



## Enhancing Quality of Life: The Integrative Role of Homoeopathy in Palliative Care

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### ABSTRACT

Palliative care focuses on improving the quality of life for patients with chronic, debilitating, or terminal illnesses. Homoeopathy, as a holistic and individualized system of medicine, plays a significant role in alleviating pain, reducing suffering, and enhancing overall well-being in palliative care settings. This article explores the scope of homoeopathy in palliative care, its principles, and its effectiveness in addressing physical, emotional, and psychological distress.

**Keywords:** Homoeopathy, palliative care, symptom relief, quality of life

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### Introduction

Homoeopathy is an alternative system of medicinal therapeutics discovered in 1796 by the great physician Dr. Christian Friedrich Samuel Hahnemann. It is based upon the principle of “Similia Similibus Curantur”-like cure by like’, which signifies that a remedy selected for the treatment of a natural disease shall be the one that is capable of producing a range of similar symptoms in a healthy person. Therefore, the precondition to call a substance a homoeopathic remedy is its ability to produce a similar set of symptoms on healthy human volunteers during the course of its clinical trial.

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### Palliation :

#### Word Meaning:

Palliation: (PA-lee-AY-shun) to relieve, to alleviate or to ease.

#### Definition:

Temporarily relief of the most annoying symptoms of the disease in order to ease the distressed state of the patient.

We can make a patient more comfortable by the art of palliation by use of a well selected Homoeopathic remedy. Palliation is Possible and permissible sometimes.

When death is near and something quick has to be done, a gradual stimulation of the vital organs is possible; no disease will be removed on cured in this matter. In exceptional cases palliation is used as an anaesthetic. Palliation is a temporary relief of a symptom before the disease is cured.

The use of the laws of similia are also used in palliation of incurable diseases. This holds a permanent “hope” for the patient. Patients can be made comfortable. Will relieve the agony of death.

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### Dr. H.A. Roberts on Palliation

The principle of homoeopathy is based on the law of similars, which applies not only to curing diseases but also to alleviating suffering in incurable conditions. The use of narcotics and sedatives suppresses symptoms, interfering with the body's natural elimination processes. This suppression prevents a clear understanding of the patient’s true condition, making proper treatment nearly impossible. Moreover, narcotics create dependency, requiring increasing doses to maintain their effect. This cycle ultimately weakens the patient, leaving them in a confused and semi-conscious state, rather than allowing them to live out their remaining time as comfortably and peacefully as possible.

Many medicines are used in ways that weaken the body's natural response instead of supporting it. They are given in strong doses, without considering the body's natural healing process. These medicines do not truly cure the disease but only provide temporary relief or suppress symptoms. In the long run, they can make the patient worse or even create new health problems by overwhelming the body with artificial drug effects. The disease is not truly defeated; rather, a stronger force takes over, leading to a deceptive sense of recovery.

When we deal with incurable conditions, giving the most similar homeopathic remedy often improves the patient's condition for at least a few days, sometimes longer. Symptoms may return, but repeating the right remedy can help again. In serious cases, where the entire body is affected and the vital energy is nearly exhausted, multiple symptoms appear as the body weakens. Sometimes, one symptom or a particular set of symptoms becomes dominant and troublesome. In such situations, we must carefully review the case and check whether the selected remedy still matches the patient's condition. If it does, the patient can be made more comfortable, even in difficult circumstances.

1) In advanced cases where irreversible pathological changes have occurred, administering a closely matching remedy generally brings relief for at least a few days, often longer. If symptoms return, the same remedy can be given again as needed. This approach helps improve the patient's comfort and overall well-being.

2) In cases of insomnia, using crude palliative measures may induce sleep, but it is often unnatural and unrefreshing. However, if insomnia is viewed as part of the patient's overall symptom picture and treated holistically, addressing the individual rather than just one or two symptoms, the person will achieve natural, restorative sleep along with overall improvement in health.

3) Pain: When the symptom of pain itself is complete, with the location, type, aggravations, ameliorations and concomitants (which may lie in the conditions of aggravation or amelioration but which are often from seemingly unrelated symptoms) a carefully selected remedy will relieve the pain promptly, and the patient will be much more comfortable and happier in general than with any narcotic.

4) In surgical cases, homeopathic medicines can serve as an alternative to narcotics, both before and after surgery. The right remedy can significantly ease the patient's mental and physical distress, promoting a smoother recovery. The choice of remedy is guided by the patient's overall symptom picture as well as specific post-surgical issues like lacerations, excessive vomiting, shock, or trapped gas.

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### **Dr. James Tayler kent on Palliation**

The physician who applies the single remedy in potentized form under the Law of Cure any length of time will easily be convinced that there is no other way of palliation that holds out any permanent hope for the patient.

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### **Conclusion**

Homeopathic treatment focuses on the symptoms of the patient. While each person nearing the end of life may experience different symptoms, homeopathic remedies can help make the process more comfortable. They offer a holistic and conscious way for families to support their loved ones through this difficult time.

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