



SINGLE REMEDY RUBRICS IN THE HOMOEOPATHIC MANAGEMENT OF SLEEPLESSNESS

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ABSTRACT: Insomnia is a common and distressing symptom in such conditions, often exacerbating pain, psychological distress, and fatigue. Conventional sedatives provide temporary relief but are limited by tolerance, dependence, and adverse effects. Homoeopathy, based on the principle of individualization, offers a holistic approach to insomnia management by selecting remedies through characteristic symptoms, causation, and rubrics from repertories. A single remedy prescription, guided by the most characteristic rubric expressions of the patient, can address not only insomnia but also the associated mental and physical state. This individualized approach holds potential in palliative care by reducing suffering, enhancing sleep quality, and improving overall well-being without adding iatrogenic burden. The significance of causation in remedy selection is emphasized, as identifying the exciting factor behind insomnia supports precise individualization. This article explores the role of homoeopathy in the palliative management of insomnia, through single remedy rubrics prescriptions, highlighting its relevance as an integrative tool in palliative care. The study highlights the utility of single-remedy, rubric-based prescriptions in addressing both sleep disturbance and associated constitutional imbalance.



INTRODUCTION

Insomnia is also known as the Disorder of Initiation and/or Maintenance of Sleep (DIMS).

Insomnia means-

1. Difficulty in initiating sleep (going off to sleep)
2. Difficulty in maintaining sleep (remaining asleep)
 - Frequent awakening during the night
 - Early morning awakening.
3. Non- restorative sleep where despite an adequate duration of sleep, there is a feeling of not having rested fully (poor quality sleep).⁽¹⁾

Insomnia has a considerable public health impact due to its high prevalence, chronicity and under diagnosis. More than 30% of individuals report symptoms of insomnia, yet only 15% receive clinical evaluation or treatment. A significant proportion of patients experience chronic or recurrent symptoms that affects an individual's physical, emotional, and cognitive functioning.

Persistent sleep disturbances contribute	Fatigue, irritability, impaired concentration, mood disorders, exacerbation of chronic diseases.
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Table 1: Complications of sleep disturbances

Epidemiologically, insomnia shows a higher burden among women and the elderly, and around 37% of individuals report a family history, indicating possible hereditary or familial tendencies. It is also associated with marital conflict, anxiety, depression, PTSD, and persistent preoccupation with sleep quality, further increasing its social and economic burden.

In conventional (allopathic) medicine, insomnia is often managed with the use of sedative or hypnotic drugs such as benzodiazepines, non-benzodiazepine hypnotics ("Z-drugs"), or other tranquilizers. These medicines provide temporary relief by inducing artificial sleep, but they do not address the underlying cause of sleeplessness. Long-term use is limited by risks of tolerance, dependence, daytime drowsiness, and cognitive impairment.

From a homoeopathic standpoint, insomnia is not treated as an isolated symptom but as a manifestation of an underlying dynamic imbalance in the vital force.

The homoeopathic approach emphasizes totality—mental state, causation, modalities, concomitants, and characteristic expressions are evaluated to identify the most suitable remedy.



Repertorization supports this process by helping differentiate remedies that share similar symptoms.

Single-remedy rubrics are particularly valuable because they highlight unique clinical situations where one remedy is strongly indicated. These rubrics enhance prescription accuracy, support faster clinical decision-making, and provide clarity and confidence in remedy selection—making them especially time-saving and effective in insomnia cases with clear causative or modality-based triggers.

