

# THE HOMOEOPATHIC HERITAGE

Bringing Classical and Contemporary Homoeopathy Together

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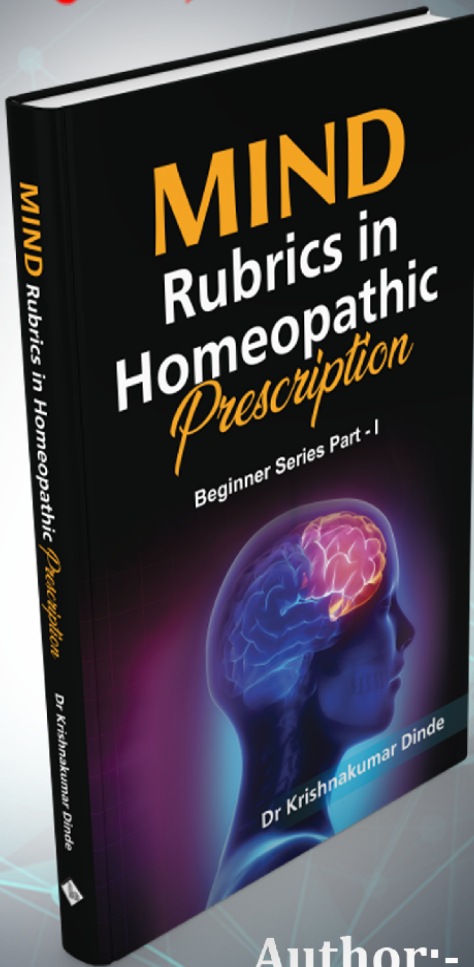


## Iscazor Therapy in Homoeopathic Practise

- An individualistic homoeopathic approach in a case of simple functional ovarian cyst - a case report
- Effect of homoeopathic medicine *Natrum muriaticum* on general well-being of patients suffering from acne vulgaris



BJAIN



# MIND Rubrics in Homeopathic *Prescription*

Author:-

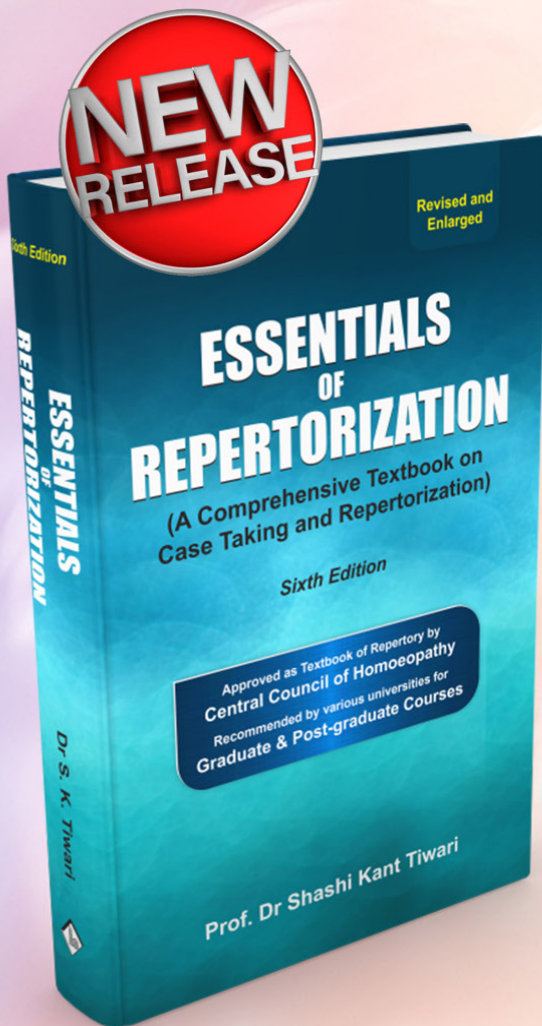
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- A book to make homeopathy very simple and applicable for the beginner and gives an unconventional point of view for the established practitioner
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# Healing women with homeopathy

By Dr Kavita Chandak

Since my student life until today, I am very much fond of reading books on same topic from different authors. There are many books about gynaecology, obstetrics, homeopathy and medicine but I could not find a satisfactory book talking about all above topics together. Many books are good in theories and therapeutics; but what about the clinical application?

In the beginning of practise, when patient is sitting right front of us in our clinic, we get puzzled about how to enter in the case, what to prescribe, which layer to address first, what if my prescription create aggravation, which potency should be selected and so on.

In the last 5-10 years, I have observed that the budding homeopaths get confused about which teacher, what method and which school is to be followed?

It does not matter which method one uses in practise. What matters is that, you must have complete theoretical knowledge about the subject along with its practical application which is the first criteria for successful practise.

Although various homeopaths are doing well in this field but they do not pen the data. I decided to write this book to fulfill this lacuna. This topic was chosen as many women, especially in Indian society, go through their lives, by prioritising their families and their children, but neglect their own needs. Health issues are also often neglected and relegated to the back burner. Women attributed 50% population of the planet; hence need to be focussed well!

Although *Healing Women with Homeopathy* is about women disorders but trust me you will find many answers related to general homeopathic practise.

This book is divided into 3 parts: First part covers obstetrics and gynaecological conditions.

Second part covers case taking, importance of dreams, delusions,

posology, rare remedies with their indications, homeopathic gynaecology kit and clinical tips in obstetrics and gynecology.

Third part covers homeopathic management of 33 case studies.

It is a quick reference work for busy practitioners as well budding homeopaths, talking about outstanding contribution of homeopathy in dealing female disorders starting from menarche to menopause. All chapters are explained under the headings including introduction, causes, symptoms, rubrics and its homeopathic treatment.

I incorporated 33 case studies with the anamnesis (physical and mental symptoms), analysis, evaluation, rubrics, laboratory readings before and after treatment, justification of remedy, prescription and follow-ups with my way of approach in individual case for better understanding of clinical application by overcoming failures.

This book not only talks about reproductive age, pregnancy, delivery and menopause but the detail description about cancer, specific case taking in gynaecology, potency selection, clinical tips are the other pearls scattered throughout the book.

Special emphasis is given to every symptoms occurring during pregnancy and lactation. For instance, homeopathic management of colic, constipation, vomiting, hemorrhoids, mental issues during and after pregnancy like mood swings, nervousness, melancholia, depression, ectopic pregnancy, gestational diabetes, eclampsia of pregnancy, breast abscess, milk glands, postpartum depression and lochia is mentioned in detail.

Labour is the second birth of woman.

You will amaze to see how homeopathy is helpful in changing the fetal presentation, in releasing the rigidity of os and helping in cases of placenta

previa.

In clinical practise, we face five major gynaecological complaints; dysmenorrhea, PCOS, sterility, abortion and cancer. I explained these topics thoroughly with its homeopathic management. Cases related to above complaints with follow-ups and successful output, will give you the guideline about exact approach to enter in gynaecology.

You will find auxiliary measures that one could follow simultaneously, to help the process of cure and rubrics are mentioned at required places.

The description of a few modern remedies like *Medullosseinum*, *HPV*, etc.; is the highlight of the book.

Guidance about the application of homeopathic philosophy in clinical practise with aphorism numbers will take you on the *Organon* tour.

Chief attractions of the book are-

Clinical repertory for gynaecology is included with the chapters.

Core of female remedies

Study of rare remedies

The homeopathic gynaecology kit

I am a voracious homeopath in search of more and more knowledge!

