

## A SYSTAMATIC HOMEOPATHIC APPROCH TOWARDS THE TREATMENT OF FEMALE PROBLEMS

**Dr. Vikas Singhal\*, Mrs. Tripti Singhal, Mr. Svayam Singhal, Director, Dr. Singhal Homeo**

Founder Director and CEO, Homeo Saga International Private Limited, Chandigarh, India.



**\*Corresponding Author: Dr. Vikas Singhal**

Founder Director and CEO, Homeo Saga International Private Limited, Chandigarh, India.

DOI: <https://doi.org/10.5281/zenodo.21292955>

**How to cite this Article:** Dr. Vikas Singhal\*, Mrs. Tripti Singhal, Mr. Svayam Singhal, Director, Dr. Singhal Homeo. (2026). A Systematic Homeopathic Approach Towards The Treatment of Female Problems. European Journal of Pharmaceutical and Medical Research, 13(7), 479-485.

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

In a women's life there is no shortage of change, from the first period to pregnancy and on through to menopause. These problems can even be worsened if the diet is not proper, sleep is not sufficient, etc. Whether it is down to your genes, lifestyle, emotional strain or some other medical condition, imbalances can lead to trouble. Such problems have a way of getting in the way of your reproductive and mental health as well as your day-to-day life. The homeopathic healing art is beneficial in helping women overcome the effects of hormonal shocks to the system, which can occur after a difficult birth, abortion, hysterectomy, and the use of birth control pills. Homeopathy can be used to treat many common physical and emotional symptoms associated with menstrual cycles, hormone imbalances, and pre-menstrual syndrome. Because of its emphasis on treating the whole patient on a physical, mental, and emotional level, it is ideally suited for treating the wide range of possible symptoms associated with the menstrual cycle. While conventional treatments mostly focus on managing physical symptoms, the emotional impact often goes unaddressed. Conventional medical treatments for gynaecological issues include hormone therapy, antidepressants, and analgesics, which can offer symptomatic relief but often come with side effects, dependency risks, and limited long-term benefits. In contrast, homeopathy provides an individualized, holistic approach by addressing both the physical symptoms and the emotional distress associated with these conditions. This study explores how individualized homeopathic treatment can help reduce psychological distress in such cases.

**KEYWORDS:** Periods and the pain that comes with them, PCOS/PCOD, Discharge, Hormonal imbalance, Fibroids or ovarian cysts, Trouble conceiving, The symptoms of menopause, Urinary tract infections, The symptoms of menopause, Urinary tract infections etc....

### INTRODUCTION

In a female body, her hormones and her feelings are all part of it. That is why a woman's health calls for a certain kind of care, one made just for her.

Today many women are dealing with health and hormonal issues that have an impact on their bodies. You will find them facing off against any number of common ailments:

1. Periods and the pain that comes with them
2. PCOS/PCOD
3. Discharge
4. Hormonal imbalance
5. Fibroids or ovarian cysts
6. Trouble conceiving

7. The symptoms of menopause

8. Urinary tract infections

These problems can even be worsened if the diet is not proper, sleep is not sufficient, etc.

Homeopathy medicines are the answer for these problems. It is a means of treatment that lets the body do its own healing. We at Home saga Clinic, Chandigarh believe in giving every woman the kind of treatment and attention she deserves. Women can feel better in a natural way, as homeopathic medicine looks at the whole person – her body, her emotions, her hormones.

### Understanding Women Health Problems

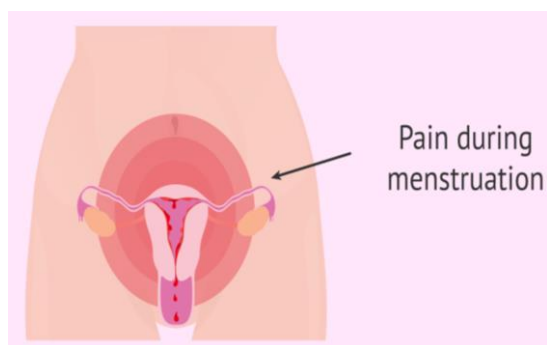
Whether it is down to your genes, lifestyle, emotional strain or some other medical condition, imbalances can lead to trouble. Such problems have a way of getting in the way of your reproductive and mental health as well as your day-to-day life. Since a good deal of women health is about having the right hormonal balance, through the homeopathic treatment you can attain wellness naturally.