DIAGNOSTIC CRITERIA

According to DSM- 5 classification-G47.00 ⁽³⁾

CAUSES ⁽¹⁾

Medical illness	Heart diseases, Respiratory diseases, Rheumatic and Musculoskeletal diseases, Delirium, PMS (periodic movements in sleep)
Alcohol and drugs	Drug or Alcohol withdrawal syndrome, Amphetamine or other stimulants, Chronic alcoholism
Psychiatric diseases	Mania, Major depression, Dysthymia (difficulty in initiating sleep is characteristic), Stressful life situation

Table 2: Causes of insomnia

TYPES OF INSOMNIA ⁽³⁾

In general, insomnia occurs in two forms:

Based on duration-

Short-term insomnia	Episodic insomnia	Lasts for at least 1 month but less than 3 months.
Chronic insomnia	Persistent insomnia	Symptoms last 3 months or longer
	Recurrent insomnia	Two or more episodes within the space of 1 year

Table 3: Types of insomnia based on duration

BASED ON SLEEP PHASE

Initial insomnia (sleep- onset insomnia)	Involves difficulty initiating sleep at bed time.
Middle insomnia (sleep maintenance insomnia)	Involves frequent or prolonged awakenings throughout the night



Late insomnia	Involves early morning awakening with an inability to turn to sleep.
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Table 4: Types of insomnia based on the sleep phase

SYMPTOMS OF INSOMNIA

According to DSM-5-TR insomnia diagnosis, the primary symptoms will involve at least one of the following:

- Difficulty falling asleep
- Challenges maintaining sleep
- Inability to fall back asleep after an early-morning wake up.

TREATMENT ⁽⁴⁾ ⁽⁵⁾

Pharmacological	1. lorazepam 2. temazepam 3. nonbenzodiazepine 4. Zaleplon
Psychological	1. Go to bed only when sleepy. 2. If still awake after 20 minutes, leave the bed room, pursue a restful activity (such as a bath or meditation), and only return when sleepy. 3. Get up at the same time every morning regardless of the amount of sleep during the night. 4. Establish a daily exercise regimen. 5. Learn and practice relaxation techniques. 6. Establish a bedtime ritual and a routine time for going to sleep.
Behaviours to avoid	1. Napping especially after 3:00 pm 2. Caffeine after lunch time. 3. 2-3hrs before bed time- avoid heavy eating. 4. Smoking or alcohol. 5. Vigorous exercise 6. When trying to fall asleep- avoid • Solving problems • Thinking about life issues



- | | |
|--|---|
| | <ul style="list-style-type: none">• Reviewing events of the day |
|--|---|

Table 5: Management of insomnia**HOMOEOPATHIC APPROACH****Aphorism §153 ⁽⁶⁾**

In the search for a homoeopathic specific remedy... the **more striking, exceptional, unusual, and peculiar (characteristic) signs and symptoms** of the case of disease are chiefly and most solely to be kept in view; for it is more particularly these that very similar ones in the list of symptoms of the selected medicine must correspond to, in order to constitute it the most suitable for effecting the cure.”

In contrast, homoeopathy approaches insomnia holistically by considering it as a symptom of a deeper dynamic imbalance and treats through the individualized remedy. It aims to restore natural, refreshing sleep by stimulating the vital force, offering safer and non-suppressive management with potential for constitutional cure.

ROLE OF CAUSATION

In Homoeopathy, causation is one of the most significant determinants in remedy selection. Hahnemann emphasized that the exciting cause of disease must be identified whenever possible, because it often guides the physician to the most accurate and curative prescription. For insomnia, the cause behind the sleeplessness is often more important than the sleeplessness itself.

According to the homoeopathic principles:

- Causation forms a part of the totality of symptoms.
- When a **clear, definitive cause** is present, it becomes a **characteristic symptom**.
- Remedies are selected not only for “insomnia” as a generic symptom, but for **insomnia from a specific cause**.

Thus, causation functions as a **bridge between symptom expression and individuality**, ensuring that the selected remedy resonates with the **inner alteration** that initiated the pathology.

METHODOLOGY

This study is a descriptive repertorial analysis aimed at identifying single remedy rubrics related to insomnia/ sleeplessness from standard homoeopathic books- Phatak’s repertory, synthesis repertory.



Rubrics specifically listing one remedy were identified, extracted and, further grouped into mental & emotional causes, male/ female causes, environment causes, lifestyle causes, physical causes, alternating symptoms, accompanying symptoms, and rubrics in children.