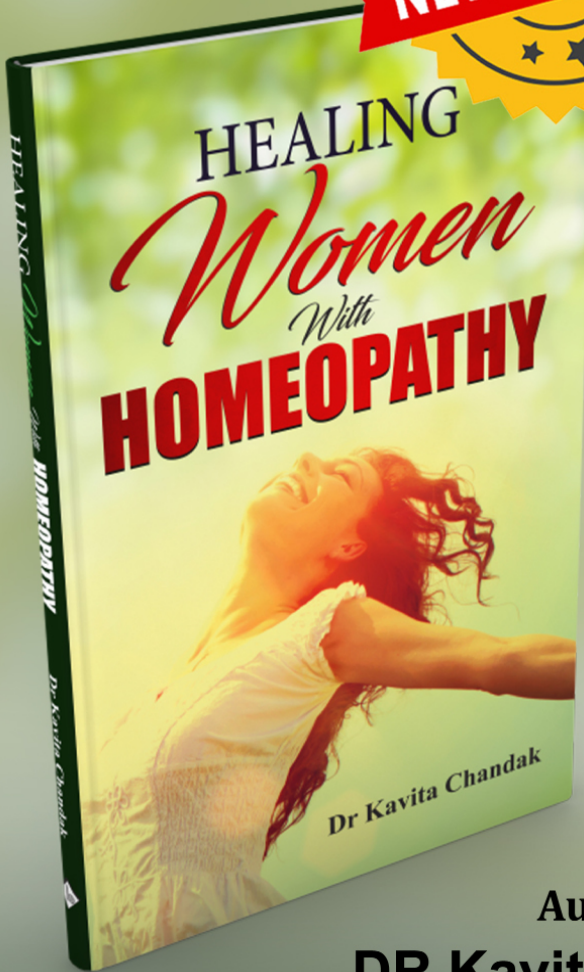
*Healing Women with Homeopathy* is my humble and honest effort to share the extract of my two decades practise.

Key takeaway is, instead of following any one person (except Hahnemann), keep on reading good books and make your own notes.

This book is a modified version of my notes from stalwarts and my experience from practise. It is a significant and valuable tool for the learners, teachers, and practitioners in their service to humanity through homeopathy.



NEW RELEASE



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**PP -206**

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- Covers the most important and widespread gynaecologic disorders starting from menarche over dysmenorrhea to menopause
- Reflects issues from which women suffer frequently
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- Covers description of the materia medica of several homeopathic remedies with special emphasis on gynaecology
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# THE HOMOEOPATHIC HERITAGE

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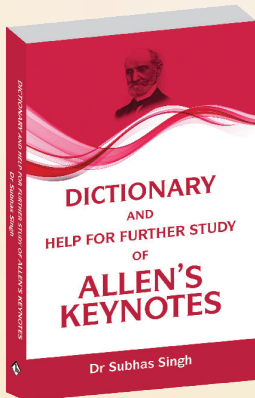
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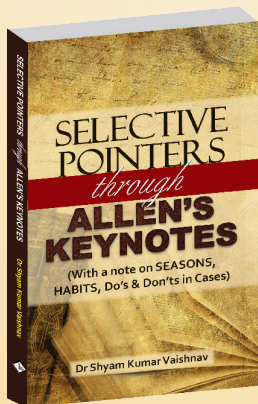
## DICTIONARY and Help for Further Study of ALLEN'S KEYNOTES Dr Subhas Singh



- Keeping into consideration, the difficulties faced by readers in reading and understanding the vocabulary used in Allen's Keynotes, the author has come up with this dictionary of Allen's Keynotes.
- The author has done his best to provide the word meanings to all the difficult terminologies and nomenclature used in Allen's Keynotes.
- the related symptoms of all medicines have been placed together. The Keynote symptoms have been placed under different chapters and sub-chapters.
- word meanings to some of the selected words, terms, and nomenclatures used in Allen's Key Notes are given.
- the symptoms (Keynotes) are segregated according to the various chapters and sub-chapters.
- the unrelated but similar-sounding symptoms are clubbed at one place, to make comprehension and learning of Allen's keynote easier.
- Arrangement of relationship in different headings.

ISBN: 978-81-319-1381-9 | ₹ 499 | 440 pp

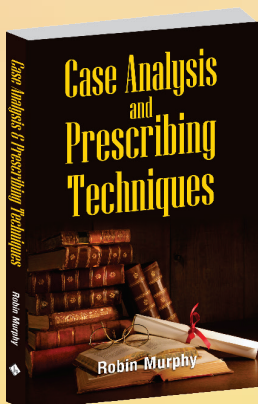
## Selective Pointers through Allen's Keynotes Dr Shyam Kumar Vaishnav



- This book is to provide an answer to the vexed question "How shall I get a remedy quickly in a particular group of population & without much effort?"
- The book is divided into 2 sections in which, the most important symptoms are arranged under 11 subsections, based on different phases of life, addictions, seasons along with the Do's and Don'ts.
- Its easy for comprehension and also quick for reference and prescription.
- The THUMB RULE section gives a different perspective of learning making the reader ponder and go to the depth of Allen's Keynotes.
- Emphasis had been on dividing age groups, gender groups& even on pediatric remedies, a list of drugs has been incorporated for the convenience of students, PG scholars, and the physicians.

ISBN: 978-81-319-1805-0 | ₹ 145 | 120pp

## Case Analysis & Prescribing Techniques By Robin Murphy



- The author has taken a point-by-point approach to case-taking, punctuated by general discussions of the related topics.
- He has given invaluable tips, making it somewhat revolutionary compared to accepted concepts disclosed and applied in the earlier case-taking guidelines.
- Several cases are analysed throughout the book with discussions and follow-up. This book contains the transcripts of seven, 95 minute audiotapes. There is student-teacher dialogue clearing queries.
- The book also guides about potency selection.

ISBN: 978-81-319-0249-3 | ₹ 299 | 296pp

Dear Readers,

Dr J.C. Burnett has quoted, *“My standpoint is that a tumour is the product of the organism and to be really cured, the power to produce the same must be eliminated, got rid of; cutting it off merely rids the organism of the product, leaving the producing power where it was before, often the operative interference acting like pruning a vine, i.e., the tumour-producing power is increased and the fatal issue is brought nearer.”*

Since past few years, there has been an alarming increase in the incidence of cancer cases, not only due to sophisticated detection techniques, but also due to an increase in the environmental carcinogens affecting the cells adversely, stimulating then to unlimited growth and multiplication. This issue is an attempt to discuss about Iscador therapy which stimulates the form-giving processes and forces in the human organism against the tendency to unregulated proliferation of the cell, which is seen in cancer. It is categorised under anthroposophic medicine - ‘the science of the spirit’, and is based on the holistic approach as well as a spiritual scientific view of a healthy human being who is in close harmony and interaction with the different levels of creation and has lost this when in a state of ill health. Out of 1400 mistletoe species, only white-berried mistletoe is used to treat cancer. Medicines are prepared according to

homoeopathic principles, hence anthroposophic medicine and homoeopathy easily go hand in hand. There is now considerable research and many trials that seem to show that mistletoe therapy can be effective. The extracts, which are injected subcutaneously, are thought to stimulate the body’s immune system, and are said to give patients a better quality of life whilst undergoing conventional cancer treatment.

### **A Quick Word on Issue Content:**

This issue of *“The Homoeopathic Heritage”* is an attempt to discuss the Iscador therapy in relation to homoeopathic practise through different evidence-based case studies and research papers.

