

A Homoeopathic Approach in Managing Fatty Liver (Grade 1) with Cystitis: A Case Report

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Abstract

This case study explains the management of a 38-year-old female patient with Grade 1 fatty liver and recurrent cystitis. The patient complained of burning micturition, increased frequency of urination, discomfort in the right upper abdomen, and fatigue. Along with lifestyle changes, an individualized homeopathic treatment was given, selected based on every aspect of symptoms and symptom-based miasmatic analysis. The patient's general health and urine problems significantly improved after a two-month period. On November 1, 2025, a follow-up USG showed that the liver status had returned to normal, and the urine examination was within normal ranges. This example highlights how individualized homeopathy can be used to treat urinary and metabolic diseases, providing a holistic, patient-centred treatment method.

Keywords- Individualized Homoeopathic Treatment, Miasmatic analysis, Fatty liver grade1, Cystitis, Holistic management, Constitutional approach

Introduction^(1,2)

Excessive fat accumulation within hepatocytes is the characteristic of fatty liver, a common metabolic condition that can be caused by a range of dietary, lifestyle, and metabolic factors. It is more common in individuals who have dyslipidaemia, obesity, insulin resistance, and sedentary lifestyles. In its early stages (Grade 1), fatty liver may not cause any symptoms, but some individuals may have lethargy, minor upper abdomen pain on the right side, and digestive problems, including indigestion or bloating. Fatty liver may develop into more serious conditions, including cirrhosis, fibrosis, or steatohepatitis, if treatment is not provided. To avoid the progression of the disease and its related metabolic disorders, early detection and treatment are important.

Urinary urgency, increasing frequency, dysuria, suprapubic discomfort, and irregular haematuria are symptoms of recurrent cystitis, which is described as recurrent inflammation of the bladder that is typically caused by a bacterial infection. If left untreated, it can seriously impair the patient's quality of life and result in long-term urinary tract issues.

Homeopathy provides a particular constitutional approach to treatment that treats the patient's general physical, mental, and emotional state along with the symptoms that are already present. To be able to select the best homeopathic remedies, symptom-based miasmatic analysis helps to identify underlying chronic tendencies, such as Psoric tendencies that tend to metabolic disturbances or sycotic tendencies that tend to frequent infections.

Epidemiology^(3,4)

About 25–30% of people worldwide suffer with fatty liver, one of the most common chronic liver diseases. Fatty liver is becoming more prevalent among people in India, particularly women between the ages of 30 and 50, as a result of changes in lifestyle and sedentary behaviours.

Women are also very likely to get cystitis, a lower urinary tract infection. 50–60% of women worldwide will at some point in their lives have a UTI. The occurrence among adult females in India is still high and is often linked to lifestyle choices, inadequate cleanliness, and dehydration.

If combined together, these epidemiological trends demonstrate the growing prevalence of urinary tract and metabolic problems in women as well as the value of individualized treatment.

Case History

Personal Data

Name: XYZ

Age: 38

Sex: Female

Marital status: Married

Dated: 1-9-25

Presenting Complaints

The patient complained of discomfort in abdomen since 2 months which aggravate after meals. She also complained of frequency of urination increase especially at night along with burning sensation during micturition, appetite reduce and mild weakness and fatigue is present.

History of presenting complaint

The patient experienced mild burning 2 months ago, gradually worsening. Frequency of urination increased and disturbed sleep. Appetite decreased. No history of fever, flank pain, stones, or recurrent urinary infections.

Family History: In the last six months, her father underwent major heart surgery. Mother was still alive and well. Among her two sisters, she is the oldest daughter.

Physical Generals

- **Appetite-** Reduced
- **Desire-** Sweets
- **Urine-** Burning sensation in urethra while passing urine and frequency increased specially at night, yellowish discoloration present sometimes.(D₅₋₆N₇₋₈)
- **Sleep-** Disturbed sleep, frequently wakes up to urinate, only sleep up for 3-4 hrs. Unrefreshed on waking up.
- **Perspiration-** Present in back, axilla and head, offensive.
- **Thermal** – Hot Patient

Mentals Generals

The patient has been experiencing persistent anxiety since a major financial loss due to robbery about a six months ago. She shows irritability over minor issues, suppressed anger and reduced confidence during physical weakness. She fears darkness, preferring to sleep in lighted room.