SINGLE REMEDY RUBRICS OF SLEEPLESSNESS FROM PHATAK REPERTORY ⁽⁷⁾

Rubrics	Remedy
Aching, body from	staphysagria
Aching, bones from	Daphnia
Conversation, after	Ambr
Eyes won't stay shut	Phos
Hearing, acute, from	Opium
Homesickness from	Capsicum
Lasting several nights	Anacardium
Neuritis, multiple, from	Conium
Nicotinism, chronic, from	Plantago
Old age	Baryta- carb
Operation, surgical, after	Sticta
Persistent	Thuja
Uterine complaints from	Senec
Weaning of child, from	Bell

Table-6: Single remedy rubrics of sleeplessness from Phatak repertory**SINGLE REMEDY RUBRICS FROM SYNTHESIS REPERTORY ⁽⁸⁾**

Rubrics	Remedy
Mind- activity- desires activity- sleeplessness with	bungarus fasciatus
Mind- delirium- sleeplessness- from	<i>Lachesis</i>
Mind- delusions- night- sleeplessness with	carcinosinum
Mind- fear- sleeplessness, of	opium
Mind- homesickness- sleeplessness, with	Capsicum
Mind- indifference- sleeplessness, with	<i>Nitri spiritus dulcis</i>
Mind- loquacity- sleeplessness- with loquacity, midnight especially before	<i>Lachesis</i>



Mind- mistakes, making- speaking, in- sleeplessness, after	agaricus muscarius
Mind- muttering- sleeplessness, with	Hyoscyamus
Mind- pleasure- sleeplessness, during	secale cornutum
Mind- timidity- sleeplessness, during	graphites
Sleep- sleeplessness- agony, in	<i>Aceticum acidum</i>
Sleep- sleeplessness- anticipation, from- failure	carcinosinum
Sleep- sleeplessness- anxiety from- menses after	agaricus muscarius
Sleep- sleeplessness- calamity, after domestic	Lachesis
Sleep- sleeplessness- cares from- imaginary	Hyoscyamus nigra
Sleep- sleeplessness - caressed, unless	<i>kreosotum</i>
Sleep- sleeplessness- carried, unless	chamomilla
Sleep- sleeplessness- clouds were passing through brain, as if	<i>Hepar sulphur</i>
Sleep- sleeplessness- despair, from	<i>Uranium nitricum</i>
Sleep- sleeplessness- disappointment, from	carcinosinum
Sleep- sleeplessness- dispute after	staphysagria
Sleep- sleeplessness- excitement agg- theatre, at	<i>Phosphorous</i>
Sleep- sleeplessness- fancies, from- heroic	China officinalis
Sleep- sleeplessness- fear, from- die, that she must	cenchrus contortrix
Sleep- sleeplessness- fetus, from painful motion of	arnica montana
Sleep- sleeplessness- fornication, from- feet of	sulphur
Sleep- sleeplessness- fornication, from- fingers, of	mezezeum
Sleep- sleeplessness- fright, after- pregnancy in	<i>Ignatia amara</i>
Sleep- sleeplessness- hydrophobia, in	<i>Lyssinum</i>
Sleep- sleeplessness- irresolution from	psorinum
Sleep- sleeplessness- longing from, friend, for a distant	plumbum metallicum
Sleep- sleeplessness- money, from loss of	stannum metallicum
Sleep- sleeplessness- news, after surprising	<i>Coffea cruda</i>
Sleep- sleeplessness- nightmares, after	ambra grisea
Sleep- sleeplessness- restlessness, from- anxious	mercurius solubilis
Sleep- sleeplessness- restlessness, from- internal restlessness	lachesis



Sleep- sleeplessness- sleepiness with- daytime- mental exertion, after	picricum acidum
Sleep- sleeplessness- tension, from- mental tension, from	<i>Bambusa arundinacea</i>
Sleep- sleeplessness- tension from- face, in	apis mellifica
Sleep- sleeplessness- thinking from	thea chinensis
Sleep- sleeplessness- thoughts- morning, towards	arsenicum album
Sleep- sleeplessness- thoughts- disagreeable things, of	Natrum muriaticum
Sleep- sleeplessness- thoughts- dreams from previous night of	cenchrus contortix
Sleep- sleeplessness- thoughts- foggy thoughts	carcinosinum
Sleep- sleeplessness- thoughts- songs of	plutonium nitricum

Table- 7 -Single remedy rubrics of mental and emotional causes.

