emotional and psychological well-being is an important component of healthy ageing. Retirement, the death of loved ones, social isolation, and worries about one's independence and health are just a few of the significant life changes that come with ageing. These difficulties may exacerbate despair, anxiety, melancholy, and irritability. In order to enhance emotional resilience and a more optimistic attitude on life, homoeopathic treatment considers emotional health and aims to address the individual as a whole.

Another crucial element in preserving health as one ages is the quality of sleep. Fatigue, poor attention, mood swings, and reduced immunity can all result from getting too little sleep. In order to promote more peaceful and restorative sleep, homoeopathy attempts to address the underlying causes of sleep disruptions, whether they are linked to stress, anxiety, physical discomfort, or other age-related issues.

Preserving independence requires maintaining physical comfort and mobility. A person's quality of life can be lowered and daily activities restricted by conditions like arthritis, joint stiffness, and muscular discomfort. Homoeopathy aims to promote mobility, flexibility, and general comfort through customised treatment, enabling senior citizens to continue being active and involved in their daily life.

Another important factor in healthy ageing is digestive health. Digestive problems like gas, bloating, constipation, or decreased appetite are common among seniors. By taking into account each person's unique symptoms and general constitution, homoeopathy tackles these issues and promotes improved nutritional absorption and digestion.

Additionally, by bolstering the body's natural defences and encouraging general equilibrium, homoeopathy may assist increase resilience to common health issues. Homoeopathy can enhance conventional healthcare and promote better health, but it cannot replace essential medical care.

Homoeopathy can help promote good ageing when used in conjunction with a balanced diet, frequent exercise, proper hydration, stress management, and suitable medical supervision. Homoeopathy helps older persons live more active, comfortable, and meaningful lives by emphasising the physical, emotional, and mental elements of health. This allows them to enjoy their golden years with more vigour and self-assurance.

Why Choose Homeosaga Clinic, Chandigarh for Geriatric Homeopathic Care?

Choosing the right healthcare provider is one of the most important decisions when it comes to the well-being of elderly family members. Senior citizens often require personalized attention, comprehensive health assessments, and long-term management of multiple age-related conditions. At **Homeosaga Clinic, Chandigarh**, we understand the unique healthcare needs of older adults and are committed to providing holistic, patient-centred homeopathic care that supports healthy and graceful aging.

At Homeosaga Clinic, every patient is treated as an individual rather than a collection of symptoms. The clinic follows the principles of classical homoeopathy, where treatment is tailored to the person's physical health, emotional state, medical history, lifestyle, and overall constitution. This individualized approach allows for a deeper understanding of the patient's concerns and helps create a treatment plan that is specifically designed to meet their unique needs.

The **best homeopathy doctor at Homeosaga Clinic, Chandigarh** is dedicated to delivering compassionate and comprehensive care for elderly patients. Detailed consultations and thorough case analyses help identify the underlying factors contributing to health issues, ensuring that treatment addresses the person as a whole rather than focusing solely on isolated symptoms. This holistic perspective is particularly valuable in geriatric medicine, where multiple health conditions often coexist and influence one another.

Homeosaga Clinic also places a strong emphasis on patient comfort, trust, and long-term wellness. Elderly

patients are given ample time to discuss their concerns, allowing for a supportive and caring healthcare experience. Whether managing chronic conditions, addressing age-related discomforts, supporting emotional well-being, or promoting overall vitality, the clinic strives to enhance the quality of life of every senior patient.

With a commitment to excellence, personalized care, and holistic healing, **Homeosaga Clinic, Chandigarh** has become a trusted destination for individuals seeking natural and effective healthcare solutions. If you are looking for expert guidance and compassionate treatment for your elderly loved ones, consulting the **best homeopathy doctor at Homeosaga Clinic, Chandigarh** can be a significant step toward achieving better health, greater comfort, and an improved quality of life during the golden years.

Homeopathic Treatment in Geriatrics: Underlying Principle and Aim

Ageing is a natural process. While it is normal to age, the various problems that come with advancing years are the chief causes of concern. Homeopathy aims to address these problems effectively, ensuring proper cure or management. The underlying principle and aim of homeopathy, in geriatric disorders and medicines, are:

Preventive

Homeopathy plays a big role in preventing early or premature ageing. It does this by treating or preventing diseases, even chronic ones, by addressing the root causes of the problem. The total history of a patient must be considered for this. This includes taking into account:

- Gestational history,
- Past medical history,
- Family history and
- Personal history of abuse

Acute diseases can be successfully prevented with targeted homeopathic medicines, which are chosen based on the constitution, behaviour, medical history and other vital factors of a specific nature. The treatment of acute health problems must be done strictly as per the totality. Homeopaths have to consider:

- Causation,
- Sensation,
- Location, and
- Concomitants or characteristics modalities, if any

Acute viral disease can damage DNA. It can speed up the ageing process prematurely. The **best homeopathy doctor at Homeosaga Clinic, Chandigarh** can use indicated homeopathic medicines to treat problems successfully, without the risks of recurrence of acute disorders.

