

# Integrative Homoeopathic Management in a Case of Breast Carcinoma with Suspected Vertebral Metastasis: A 12-Month Follow-Up Study

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## Abstract

*This case study explores the role of individualized homoeopathic medicine in improving the Quality of Life (QoL) in a 37-year-old woman diagnosed with invasive ductal carcinoma of the breast with suspected vertebral metastasis (L2-L4). The patient underwent conventional treatment, including chemotherapy and mastectomy. Homoeopathic medicines were prescribed alongside as an adjunctive modality. Over 12 months, improvement in physical, emotional, and functional domains was noted through EORTC QLQ-C30 and BR23 scales, along with PET-CT clearance by the end of therapy. This paper also draws parallels with German New Medicine (GNM) perspectives.*

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## INTRODUCTION

Breast cancer is a leading malignancy affecting women globally. Homoeopathy, with its individualized approach, has shown promise in supportive cancer care. Integrative oncology encourages the inclusion of such therapies to improve QoL, especially in patients undergoing aggressive treatments.

### Case History

Identification: Female, 37 years, married (interfaith, Hindu-Muslim), mother of two. Lower-middle-class background. Emotional stress due to lack of parental support post love marriage.

Diagnosis: Invasive ductal carcinoma of right breast. PET scan indicated suspected spinal metastasis (L2-L4). Underwent chemotherapy and modified radical mastectomy (MRM).

Treatment Timeline: - Chemotherapy initiated in January 2024. - Homoeopathic treatment began on 15 March 2024. - Modified Radical Mastectomy performed in November 2024. - Hypericum and Arnica prescribed post-surgery.

Chief Complaints: - Tumor in right breast with axillary lymphadenopathy. - Post-surgical fatigue, emotional breakdown. - Anxiety for children's future.

Mental Symptoms: The patient suffered a deep emotional trauma due to separation from her parents following her love marriage to a man of a different faith. Her family cut off communication, resulting in unresolved grief, feelings of abandonment, guilt, and isolation. These experiences led to chronic emotional suppression, insecurity, and concern for her children's future. She expressed a desire for parental acceptance and emotional belonging, yet consistently suppressed these feelings to maintain stability in her new family setting. These suppressed emotions formed the foundation of the case.

Physical Generals: - Chilly patient, craving fried and sour food, aversion to milk.

Repertorial Rubrics (Synthesis): - Tumors: Indurated glands - Ailments from grief, emotional suppression - Anxiety about future - Sympathetic, duty-bound

Prescriptions: - Arnica montana 200C: post-operative trauma - Arsenicum album 200C: given for 2 days after each chemotherapy session - Conium maculatum 200C (from March 2024): 4 globules, three times daily weekly dose continued throughout chemotherapy; potency raised to 1M after 3 months - Symphytum

officinale 200C: bone healing - Hypericum perforatum 200C: post-surgical nerve trauma (November 2024) -  
Carcinosin 1M: intercurrent remedy, addressing miasmatic load and emotional suppression