SINGLE REMEDY RUBRICS RELATED TO FEMALE/ MALE CAUSES

Rubrics	Remedy
Female genitalia/sex- leukorrhea- sleeplessness, after	senecio aureus
Sleep- sleeplessness- delivery- before	<i>Conium maculatum</i>
Sleep- sleeplessness- dysmenorrhoea, in	<i>Cocculus indicus</i>
Sleep- sleeplessness- erections agg- painful	Thuja occidentalis
Sleep- sleeplessness- excesses, after	nux vomica
Sleep- sleeplessness- itching, from- scrotum	urtica urens
Sleep- sleeplessness- leukorrhoea, before	<i>Senecio aurus</i>
Sleep- sleeplessness- masturbation with	staphysagria
Sleep- sleeplessness- menses- beginning at	agaricus muscarius
Sleep- sleeplessness- menses- during agg - dysmenorrhea with	<i>Cocculus indicus</i>
Sleep- sleeplessness- menses- during agg- menorrhagia, in	cannabis indica
Sleep- sleeplessness- miscarriage- after	<i>Cypripedium pubescens</i>
Sleep- sleeplessness- miscarriage- during	<i>Helonias dioicia</i>
Sleep- sleeplessness- pregnancy agg- during- sleepiness with	<i>Nux moschata</i>
Sleep- sleeplessness- thirst from- menses, during	<i>Sepia officinalis</i>
Sleep- sleeplessness- women especially in- excite	senecio aureus



Sleep- sleeplessness- women especially in- exhausted	castoreum canadense
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Table- 8: single remedy rubrics related to Female/ male causes-**SINGLE REMEDY RUBRICS RELATED TO LIFE STYLE CAUSES**

Rubrics	Remedy
Sleep- sleeplessness- alcohol-agg	agave tequilana
Sleep- sleeplessness- beer- amel	thea chinensis
Sleep- sleeplessness- coffee- unless he drinks	mercurius solubilis
Sleep- sleeplessness- eating- after agg- late and much, too	<i>Pulsatilla pratensis</i>
Sleep- sleeplessness- overloaded stomach, from	<i>Pulsatilla pratensis</i>
Sleep- sleeplessness- supper, after late	<i>Pulsatilla pratensis</i>
Sleep- sleeplessness- narcotics- inspite of	lyssinum
Sleep- sleeplessness- narcotics- without	<i>Kalium iodatum</i>

Table 9: single remedy rubrics related to life style causes-**SINGLE REMEDY RUBRICS RELATED TO POST OPERATIVE CAUSE**

Rubrics	Remedy
Sleep- sleeplessness- operation after	<i>Sticta pulmonaria</i>

Table 10: single remedy rubrics related to Post operative cause.**SINGLE REMEDY RUBRICS RELATED TO PHYSICAL CAUSES**

Rubrics	Remedy
Nose- pain- night- sleeplessness, with	Corallium rubrum
Extremities- jerking- lower limbs- sleeplessness, during	Thuja occidentalis
Extremities- twitching- lower limbs- sleeplessness, during	Thuja occidentalis
Sleep- sleeplessness- accident, after an	Sticta pulmonaria
Sleep- sleeplessness- aortic disease in	Crataegus oxyacantha
Sleep- sleeplessness- apoplexy, before	<i>Asterias rubens</i>
Sleep- sleeplessness- biting, from- skin, in	Cocculus indicus
Sleep- sleeplessness- blood, after loss of	Phosphorous
Sleep- sleeplessness- blood vessels, from pulsation in	Kalium bromatum
Sleep- sleeplessness- burning, from- ulcers, sores, in	Staphysagria
Sleep- sleeplessness- burning from- chest, in	Apis mellifica