*The peer reviewed articles include an individualistic homoeopathic approach in a case of simple functional ovarian cyst - a case report by Dr Sadia Kamal, Dr Nickey Taechen Bhutia, Dr Torsadas, Dr Sayantan Bhowmick and Effect of homoeopathic medicine Natrum muriaticum on general well-being of patients suffering from acne vulgaris by Dr Rashmi Bhavsar, Dr Rachana Dave, Dr Bhupinder Singh. Clinical case papers include articles on attention deficit hyperactive disorder (ADHD) management through the spectacle of homoeopathy by Dr Azizul Islam Khadim, role of homoeopathy in managing attention deficit hyperactivity disorder: an evidence based, integrated management*

*approach by Dr Mansi Upadhyay. Subjective articles include Iscador therapy and it’s approach in homoeopathic practise by Dr Kirti Mishra, Dr Divya Rani, Dr Sachchida Nand Yadav, Iscador (Viscum album) as a homoeopathic remedy by Dr Krishna Murari, benign breast lump with homoeopathic intervention by Dr Sana Khan, compositae family themes and miasms by Dr G.Lakshmi Narasaiah, G. Chandra Sekhara Rao, Iscador therapy in homoeopathic practise by Dr Rakhi, Mistletoe – immunomodulatory effect in cancer patients for improving the quality of life by Dr Kayalvizhi J D, Iscador is a complementary rather than an alternative medicine by Dr Srabani Pal and Dr Shweta Patel, Iscador therapy and homoeopathy by Dr Prastuti Jaiswal, Dr Sakshi Bhadana, Dr Surbhi, Dr Satya Prakash Singh, role of homoeopathy in the treatment of dyslipidaemia by Dr Vandana Gupta, Dr Manoj Kumar Bharati, Dr Rahul Kumar Nirala, Iscador therapy in homoeopathy practise by Dr Maryam Salman, Viscum album: the Mistletoe-the repertorial view by Dr Yogeswari. The research paper on iscador therapy in homoeopathic practise by Dr Nihal Kumar is a wonderful paper discussing various aspects of Iscador therapy. A special article on the neoteric monkeypox virus*

*By Dr Ambily Sreekumar, Dr Angela Allen, Dr Samad K.S, Dr Hita Raj is a feather in the cap for this issue.*

Iscador therapy potentiates the action of homoeopathic therapeutics as both act on the immune mechanism. When understood and practised, these therapies become limitless in their possibilities for development and their power to treat the millions of sick people in the world.

**We hope this issue will help the fellow homoeopaths to understand the Iscador therapy and it's relation with homoeopathy in a better way. We are also obliged to all our authors and readers for their contribution to the journal. Also, I look forward to hearing opinions and recommendations. You may**

also login to our website, [www.homoeopathy360.com](http://www.homoeopathy360.com) for more information and opportunities related to homoeopathy.

Lastly, we will like to invite research papers, articles and case studies of our readers.

Dr Yashika Arora Malhotra

[hheditor@bjain.com](mailto:hheditor@bjain.com)

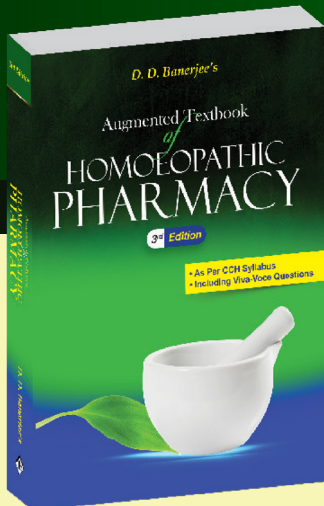
Note: *The Homoeopathic Heritage* is now a peer reviewed journal since January 2013. All the articles are peer reviewed by the in-house editorial team and selected articles from each issue are sent for peer review by an external board of reviewers and those articles are distinctly marked with a stamp of 'peer reviewed'. For inclusion of articles in peer review section, kindly send your articles 3-4 months in advance of the said month. Send your articles at [hheditor@bjain.com](mailto:hheditor@bjain.com).

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- All the chapters are arranged in a systematic manner under the respective sections.
- Several new chapters have also been introduced in the updated edition, under different sections such as Hospital Pharmacy, Industrial Pharmacy, Pharmacovigilance and Adverse Drug Reaction, and many more topics in different chapters.
- In the appendix, a few important short questions with answers have been added.

## Iscador therapy in homoeopathic practise

By Dr Yogesh Niturkar

### Introduction

Worldwide, there has been an alarming increase in the incidence of cancer and it has become one of the most feared ailment. This rise in incidence has been due to the sophisticated detection techniques, an increase in the environmental carcinogens affecting the cell adversely, stimulating it to unlimited growth and multiplication resulting into cancer. Failure of the recognition of the cancer cells by the reticuloendothelial system is the result of the failure of the DNA that carries codes of identity and heredity. Normally, a cell stops dividing as a result of the information stored in the DNA. Alterations in the DNA inside the cell nucleus prevent the proper transmission of such orders and the cell keeps on dividing. The proliferation continues unrestricted on account of this recognition and malignancy. Recent trends in cancer research are prioritising the view that the whole organism is involved in the development of cancer. The ideal way of cure in cancer cases is reduction in tumour size and that too without immune-suppression and without the production of the toxic side effects of therapeutic agents. The available therapeutic methods are (1) surgery (2) the law of similars (3) Iscador therapy of cancer: pre and post-operative.<sup>[1]</sup>

In view of the rising prevalence of cancer and the environmental carcinogens, the October issue of *"The Homoeopathic Heritage"* is based upon the theme of Iscador therapy in Homoeopathic practice. Mistletoe, or 'Iscador' as its homoeopathic preparation is called, has been found beneficial in treating patients with some forms of cancer. It can be

used with conventional treatments.<sup>[2]</sup> It is claimed that mistletoe extracts stimulate the immune system, improve survival, enhance quality of life and reduce adverse effects of chemo- and radiotherapy in cancer patients.<sup>[3]</sup>

Dr K N Kasad sir, a veteran homoeopath, did extensive work in Iscador therapy in cancer. His work highlights on the key role of immunity and reticuloendothelial system in the genesis of cancer, then history, biology, pharmacology, toxicology of mistletoe, its cytostatic action in vitro and cancerostatic action in vivo. Influence of Iscador upon immunity, mode of action of Iscador, therapeutic application, indications, and scope allows us to learn about Iscador and its applied aspects. Types of Iscador preparations, its selection criteria, dose, routes, manner and time of administration, caution and contradictions, reactions and responses under Iscador therapy has been discussed elaborately. Readers are recommended to read his research paper on *"Cancer: Perceiving the aberrant immune response and its rectification through programmed Homoeopathic treatment supported by Iscador (Viscum album) therapy"* published in ICR Symposium Volume III, paper 4 in 'Area G Perceiving: Practice standardization of individualization'. This paper allows us to understand the subject Iscador therapy in cancer and the scope of homoeopathy in the management of Cancer.