Preservative

The homeopathic approach aims at preserving the mental and physical function of seniors as long as possible. It can help to extend the lifespan of the aging population, when the right remedies are chosen for each senior individual, with no compromise being made in personalized treatment.

It is impossible to prevent ageing absolutely. However, “early aging” can be avoided. By default, the underlying principles and philosophy of homeopathy have a lot of scope in this regard. It is possible to help patients of any age group recover with homeopathic treatment.

However, with advancing age, every person undergoes a few pathological and irreversible physiological changes that cannot be cured. If gross pathological changes occur, there is reduce scope of cure. In such cases, specific and common symptoms exhibited by seniors are taken into account, along with any existing concomitants or rare modalities.



Representative Images

Homeopathy in Geriatric Medicine: What are the Key Concepts?

The homeopathic approach seeks to stimulate the defence mechanisms of the body, which can help to cure or prevent ailments.

In homeopathic treatment, extremely small doses of remedies are administered to patients. According to the **best homeopathy doctor at Homeosaga Clinic, Chandigarh**, these remedies produce the same or similar symptoms in healthy individuals if they were administered in larger doses.

Homeopaths individualize treatment for each patient. They choose remedies after considering the nature, constitution and medical history of every individual. They take into account the lifestyle, symptoms, mental and emotional states as well as other factors.

In homeopathy, seniors can expect to have a lengthy first session. Homeopaths are likely to make a deeper evaluation of the patient. This assessment can help them to choose the appropriate remedies for each patient. While going for follow-up visits, seniors report how they are responding to the remedies administered to them. It can help practitioners to make effective decisions about further treatment.

Homeopathy in Geriatric Medicine: Role in Managing or Curing Common Geriatric Diseases

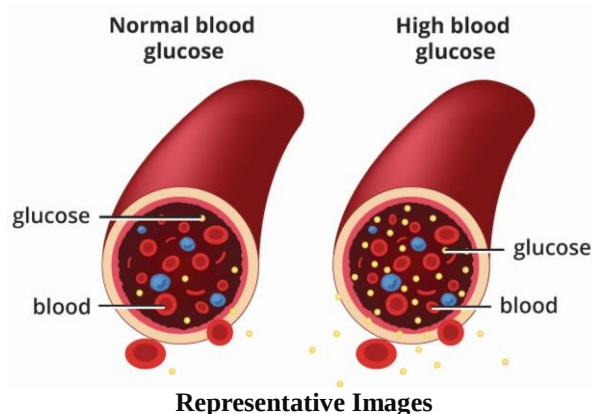
For decades, homeopathy has been successfully used in the management and cure of many common geriatric diseases. These include:

Diabetes

Homeopathy has been found to be effective in managing or curing both Type 1 and Type 2 diabetes. Seniors who are tired of injections and pills, or not getting effective results, can switch to homeopathy. It can be a simple as well as long-term solution that is likely to yield successful outcomes.

The use of homeopathic medicines can repair the pancreas, which can boost the production of insulin, the

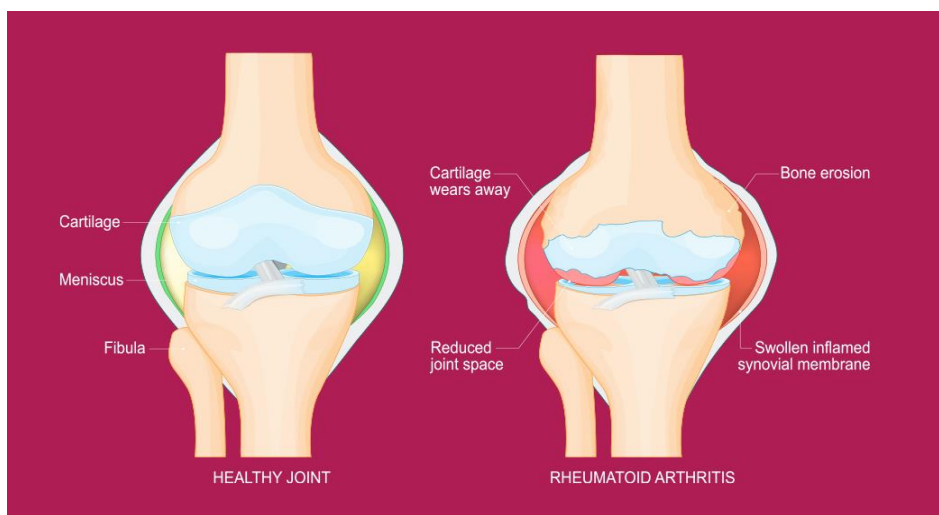
hormone used by the body to control blood sugar levels naturally. With balanced insulin production, seniors can get better chances of keeping their blood glucose levels in control.