Diagnosis: Cystitis with Grade I fatty liver

Table 1. Analysis of Symptoms

Mental General	Physical General	Particular General
Irritability	Appetite Reduced	Discomfort in abdomen after meals
Anger Suppressed	Urine burning and frequency increased at night (D ₅₋₆ N ₇₋₈)	Frequency of urination increases specially at night along with burning while micturition
Fear of Darkness	Desire-Sweets	Mild weakness and fatigue
Confidence low due to physically weakness	Sleep disturbed due to urination	
Anxiety after financial loss	Thermal- Hot	

Table 2: Miasmatic Analysis

Symptoms	Miasm	Intensity
Irritability and anger suppressed	Psora	++++
Fear of darkness	Psora/Tubercular	+++
Low confidence due to physical weakness	Psora/Syphilis	+++
Anxiety after financial loss	Tubercular/Psora	++++
Mild weakness and fatigue	Psora/Syphilis	+++
Appetite reduced	Psora	++
Desire for sweets	Psora	++++
Burning during urination and increased frequency at night	Psora/Tubercular	+++
Upper abdominal discomfort after meals	Psora	++

The patient presents a mixed miasmatic picture, predominantly Psoric with secondary Tubercular and mild Syphilitic tendencies.

Totality of symptoms

- Irritability
- Suppressed anger
- Fear of darkness
- Low confidence
- Anxiety after financial loss
- Weakness and fatigue
- Appetite reduced
- Disturbed sleep
- Desire for sweets
- Burning during urination
- Frequent urination at night
- Abdominal discomfort after meals

Table 3: Reportorial Totality (7)

Symptoms	Chapter/Rubrics
Irritability	MIND-Irritability
Anger suppressed	MIND-AILMENTS FROM- anger suppressed
Fear of dark	MIND- FEAR-dark of
Confidence low	MIND-CONFIDENCE-want of self confidence
Weakness	GENERALS- WEAKNESS
Fatigue	GENERALS- Weariness
Appetite reduced	STOMACH- APPETITE-diminished
Sweets desire	GENERALS –FOOD AND DRINKS- sweets-desire
Discomfort in abdomen eating after	ABDOMEN-RESTLESSNES,uneasiness,etc.-eating after
Burning in urine	URINE-BURNING
Frequent urination	URINE- SCANTY, frequent, and
Anxiety due to financial loss	MIND-AILMENTS FROM-money, from losing

