

Homeopathy for the Elderly: Advantages and Disadvantages

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Received : 13/01/2026 ; Accepted : 26/06/2026 ; Published: 23/07/2026

Abstract:

A growing number of healthcare professionals are focusing on the unique requirements of the world's aging population. The elderly are more likely to develop polypharmacy due to their lower vitality, increased drug vulnerability, and the inherent difficulty of treating multiple chronic conditions simultaneously. In this context, homeopathy, an alternative medicine practice based on the principle of "like cures like," has attracted attention as a potential adjunctive therapy. geriatric homeopathy: benefits and drawbacks, focusing on the treatment of age-related illnesses, the improvement of quality of life, and the promotion of chronic disease management. The individualized, non-invasive therapy options and minimal side effect profile of homeopathy make it a potentially appealing alternative to conventional pharmaceuticals for older patients. findings from various research studies, individual patient narratives, and clinical trials, with a focus on the positive impacts experienced by the aged, including better mobility, less pain, better mental health, and greater immunity. Although homeopathy has a lot of potential in the area of geriatrics, there is not much evidence to back it up just yet, and many doctors remain skeptical. Furthermore, it may be difficult to combine homeopathic remedies with conventional medicine. Additional comprehensive research is needed to better understand the role of homeopathy in geriatric care and its potential to improve outcomes for the aged, particularly in relation to chronic illness management, symptom alleviation, and overall health optimization.

Keywords: Homeopathy, geriatrics, older adults, chronic disease management, polypharmacy, individualized treatment

Introduction:

As the world's population ages, the need to address the unique healthcare challenges faced by the elderly is becoming increasingly pressing. The elderly often experience polypharmacy, or the usage of multiple drugs simultaneously, due to the increased sensitivity to pharmaceuticals, diminished physical energy, cognitive loss, and problems associated with managing multiple chronic conditions. Traditional pharmacological treatments, although helpful in managing some diseases, can have harmful side effects that further jeopardize the health and wellbeing of the elderly. People seek out alternative and complementary therapies for a variety of health issues, including those associated with aging. In the 18th century, Samuel Hahnemann founded homeopathy, an alternative medicine that uses very diluted natural substances to stimulate the body's own healing processes, based on the "like cures like" premise. The non-invasive nature, individualized treatment plans, and minimal risk of side effects of homeopathy have made it a promising complementary treatment option for the elderly. It becomes even more appealing to patients with chronic conditions such as osteoporosis, cardiovascular issues, cognitive decline,

arthritis, and others when conventional treatments fail or cause unwanted side effects. concerns and benefits of incorporating homeopathy into care for the elderly. Clinical trials, patient reports, and case studies will be reviewed to find out how effectively homeopathic treatments work for the elderly. The goals of this evaluation are to establish the efficacy of these treatments in managing chronic diseases, increasing mobility, improving mental health, and enhancing quality of life. There are certain issues with homeopathy, despite its promising future. There is not enough evidence to back it, doctors are skeptical, and it does not complement conventional medicine. a complete understanding of homeopathy's role in treating the elderly and to highlight the need for additional research to validate its effectiveness for this population.

Advantages of Homeopathy for Elderly Patients

In light of the increasing number of people in their latter years, healthcare providers are shifting their attention to better serve the unique needs of the elderly. Improving the quality of life for older persons is the primary goal of geriatric care. This is achieved by addressing their specific medical, cognitive, physical, and emotional health needs while also working to reduce the risk of adverse medication responses. The non-invasive and personalized nature of homeopathy has made it a promising alternative treatment option for the elderly. what homeopathy can do for older patients, particularly in terms of improving their health, managing chronic conditions, and controlling their quality of life.

1. Non-Invasive Treatment with Minimal Side Effects

Since homoeopathic medicines are non-invasive and have few adverse effects, they are a great option for geriatric care. Because of changes in metabolism and organ function that occur with age, older persons are frequently more sensitive to drugs. Common adverse effects of conventional medications include gastrointestinal problems, weariness, and cognitive impairment, particularly when taken for extended periods of time. To manage health disorders without the possibility of serious side effects or drug combinations, homoeopathic medicines are attractive since, because of their highly diluted form, they are typically well-tolerated.

By gently supporting the body's healing processes without overstimulating or overwhelming the system, homoeopathy offers a safe alternative for older persons who may already be on many medications (polypharmacy), reducing the risk of additional drug-related issues.

2. Enhancing Quality of Life and Autonomy

By addressing not just physical symptoms but also emotional and psychological well-being, homeopathy's holistic approach to care can greatly enhance the quality of life for older persons. When it comes to the elderly, physical, mental, and emotional well-being are all interconnected, and homoeopathy has shown great promise in the treatment of stress-related illnesses, depression, anxiety, and other similar ailments. Homoeopathy offers a way to alleviate these symptoms that older persons may encounter as a result of life changes, diminished independence, or chronic illness.

