TANTIA UNIVERSITY JOURNAL OF HOMOEOPATHY AND MEDICAL SCIENCE
Website- www.tjhms.com **Email : tujhms@tantiauniversity.com**
Peer-Reviewed Journal, E-ISSN: 2581-8899, P-ISSN: 2581-978X
Volume 8|Issue 3|July –Sept. 2025|

CASE REPORT

HOMEOPATHIC CANNABIS INDICA IN THE MANAGEMENT OF FIBROMYALGIA: A CASE REPORT

Jozélio Freire de Carvalho
Institute for Health Sciences, Federal University of Bahia, Salvador, Bahia, Brazil Núcleo de Pesquisa em Doenças Crônicas não Transmissíveis (NUPEN), School of Nutrition, Federal University of Bahia, Salvador, Bahia, Brazil

Abstract

Received- 5/09/2025
Revised- 28/09/2025
Accepted– 30/09/2025

Key Word- Fibromyalgia, homeopathy, Cannabis indica, case report

Corresponding Author:-
Prof. Dr. Jozélio Freire de Carvalho
R. Basílio da Gama, 200 - Canela, Salvador - BA, Brazil
40110-040
Tel.: +5571-99187-1169
E-mail:
jotafc@gmail.com

Background: Fibromyalgia (FM) is a chronic pain syndrome with complex pathophysiology and limited response to conventional therapies. Homeopathy is frequently used as a complementary treatment, but reports on the use of Cannabis indica are extremely scarce. **Case History:** We describe the case of an 80-year-old woman with a one-year history of FM, presenting diffuse pain and poor quality of life. At baseline, she had 18 tender points, a pain visual analog scale (VAS) score of 7, and a well-being VAS score of 5. She was treated with Cannabis indica 6 cH, five drops sublingually three times daily.

Results: After eight weeks, tender points decreased to 3, pain VAS dropped to 2, and well-being VAS increased to 9, indicating significant improvement. **Conclusion:** This is, to our knowledge, the first report of successful FM treatment using homeopathic Cannabis indica. Further randomized controlled trials are needed to validate these findings.

INTRODUCTION

Fibromyalgia (FM) is a chronic condition characterized by widespread musculoskeletal pain, fatigue, and non-restorative sleep. The pathophysiology involves central sensitization, neurotransmitter imbalances, and neuroendocrine dysfunctions [1]. Conventional treatment options include antidepressants, pregabalin, and physical

therapy, but many patients experience limited benefits and adverse effects, with up to 80% reporting side effects [2]. Consequently, a significant number of patients seek complementary and alternative medicine (CAM) strategies [3].

Homeopathy is among the most commonly used CAM modalities for FM management, with some studies suggesting improvements in pain, sleep quality, and overall well-being [4]. While *Cannabis sativa* has been documented in homeopathy for FM, there are no reports of *Cannabis indica* being used specifically for this condition. Here, we present a case of an elderly patient with FM who experienced a significant clinical response to homeopathic treatment with *Cannabis indica*.

CASE REPORT

An 80-year-old woman presented with a one-year history of generalized musculoskeletal pain, fatigue, and poor sleep quality. She reported inadequate response and intolerance to conventional medications and preferred a non-pharmacological treatment approach. Her medical history included hypertension, pre-diabetes, and overweight. At baseline, she had 18 tender points, a pain VAS of 7, and a well-being VAS of 5. Laboratory tests, including complete blood count, thyroid-stimulating hormone, and inflammatory markers, were all within normal limits. Serological tests for infectious diseases were negative. Based on the clinical presentation and diagnostic criteria, a diagnosis of fibromyalgia was established. She was then prescribed *Cannabis indica* 6 cH, at a dosage of five drops sublingually, three times daily.

RESULTS

After eight weeks of treatment, the patient demonstrated remarkable clinical improvement (Table 1). She reported substantial pain reduction, better sleep, and improved mood, with no adverse effects.

Table 1. Clinical Outcomes Before and After Treatment

Outcome Measure	Baseline	After 8 Weeks
Pain VAS (0–10)	7	2
Well-being VAS (0–10)	5	9
Tender points	18	3

The Modified Naranjo Criteria for Homeopathy (MONARCH) score was +8 (Table 2), indicating a probable causal relationship between the intervention and the positive clinical outcomes.