Arthritis

This is another major health issue that plagues many seniors, every day. The condition includes a spectrum of disorders marked by pain, swelling and stiffness. Osteoarthritis and Rheumatoid arthritis are two of the major forms of arthritis that can develop in the body, making every day uncomfortable for seniors.

With homeopathy, the body can be healed naturally. It can cure degenerated tissues, cure the symptoms fast and restore the health and joints quickly.

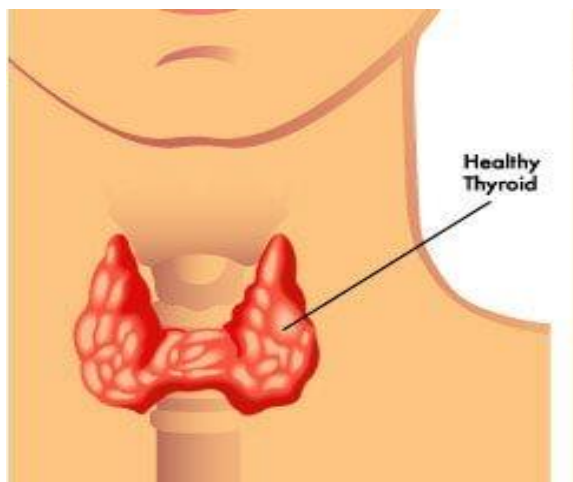


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Thyroid Dysfunction

When there is dysfunction of the thyroid gland, thyroid-related diseases can develop quickly. As the thyroid gland regulates energy production and metabolism, seniors can experience tremendous discomfort when they are affected by hypothyroidism, hyperthyroidism or even an autoimmune disease called Hashimoto's thyroiditis that leads to hypothyroidism. Grave's disease is marked by hyperthyroidism.

Many seniors are switching to homeopathic treatment to heal their bodies and get rid of these problems naturally. Homeopathy is found to be very effective in repairing the thyroid gland, making it capable of functioning more effectively. This harmonizes bodily functions and everything from appetite to mood to sleep can be regulated more easily.