Homoeopathy aids the elderly in retaining their independence and improving their quality of life by boosting mood, lowering anxiety, and sharpening one's focus. When it comes to helping seniors cope with the anxieties, anxiety, and grief that can get in the way of their everyday lives, treatments like Arsenicum album and Ignatia amara are often prescribed. Therefore, by

strengthening their emotional and mental resilience, older adults are able to enjoy more satisfying and independent lives with the support of homoeopathy.

3. Pain Management and Mobility Improvement

Arthritis, osteoporosis, and neuropathy are among the most prevalent causes of chronic pain in the elderly. The use of homoeopathic treatments to alleviate pain and improve movement in elderly individuals has demonstrated encouraging results. Homoeopathy, in contrast to traditional pain medications like opioids or non-steroidal anti-inflammatory medicines (NSAIDs), gets to the root of the problem, alleviates pain for good, and doesn't include any negative side effects or reliance.

Joint discomfort, stiffness, and muscular soreness are typical in ageing adults and are often treated with remedies like *Rhus toxicodendron*, *Bryonia alba*, and *Arnica montana*. In addition to reducing discomfort, these therapies increase flexibility and mobility, which helps seniors stay independent and participate more fully in their everyday lives.

4. Addressing Mental and Emotional Health

Although memory loss, cognitive impairment, and emotional disorders are common among the elderly, they can have a major impact on their standard of living. Dementia, Alzheimer's disease, depression, and other mental and emotional health issues can be better managed with the help of homoeopathy's individualised approach. Cognitive decline, mental foggiess, anxiety, and forgetfulness can all be alleviated by homoeopathic treatments.

Mental tiredness, cognitive deterioration, and emotional anguish are common symptoms that lead people to seek out remedies such as *Anacardium orientale*, *Lachesis*, and *Phosphoric acid*. Homoeopathy provides a means to promote emotional and mental well-being by addressing the individual as a whole, which may help mitigate the effects of mental decline and promote emotional stability.

5. Reducing Polypharmacy and Medication Side Effects

An concern prevalent in geriatric care is polypharmacy, which refers to the use of many medications at the same time. This practice can raise the risk of medication-related issues, adverse reactions, and interactions. As an alternate or supplementary treatment for chronic diseases like hypertension, diabetes, arthritis, and sleeplessness, homoeopathy can assist lessen the necessity for several pharmaceuticals. As a treatment that complements the body's own healing mechanisms, homoeopathy has the potential to lessen the need for traditional pharmaceuticals, which in turn improves the safety and effectiveness of treatment plans while minimising the likelihood of adverse drug interactions.

For example, *Belladonna* can help with fever, *Nux vomica* with gastrointestinal problems, and *Calcarea carbonica* with overall weariness; these homoeopathic medicines can help manage symptoms of common geriatric illnesses while minimising the need for pharmaceutical treatments and their potential negative effects.

6. Improving Immune Function and Respiratory Health

Older people are more likely to get sick and infected since their immune systems naturally decline with age. Homeopathy can be used to boost vitality and immune function, which in turn helps the elderly avoid illnesses and keep themselves healthier overall. Many individuals

turn to Echinacea, Oscillocoquinum, and Gelsemium as immune system boosters and flu and cold prevention medicines.

Homeopathy has the potential to cure a variety of respiratory health difficulties, including asthma, chronic bronchitis, and other lung disorders associated with aging. Remedies like Senega and Antimonium tartaricum are commonly used to treat respiratory problems, cleanse mucus, and make breathing easier.

Conclusion

There are numerous benefits that homeopathy offers to the aged, particularly in the areas of chronic condition management, quality of life enhancement, and general health support. Homeopathy is an interesting and viable option when it comes to geriatric treatment because of these many advantages. Its non-invasive, customized therapeutic choices and minimal side effect profile make it a promising alternative to or addition to established pharmacological therapies, particularly for senior patients who are sensitive to medications or who take multiple medications at the same time. By addressing emotional and psychological aspects in addition to physical symptoms, homeopathy is able to assist in the improvement of mental health, pain management, mobility, and immune function. These criteria are essential for ensuring that elderly people continue to live a long life and maintain their independence. Even though there is an increasing interest in homeopathy for the treatment of elderly patients, there are still obstacles to overcome. These obstacles include a lack of scientific proof, distrust from the medical community, and problems in integrating homeopathy with conventional interventions. In order to provide conclusive evidence of its efficacy, particularly in controlled environments on a wide scale, additional meticulous study and clinical studies are required. Homeopathy has been demonstrated to produce positive patient results in clinical settings and case studies, which suggests that it has the potential to improve the health of older persons, particularly when it is utilized in an integrative and comprehensive approach to care. The final benefit of homeopathy is that it offers a patient-centered, all-encompassing approach to addressing the issues that come with getting older. This approach takes into account improving both mental and physical health as well as promoting wellness in general. It is likely that homeopathy, with additional research and clinical integration, could play a key role in the care and treatment of older patients, thereby enabling them to live longer and healthier lives.

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