

Homeopathy in the Realm of Autoimmune Disorders: The Individualised Approach to Dynamic Imbalance

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Abstract: Autoimmune disorders represent a heterogeneous group of chronic diseases in which the immune system mistakenly attacks the body's own tissues, leading to persistent inflammation and progressive organ damage. These disorders include conditions such as rheumatoid arthritis, systemic lupus erythematosus, autoimmune thyroiditis, and inflammatory bowel disease. Conventional treatment strategies rely primarily on immunosuppressants and disease-modifying anti-rheumatic drugs (DMARDs) aimed at controlling inflammatory processes and preventing structural damage. Although these therapies have significantly improved patient outcomes, long-term treatment is often associated with adverse effects including metabolic disturbances, immunosuppression, and organ toxicity.

Homeopathy offers a therapeutic framework based on individualisation, minimal dose, and the principle of *similia similibus curentur*. Rather than targeting disease entities alone, homeopathy emphasizes the patient's total symptom picture, including physical, emotional, and constitutional characteristics. This review examines the conceptual rationale of homeopathy in autoimmune diseases, explores immunological mechanisms underlying autoimmune pathology, discusses emerging experimental research related to ultra-high dilutions, and evaluates the potential role of homeopathy as a complementary therapeutic modality. The individualized approach of homeopathy may provide supportive benefits in chronic autoimmune conditions when used alongside appropriate medical management.

Keywords: Homeopathy, Autoimmune Disorders, Individualisation, Real-World Evidence, Ultra-High Dilutions, Cytokine Regulation, Rheumatoid Arthritis, Susceptibility, Complementary Medicine.