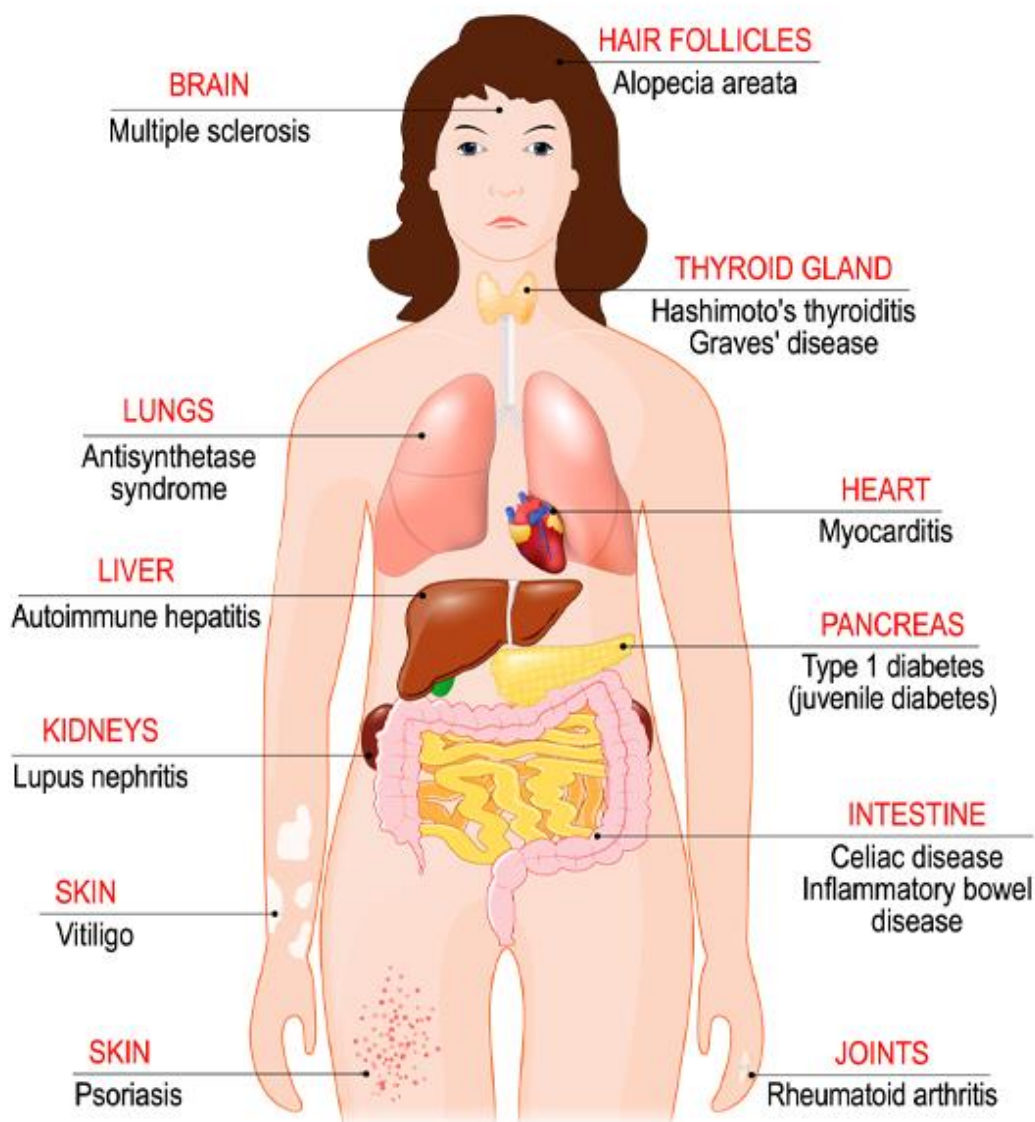


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Autoimmune Disorders

These arise when the immune system of the body turns against itself, attacking healthy cells, mistaking them as harmful substances. Due to this dysfunction, seniors can suffer from a wide range of health conditions that target systems, organs or tissues within the body.

The development of autoimmune disorders, such as Lupus, can be attributed to a combination of many genetic and environmental factors. Homeopathy is proven in its effectiveness against such disorders. It works like a miracle. It is possible to cure or at least manage most autoimmune health issues permanently, when homeopathic treatment is used. There are no risks of dangerous side effects.



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Cancer

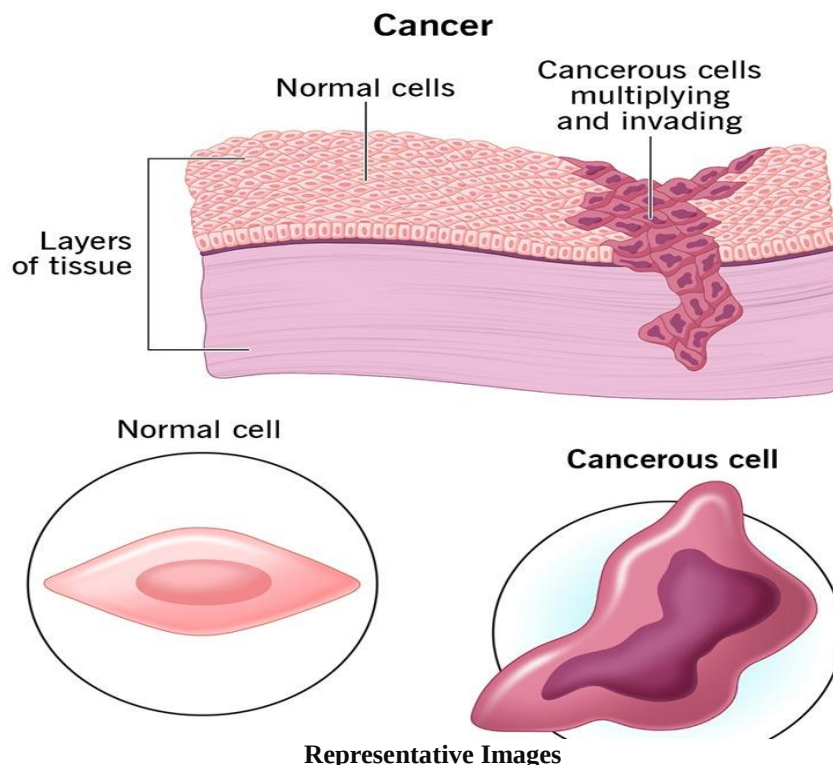
Cancer is marked by the development, growth and spread of many abnormal cells in the body. Cancerous

conditions of any organ or tissue are possible. Cancer develops when the DNA of cells mutate, resulting in uncontrollable cell division. Abnormal cells like these

can lead to a tumour, which is a lump or mass, and can be benign or malignant.