Sleep- sleeplessness- burning from- ribs, under the	<i>Apis mellifica</i>
Sleep- sleeplessness- burning from- soles, of	<i>Lachesis</i>
Sleep- sleeplessness- burning from- stomach, in	<i>Ammonium carbonicum</i>
Sleep- sleeplessness- burning from- veins- in the	<i>Arsenicum album</i>
Sleep- sleeplessness- cold, after taking a	<i>Jatropha curcas</i>
Sleep- sleeplessness- conversation- amel	<i>Thea chinensis</i>
Sleep- sleeplessness- cough, from- midnight after	<i>Kalium carbonicum</i>
Sleep- sleeplessness- cough, from- irritation to cough, from	<i>Arsenicum album</i>
Sleep- sleeplessness- cough, from- lying down, on	<i>Oleum jacoris aselli</i>
Sleep- sleeplessness- discharges, from suppressed	<i>Lachesis</i>
Sleep- sleeplessness- disorder, when room is in	<i>Arsenicum album</i>
Sleep- sleeplessness- eyes- close, from sensation as if eyes will not	<i>Phosphorous</i>
Sleep- sleeplessness- eyes- open, with inability to	<i>Carbo veg</i>
Sleep- sleeplessness- fagged yet	<i>Aurum metallicum</i>
Sleep- sleeplessness- falling, sensation of	<i>Belladonna</i>
Sleep- sleeplessness- fracture, after reposition of	<i>Sticta pulmonaria</i>
Sleep- sleeplessness- gonorrhea, during	<i>Tarentula hispanica</i>
Sleep- sleeplessness- gout, in	<i>Manganum aceticum</i>
Sleep- sleeplessness- heavy feeling, from- stomach, in	<i>Allium sativum</i>
Sleep- sleeplessness- heavy feeling, from- limbs, in- lower	<i>Causticum</i>
Sleep- sleeplessness- indigestion from	<i>Magnesium phosphoricum</i>
Sleep- sleeplessness- influenza after	<i>Avena sativa</i>
Sleep- sleeplessness- intermittent	<i>Carbonium sulphuratum</i>
Sleep- sleeplessness- itching, from- pregnancy agg, during	<i>Dolichos pruriens</i>
Sleep- sleeplessness- itching, from- tetters	<i>Staphysagria</i>
Sleep- sleeplessness- itching, from- ears, in	<i>Nux vomica</i>
Sleep- sleeplessness- itching, from- head	<i>Gelsemium</i>



Sleep- sleeplessness- itching, from- rectum, in	Ferrum metallicum
Sleep- sleeplessness- jerks- limbs, in	Ipecacuanha
Sleep- sleeplessness- legs, crossed, unless	<i>Rhododendron</i>
Sleep- sleeplessness- locomotor ataxia, in	Camphora bromata
Sleep- sleeplessness- loss of sleep- after	Cocculus indicus
Sleep- sleeplessness- loss of sleep- sensation as from loss of sleep- rising agg, after	Mercurius solubilis
Sleep- sleeplessness- lying- back, on agg	Sulphur
Sleep- sleeplessness- lying- uncomfortable agg, lying	Lavandula angustifolia
Sleep- sleeplessness- muttering	Hyoscyamus
Sleep- sleeplessness- oppression, from- hypogastrium of	Magnesium carbonicum
Sleep- sleeplessness- orgasm of blood, from- chest, to	<i>Pulsatilla pratensis</i>
Sleep- sleeplessness- pain from- not, from pain	Coffea cruda
Sleep- sleeplessness- pain from- parts lain on	<i>Thuja occidentalis</i>
Sleep- sleeplessness- pain from- calf	Staphysagria
Sleep- sleeplessness- pain from- epigastrium	Caladium seguinum
Sleep- sleeplessness- pain from- heart	Mandragora officinarum
Sleep- sleeplessness- pain from- hips	Sinapis nigra
Sleep- sleeplessness- pain, from- jaw, upper	Cassia sophera
Sleep- sleeplessness- pain from- joints	Solanum tuberosum
Sleep- sleeplessness- pain from- knee- sitting up in bed- amel	Aconitum napellus
Sleep- sleeplessness- pain from- legs- right	Viscum album
Sleep- sleeplessness- pain from- limbs- sore	Chamomilla
Sleep- sleeplessness- limbs- lower	Agaricus muscarius
Sleep- sleeplessness- pain from- mouth	Mercurius praecip ruber
Sleep- sleeplessness- pain from- rectum	Ammonium carbonicum
Sleep- sleeplessness- pain from- skin	Petroleum
Sleep- sleeplessness- pain from- spleen	Apis mellifica



