

**PARKINSON'S DISEASE AND ITS HOMOEOPATHIC
MANAGEMENT**

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Article Received on 15 March 2026,
Article Revised on 05 April 2026,
Article Published on 16 April 2026

<https://doi.org/10.5281/zenodo.19590707>

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How to cite this Article: Dr. Somendra Yadav^{*1}, Dr. Ankita Srivastava², Dr. Lukky Chauhan³, Dr. Aishwarya Pratap Singh⁴, Rashi Pathak⁵, Akshita Goyal⁶ (2026). Parkinson's Disease And its Homoeopathic Management. World Journal of Pharmaceutical Research, 15(8), 281-284.

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ABSTRACT

Parkinson's disease (PD) is a long-term, progressive neurodegenerative condition that is primarily characterized by motor dysfunction, including bradykinesia, stiffness, and tremors. Homoeopathy provides a customized, all-encompassing method for managing symptoms and enhancing quality of life. Despite its widespread usage as an adjunctive treatment, there is still little scientific proof, and more study is needed.^[1]

INTRODUCTION

Parkinson's disease results from a dopamine deficit brought on by the loss of dopaminergic neurons in the brain's substantia nigra. Disturbances in voluntary movement and coordination follow from this. In addition to being a motor ailment, Parkinson's disease also involves cognitive, emotional, and autonomic dysfunctions.

Etiology

- Genetic tendency
- Environmental toxins (pesticides, heavy metals)
- Aging (common after 60 years)
- Oxidative stress and neuroinflammation^[3]

Clinical Features

- Tremor at rest
- Stiffness of the musclesMuscle rigidity
- Symptoms of motor functionPostural instability
- Non-motor Symptoms
- Depression and anxiety
- Sleep disturbances
- Constipation
- Cognitive decline^[3]

Pathophysiology

- Loss of dopaminergic neurons in substantia nigra
- Formation of Lewy bodies (α -synuclein deposits)
- Neuroinflammation and oxidative damage^[3]

Homoeopathic Approach^[4]

Based on the idea that "Similia Similibus Curentur" (like cures like), homoeopathy emphasizes customized treatment that takes into account mental, emotional, and physical symptoms.^[4]

Key Principles

- Individualization of remedy
- Totality of symptoms
- Constitutional treatment
- Minimum dose

Common Homoeopathic Remedies in Parkinsonism^[5]

1. Zincum Metallicum

- Tremors, restlessness, fidgety feet
- Nervous exhaustion
- Suggested due to similarity with Parkinson's Disease symptoms

2. Lycopodium Clavatum

- Right-sided complaints
- Weak memory, digestive issues
- Shown neuroprotective effects in experimental models

3. Gelsemium

- Trembling with weakness
- Lack of coordination
- Dullness and dizziness

4. Causticum

- Paralytic weakness
- Progressive muscular stiffness
- Speech difficulty

5. Hyoscyamus

- Involuntary movements
- Twitching and jerking

Role of Homoeopathy in Parkinson's Disease^[6]

- Helps in symptom management
- Improves quality of life
- May reduce progression-related discomfort
- Can be used alongside conventional therapy

However, it is important to note

- No proven cure through homoeopathy
- Works best as complementary therapy

Evidence and Research^[7]

- Many patients use complementary therapies including homoeopathy in India and worldwide.
- Some experimental studies (e.g., *Lycopodium*, *Zincum metallicum*) show potential neuroprotective effects.
- Clinical evidence is still limited and inconsistent.
- Major organizations state that there is no strong scientific proof supporting homeopathy in Parkinson's Disease.

Limitations^[8]

- Lack of large-scale clinical trials
- Variability in individual response
- Cannot replace conventional treatment (e.g., levodopa therapy)

CONCLUSION

Homoeopathy provides a holistic and individualized approach in Parkinson's disease, mainly focusing on symptom relief and improving quality of life. While it is widely used as a complementary therapy, strong scientific evidence is still lacking, and it should be used under medical supervision along with conventional treatment.

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