Standard treatment for cancer is long-drawn and usually painful. That is not the case with homeopathy. It is gentle on the body and does not cause any pain. It is possible to prevent almost all the complications and side effects that

are generally a part of conventional cancer treatment. Targeted homeopathic remedies can reduce the symptoms fast and ultimately put an end to the disease. Further, the cost of homeopathic treatment for cancer at **HomeoSaga Clinic, Chandigarh** is much less than conventional cancer treatment methods.



Nephrology

When seniors are affected by renal disorders, it can have an extremely negative impact on their bodies and everyday life. Chronic kidney disease (CKD) and Acute kidney injury (AKI) are two of the major nephrological issues that demand consistent treatment.

With the homeopathic approach, it is possible to improve the natural ability of the body to fight the disease effectively. It can harmonize the body and address the urgent nephrological symptoms as well as the underlying issue that must be rooted out fast.



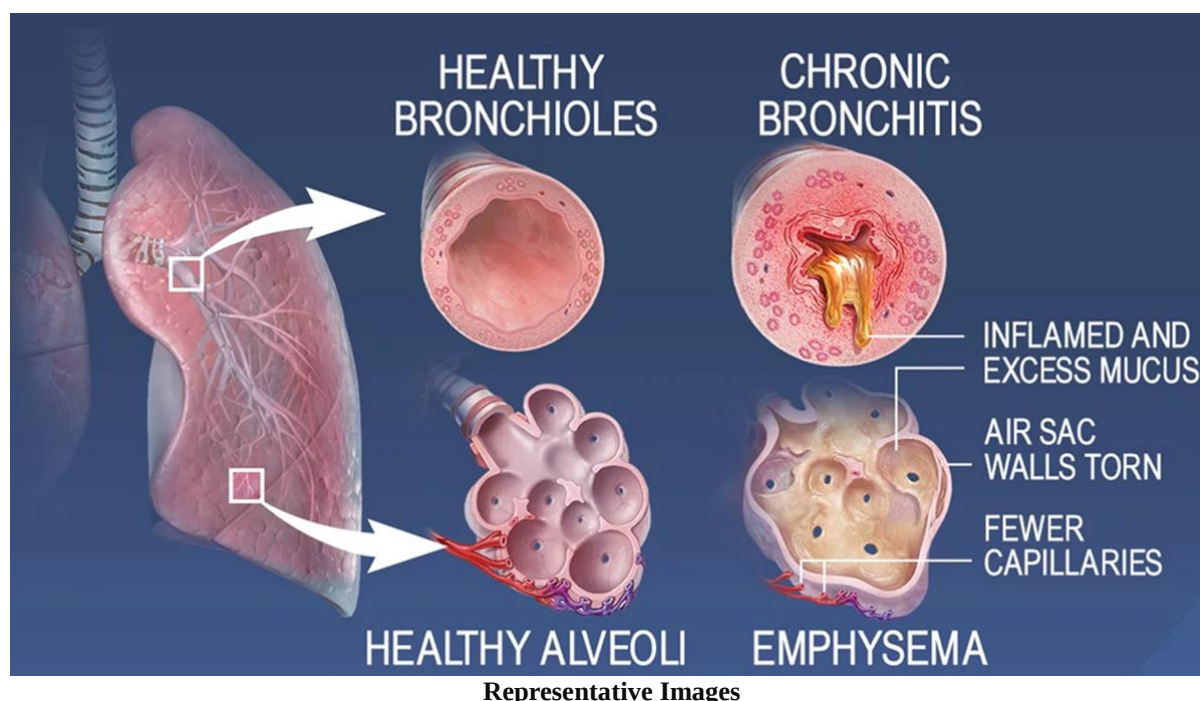
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Pulmonary Diseases

Pulmonary diseases involve health problems that affect the respiratory system, especially the airways and lungs. Asthma, Pulmonary fibrosis and Chronic obstructive pulmonary disease (COPD) can be major problems, which need effective cure and management. Conventional medicines and treatment approaches usually fall short when it comes to ensuring lasting relief. Even when relief is achieved, it involves a lot of time and expenses.