Sleep- sleeplessness- pain from- toes	Positronium
Sleep- sleeplessness- periodical- hours- four hours, for	Sulfonamidum
Sleep- sleeplessness- periodical- hours- half hours for	Anacardium orientale
Sleep- sleeplessness- periodical- hours- three hours- every	Pulsatilla pratensis
Sleep- sleeplessness- periodical hours- three hours- for	Sulfanamidum
Sleep- sleeplessness- perspiration- forehead	Sarasaparilla
Sleep- sleeplessness- perspiration- lower limbs	Borax veneta
Sleep- sleeplessness- pneumonia- after	<i>Kalium carbonicum</i>
Sleep- sleeplessness- pulsation from - body- abdomen, particularly in the	<i>Selenium metallicum</i>
Sleep- sleeplessness- pulsation from- different parts of body, in	Cactus grandiflorous
Sleep- sleeplessness- pulsation from- ear, in	Silicea
Sleep- sleeplessness- pulsation from- lower limbs, in	Agaricus muscarius
Sleep- sleeplessness- reading, after	Selenium metallicum
Sleep- sleeplessness- remaining up later than usual, on	Gratiola officinalis
Sleep- sleeplessness- saliva- flow of, with constant	<i>Ignatia amara</i>
Sleep- sleeplessness- sounds in the heart, from	X-ray
Sleep- sleeplessness- stitching, from- body, in	Euphorbium officinarum
Sleep- sleeplessness- throat, from pain in	Atrax robustus
Sleep- sleeplessness- thrusts, from- upwards	<i>Belladonna</i>
Sleep- sleeplessness- trembling, from- nerves, in	<i>Natrum muriaticum</i>
Sleep- sleeplessness- twitching, from- lids of-	<i>Apis mellifica</i>
Sleep- sleeplessness - uncomfortable sensation from	<i>Pulsatilla pratensis</i>
Sleep- sleeplessness- uncovering the ear, from	Lecithinum
Sleep- sleeplessness- uneasiness, from- not from discomfort	Coffea cruda
Sleep- sleeplessness- urination, from frequent	<i>Natrum muriaticum</i>
Sleep- sleeplessness- uterine colic, caused by	Cannabis indica
Sleep- sleeplessness- visions from- ciphers in front of his eyes, sees	Phosphoricum acidum



Sleep- sleeplessness- waking agg, after- midnight, before	<i>Muriaticum acidum</i>
Sleep- sleeplessness- waking agg, after- noise, by a	<i>Oxalicum acidum</i>
Sleep- sleeplessness- walking in open air agg, after	<i>Kalium carbonicum</i>
Sleep- sleeplessness- weariness- inspite of women in	<i>Castoreum canadense</i>
Sleep- sleeplessness- weariness- legs	<i>Sepia officinalis</i>
Sleep- sleeplessness- lower limbs, from tiredness of	<i>Agaricus muscarius</i>
Generals- convulsions- epileptic- aura- sleeplessness	<i>Zincum valerianicum</i>
Generals- inflammation- nerves- accompanied by- sleeplessness	<i>Conium maculatum</i>
Generals- stretching out- sleeplessness- after	<i>Sulphur</i>
Generals- stretching out- sleeplessness- during	<i>Dulcamara</i>