Home saga Clinic provides overall care for female health problems. The clinic's approach to women health focuses on hormonal balance.

### Common Gynaecological and Hormonal Issues

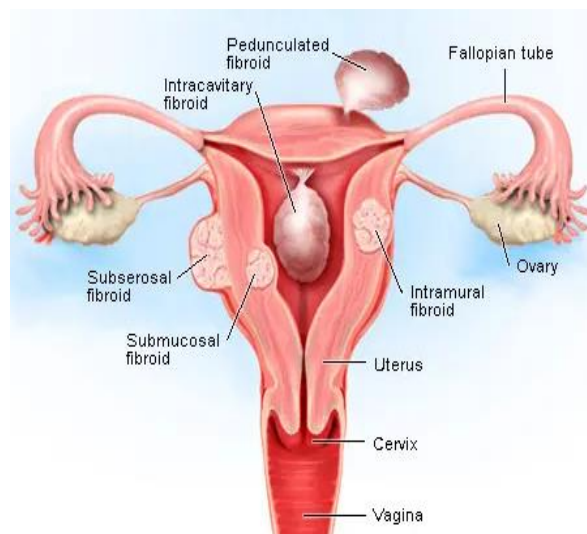
Periods bring plenty of worries for women. Every cycle does not follow the very steady pattern - some runoff schedule now and then. Sometime Late and sometime early arrivals happen. Sometimes period often slips away. Hormonal shifts might stir things up. Stress plays a major role in it. Thyroid trouble sometimes steps in. Then there is PCOS - a quiet disruptor behind the scenes.

Dysmenorrhea is when period is painful, cramps twist through the belly, while ache spreads across the lower back. In this Nausea creeps in, energy drops, exhaustion settles deep. Daily tasks become heavier, sometimes impossible. Life feels during these days feels narrower.



**Representative Images of Dysmenorrhea**

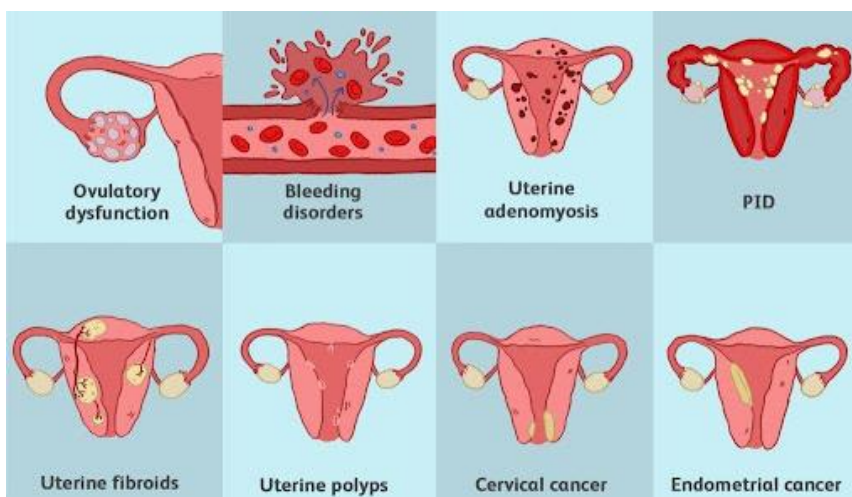
During heavy periods energy drains fast and weakness creeps in. Iron drops low, turning daily tasks into struggles. Mood swings follow, stirred by constant discomfort. Uterine issues often play a role too. During this time blood loss piles up when balance breaks down.



**Representative Images of Uterine issues**

Some women deal with white discharge, known as leucorrhoea. It does not vanish easily, this flow sticks around longer than normal. Infections might trigger it, though low strength or hormone shifts play roles too. Poor care of reproductive organs creates all the problems. Alongside the leak, itching creeps in, sometimes paired with soreness. Pain occurs up now and then, bringing general discomfort along.

Heavy periods can occur alongside extra pounds, spotty skin, or sudden mood swings. Not every woman sees all signs, yet many notice changes in how their body works day to day. When hormones act different or uneven some females find pregnancy harder. Unwanted facial hair sometimes appears without warning. These issues - often linked to ovaries - have been seen more often lately among females.