With homeopathy, pulmonary diseases can be addressed from the root of the problem. Within a few days, breathlessness, cough and other symptoms can be reduced in intensity. After that, treatment aims at preventive cure.

The homeopathic treatment approach is also successful for many other geriatric health problems, including but not limited to liver diseases, skin conditions, insomnia and even mental issues such as behavioural abnormalities and mood disorders. With a qualified homeopath looking into these health problems, fast, lasting remedies can be expected.



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Homeopathy in Geriatric Medicine: Supportive Treatment

Homeopathy can also play a supportive role. It can be used alongside conventional treatment, to achieve more effective outcomes within a shorter duration.

Improving bone strength and density

Other than being used for direct treatment, homeopathy can be used for organ-specific remedies. It can focus on specific systems and organs of the body, increasing bone density and strength in a natural way.

Homeopathic medications can strengthen the skeletal system, which starts to become unstable and infirm during the old age. These can offer many benefits, such as reducing the risk of fractures, improving bone health and alleviating painful symptoms related to several skeletal conditions. Keep in mind that homeopathy can also help to reduce the rate of bone loss, particularly in conditions such as Osteoporosis. It can be used as a part of a broader overall treatment plan, including conventional medicine, workouts and diet.

Inflammation and pain relief

When it comes to managing chronic skeletal pain, such as back pain, homeopathic remedies can show their effectiveness. These can work as a natural alternative to OTC painkillers or analgesics that you can find available readily. These medicines are very useful for managing joint stiffness and muscle pain.

In old age, many senior citizens suffer from mobility problems due to such health issues. With homeopathic remedies, they can feel much better. They can prevent the kind of debility that usually arises in old age due to pain and inflammation.

Post-surgical healing

Following orthopaedic surgery, homeopathy can support the process of recovery in a natural way. It works on many levels, reducing pain and inflammation. Seniors can expect their tissues and bones to heal faster. This is one of the top reasons why many older individuals opt for and prefer to continue homeopathic treatment alongside conventional treatment.

Sleep disorders, anxiety and restlessness

Homeopathic remedies are proven in being able to improve sleep quality in seniors. These help to manage insomnia that arise with advancing age. There are various remedies available, such as Chamomilla and Passiflora Incarnata, which help with anxiety or restlessness that affect sleep in many older persons.

Overall health and well-being

Cell Salt therapy or Tissue Salt therapy is a branch of homeopathy. In this type of therapy, a particular set of mineral salts are used for addressing a wide range of diseases. These salts can support overall health and well-being in seniors, providing them with better energy and positivity in their twilight years. Regardless of age, it can be used for curing all types of diseases. However, it is necessary to have a discussion with a qualified homeopathic practitioner beforehand, to be on the safe side.

It is notable that use of homeopathic remedies helps to reduce reliance on conventional medicines. As compared to corticosteroids, NSAIDs or other medications that are used to manage joint and bone pain, these remedies have fewer side effects.

Common Homeopathic Medicines for Geriatric Problems

Take a look at some of the common homeopathic remedies that are used at **HomeoSaga Clinic, Chandigarh** for curing or managing the health problems of seniors.

Arnica

Arnica is often used by seniors after suffer from:

- Bad bruise,

- Injury,
- Fracture, or
- Aching muscles

Even Arnica gel can help older individuals to manage pain with chronic joint disorders, arthritis or other problems that senior citizens often suffer from. Other than physical injuries, some homeopaths also use Arnica for speeding up healing after undergoing surgeries.



Physical

- Pain relief
- Anti-inflammatory properties
- Wound healing
- Cardiovascular health
- Hair care

Emotional

- Mind and body
- Stress, anxiety, and tension

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Chamomilla

Chamomilla is prescribed to elderly individuals who suffer from sleep disruptions, anxiousness or grumpiness. It is soothing and is generally administered when seniors stay awake through the night or experience shifty sleep. This remedy helps to regulate sleep. Senior citizens can get good sleep during the night.

The relaxing effect of Chamomilla proves to be useful for bloating, indigestion, nausea and colic, some of the common problems for seniors. Naturally, it is especially useful for seniors with delicate skin who may be sensitive to strong analgesics or never prefer to ingest chemicals.



Nux Vomica

A common homeopathic medicine, Nux Vomica helps seniors who complain about digestive problems. It helps those who:

- Have a habit of overeating,
- Experience indigestion or

- Cannot tolerate specific eatables

This homeopathy medicine can also benefit seniors by treating nausea, constipation, headaches and other symptoms that arise due to stress or consuming unhealthy foods.