In 2009, a research publication titled as *"Survival of cancer patients treated with mistletoe extract (Iscador): a systematic literature review"* was published. The paper was based

upon the study of 49 publications on the clinical effects of *Iscador* usage on survival of cancer patients which met inclusion criteria. The pooled analysis of clinical studies suggested that adjuvant treatment of cancer patients with *Iscador* is associated with a reduction in mortality rates. It also raised concern for future studies to evaluate the effects of *Iscador* should focus on a transparent design and description of endpoints in order to provide greater insight into a treatment often being depreciated as ineffective, but highly valued by cancer patients.<sup>[4]</sup>

In 2020, another research publication (by the same author Ostermann et al) titled as *"a systematic review and meta-analysis on the survival of cancer patients treated with a fermented *Viscum album L. extract (Iscador): an update on findings"* was published. Compared to 2009 findings were almost identical effects in cancer survival based on a broader database of higher quality. Study type (randomized vs. non-randomized) did not influence the results of the meta-analysis; further, there was no effect of sample size, but there were hints for moderate publication bias. However, the publication bias can be an effect of the joint evaluation of many tumour entities: in the course of time, studies may have been repeated with those tumour entities that were more likely to be successful. The data underline that adjuvant treatment of cancer patients with the mistletoe extract *Iscador* can be associated with a better survival. One may consider it as a second-line treatment, which may have distinct effectiveness in different tumour entities.<sup>[5]</sup>*

Over the last decade there has been

an increasing tendency among cancer patients in many countries to seek alternative medical treatment as supplement to or substitute for traditional oncological therapy. Mistletoe treatment has no side effects and has a pronounced impact on the quality of life of the patients. [6] Currently, mistletoe, especially *V. album*, has attracted special interest due to its vital role as a leading remedy in cancer therapy. The cytotoxic efficacy of mistletoe extracts against cancer cells has been evaluated in numerous evidence based researches as well as *in vitro* and *in vivo* laboratory experiments, and mainly positive antitumor activities have been reported. Laboratory studies indicate that the cytotoxic properties and cell apoptosis inducing activity of mistletoe depend on its biologically active substances which may be different in various

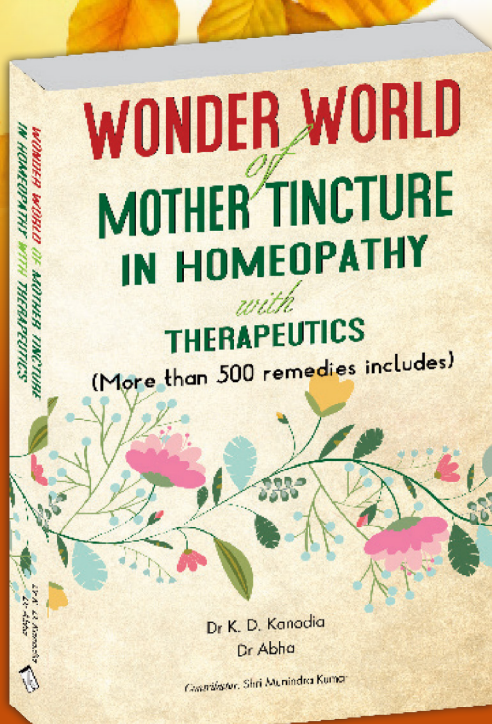
geographical regions and host trees. A research study on the preclinical and clinical effects of mistletoe against breast cancer concluded that mistletoe is having a beneficial effect with good evidence with respect to survival, health related quality of life (HRQoL), positive remission rate, and reduction of chemotherapy causing side effects for breast cancer patients treated with mistletoe extracts. [7]

Clinical application of Iscador therapy in homeopathy opens a vast area of research to explore scope of homeopathy and the homeopath in handling various types of cancer. We wish this *Homeopathic Heritage* issue on Iscador therapy in homeopathy stimulates homeopaths to undertake research for the cause of humanity and improving the quality of life of the SICK individuals.

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# READ IT AND REAP IT

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# Attention deficit hyperactive disorder (ADHD) management through the spectacle of homoeopathy: a case study

By Dr Azizul Islam Khadim

**ABSTRACT:** Children is the backbone of the society, they are strength and future star. For the development of the society, first and foremost step is to make healthy. Not only physically, but also mentally, socially. ADHD is the development disorder, which creates lots of problem for the family and the society. Homoeopathy plays a significant role for such kind of cases by its holistic and individualistic approach of treatment. This article helps to know, brief introduction of ADHD and effectiveness of homoeopathic constitutional medicine in the management of ADHD, a case study.

**keywords:** ADHD, homoeopathy, constitutional medicine, *Phosphorus*

**Abbreviations:** Attention deficit hyperactive disorder (ADHD), magnetic resonance imaging (MRI), neonatal intensive care unit (NICU), twice a day (BD)

## Introduction

Health, as defined by the World Health Organization is “a state of complete physical, mental and social well – being and not merely the absence of disease or infirmity.”<sup>(1)</sup> As the world is changing the word “**mental health**” is gaining much attention as it is the one most seen disrupted. Attention deficit hyperactive disorder is the cognitive and behavioural challenges affects in the various age group, especially children. ADHD is characterised by inattentiveness, including increased distractibility and difficulty sustaining attention; poor impulse control and decreased self-inhibitory capacity; and motor over activity and motor restlessness. In 40-50% of ADHD affected children, the disorder appears to persist with differing manifestations into adulthood, and leads to significant under unemployment, social dysfunction, and a heightened risk of anti-social behaviours including substance abuse, difficulties in maintaining relationships<sup>(2)</sup>.

Homoeopathy believes in individualistic concept, each and

every person is unique in this universe. The medicine is selected with the help of proper case-taking and observation. ADHD child has characteristic expression as per unique constitution. This characteristic expression individualises the children from others and helps in building up a totality for the selection of a remedy<sup>(3)</sup>.

## Case study

Mother of a 5-year child narrated that her child having problem in concentration and does not listen when she used to speak to him for last 9 months. Even his school teacher complained that he was inattentive in the class and did not follow the teacher’s instructions. The teacher asked him lot of questions, but he never used to say anything, his handwriting was getting worse day by day. He was not able to finish the work and handed over incomplete work.

## History of previous illness

He suffered from rashes with seizure after vaccination at the

age of 6 months, was treated with conventional medicine and he improved within a week. At the age of 3 years, he had a fall from bed, and after that, he had convulsion problem and wastreated by conventional medicine. During that time, MRI was done, no problem was found. For last 2 years, he had no convulsive attack.

## Family history

His father suffered from diabetes for last 3 years and mother suffers from hypertension for last 1 years. Both were treated with allopathic medicine.

## Development milestone

He was a caesarean child and stayed in the NICU for one month due to his low birth weight. He has poor development and bottle feed baby. He always used to catch cold easily. Vaccination schedule was followed properly, but at the age of 6 months, after vaccination, he suffered from rashes with convulsive attack. Now, from the last 9 months, he was suffering from these complaints.

## Homoeopathic general:

**Mental general**

He was inattentive and easily distracted from one subject matter to other and left his seat frequently in the class. He did not obey the teacher’s and parents’ instructions. He did what he wanted, did not care for anybody. He was very lazy and a slow thinker. He did not want to

do any mental effort and remained busy in his own work.

**Physical general**

He was an average built person, desired for sweets and cold drinks; he was thirsty but wanted cold drinks only; took 8-9 hours sleep and always preferred to lie on one

side; profuse perspiration especially at night; and he preferred cold weather.

**Diagnosis**

Detailed history of child development milestone, symptoms observed and by **DSM –IV criteria**<sup>(4)</sup>.