**Representative Images of common causes of heavy bleeding**

Hormones inside a woman's body might shift unexpectedly. When this occurs, it changes how the skin looks or feels. It causes moods fluctuation, energy levels dip, while the way food gets digested gets disrupted too. Life stress pile up - poor sleep, constant rush - nudging systems off track. Problem in glands sometimes, can affect body's normal functioning. Body rhythms stumble, especially when daily habits lack consistency. Emotional well-being rise and fall without clear cause. Reproductive functions respond sharply to these internal shifts. Skin health also gets impacted.

Change arrives quietly for every woman when menopause begins. Hot flashes might show up without warning, followed by sudden shifts in how she feels each

day. Many women also feel more tired and find that everyday tasks require extra effort. Doing familiar things takes more effort than before. This phase reshapes days in ways that are tough to ignore. Life keeps moving, yet everything seems different somehow.

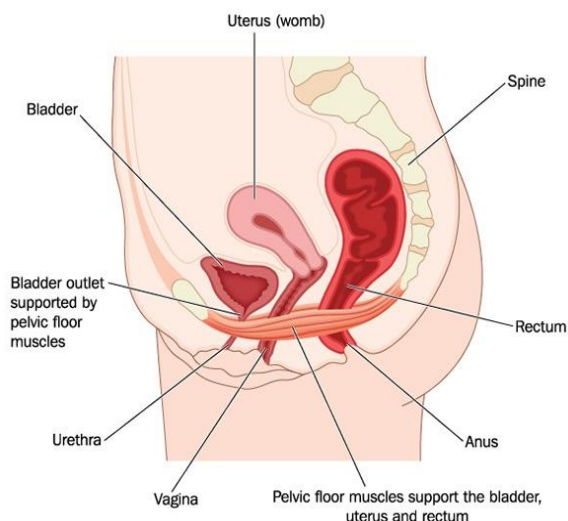
In every women pregnancy isn't easy. Hormone shifts might interfere, along with irregular period cycles, stress, problems inside the uterus, or habits tied to routine choices. Struggling here often weighs heavily on feelings. Stress grows heavier when answers stay out of reach. Hard times often come with trouble having kids. Feelings get heavy when a woman faces this. Many women experience sadness, overthinking, and restless sleep while coping with fertility challenges.



**Representative images of hormonal imbalance**

Some growths on women bodies might show up – fibroids or cysts on the ovaries. This can cause sharp discomfort, heavy blood flow, unpredictable cycles, even a feeling of fullness. Everyone experiences it differently. No two experiences are the same. Such problems hit hard. Waves of hurt in the land of the living. All over the map from person to person.

Not all women get away from repeated bladder problems – each attack is sharp pain, rawness when you go to the bathroom. Then it strikes again and there is often pressure deep in the belly, an ache that lingers. Pills are routine, injections are routine, the daily rhythm is filled with yet another round of medicine. Health wavers under the strain, energy dips, moods change unexpectedly. For some, these visits from infection refuse to stay away, stubborn as weather patterns stuck on repeat.



**Representative images of bladder problems.**

### **Hormones, Emotions, and Monthly Changes: Understanding the Mind–Body Connection** **Body and mind move together, like tides pulled by the same moon**

- Mood swings
- Anxiety and stress
- Irritability
- Emotional sensitivity
- Sleep problems
- Tiredness and low energy

Most people don't know how mood is connected to body changes that happen every month. A fix that ignores feelings often fails down the line. And when healing is slow, body shifts are as important as thought shifts. It takes weeks of consistent habits for some to notice changes. Daily routines that involve quiet time and movement are most healing. When stress slips away quietly, hormones dance a different dance. Mind and tissue tended, Flare ups grow long gaps between. Rest is more important than pushing through fatigue every month.

### **Menstrual & Hormonal Health Concerns in Women: Understanding the Signs and Symptoms**

Periods are a worry for women. Not all cycles are regular – some change without warning. Late arrivals happen. Sudden arrivals. Out of the blue. Hormones may lead to an unbalanced rhythm. Stress too plays a part. The list includes thyroid problems. Then there's PCOS, another piece of the puzzle.

For some women, periods are painful, and doctors call this dysmenorrhea. The belly cramps, sometimes dragging the back down too. Nausea sneaks in, energy drops, fatigue sticks like glue. The weight of discomfort twists daily routines. Those days feel like a heavier life.