**Phosphorus**

Phosphorus is particularly effective for old people who suffer from cough, asthmatic complaints, and bronchitis. It can reduce respiratory system inflammation, making it easier for seniors to breathe.

Other than respiratory disorders, it can also help to reduce anxiety in seniors. Those who fear the dark or are anxious of being alone can benefit from this remedy particularly. It can also help to treat vomiting, nausea or other digestive problems, particularly after consuming cold foods.

**Ignatia**

Many seniors get anxious or sad as they begin to lose their dear ones, one by one. In such cases, Ignatia can be highly effective. It is often recommended for seniors who suffer from depression, mood swings or chronic feelings of emptiness. It can be useful for balancing emotions and achieving relief for patients.

Ignatia can work as a perfect natural remedy for elderly people, helping them to deal with grief more easily. It can assist them to feel strong, and continue with their life with greater strength.

**Rhus Tox**

Rhus Tox can be useful for older people with rheumatism, arthritis or other joint issues. It can be particularly assistive for stiffness, aches or soreness that is worsened due to inactivity, dampness or cold.

This homeopathic medicine is assistive for elderly individuals who feel better while moving about but experience stiffness in the morning or after being idle for some time.

**Bryonia**

Bryonia can help elderly individuals experiencing respiratory disorders that may involve pneumonia, bronchitis or dry cough. It can be especially beneficial when seniors display swelling, dryness and pain that worsens during movement.

The homeopathic medicine is also useful for curing nausea, gastritis, intestinal stagnation and various other dietary disorders that arise due to stress and improper diet. Homeopaths note its dual effectiveness for gastrointestinal disorders, respiratory problems and musculoskeletal pain. It can be a remedy of choice for elderly people who prefer the homeopathic approach.



Homeopathy in Geriatric Diseases: What is the Prognosis?

Cure with homeopathy is possible. It matters how long seniors are suffering from disease. Homeopaths at **HomeoSaga Clinic, Chandigarh** consider this before coming up with a suitable treatment plan. Whether seniors suffer from chronic diseases or otherwise, they can be cured. However, faster cure is possible in the early stages of disease.

Time for treatment may be longer in such cases:

- Chronic disorders,
- In later stages of disorders, or
- Presence of underlying health issue for a long time

It is always smarter to begin treatment as early as symptoms of disease are observed. As soon as older individuals notice any abnormality, they should get in touch with a qualified homeopath.

Homeopathy in Geriatric Medicine: Risks and Side Effects

When ingested under the supervision of trained homeopaths, it is regarded as safe to take homeopathic medicines in high dilutions. Seniors are unlikely to suffer from acute, adverse reactions.

After starting with homeopathic medicines, some patients report about worsening of symptoms for a brief duration. Expert homeopaths explain this as the body stimulating symptoms temporarily, while trying to restore health.

There can be alcohol in liquid homeopathic remedies. Higher levels of alcohol are allowed in these medications as compared to traditional drugs for adults. Some older individuals may be slightly concerned due to this. However, whether in the scientific literature or the FDA, there is no report of any adverse impact due to the presence of alcohol.

Homeopathic remedies do not interfere with regular drugs. However, seniors who want to use homeopathic remedies must discuss about this with the **best homeopathy doctor at HomeoSaga Clinic, Chandigarh**. Seniors who consult more than one homeopath should discuss it with each one.

Homeopathy in Geriatric Medicine: FAQ (Frequently Asked Questions)

1. Is homeopathy based on science?

Yes. It is based on age-old science and has undergone numerous tests. Homeopathy has evolved a lot over the years and has yielded successful results for many seniors.

2. Who developed homeopathy?

Homeopathy was developed in the 18th century, by a German physician named Dr Christian Friedrich Samuel Hahnemann (1755-1843).

3. How does homeopathy work for seniors?

The underlying principle of this therapeutic medical approach is “Similia Similibus Curentur,” meaning “Like cures like”. It actually means that a substance that can produce some symptoms in one person can cure similar symptoms in another one.

4. Does homeopathy actually work for seniors? What are some famous cases?

Yes, it works. The vocal cord paralysis of Maharaja Ranjit Singh was effectively cured at the age of nearly 59 years, by Dr. John Martin Honigberger. Queen Elizabeth II regularly travelled with a homeopathic kit. Famous naturalist Charles Darwin noted significant health improvements and digestion after homeopathic treatment.