**Analysis and evaluation of symptoms:**

Symptom type	Symptom	Intensity	Miasmatic analysis <sup>(5)</sup>	Totality of symptoms
M e n t a l general	Lack of concentration	+++	Psora, syphilis	Lack of concentration
M e n t a l general	Did not want to do any mental effort and was busy in his own work.	+++	Psora,	Did not want to do any mental effort and was busy in his own work.
M e n t a l general	Slow thinker	+++	Syphilis	Slowness of memory
Mental general	He was not able to finish the work and handed over incomplete work	+	Psora	
Physical general	Desire for cold drinks	++	Syphilis	Desire for cold drinks
Physical general	Desire for salty things	+++	Syphilis a ,	Desire for salty things
Physical general	Aversion: Butter	+++	Syphilis	Aversion: Butter
Physical general	Perspiration at night	++	Syphilis	Perspiration at night

**Repertorisation<sup>(6)</sup>:**

See repertorisation sheet

**Prescription:** After repertorisation, *Phosphorus* possessed highest grade and highest matching of the symptoms. Hence, *Phosphorus* was selected on the basis of mental as well as physical symptoms of the patient also in consultation with materia medica<sup>(7)(8)</sup>.

On 18/12/2020,

*Phosphorus-200/ 1 dose*, early morning mixing with ½ cup of water for 2 days along with *Saccharum lactis* every day, two times after eating for 7 days. Behavioural and cognitive therapy was performed on regular basis.

**Selection of dose and potency:** As per *Organon of Medicine* aphorism 247 5<sup>th</sup> edition<sup>(9)</sup> and according to the susceptibility of the patient, the potency was selected. Here the patient was highly susceptible and intensity of the symptoms was also increased and she suffered from long time due to that affection, so the case was started with higher potency.

**Follow up:** On 15/01/2021, lack of concentration with laziness still present, but he obeyed the teacher and listened to parent's orders. Behavioural therapy continued. Prescribed: *Saccharum lactis* 200/1 drop BD x 15 days

On 05/02/2021, he used to wake up early morning and did his homework regularly, as well as maintained his daily schedule. Prescribed *Saccharum lactis* 200/ 1 drop BD x 15 days

On 05/03/2021, he felt better and came to the clinic in a very cheerful mood, his mother was happy with his behaviour. Sometimes, he did some or the other unusual work. Prescribed *Saccharum lactis* 200/ 1 drop BD x 15 days

On 26/03/2021, patient had no problem, did his work properly. Prescribed *Saccharum lactis* 200/ 1 drop BD x 15 days

On 09/04/2021, No complaints, he was now very obedient and did his duty properly. Prescribed: *Saccharum lactis* 200/ 1 drop BD x 15 days

### Conclusion

Homoeopathy has a vast scope in ADHD, as homoeopaths treat the patient according to its symptomatology as well as the dynamic medicine does not produce any kind of side-effects. Homoeopathic medicine along with proper management helps to get rid of such type of behavioural

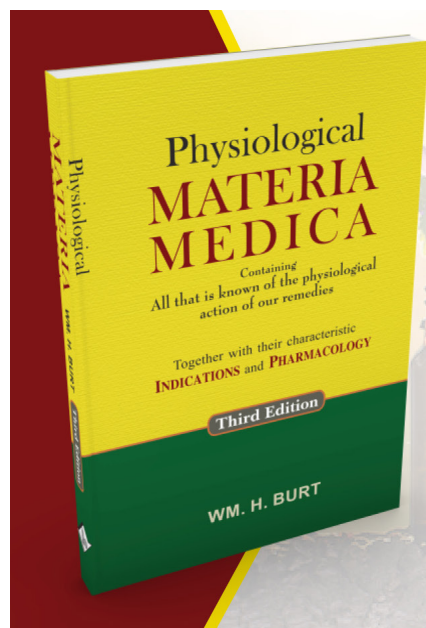
disorders.

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# Iscador therapy and its approach in homoeopathic practise

By Dr Kirti Mishra, Dr Divya Rani, Dr Sachchida Nand Yadav

**Abstract:** Cancer has become one of the most feared ailments worldwide. As conventional treatment is not too effective or often associated with several side effects. Such side effects of conventional treatment can be reduced in greater extent by using iscador preparations. Though iscador preparations are also expensive but recent in-vitro researches in several cancer cells have opened a new pathway for the world in management of cancer patients either by using homoeopathic medicine, *Viscum album*, or using iscador therapy as an adjuvant with conventional treatment.

**Keywords:** Iscador therapy, cancer, homoeopathy, *Viscum album*, mistletoe

**Abbreviations:** - PAMPs (pathogen associated molecular patterns), HRQoL (health related quality of life), QoL (quality of life), VAD (*Viscum album* dilution), MTT (3-[4,5-dimethylthiazol-2-yl]-2,5 diphenyl tetrazolium bromide)

## Introduction

Cancer is leading cause of death worldwide. In 2018, incidence rate of cancer was reported to be around 18.1 million and mortality rate is 9.5 million worldwide. Cancer disease has high prevalence in developed countries but some cancer such as cervical, oesophagus, etc. have high prevalence in developing countries. By 2040, it is expected that disease burden may rise to 29.5 million cases and disease mortality may rise to 16.4 million.<sup>1</sup>

Iscador therapy is a complementary therapy for management of cancer frequently prescribed in Europe by medical doctors including oncologists in addition to the conventional cancer therapies, radiation, surgery, and chemotherapy.

Rudolph Steiner, an Austrian natural scientist, founded anthroposophy, he worked in collaboration with Dr Ita Wegman, a Dutch physician to employ an injection made up of mistletoe preparation in cancer patients in 1917 and later iscador therapy established in 1926. Iscador, manufactured from the leaves,

berries and stems of white berried mistletoe (*Viscum album*) as a fermented aqueous extract injected subcutaneously.<sup>2</sup>

There are about 1400 mistletoe species round the globe, and they are hemi parasitic evergreen shrub growing stem of other trees, generally woody plants. The name mistletoe referred for the species *Viscum album* (European mistletoe, of the family santalaceae) to treat cancer. It is named according to the host tree on which plant grows such as, Iscador M is from apple trees, Iscador P comes from pine trees, Iscador Qu is from oak trees, Iscador U comes from elm tree.<sup>3</sup>

Mistletoe extracts composed of various constituents with anti-tumoral effects. Two chief mechanisms considered for anti-carcinogenic action of mistletoe extracts. Firstly, immunomodulating effect leading our own body's immune system by recognising and combating tumor cells. Secondary action on tumor growth.<sup>2</sup>

Mistletoe contains two group of toxins: viscotoxins and mistletoe

lectins. Viscotoxins have cytolytic action, i.e. they dissolve cancer cells. The mistletoe lectins are related to castor oil plant lectins; they have cytostatic properties, i.e. they inhibit the growth of cancer cells<sup>4</sup>

The immune system's ability to destroy the tumor cells is the principle. Homoeopathy also works in similar principle of immunomodulation. The source of mistletoe extract is natural and prepared according to homoeopathic principles.<sup>4</sup> In India following training in iscador therapy homoeopaths have begun to use iscador in cancer cases.

In addition to immunomodulating action, it also has cytotoxic effect on tumor cells. After the induction of immunogenic tumor cell death, multiple tumor antigens and PAMPs (pathogen associated molecular patterns), activates antigen presenting dendritic cells or macrophages and present to cytotoxic T cells. In the sequel of the above events tumor specific T lymphocytes are activated which possess specific cytotoxic effects.