Table 11: Single remedy rubrics related to Physical causes**SINGLE REMEDY RUBRICS OF SLEEPLESSNESS SHOWING ALTERNATING SYMPTOMS**

Rubrics	Remedy
Mind- delirium- alternating with- sleeplessness	<i>Tuberculinum</i>
Sleep- comatose- alternating with- sleeplessness	<i>Camphora officinalis</i>
Sleep- sleeplessness- alternating with- coma	<i>Camphora officinalis</i>
Sleep- sleeplessness- alternating with- dreams	<i>coffea tosta</i>
Sleep- sleeplessness- alternating with sleep	<i>crotalus horridus</i>

Table 12: single remedy rubrics of sleeplessness showing Alternating symptoms**SINGLE REMEDY RUBRICS OF SLEEPLESSNESS SHOWING ACCOMPANIED SYMPTOMS**

Rubrics	Remedy
Vertigo- accompanied by- sleeplessness	<i>theridion curassavicum</i>
Head- heaviness- accompanied by- sleeplessness	<i>boerhavia diffusa</i>
Head- pain-bursting pain- accompanied by- sleeplessness	<i>ozonum</i>
Head- pain- occiput- accompanied by- sleeplessness	<i>syphilinum</i>
Eye- staring- accompanied by- sleeplessness	<i>eupatorium purpureum</i>
Female genitalia/sex- uterus, complaints of accompanied by sleeplessness	<i>senecio aureus</i>



Sleep- sleeplessness- accompanied by- appetite, loss of	parathyroidinum
Sleep- sleeplessness- accompanied by- skin, complaints of	Chloralum hydratum
Sleep- sleeplessness- crawling, from- calves and feet, in	sulphur

Table 13: single remedy rubrics of sleeplessness showing Accompanied symptoms

SINGLE REMEDY RUBRICS OF SLEEPLESSNESS RELATED TO CHILDREN

Rubrics	Remedy
Sleep- sleeplessness- causeless- children, in	carcinosinum
Sleep- sleeplessness- children, in- evening	lycopodium
Sleep- sleeplessness- children,in- caressed, child must be	<i>kreosotum</i>
Sleep- sleeplessness- children, in- carried, child must be	chamomilla
Sleep- sleeplessness- children, in- fretful from bedtime to morning, next day lively	<i>Psorinum</i>
Sleep- sleeplessness- children, in- held, child must be	stramonium
Sleep- sleeplessness- children, in- laughing with	cypripedium pubescens
Sleep- sleeplessness- children, in- play and laugh, child wants to	cypripedium pubescens
Sleep- sleeplessness- children, in- weaning, after	belladonna
Sleep- sleeplessness- children, in- weeping with	carcinosinum
Sleep- sleeplessness- cough, from- children, in	<i>Sticta pulmonaria</i>
Sleep- sleeplessness- dark room, agg, in a- children, in	stramonium
Sleep- sleeplessness- mental exertion, after- children, in	carcinosinum
Sleep- sleeplessness- nursing the child, after	<i>Cimicifuga</i> <i>racemosa</i>
Sleep- sleeplessness- respiration- difficult- children, in	<i>Kalium bramatum</i>
Sleep- sleeplessness- screaming, with- children in-	passiflora inacarnata
Sleep- sleeplessness- weaning child, on	belladonna

Table 14: single remedy rubrics of sleeplessness related to Children-

**BOERICKES MATERIA MEDICA ⁽⁹⁾**

- Sleeplessness, especially of alcoholics- **avena sativa**.
- Sleeplessness due to nervous causes- **chininum arsenicosum**.
- Asthma, with sleeplessness- **chloralum hydratum**.
- Sleeplessness due to overexcitement- **coffea cruda**.
- Restlessness, anxiety and inability to sleep due to overthinking and exhaustion- **kalium phosphoricum**.
- Disturbing dreams, nightmares and fear of dark interfering with sleep- **Stramonium**

ALLEN'S KEYNOTES ⁽¹⁰⁾

- Intense sleeplessness of irritable, excitable persons from business embarrassments, often imaginary- **Hyoscyamus niger**.
- Restlessness and sleeplessness due to worry and grief, loss of property or reputation, from business embarrassments- **kalium bromatum**.
- sleeplessness with acuteness of hearing, clock striking and cocks crowing at a great distance keep her wake- **opium**.
- Sleeplessness from uterine prolapse- **senecio**.
- Difficulty in falling asleep, especially in children, due to irritability- **Chamomilla**.