5. Why seniors have to abide by food restrictions during homeopathic treatment?

When homeopathic medications are ingested, they assimilate through the tongue, resting in the inner oral lining for some time before entering the system. Thus, seniors need to wait for 15 minutes prior to having any food or drink when they take these medicines.

CONCLUSION

Homeopathy plays a very significant role in geriatric medicine, managing chronic conditions in older individuals optimally. It helps to improve clinical symptoms in the elderly, giving them a life of better quality. Individualized homeopathic treatment by the **best homeopathy doctor at HomeoSaga Clinic, Chandigarh** is proven in its effectiveness to reduce the severity of diseases in seniors. It can improve their vitality and experience greater emotional stability.

Overall, the therapeutic approach of homeopathy at **HomeoSaga Clinic, Chandigarh** is safe and effective. It is a highly integrated technique for geriatric disorder management and improves health outcomes in senior populations.

Biography

Dr. Vikas Singhal (drvikassinghal38@gmail.com, +91-7897178971, +917087462000), B.Sc. (Biology) - D.A.V. Degree College, Muzaffarnagar, 1996, D.N.H.E. (Diploma in Nutrition and Health Education) - Indira Gandhi National Open University (IGNOU), 2002, B.H.M.S. (Bachelor of Homeopathic Medicine and Surgery) - Baba Farid University of Health Sciences, Faridkot, Punjab, India, 2004, M.Sc. (Microbiology) - Sabarmati University (Formerly Calorx Teachers' University), Ahmedabad, 2011 Classical Homeopathic Physician Practicing classical homeopathy for over 23+ years with a focus on chronic, autoimmune, infectious, and complex conditions, Known for personalized treatment and a unique case-taking style that integrates diet, lifestyle, and individual patient distinctions, Provider of both offline and global online consultation services, treating patients from all continents. He is Life

Memberships: IIHP, ABCA, LMHI, AHA, FoH (London) Patron: The Homeo Healers Homeopathy (Faridabad) Worldwide, Editor: Sehat Evam Surat National Monthly Magazine (Indore), Editor: UK-based Journal of Practice-based Homeopathy Research (JPHR), Founder & Director, Dr. Singhal Homeo Clinic, Sector-38C, Chandigarh (since 2004), Founder & Director, The Homeo Saga International Pvt. Ltd., Sector-117, SAS Nagar (since November 2024), He has specialised in treating Autoimmune Conditions – Ankylosing Spondylitis, Rheumatoid Arthritis, Systemic Lupus Erythematosus (SLE), Ulcerative Colitis, Behcet's Disease, and more, Chronic Infections– Osteomyelitis (bone infection), Herpes Simplex, Herpes Zoster, HPV, Chronic Urinary Tract Infections (UTI), and more. • Skin Disorders – Psoriasis, Vitiligo, Warts, Keloids, Lichen Planus, Prurigo Nodularis, Eczema, Acne/Pimples, Urticaria, Hidradenitis Suppurativa, Acanthosis Nigricans, and more. Respiratory & Allergic Issues – Asthma (including Childhood Asthma), Dust Allergy, Allergic Sinusitis, Allergic Rhinitis (Hay Fever), and more. Digestive & Gastric Health – Irritable Bowel Syndrome (IBS), Anal Fissures, Piles (Hemorrhoids), and more. Neurological & Pain Management – Trigeminal Neuralgia, Migraine, Tinnitus (ringing in ears), Spinal Anterolisthesis, and more. Hormonal & Metabolic Disorders – Hypothyroidism, Diabetes Mellitus, PCOS, and more. Abnormal Tissue Growth – Lipoma, Multiple Lipomas, Chalazion, Corns & Calluses, Cancer of various types, and more. Urogenital Issues – Urinary Tract Infection (UTI), Erectile Dysfunction, Prostatitis, Nephrotic Syndrome, and more., he is the recipient of prestigious Bharatshri Award (2025). Dr. Singhal is a Life Member of leading professional bodies like the Indian Institute of Homeopathic Physicians (IIHP), Akhil Bhartiya Chikitsak Association (ABCA), Liga Medicorum Homoeopathica Internationalis (LMHI), and the Australian Homeopathic Association (International Allied Member Practitioner). He is also an Honorary Physician at Tiny Tots Preparatory School, Chandigarh. Dr Singhal is a well-known speaker at various national and international seminars and conferences. His You tube channel is very popular named as Homeo Doctor (<https://youtube.com/@homeodoctor?si=gAG2li49yCKrOr0k>).

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