**Indications:** Malignant tumours

also with accompany impairment of haematopoietic organs

Benign tumours

Pre-cancerous conditions, carcinoma in situ

Reducing the risk of tumour recurrence after surgery

In advance malignant tumours, reduces chances of metastasis.

As a combination with standard therapies such as chemotherapy, radiotherapy, hormones/ anti-hormonal therapy

**Contraindications:** Non-allergic to mistletoe preparations

Acute inflammatory diseases or high fever

Chronic granulomatous diseases, florid auto-immune diseases and diseases treated with immune-suppressive drugs

Hyperthyroidism with tachycardia

**Clinical effects of iscador:** Improvement in quality of life-improves physical generals of patient such as; appetite, sleep, body-weight, etc.

Reduction in adverse events of conventional therapy such as; chemotherapy and radiotherapy.

Reduction of symptoms related to disease or therapy such as; pain, nausea, vomiting, diarrhoea and immune-depressions

Inhibition of cancer related fatigue syndrome

Reduction in hospitalisation period, prevention of recurrence and metastasis and prolongation of survival.<sup>2</sup>

**Evidence of iscador therapy in different tumours: -**

**Breast cancer:** - breast cancer is one of the common cancers in women worldwide and its conventional treatment currently being offered accompanied by several side-effects. Many studies have reported anti-cancer activity of mistletoe extracts on breast cancer. The cytotoxic efficacy of mistletoe extracts against cancer cells has been evaluated in numerous evidence-based researches as well in vitro and in vivo experiments in laboratory. A majority of clinical trials suggest that the beneficial effects of the therapy with positive evidence with respect to survival, HRQoL (health related quality of life), positive remission rate and reduction of chemotherapy causing side-effects for breast cancer patients.<sup>5</sup>

**Lung cancer:** - In a randomized phase II study of iscador combined with carboplatin containing regimen was conducted in chemotherapy naïve advanced non-small cell lung cancer patients to assess its effects on chemotherapy related side-effects and QoL. Out of 72 patients 39 in control group and 33 in iscador were enrolled. It was possible to administer more chemotherapy cycles in iscador group. In control group progression free time was 4.8 months and 6 months in iscador group and overall survival period was 13.3 and 15.9 respectively. QoL measurements always showed benefits for the patients in iscador group. So, by the study it can be concluded that administration of iscador along with chemotherapy have better effects in the patients of late-stage non-small cell lung carcinoma, reducing side-effects of chemotherapy.<sup>6</sup>

**Pancreatic cancer:** - In a retrospective study of 292 patients undergoing treatment of pancreatic cancer with iscador showed better results and survival time in the upper range as compared with stage related survival reported in the literature.<sup>7</sup>

**Cancer fatigue syndrome:** - In a systematic review and meta-analysis, the impact of mistletoe extract as pharmacological treatment for the syndrome was determined. In this review, it was found that treatment with mistletoe extract showed moderate effect on cancer related fatigue.<sup>8</sup>

**Survival of cancer patients:** - In a systematic review on survival of cancer patients being treated with mistletoe extracts (iscador) suggests that adjuvant treatment of cancer patients with the mistletoe extract is associated with better survival.<sup>9</sup>

Homoeopathy is capable of treating the disease at an energy level, bringing an imbalanced defense mechanism into balance again. Anthroposophical medicine and homoeopathic medicine are prepared under the similar principle. By making the plant extract by the process of maceration of the whole plant and then fermenting in the presence of lactobacilli. Then diluting to final ampoule concentration by isotonic saline solution is the process of manufacturing of iscador preparations.<sup>2</sup> Similarly, homoeopathic medicines are prepared by similar process of extract preparation and dilution in aqueous or alcohol base. Anthroposophic medicines is based on spiritual scientific view of a healthy human being who is in close harmony and interaction with the different level of creation and has lost this when in state of ill health, this involves

a holistic approach, and hence, is compatible to other holistic system of medicine.<sup>4</sup>

In homoeopathy we use preparation of *viscum album* for different complaints such as metrorrhagia, endometritis, epilepsy, and rheumatic disorder and neural disorders. As per Dr Boericke, it advised to prescribe in tincture form and lower potencies.

In several in-vitro researches, homoeopathic preparation showed the effective reduction in cancer cells.

In a study aimed to evaluate the cytotoxic action of two homoeopathic medicine prepared from *viscum album* extract. An osteosarcoma cell line cultured in the presence of *Viscum album* dilution (VAD) 3 and 30, as well as in control group (culture medium, only) viability of cell evaluated by MTT assay. The MTT assay showed that osteosarcoma cell population reduced by 50% with low concentrations of VAD 3 and VAD 30. This gives a promising result showing the action of VAD3 and VAD 30 in osteosarcoma cancer cells.<sup>10</sup>

In another in vitro research on homoeopathic *Viscum album* ( $10^{-3}$ ) in human breast cancer cell line and human mesenchymal stem cells. *Viscum album 3x* was added to culture medium and a control group was maintained with culture medium only and viability of cell assessed by MTT assay. Homoeopathic *Viscum album* preparation in 3x dilution was more cytotoxic to human breast cancer cell line than to human mesenchymal stem cell. It can be concluded that *Viscum album* in lower concentration was capable

of inducing tumour cell death and not healthy cell death. Thus, *Viscum album* can extensively use against cancer and use of homoeopathic form of it brings new possibilities as no or fewer adverse effects would be present.<sup>11</sup>

## Conclusion

Iscador preparation were imported from Switzerland and Germany and they had been continued for several years, with gaps in between as per physician's advice so are quite expensive for use in India. If homoeopathic preparations of *viscum album* are showing evidence of producing significant cytotoxic effect on different cancer cells in several in-vitro studies so we may employ the similar preparations in clinical set up in India. As homoeopathic preparations are highly cost-effective. In iscador therapy there may be common side effect such as erythema at local site of injection, fever or sometime severe allergic reactions, it can be avoided by using homoeopathic preparations. Though it cannot be used exclusively in clinical set up in form of homoeopathic preparations but may be used as complementary or adjuvant therapy in treatment of cancer along with other suitable homoeopathic remedies in lower potencies. Now a days several homoeopaths are using iscador therapy along with homoeopathic treatment are getting better results in management of cancer cases. Though more clinical research work is needed to be carried in this sphere. For the management of cancer cases, one may use iscador therapy as adjuvant along with homoeopathic medicine just like it is being used with conventional treatment in

European countries.

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# Iscador (*Viscum album*) as a homoeopathic remedy

By Dr Krishna Murari

**Abstract:** Iscador therapy is one of the most popular complementary therapy for cancer in Germany. It is most controversial topic because of insufficiency of evidence in old homoeopathic literatures. The homoeopathic prospective of *Viscum album* is not limited to its use in cancer. Homoeopathic application of *Viscum album* is same as any other remedy that is on the basis of symptom similarity. It can be helpful in the cases of cancer because of toxic lactic viscummin which is present in leaves and berries of *Viscum album*. The tincture of *Viscum album* is prepared from ripe berries or bruised leaves or whole plant.