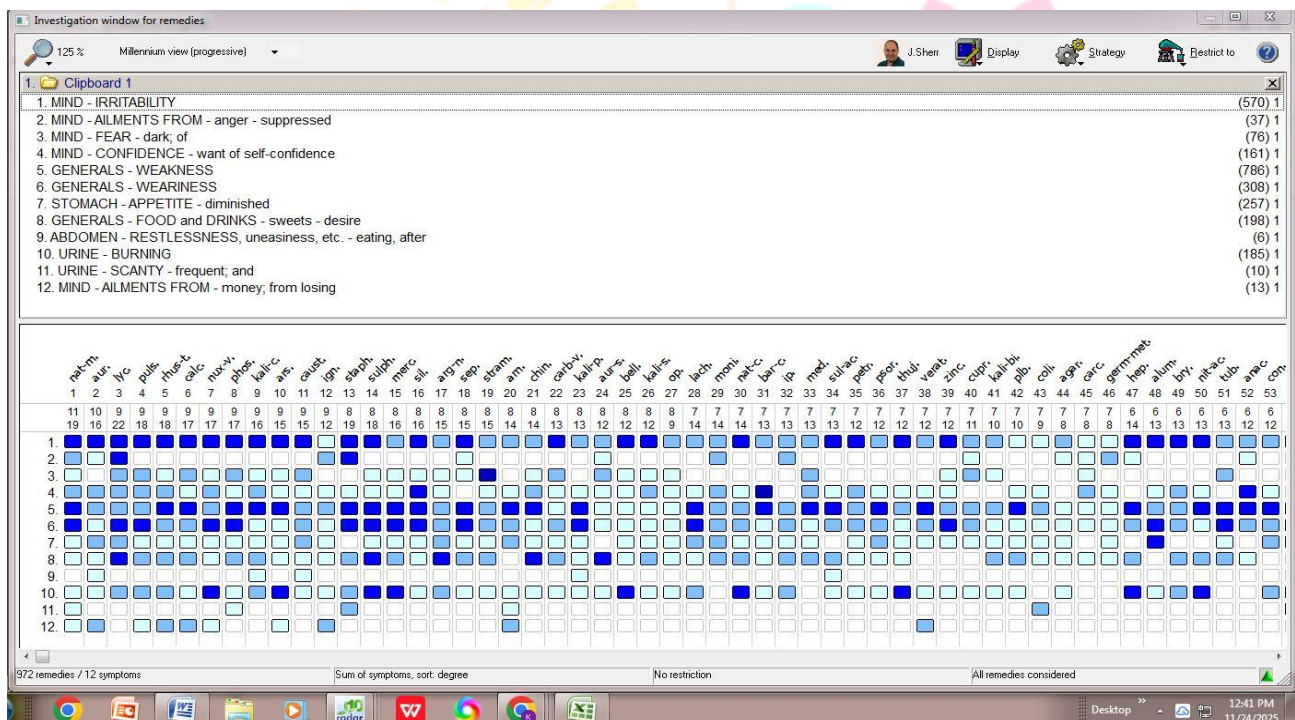


Fig 1: Reportorial Sheet

Table 4: Reportorial Analysis

S.NO.	Remedies and their Relative Values
1.	LYCOPODIUM- 22/9
2.	NATRUM MUR 19/11
3.	AURUM- 19/10
4.	PULSATILLA- 18/9
5.	RHUS TOX- 18/9

The Remedy

Lycopodium 200 single followed by rubrum.

After carefully evaluating the patient’s case history and considering all their symptoms, a remedy was selected using the RADAR Version 10 software. Finally, it was decided that lycopodium was the most appropriate remedy for this case, spanning the entire spectrum, including the overall physical, mental and thermal picture. Lycopodium, Natrum mur, Aurum, Pulsatilla and Rhus tox all met most of the criteria and received a better grade. The remedy is once again confirmed using a reference from the materia medica. When confirmed the remedy from several books, the following aspects were considered ^(5,6)

1. Irritability and low confidence
2. Abdominal discomfort after eating
3. Burning in urination

Table 5: Follow Up

Date	Symptoms	Remedy
1/9/2025	Abdominal discomfort after meals Frequent urination and burning in urination Sleep disturbed	Lycopodium 200/1 dose Rubrum 30/TDS/15 Days
16/9/2025	Slight relief in abdominal discomfort Slight relief in urination No new symptoms	Rubrum 30/TDS/15 Days
1/10/2025	Relief in abdominal discomfort Sleep better Slight relief in urination	Rubrum 30/TDS/15 Days
16/10/2025	Relief in urination No new symptoms	Rubrum 30/TDS/15 Days
1/11/2025	Patient better with cure in all symptoms	Rubrum 30/TDS/1 month