DISCUSSION

Insomnia is a multifactorial sleep disorder arising from alterations in neurophysiological pathways involving sleep-wake cycle, hyperarousal, circadian rhythm imbalance, and neurotransmitter dysregulation. Its global prevalence ranges between 10- 30%, with higher rates among women, the elderly, and individuals with chronic medical or psychiatric conditions. Clinically, insomnia contributes to fatigue, irritability, reduced productivity and worsening of comorbid illnesses, making it significant public health problem. Common contributing factors in adults include stress, anxiety, depression, chronic pain, life style irregularities, excessive screen exposure, and substance use.



Recent research supports the role of individualized and integrative approaches in managing insomnia. A 2025 clinical study by *puri et al.* demonstrated that homoeopathic remedies such as *Coffea cruda*, *Nux vomica*, *Kali phos*, and *Arsenicum album* significantly improved sleep quality, reducing PSQI scores through individualized, rubric-based prescriptions that addressed specific causations like mental overactivity, emotional stress, and lifestyle triggers⁽¹¹⁾. Complementing this evidence, a 2024 systematic review by *Kaźmierczyk et al.* highlighted the effectiveness of *Passiflora incarnata*, showing its anxiolytic and sedative actions mediated through GABAergic and serotonergic pathways, with clinical trials reporting improved sleep, reduced preoperative anxiety, and safe benzodiazepine tapering⁽¹²⁾. Together, these studies demonstrate that both homoeopathy and herbal-phytopharmacological interventions contribute meaningful, evidence-based support for non-habit-forming, holistic management of insomnia.

Interdisciplinary comparison reveals parallel findings: Ayurveda emphasizes mind–body imbalance and uses herbal agents like *Ashwagandha* and *Tagara*; Unani and Siddha attribute insomnia to deranged temperament or heat imbalance; whereas conventional medicine offers benzodiazepines, Z-drugs, melatonin agonists, and CBT-I. However, long-term allopathic pharmacotherapy carries risks of tolerance, dependence, and rebound insomnia. Global evidence increasingly supports personalized care, lifestyle modification, stress reduction, and botanical/herbal supplementation—approaches consistent with homoeopathic individualized treatment.

The present repertorial study contributes by identifying single-remedy rubrics relevant to insomnia and organizing them into clinically meaningful categories such as mental–emotional causes, physical causes, lifestyle factors, environmental triggers, alternating symptoms, and rubrics in children. These rubrics enhance specificity in remedy selection, improve clinical decision-making, and support precise individualization. However, limitations include the descriptive nature of the study, absence of clinical outcome measurement, and dependence on repertorial literature without prospective validation. Future research should include clinical trials evaluating the effectiveness of rubric-based single-remedy prescriptions and comparative studies with conventional or integrative approaches.



CONCLUSION

Conventional sedatives provide only temporary relief in insomnia and are often associated with dependence, and other adverse effects. Homoeopathy, by addressing the totality of symptoms with emphasis on characteristic expressions and clear causative factors, offers an individualized and non-suppressive alternative that aims to restore natural and refreshing sleep.

In palliative care- where comfort, emotional stability, and minimal iatrogenic burden are priorities- homoeopathic management becomes especially valuable; by reducing suffering and improving sleep quality without suppressive measures, it serves as an effective integrative approach. This study underscores the importance of causation-driven individualization and demonstrates the clinical utility of single-remedy, rubric-based prescriptions in managing insomnia and its associated constitutional imbalance.

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