### 3. Follow-Up Observations with QOL (EORTC QLQ-C30 & BR23)

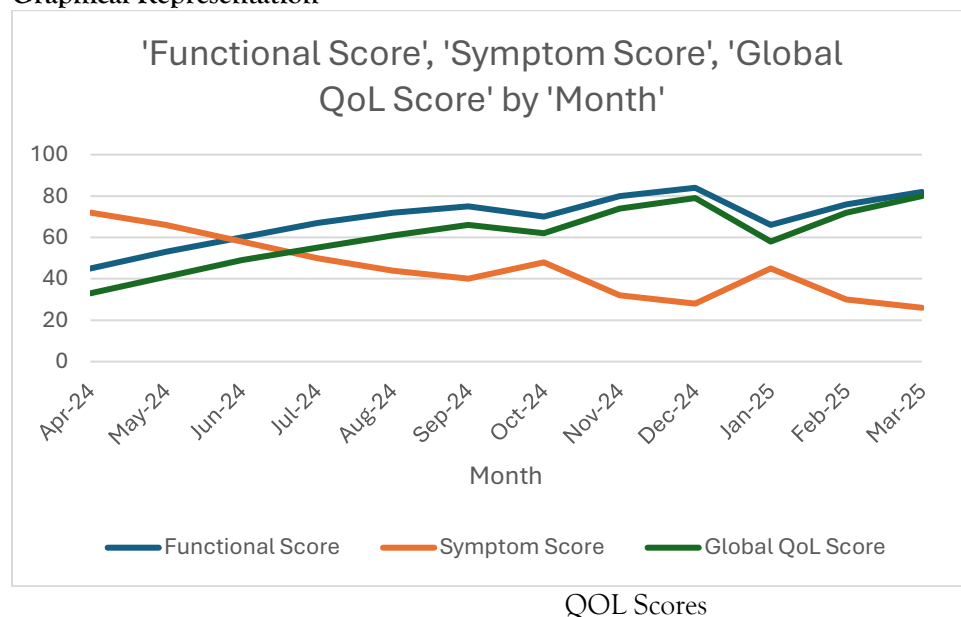
Month	Functional Score	Symptom Score	Global QoL Score	Prescription Details	Remarks
April 2024	45	72	33	Conium 200C + Arsenicum 200C post-chemo	Severe fatigue, minimal tumor reduction. Homoeopathy started mid-month.
May 2024	53	66	41	Conium 200C weekly + SL	Weight stabilized, improved digestion, less dependency.
June 2024	60	58	49	Conium 200C + SL; potency assessment	Node regression, emotional resilience improved.
July 2024	67	50	55	Conium 200C continued + Arsenicum 200C post-chemo	Libido returned, anxiety reduced, pain lessened.
August 2024	72	44	61	Conium 1M weekly + SL	Improved interaction, confidence building.
September 2024	75	40	66	Conium 1M weekly + Symphytum 200C	Tumor size reduced, sleep improved.
October 2024	70	48	62	Conium 1M weekly	Anxiety before PET scan, disturbed sleep.
November 2024	80	32	74	Arnica 200C + Hypericum 200C (post-MRM)	PET scan clear, MRM performed.
December 2024	84	28	79	Conium 1M continued + SL	Post-surgical recovery progressing well.
January 2025	66	45	58	Conium 1M + SL	Fatigue post-MRM, temporary QoL decline.
February 2025	76	30	72	Conium 1M + SL	Healing continued, sleep and mood improved.
March 2025	82	26	80	Conium 1M + Preparation for Radiation	Ready for radiation, emotionally stable.

### DISCUSSION

The gradual improvement in scores on EORTC QLQ-C30 & BR-23 indicate a significant role of homoeopathy in restoring vitality and emotional well-being. The patient's case closely aligns with German New Medicine (GNM) theory, which associates breast cancer (particularly in the right breast for a right-handed woman) with separation conflicts and emotional traumas involving close relationships. In this case, the core conflict was the separation from her parents due to an interfaith marriage, which GNM considers a biological shock resulting in tissue change.

The use of Conium maculatum addressed the induration and glandular involvement, while Carcinosin targeted the miasmatic predisposition and long-term emotional suppression. Arsenicum album was beneficial in reducing anxiety, weakness, and restlessness post-chemotherapy. Post-surgical use of Arnica and Hypericum helped alleviate trauma and neuralgic pain. The layered approach tailored to both physical pathology and emotional state contributed significantly to the improvement of the patient's QoL. Homoeopathic intervention, in synchrony with GNM principles, presents a plausible integrative pathway for improving health outcomes in oncology care.

## Graphical Representation



QOL Scores

## CONCLUSION

This case demonstrates that individualized homoeopathic treatment, guided by classical principles and supported by psychosomatic models like German New Medicine, can serve as a valuable supportive modality in cancer care. Improvements in the patient's functional, emotional, and symptomatic domains validate its complementary role alongside conventional oncology treatment.

## Conflict of Interest

None declared.

Funding

No external funding received.

Ethical Clearance

Informed consent obtained from patient. Identity protected.

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