

Homeopathy for the Elderly: Bridging Traditional Wisdom and Modern Longevity Science

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Abstract-- Homeopathy, rooted in the principle of *similia similibus curentur* (“like cures like”), offers a gentle, individualized approach to geriatric care. It addresses chronic conditions, cognitive decline, and age-related health changes while complementing conventional medicine. This article synthesizes repertory insights, case studies, and philosophical frameworks such as Panchkosha, positioning Homeopathy as a divine science that nurtures body, mind, and spirit. References to contemporary research, published works, and longevity conferences highlight its relevance in modern healthcare.

Keywords-- Homoeopathy, Geriatric Care, Panchkosha, Longevity, Complementary Medicine, Divine Science

I. INTRODUCTION

The elderly population faces unique challenges including chronic pain, cognitive decline, polypharmacy, and emotional distress. Homeopathy provides safe, non-invasive remedies that stimulate self-healing mechanisms, making it particularly suited for seniors. Its holistic nature integrates physical, emotional, and spiritual dimensions, aligning with both traditional Indian philosophy and modern longevity science.

II. COMMON USES IN GERIATRIC CARE

- *Joint and Muscle Pain*: *Rhus Toxicodendron* for stiffness improved by movement; *Arnica* for soreness and bruising.
- *Cognitive Health*: *Plumbum Metallicum* for memory decline and cognitive weakness.
- *Sleep Disturbances*: *Coffea Cruda* for insomnia linked to nervous excitability.
- *Digestive Issues*: *Nux Vomica* for sluggish digestion, constipation, and nausea.

III. REPERTORY INSIGHTS

Kent's Repertory

- *Mind – Dullness, old people*: *Ambra Grisea*, *Baryta Carbonica*.
- *Generalities – Old people*: *Conium*, *Lycopodium*.
- *Stomach – Weak digestion*: *Nux Vomica*.

- *Bladder – Involuntary urination*: *Sabal Serrulata*.
- *Respiration – Senile asthma*: *Carbo Veg*, *Antimonium Tart*.
- *Vision – Cataract*: *Calcarea Fluorica*.

IV. PHATAK'S REPERTORY

- *Old people (Aged)*: *Baryta Carb*, *Conium*, *Ambra Grisea*.
- *Asthma*: *Carbo Veg*, *Antimonium Tart*.
- *Constipation*: *Opium*, *Alumina*.
- *Mental dullness*: *Baryta Carb*, *Selenium*.
- *Prostate issues*: *Sabal Serrulata*.

V. KEY REMEDIES FOR AGE-RELATED AILMENTS

- *Baryta Carbonica*: “Geriatric king,” indicated for senile dementia, confusion, hypertension.
- *Lycopodium Clavatum*: Digestive weakness, prostate enlargement, premature aging.
- *Conium Maculatum*: Senile vertigo, slowness in thought and movement.
- *Alumina*: Severe dryness, chronic constipation, lack of vital heat.
- *Arsenicum Album*: Anxiety, restlessness, late-night insomnia.
- *Carbo Vegetabilis*: Collapse states, bloating, desire for fresh air.
- *Ambra Grisea*: Shyness, insomnia due to worry.
- *Crataegus Oxyacantha*: Heart tonic for failing cardiac power.

VI. PANCHKOSHA FRAMEWORK: HOMOEOPATHY AS DIVINE SCIENCE

The **Panchkosha** model from the *Taittiriya Upanishad* describes five sheaths of human existence:

1. *Annamaya Kosha (Physical body)*: Remedies for chronic pain, digestion, fatigue.
2. *Pranamaya Kosha (Vital energy)*: Restoration of vitality and resilience.



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3. *Manomaya Kosha (Mind)*: Emotional healing through *Ignatia, Ambra Grisea*.
4. *Vijnanamaya Kosha (Wisdom)*: Cognitive support with *Plumbum Metallicum, Baryta Carb*.
5. *Anandamaya Kosha (Bliss)*: Spiritual harmony and peace through holistic healing.

Dr. Deepa Warpudkar Rajenimbalkar's book *Panchkosha: Homeopathy a Divine Science* and her JETIR article emphasize this integration, presenting Homeopathy as a divine science that transcends symptom management.

VII. CASE STUDIES

- *Milk Allergy & Bone Tuberculosis*: A 75-year-old professor overcame chronic allergy with *Tuberculinum IM* and *Arsenicum Album 200*.
- *Trigger Finger: Ruta 200* restored mobility and reduced tendon inflammation.
- *Hallux Valgus (Bunion): Calcarea Fluorica, Rhus Tox, and Hypericum* improved pain and mobility.
- *Elderly Couple: Actaea Spicata* relieved wrist pain; *Rumex 200* and *Symphytum* supported respiratory and bone health.

VIII. LONGEVITY SCIENCE AND MODERN INTEGRATION

The **Longevity India Conference 2025** at IISc Bengaluru emphasized biomarkers, aging mechanisms, and holistic elder care. Homeopathy aligns with these goals by offering accessible, culturally rooted, and patient-centered solutions. Its synergy with modern longevity research highlights its relevance in contemporary healthcare.

Lifestyle Pillars for Healthy Aging

In addition to remedies, holistic elder care embraces lifestyle practices that nurture vitality and longevity:

1. *Sunlight*: "Keep your face always toward the sunshine—and shadows will fall behind you." – Walt Whitman
2. *Diet*: "Let food be thy medicine and medicine be thy food." – Hippocrates

3. *Air*: "Fresh air is the elixir of life; breathe deeply and embrace vitality."
4. *Exercise*: "The body achieves what the mind believes; move, and the world moves with you."
5. *Rest*: "A good laugh and a long sleep are the two best cures for anything." – Irish Proverb
6. *Mental Health*: "What mental health needs is more sunlight, more candor, and more unashamed conversation." – Glenn Close

These pillars resonate with the **Panchkosha framework**, ensuring balance across physical, vital, mental, intellectual, and spiritual dimensions.

IX. DISCUSSION

Homeopathy's individualized approach harmonizes body, mind, and spirit. Unlike conventional medicine, which isolates symptoms, Homeopathy integrates physical and emotional dimensions. Its compatibility with longevity science and Panchkosha philosophy makes it a valuable adjunct in elder care.

X. CONCLUSION

Homeopathy provides compassionate, safe, and effective care for seniors. Through repertory-guided remedies and philosophical integration with Panchkosha, it enhances longevity and quality of life. As a divine science, it bridges tradition and modernity, offering hope and healing for aging populations.

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