Heavy periods can be a real energy drain for some women, zapping energy quickly. Weakness creeps in, fatigue sinks deep. Iron low drops Body tries to keep up Mood swings come right after, uninvited. Fibroids could be causing trouble inside you. Often there's a uterine component. Problems hiding underneath change everything, slowly.

Leucorrhoea is the name given to white discharge in women. This flow does not easily go away but sticks around for longer than usual. Infections might be the cause, but it could also be due to low strength or changing hormones. Sometimes poor care of the reproductive organs adds to the problem. Along with the fluid there's often itching, soreness, discomfort, even ache down below.

Weight changes may be associated with heavy periods. Skin problems can occur as hair grows. Sometimes, there are changes in mood and fertility problems. Women with hormonal imbalances often display these signs simultaneously. The irregular cycles are usually the first sign before the other symptoms.

Out of step is how some hormones get into a woman's body. Things change. Periods change. Acne can occur. Moods can swing. Energy dips. Fertility wobbles. Life pressure piles up, Bad sleep sets in, then glands go haywire. Every day is not wrong, but the ripple is in skin, cycle gaps, tired bones. Chemistry internal leans sideways. Body signals blur.

### **Women's Health Issues: Menopause, Infertility, Fibroids, Recurrent UTIs, and Hormonal Imbalances**

Menopause is a silent transition for all women. Hot flashes may appear first, followed by erratic mood swings. Anxiety hums beneath everyday moments, and irritability sneaks in where serenity once existed. Every morning, fatigue is left behind as sleep becomes scant, restless, and interrupted. Simple activities start to weigh more than they ought to. Yes, life goes on, but in a different way now. Although this change is not abrupt, it is evident. There are days when patience is unexpectedly tested. Fatigue lasts longer than anticipated.

When months go by without a pregnancy, a lot of pressure accumulates. Some women experience sudden, severe problems with their fertility. Cycles may abruptly skip, and hormones may malfunction. Weariness or a strained mind can cause things to veer off course. Unseen barriers may also exist within the uterus. Daily routines, such as eating, sleeping, and moving, subtly influence results. The tension increases as stress builds up on top. The knot gets tighter with every additional concern. A woman may feel a lot of stress if she is having difficulty getting pregnant. Her everyday routine and mood could change at any time.

Cramping may be accompanied by heavy bleeding. Some women feel the pressure, deep down. 'Growths that shouldn't be there and cause problems. Pain can be sharp waves but many forms of pain. Everyone reacts in their own way. Irregular periods are a story few people talk about. What one feels, another may never know. These problems do not announce themselves. Discomfort quietly settles in for some. Some changes take time to unfold.

From time to time some women suffer from recurring bladder problems, with sharp pain and persistent irritation. When flare-ups hit, peeing usually stings, lower stomach regions ache and rounds of medication become routine. Health declines, energy wanes, moods shift without warning.

Dealing with repeat infections isn't just tough - it stretches into daily life, sneaking into routines quietly. For many, it's less about one episode, more about cycles that refuse to fade easily. When hormones shift, moods might too - sometimes without warning.

Most times healing starts when body signals match mood support. A balanced method ties these parts together; lasting results often follow. Health isn't only bones or

bloodwork - thoughts and feelings weigh just as much. Cycles shift, hormones rise or dip, emotions ebb, all needing steady attention. Looking after oneself means noticing every ripple, not just the big waves.

### How Homeopathic medicine benefits women?

Most people find that homeopathy is kind to the body. A lot of women of all ages choose it without worry.

Homeopathic remedies are made by trained experts, but they can still cause reactions. Each one is tailored to fit a person's unique condition because it is designed around their symptoms.

Homeopathy can be good for ongoing care of hormone and women's health issues. Improvement is gradual, but it is consistent over time.

One woman may react in one way but another reacts in a totally different way - homeopathy looks at these gaps. A

tailored plan does not come from symptoms, but how a person feels inside and what makes them who they are.

Homeopathy is more about feeling better in general. It works across mood and mind, rather than trying to take on one issue at a time. Here another path emerges – care defined by balance, not isolated fixes.

It is important to see a homeopathic doctor. Guessing at your remedy, or listening to online tips, may do more harm than good, and delay the right checks.

A person trained in homeopathy examines each person very carefully. Symptoms are as important as habits. A person's diet can provide clues others overlook. Sleep routines are often indications of deeper imbalances. Sometimes feelings matter more than lab results when it comes to making decisions. Previous illnesses influence the course of treatment.