**Keywords:** Iscador, homoeopathic remedy

**Abbreviations:** - RIP- ribosome inactivating protein, N.O. -natural order, AD - Anno Domini

## Introduction

Iscador therapy is one of the most popular complementary therapies for cancer in Germany. It is helpful in the treatment of early stage cancer cases as well as in advanced cases also. It is most controversial topic because of insufficiency of evidence in old homoeopathic literatures. In some researches, it is found that it can be helpful in reducing the subjective distress in later stages of cancer and helps in extension of life, in precancerous stages or early stage of cancer it will be helpful. For the purpose of iscador therapy as a therapeutic agent iscador is used which is basically extract of European mistletoe (*Viscum album*) is used. The homoeopathic prospective of viscum alb is not limited to its use in cancer. Homoeopathic application of *Viscum album* is same as any other remedy that is on the basis of symptom similarity. The tincture of *Viscum album* is prepared from ripe berries or bruised leaves or whole plant.

It can be helpful in the cases of cancer because of toxic lactic viscummin which is present in leaves and berries of viscum alb. Viscumin is a cytotoxic protein. The tincture is prepared from leaves and berries of *Viscum album*. It is also one of the best remedy for low blood pressure. Pulse is slow due to central irritation of vagus.

## Description of plant

The species name derived from Latin adjective "albus" means white. It and the other members of the genus 'Viscum' were originally classified in the mistletoe family viscaceae, but this family has since been sunk into the larger family Santalaceae. N. O. Loranthaceae. It is a hemi-parasitic evergreen shrub, which grows on the stems of other tree. It has 30-100 centimeters long stems with dichotomous branching. The leaves are present in opposite pairs, strap-shaped, entire leathery textured about 2-8 centimetres in length and broadness is about 0.8-2.5 centimeters and yellowish green in colour. This species is dioecious and the insect-pollinated flowers are conspicuous, yellowish-green, 2-3 mm in diameter. The fruit is a white or yellow berry containing (very rarely several) seeds embedded in the very sticky glutinous fruit pulp. It is commonly found in the crowns of broad-leaved trees, particularly apple, lime (Linden), hawthorn and poplar<sup>[1]</sup>

## Toxicity effect

The berries of European mistletoe can cause serious illness after eating it. It is potentially fatal in concentrated form.<sup>[2]</sup> *Viscum album* contain cytotoxic protein viscummin (Ribosome Inactivating Protein or RIP) that reduces

the cell surface glycoprotein by binding to galactose and may be through endocytosis internalized.<sup>[4]</sup> Viscumin inactivating the 60S ribosome sub unit results in strongly inhibition of protein synthesis. The structure of this protein is very similar to other RIPs showing most similarity with Ricin and Abrin.<sup>[3][4]</sup> Some birds have immunity to the poison and enjoy the berries, especially the mistle thrush which is named for its favourite food.

## Culture, folklore and mythology

European mistletoe features in many myths and legends from early written sources, into the modern period. In cultures across pre-Christian Europe, mistletoe was often seen as a representation of divine male essence (and thus romance, fertility and vitality).

## Germanic

According to the 13th century *Prose Edda*, the goddess Frigg had everything swear an oath not to hurt her son Baldr, except for mistletoe, because "it seemed too young" to her for that. After this at the thing, other gods had fun by shooting at him, or hurling stones, without him being injured at all. Loki, wishing him dead, tricked Baldr's brother, the blind god Höðr into throwing mistletoe at Baldr, killing him.<sup>[5]</sup>

In the version of the story in *Gesta Danorum*, Baldr and Höðr are rival suitors for Nanna, and Höðr kills Baldr with a sword named *Mistilteinn* (Old Norse «mistletoe»).[6] In addition, a sword by the same name also appears in *Hervarar saga ok Heiðreks* and *Hrómundar saga Gripssonar*.<sup>[7]</sup>

Ancient Greek and Roman

Mistletoe figured prominently in Greek mythology, and is believed to be the Golden Bough of Aeneas, ancestor of the Romans.<sup>[8]</sup> Also in Greek mythology mistletoe was used by heroes to access the underworld.<sup>[9]</sup> The Romans associated mistletoe with peace, love and understanding and hung it over doorways to protect the household.<sup>[10]</sup>

### Christian

When Christianity became widespread in Europe after the 3rd century AD, the religious or mystical respect for the mistletoe plant was integrated to an extent into the new religion. In some way that is not presently understood, this may have led to the widespread custom of kissing under the mistletoe plant during the Christmas season. The earliest documented case of kissing under the mistletoe dates from 16th century England, a custom that was apparently very popular at that time.

Mistletoe is commonly used as a Christmas decoration, though such use was rarely alluded to until the 18th century.<sup>[11]</sup> According to custom, the mistletoe must not touch the ground between its cutting and its removal as the last of Christmas greens at Candlemas. It may remain hanging throughout the year, often to preserve the house from lightning or fire, until it is replaced the following Christmas Eve.<sup>[12][13]</sup>

In Germany, the Christmas tradition is that people who kiss under

mistletoe will have an enduring love or are bound to marry one another.<sup>[14]</sup>

### Research papers regarding efficacy of *viscum album*

#### Use of Iscador, an extract of European mistletoe (*Viscum album*), in cancer treatment: prospective nonrandomized and randomized matched-pair studies nested within a cohort study<sup>[17]</sup>

-In the nonrandomized matched-pair study, survival time of patients treated with Iscador was longer for all types of cancer studied. In the pool of 396 matched pairs, mean survival time in the Iscador groups (4.23 years) was roughly 40% longer than in the control groups (3.05 years;  $P < .001$ ). Synergies between Iscador treatment and self-regulation manifested in a longer survival advantage for Iscador patients with good self-regulation (56% relative to control group;  $P = .03$ ) than for patients with poor self-regulation. Results of the 2 randomized matched-pair studies largely confirmed the results of the non-randomized studies.

#### An overview of bioactive compounds, biological and pharmacological effects of mistletoe (*viscum album l*)<sup>[16]</sup>

Mistletoe is a plant with a high potential for the treatment of various diseases. Its phytochemical composition and at the same

time its biological effects depend on the host tree. The key components responsible for anticancer activity are lectin and

viscotoxin. In addition, mistletoe also contains a sufficient amount of secondary metabolites from the class of flavonoids and

phenolic acids, compounds with important beneficial effects. These compounds are widely distributed in plants and there is

sufficient evidence to show that their consumption is closely linked to a decrease in the incidence of cancer, diabetes, and

cardiovascular disease. Studies on the synergistic effects between mistletoe polyphenols and lectins should be further developed to identify new targeted therapeutic applications of mistletoe preparations.

### Homoeopathic perspective

#### Generalities

Mistletoe affects the nerves and female sexual organ.<sup>[18]</sup>

General tremor as if all muscles are in fibrillary contraction.<sup>[18]</sup>

spinal pain, due to uterine diseases<sup>[20][18]</sup>

Neuralgia.<sup>[18]</sup>

Chorea from fright.<sup>[18]</sup>

Epilepsy, he felt a glow that rose up from feet to head.<sup>[18]</sup>

Gouty and rheumatic complaints.<sup>[18]</sup>

Blood would not clot and wounds would not heal.<sup>[18]</sup>

Sciatica with otorrhoea.<sup>[18]</sup>

Every muscle of the body, except those of the eyes, were paralysed<sup>[19]</sup>

Desire for wine which ameliorate

#### Aggravation

Winter, cold stormy weather<sup>[18]</sup>

Motion<sup>[18]</sup>

Lying on left side<sup>[18]</sup>

Becoming chilled when hot.<sup>[18]</sup>

Suppression of menses.<sup>[18]</sup>

#### Mind

Fear of telephone<sup>[18]</sup>

Incoherent talk and spectral illusions; inclined to be violent<sup>[19]</sup>

Stupor, succeeded by almost entire insensibility.<sup>[19]</sup>

Keeps waking in night thinking the most horrible things imaginable.<sup>[19]</sup>