Reports

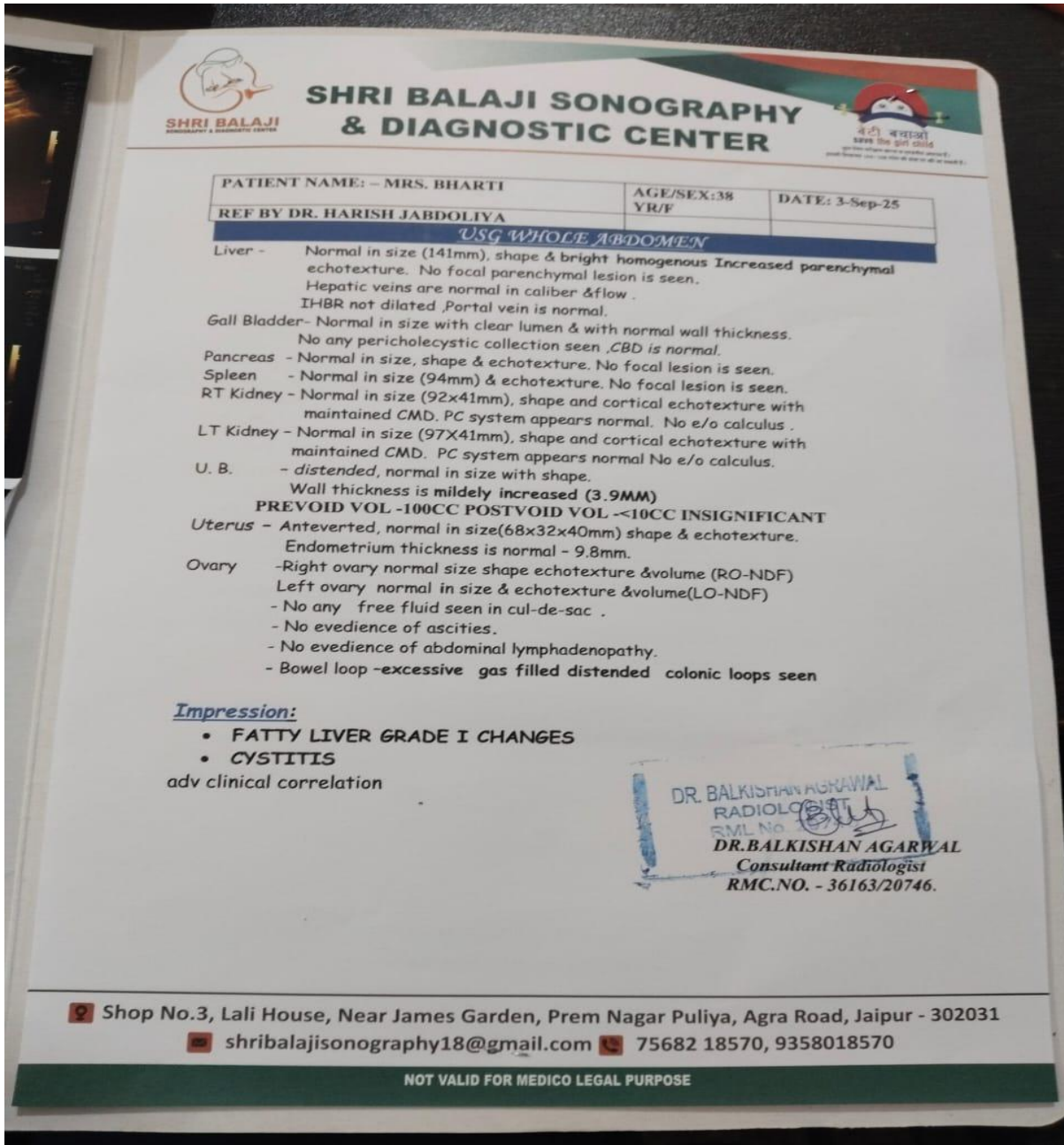


Fig 2 : Before Report



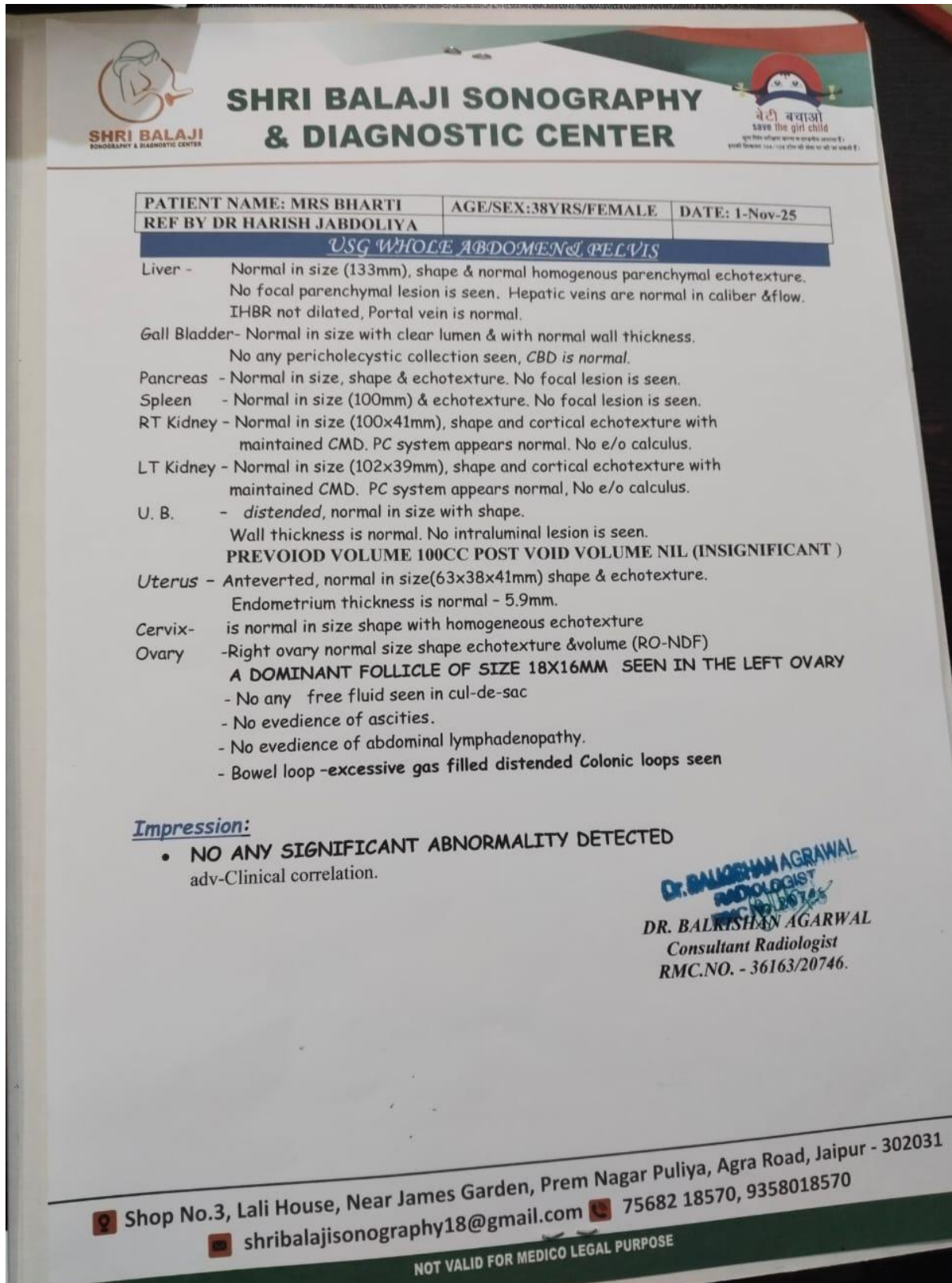


Fig 3: After Report

Result and Discussion

Individualized homoeopathic intervention may be a viable alternative in the treatment of Fatty liver grade 1 with cystitis, even though more study with a better methodology is needed.

Conclusion

Within two months, patients with Grade I fatty liver and cystitis who received individualized homeopathic treatment fully recovered both clinically and radiologically. The long-term improvement and selection of remedies were significantly enhanced by a miasmatic understanding.

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