DISCUSSION

The therapeutic use of medicinal cannabis has been expanding worldwide, particularly for chronic pain disorders such

as FM[5]. However, reports of homeopathic preparations, especially *Cannabis indica*, are virtually nonexistent.

Experimental studies have suggested that *Cannabis indica* exerts neurological effects, such as modulation of central nervous system pathways, which could influence both pain perception and sleep regulation[6].

This case shares similarities with a previous report using homeopathic *Cannabis sativa*, in which complete symptom remission was achieved [7]. Together, these findings suggest that both varieties of cannabis may offer therapeutic benefits for FM patients when used in ultra-diluted homeopathic forms.

The rapid, significant, and sustained improvement observed, along with a high MONARCH score (Table 2), supports a causal relationship between the homeopathic treatment and the patient's clinical progress. Despite these promising results, this remains a single case, and are needed to confirm efficacy and establish dosing strategies for homeopathic cannabis in FM.

Table 2. MONARCH Inventory (Modified Naranjo Criteria for Homeopathy) for the Current Case

No.	Domain	Grading of response to medication
1	Was there an improvement in the main symptom or condition for which the homeopathic medicine was prescribed?	+2
2	Did the clinical improvement occur within a plausible timeframe relative to the medicine intake?	+1
3	Was there a homeopathic aggravation of symptoms?	0 *(no aggravation)*
4	Did the effect encompass more than the main symptom or condition (i.e., were other symptoms, not related to the main complaint, improved or changed)?	+1
5	Did overall well-being improve? *(changes in physical, emotional, and behavioral aspects)*	+1
6[a]	Direction of cure: did some symptoms improve in the reverse order of their development?	+1
6B	Direction of cure: did at least one of the following aspects apply to the order of improvement of	+1

	symptoms? • from more important organs to less important organs • from deeper to more superficial aspects • from top to bottom	
7	Did 'old symptoms' (previously resolved, non-essential symptoms) reappear temporarily during the course of improvement?	0 *(did not occur)*
8	Are there alternative causes (i.e., other than the medicine) that—with high probability—could have produced the improvement? *(consider natural disease course, other treatments, etc.)*	–3
9	Was the health improvement confirmed by any objective evidence? *(e.g., investigations, clinical examination)*	+2
10	Did repeat dosing, if conducted, create similar clinical improvement?	+1
Total Score		+8

CONCLUSION

This report highlights the potential role of homeopathic *Cannabis indica* in alleviating pain and improving quality of life for FM patients. While preliminary, these findings justify further research using controlled studies to better evaluate its clinical relevance and safety profile.

REFERENCES

1. Clauw DJ. Fibromyalgia: A clinical review. JAMA. 2014;311(15):1547-55.
2. Nishishinya B, et al. Amitriptyline in the treatment of fibromyalgia: A systematic review. Rheumatology (Oxford). 2008;47(12):1741-6.
3. Crofford LJ, Appleton BE. Complementary and alternative therapies for fibromyalgia. Curr Rheumatol Rep. 2001;3(2):147-56.
4. Boehm K, et al. Homeopathy in the treatment of fibromyalgia: A comprehensive literature review and meta-analysis. Complement Ther Med. 2014;22(4):731-42.
5. Katz-Talmor D, et al. Cannabinoids for the treatment of rheumatic diseases—where do we stand? Nat Rev Rheumatol. 2018;14(8):488-98.
6. Sukul NC, et al. Prolonged cataleptogenic effects of potentized

homoeopathic drugs. Psychopharmacology (Berl). 1986;89:338-41.

7. Carvalho JF. Successful treatment of a fibromyalgia patient using a homeopathic preparation of *Cannabis sativa*. Homeopathy. 2023;112(4):223-8.

How to Cite this Article- Jozélio Freire de Carvalho, Homeopathic Cannabis Indica In The Management Of Fibromyalgia: A Case Report. TUJ. Homo & Medi. Sci. 2025;8(3):64-68.

Conflict of Interest: None **Source of Support: Nil**

This work is licensed under a Creative Commons Attribution 4.0 International License