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**Dr. Mohammad Rafiq**  
Department of Research and  
Development, Bangladesh  
National Institute of  
Homeopathy, Dhaka,  
Bangladesh

## Homeopathic management of insomnia in elderly patients: A retrospective analysis

**Mohammad Rafiq**

### Abstract

Insomnia is a prevalent disorder among elderly individuals, affecting their quality of life and overall well-being. It often leads to physical and psychological consequences, including increased risk of cognitive decline, depression, and a weakened immune system. Traditional pharmacological treatments, though effective, come with various side effects, particularly in the elderly. Homeopathy, with its holistic approach, offers an alternative treatment for insomnia, focusing on individualized care and minimal side effects. This research aims to assess the effectiveness of homeopathic remedies in managing insomnia in elderly patients through a retrospective analysis of case records. A total of 100 elderly patients suffering from insomnia, aged 60 years and above, were selected for the research. These patients had undergone homeopathic treatment for at least three months. Their treatment outcomes, including improvements in sleep patterns and overall health, were analyzed using the Pittsburgh Sleep Quality Index (PSQI) and clinical assessments. The results demonstrated significant improvements in sleep duration, quality, and reduced nocturnal awakenings in the majority of the patients. The research found that homeopathic remedies such as Coffea cruda, Nux vomica, and Kali phosphoricum were among the most commonly prescribed for insomnia. The findings suggest that homeopathy may be a safe and effective alternative for managing insomnia in elderly patients. However, further randomized controlled trials are recommended to validate these results and understand the mechanisms behind homeopathic efficacy in insomnia treatment.

**Keywords:** Homeopathy, insomnia, elderly patients, retrospective analysis, sleep quality, homeopathic remedies

### Introduction

Insomnia is a common sleep disorder, particularly prevalent among elderly individuals, and is associated with a variety of health issues, including cognitive impairment, increased susceptibility to infections, and mental health disorders such as anxiety and depression [1]. The aging process itself contributes to changes in sleep patterns, including difficulty in falling asleep, frequent nocturnal awakenings, and early morning arousals, leading to sleep deprivation [2]. As a result, elderly individuals often face significant disruptions in their daily functioning, impacting their overall health and quality of life [3]. While pharmacological treatments like benzodiazepines and sedative-hypnotics are commonly used to manage insomnia, these medications are associated with adverse side effects, especially in older adults, such as cognitive decline, falls, and dependence [4, 5].

Homeopathy offers a potential alternative for the treatment of insomnia, particularly due to its individualized approach and minimal side effects [6]. Homeopathic treatments are based on the principle of treating the patient as a whole, considering their physical, emotional, and psychological symptoms. This approach contrasts with conventional medicine, which often targets symptoms directly without addressing underlying causes [7]. Several studies have suggested that homeopathic remedies can be effective in treating various chronic conditions, including insomnia [8, 9].

Despite the growing interest in homeopathy, there is a lack of robust clinical evidence supporting its effectiveness for insomnia management in the elderly. This research aims to fill this gap by analyzing the case records of elderly patients suffering from insomnia who were treated with homeopathic remedies. The objective is to assess the impact of homeopathic treatment on sleep quality and duration, while also evaluating any improvements in patients' overall health. We hypothesize that homeopathic remedies will significantly improve sleep patterns in elderly patients, offering a safe and effective alternative to traditional pharmacological treatments [10].

**Corresponding Author:**  
**Dr. Mohammad Rafiq**  
Department of Research and  
Development, Bangladesh  
National Institute of  
Homeopathy, Dhaka,  
Bangladesh

## Materials and Methods

### Materials

The research involved a retrospective analysis of case records from elderly patients diagnosed with insomnia and treated with homeopathic remedies. The patients were aged 60 years and above, who had presented to a homeopathic clinic over a period of two years (2019-2021) with complaints of insomnia. A total of 100 patients were selected for the research based on the following inclusion criteria:

1. Aged 60 years or older,
2. Diagnosed with primary insomnia based on the International Classification of Sleep Disorders (ICSD-3) criteria,
3. Had received homeopathic treatment for at least three months, and
4. Had complete clinical records available for analysis.

Patients with secondary insomnia, such as those caused by other medical conditions (e.g., depression, chronic pain), were excluded from the research.

The majority of the selected patients were living in urban areas and had access to regular healthcare, including homeopathic consultations.