A clearer picture comes to light, as time passes, each small detail adding to it

- Menstrual history
- Hormonal symptoms
- Emotional health
- Lifestyle patterns
- Family history
- General constitution

This one thing makes it easier for each person to choose the right medicine. Health changes over time so checking in now then informs how care moves forward.

### Why Choose Homeosaga Clinic?

At Homeosaga Clinic, care is tailored to the individual needs of each person. First talk about it. Then develop a plan that's just right for you.

Homoeopathy works best when supported by daily habits. A woman's health is often a function of what she eats, how she moves and how she sleeps. Everyday choices shape long term balance. Iron, protein, fibre, fruit and veggies – all keep reproductive systems strong. What appears on your plate is more important than you might think. Balance is often lost when stress becomes chronic. It is equally important to handle it. Slow deep breathing can help. But so can moving gently through stretches.

Daily walking. Rest well. Keeps mood. The body burns fuel better when movement accompanies longer nights of sleep. Staying active, while respecting downtime, creates a smoother flow of energy. Nightly charge determines

clarity of thought next day. Deep rest often comes with the movement to balance inner systems.

Wash hands often. This helps prevent the spread of germs that can cause illness. Staying clean reduces chances of sexual health problems. Seeing a doctor now and then helps find problems early. Specialist check-ups give more clear answers about your health. Routine visits find problems as much as they safeguard well-being.

At Home saga Clinic, care is individual, which makes us different. Treatment plans are not from formulas, but through the individual. Women find support that listens. Deep. Healing at your own pace, guided by homeopathy's gentle strength.

We start a new each time, and our approach evolves from seeing what one person encounters in his or her health journey, truly. Each path evolves by listening carefully and reviewing personal needs closely.

The body type is as important as the mood over time. Personal habits merge with healing in daily routines. Emotional balance, never ignored, changes the approach. Treatment suits who she is, not a hard and fast rule. Better health is sometimes correlated with better hormone function, which can lift mood. When the hormones settle down, everyday life feels more even. Physical systems need to work well together to improve emotional wellness. Life quality changes quietly when little things compound over time.

## CONCLUSION

In homeopathy system the female health issues are treated with care, advice is offered gently, quietly, without judgment. Every talk is private, personal, motivated by respect rather than ritual. Homeopathy aims at improving the well-being of living things over time. It's about sustainable change, not quick fixes.

## Biography

Dr. Vikas Singhal ([drvikassinghal38@gmail.com](mailto: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>).

## REFERENCES

1. M.W. Beal, Women's use of complementary and alternative therapies in reproductive health care, Journal of Nurse-Midwifery, 1998.
2. D.M. Eisenberg *et al.*, Trends in alternative medicine use in the United States, 1990–1997, Journal of the American Medical Association, 1998.
3. Reus, C., & Weiser, M. Effectiveness and tolerability of the homeopathic preparation Hormeel S in women with premenstrual syndrome and menopausal complaints: A prospective observational study. Biological Therapy, 2005; 23(2): 89–95.
4. Nahar, S., & Shil, M. A case of polycystic ovarian syndrome treated with individualized homeopathic

- medicine Thuja occidentalis. Homeopathic Links, 2024; 37(1): 29–34.
5. Yasgur, J. C., & Fisher, P. Homeopathy and premenstrual syndrome: A randomized placebo-controlled trial. British Homeopathic Journal, 1995; 84(1): 13–18.
  6. ACOG Practice Bulletin No. 141: management of menopausal symptoms. Obstet Gynecol 2014; 123:202. Reaffirmed, 2018.
  7. Speroff's Clinical Gynaecologic Endocrinology and Infertility 9<sup>th</sup>.
  8. HOMOEOPATHIC MATERIA MEDICA - By William BOERICKE n.d. 15. A DICTIONARY OF PRACTICAL MATERIA MEDICA By John Henry CLARKE, M.D.
  9. Maftai NM, Nechifor A, Tan B, Elisei AM, Pelin AM, Nechita L, et al. Therapeutic Applications for Homeopathy in Clinical Practice. Adv Ther., 2025; 42: 36–51.
  10. Evaluation of safety profile of homoeopathic mother tinctures [Internet].
  11. Safety of homeopathic polypharmaceutical formulations in homeopathic practice. Scholars Research Library, c2012.