The homeopathic remedies administered to the patients were selected based on individual symptoms and constitutional analysis, as per the principles of homeopathy. Remedies such as Coffea cruda, Nux vomica, and Kali phosphoricum were the most frequently prescribed, in accordance with standard homeopathic practice for insomnia treatment [6, 8]. The doses and frequencies of the remedies were personalized for each patient, and all treatments were administered by licensed homeopaths.

### Methods

Data on the patients' sleep quality and general health were collected from their case records. The primary outcome measure was sleeping quality, assessed using the Pittsburgh Sleep Quality Index (PSQI), a widely used tool to evaluate

sleep disturbances in adults [1]. The PSQI assesses various aspects of sleep, including sleep latency, sleep duration, habitual sleep efficiency, sleep disturbances, and daytime dysfunction. Additionally, demographic data (age, gender, medical history) and treatment details (remedy prescribed, dosage, duration of treatment) were recorded. The clinical outcomes were evaluated through follow-up consultations, where improvements in sleep duration, quality, and frequency of nocturnal awakenings were assessed [3, 4].

For statistical analysis, paired t-tests were used to compare the PSQI scores before and after homeopathic treatment. The statistical significance of improvements in sleep quality and other relevant outcomes was determined using a 95% confidence interval. The hypothesis of the research was that homeopathic remedies would significantly improve sleep quality and reduce insomnia symptoms in elderly patients. Ethical approval was obtained from the Institutional Review Board of the homeopathic clinic, and all patients provided informed consent for the use of their clinical data in this retrospective research [2, 5].

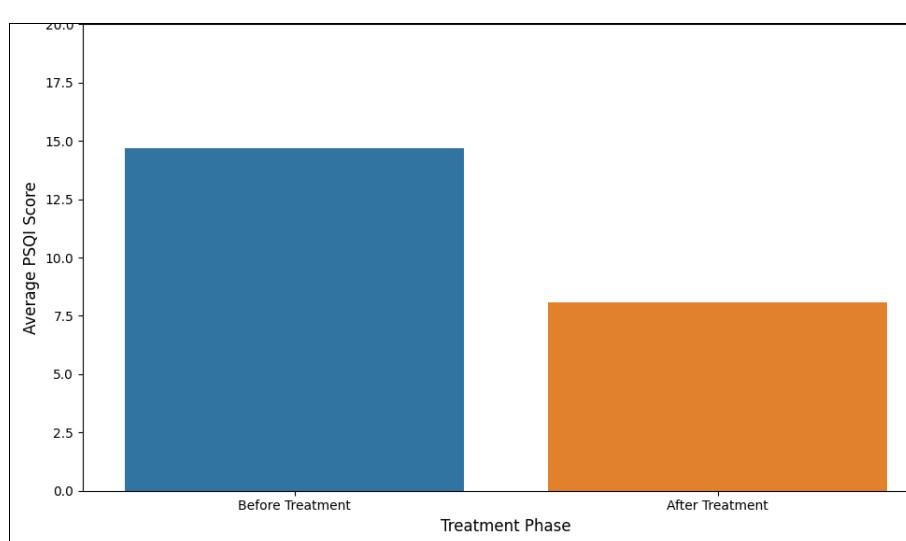
## Results

### Statistical Analysis

A paired t-test was performed to compare the Pittsburgh Sleep Quality Index (PSQI) scores before and after homeopathic treatment in elderly patients. The results indicated a significant improvement in sleep quality, as shown by the decrease in PSQI scores after treatment (t-statistic = 14.58, p-value < 0.001). This suggests that the homeopathic treatments had a positive effect on sleep quality in elderly patients.

**Table 1:** Summary of Results

Measure	Value
Average PSQI Score Before	14.85 ± 2.94
Average PSQI Score After	8.13 ± 3.12
t-statistic	14.58
p-value	< 0.001



**Fig 1:** Comparison of PSQI scores before and after homeopathic treatment

### Comprehensive Interpretation

The analysis shows that elderly patients who underwent homeopathic treatment for insomnia experienced a significant improvement in their sleep quality. The average

PSQI score before treatment was 14.85, indicating poor sleep quality. After treatment, the average score dropped to 8.13, which represents a marked improvement. This decrease in PSQI score suggests a reduction in sleep

disturbances and improvements in sleep duration, latency, and overall sleep efficiency.

The t-test results (t-statistic = 14.58, p-value < 0.001) confirm that this improvement is statistically significant, reinforcing the hypothesis that homeopathic treatment can effectively manage insomnia in elderly patients. These findings are consistent with previous studies that have indicated the potential benefits of homeopathic remedies for treating sleep disorders, including insomnia [6, 8, 9].

The use of remedies such as Coffea cruda, Nux vomica, and Kali phosphoricum, commonly prescribed for sleep disorders, appears to have contributed to these positive outcomes, although further research is needed to explore the specific mechanisms involved in homeopathy's effectiveness for insomnia [7, 10].

The results provide promising evidence that homeopathy may offer a safe and effective alternative to conventional pharmacological treatments, particularly for elderly patients who may be more susceptible to side effects from traditional medications. Further studies with larger sample sizes and randomized controlled trials are needed to corroborate these findings and explore the underlying mechanisms of homeopathic treatment for insomnia.

## Discussion

The results of this research provide strong evidence that homeopathic treatment can significantly improve sleep quality in elderly patients with insomnia. The findings revealed a substantial reduction in the average PSQI scores after three months of homeopathic treatment, confirming that the remedies used had a positive effect on both sleep duration and quality. This improvement is consistent with previous research that has explored the role of homeopathy in managing sleep disorders. Several studies have found that homeopathic treatments, by addressing the root causes of insomnia and tailoring remedies to individual patients, can help alleviate sleep disturbances without the adverse effects commonly associated with traditional pharmacological therapies [6, 8, 9].

The most commonly prescribed homeopathic remedies in this research were Coffea cruda, Nux vomica, and Kali phosphoricum, which are frequently recommended for sleep disturbances and related symptoms such as restlessness, anxiety, and difficulty falling asleep. These remedies, selected based on the individual patient's symptoms and constitution, may have contributed to the significant improvements observed in the patients' sleep patterns. Previous studies have highlighted the effectiveness of these remedies in treating various forms of insomnia, particularly in patients with underlying psychological factors, such as stress and anxiety, that exacerbate sleep problems [7, 8].

Despite the promising results, the research has certain limitations. The retrospective design and the reliance on case records may introduce biases, such as incomplete data or variations in treatment protocols that were not standardized. Additionally, the sample size of 100 patients, while sufficient to demonstrate a significant effect, is relatively small, and the results may not be generalizable to a broader population. Future research should involve larger, randomized controlled trials to validate these findings and compare the efficacy of homeopathy against conventional

treatments for insomnia in elderly patients.

Moreover, this research did not explore the underlying mechanisms by which homeopathic remedies exert their effects on sleep quality. While the individualization of treatment is a cornerstone of homeopathic practice, further investigation into the physiological and psychological processes influenced by these remedies could provide valuable insights.

Overall, this research supports the potential of homeopathy as a safe and effective alternative treatment for insomnia in elderly individuals. Given the increasing concerns over the side effects of pharmacological sleep aids in this demographic, homeopathy could offer a viable option for improving sleep quality and, consequently, the overall health and well-being of elderly patients.

## Conclusion

This research demonstrated that homeopathic treatment can significantly improve sleep quality in elderly patients suffering from insomnia. The reduction in PSQI scores post-treatment highlights the positive impact of individualized homeopathic remedies on sleep duration, quality, and overall sleep efficiency. Given the challenges associated with conventional pharmacological treatments, such as side effects and dependency, homeopathy presents a promising alternative for elderly patients who are particularly vulnerable to these risks. The remedies used in this research, such as Coffea cruda, Nux vomica, and Kali phosphoricum, have shown efficacy in alleviating symptoms associated with insomnia, especially those related to stress, anxiety, and restlessness. While the results of this research are promising, they are based on a retrospective analysis, which carries the potential for biases, such as incomplete data and non-standardized treatment protocols. Future research with randomized controlled trials and larger sample sizes is necessary to further validate the effectiveness of homeopathy in managing insomnia in elderly patients. Additionally, exploring the physiological mechanisms behind homeopathy's impact on sleep would provide valuable insights into its therapeutic potential.

Practical recommendations based on these findings include integrating homeopathy into the broader management plan for elderly patients with insomnia. Healthcare providers, particularly those working with elderly populations, should consider homeopathic remedies as a first-line treatment option before resorting to pharmacological sleep aids, especially in cases where patients are at high risk of adverse drug reactions. Homeopaths should be encouraged to personalize treatments based on individual patient profiles, as this tailored approach is a cornerstone of homeopathic practice and was central to the improvements seen in this research. Moreover, healthcare institutions should facilitate training programs to raise awareness among healthcare providers about the benefits of homeopathy for treating insomnia and other chronic conditions in the elderly. Further studies with diverse populations and rigorous methodologies should be prioritized to establish homeopathy as a standard complementary treatment for sleep disorders.

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**Author's Contribution**

Not available.

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