Great depression.<sup>[19]</sup>

Delusion upper part of the body is floating in air

## Head

Vertigo, persistent, after epileptic attack.<sup>[18]</sup>

Sudden throbbing in vertex.<sup>[18]</sup>

## Abdomen

Feels as if someone was dragging her down from the waist.<sup>[18]</sup>

Sore about waist.<sup>[18]</sup>

## Urinary

Urine milky;after standing.<sup>[18]</sup>,Urine turbid after standing, pink deposit (B).<sup>[19]</sup>

## Female

Metrorrhagia; blood partly bright and partly clotted and dark.<sup>[18]</sup>

Retained placenta<sup>[20]</sup>

## Respiratory

Feeling suffocation when lying of left side.<sup>[18]</sup>

Bronchial asthma,connected with gout or rheumatism.<sup>[18]</sup>

## Heart

Palpitation,during coitus, in males.<sup>[18]</sup>

Hypertrophy .<sup>[18]</sup>

Low tension.<sup>[18]</sup>

Pulse is slow due to central irritation of vagus.<sup>[20]</sup>

## Extremities

Tearing ,shooting pains in both thighs and upper extremity.<sup>[18]</sup>

Sciatica;with otorrhoea.<sup>[18]</sup>

Sensation of a spider crawling over back of hand and foot.<sup>[18]</sup>

Red hot coal applied to the heel as if.<sup>[18]</sup>

Glow sensation from foot to head.<sup>[18]</sup>

Lumbago from a chill, wants someone to press against the back.<sup>[18]</sup>

## Sleep

Drowsiness (2nd d.).-Wakes thinking of horrible things; gets to sleep again soon by changing thoughts Sleep dreamful; worrying dreams of affairs of day.<sup>[19]</sup>

## Fever

Chilly even near a stove; cold, chilly feeling creeps over him frequently (B).-Skin warm and very moist (2nd d.).-First cold and then hot feeling without being actually hot (B1).-On waking always very hot except on knees, legs, and feet, which are very cold.-Hot feeling at night during micturition<sup>[19]</sup>

## Conclusion

In the homoeopathic literature very less information regarding its application in the cancer cases .It has indications to apply as per the totality of symptoms. It is one of the important remedy for cardiac disorders ,uterine disorders,rheumatic complains and many more like other remedies.

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# Role of homoeopathy in managing attention deficit hyperactivity disorder: an evidence based, integrated management approach

By Dr Mansi Upadhyay

**Abstract:** Attention-deficit/hyperactivity disorder (ADHD) is a commonly diagnosed childhood behavioural disorder characterised by inattention and/or impulsivity and hyperactivity with a global prevalence of nearly 5%. The aetiology and pathophysiology are heterogeneous and still being explored. Scientific research has elucidated the effectiveness of homoeopathy in treating ADHD. Conventional pharmacological intervention usually involves the administration of psychostimulants that are addictive and have documented side effects, thus safer alternative therapeutic interventions should be explored to manage ADHD. This article aims at highlighting the scientific research, treatment, management, and prevention of ADHD using homoeopathy.

**Keywords:** Attention-deficit hyperactivity disorder (ADHD), homoeopathy, scientific researches, complementary and alternative medicine (CAM)

**Abbreviations:** Attention-deficit hyperactivity disorder (ADHD), complementary and alternative medicine (CAM), World Health Organization (WHO), years lost to disability (YLD), dorsolateral prefrontal cortex (DLPFC), functional magnetic resonance imaging (fMRI), diagnostic and statistical manual (DSM), Conners' Global Index (CGI)ICD (International classification of diseases), BP (blood pressure)

## Introduction

1 in every 8 people in the world lives with a mental disorder.<sup>1</sup> According to WHO in 2019 alone nearly 970 million people across the globe suffered from some mental disorder. Mental disorders refer to a range of conditions that significantly disturbs an individual's cognition, emotion, or behaviour. Attention-deficit hyperactivity disorder (ADHD) is one such neurodevelopmental behavioural disorder that affects children, adolescents, and adults. ADHD is marked by an ongoing pattern of inattention and/or hyperactivity-impulsivity that interferes with normal functioning or development.<sup>2</sup> It is characterised by difficulty in paying attention, difficulty in controlling behaviour and hyperactivity.<sup>3</sup> The symptoms usually begin at an early age and continue until adulthood.

Treatment of ADHD follows

a comprehensive multimodal approach that includes medical, behavioural, educational, and psychological interventions.<sup>4</sup> Homoeopathy has proved to be effective in treating ADHD. Various trials, systematic reviews, and meta-analyses give substantial evidence to validate the effectiveness of homoeopathy in clinically improving ADHD patients. Conventional treatment for ADHD involves administration of psychostimulants. Concerned parents increasingly seek homoeopathic alternatives which have proved to be both effective and safer.<sup>5</sup>

## Background and prevalence

The global community prevalence of ADHD ranges between 2-7%.<sup>6</sup> A systematic review and meta-analysis concluded that India shares a similar burden with the pooled prevalence of ADHD among children and adolescents being nearly 7.1%.<sup>7</sup> The subtypes further have different

prevalence. It is found that the inattentive subtype is prevalent in about 18.3% of the total patients while hyperactive/impulsive and combined represent 8.3% and 70%, respectively.<sup>8</sup> It has been found through various researches that the male to female ratio is 2:1.<sup>9</sup>

The WHO's global burden of disease study found 'Mental, neurological and substance misuse disorders' to be the leading cause of 'years lost to disability', accounting for 28.5% of global YLD's.<sup>10</sup> ADHD which is one of the most common mental disorders of early childhood can result in serious consequences like school failure, social incompetence, increased risk of injury, depression, delinquency, and job failure.<sup>11</sup> Thus early detection and treatment can significantly improve the normal growth and development of the children. Early intervention will also enhance the quality of life of children, adolescents, and adults suffering from ADHD.<sup>12</sup>

## Aetiology and pathophysiology

No clear aetiology has been identified which can be associated with all cases of ADHD but both genetic and environmental factors play a role. Studies have identified abnormalities in dopamine transporter and thyroid receptor beta genes in some patients.<sup>3</sup> It is one of the most heritable conditions in terms of psychiatric disorders.<sup>8</sup> In a recent meta-analysis of twin studies the heritability of ADHD was estimated to be 77-88%.<sup>13</sup> There is a much greater concordance in monozygotic twins than dizygotic.<sup>8</sup>

The pathophysiology of ADHD is not clearly understood. Various mechanisms like abnormal functioning of neurotransmitters (primarily dopamine and nor-adrenaline) have been associated with the condition. The underlying brain regions predominantly thought to be involved are frontal and prefrontal; the parietal lobe and cerebellum may also be involved.<sup>14</sup> The anterior cingulate gyrus and dorsolateral prefrontal cortex (DLPFC) are found to be small in individuals who are suffering from ADHD and the activity in the frontostriatal region is also reduced in these individuals as measured by fMRI.<sup>8</sup> These changes can be linked to the functional and cognitive deficits seen in individuals with ADHD.

## Classification and clinical features

The diagnostic and statistical manual, fifth edition (DSM-5) of the American Psychiatric Association classifies ADHD primarily under three subtypes-

- (1) Predominantly inattentive
- (2) Predominantly hyperactive/impulsive

## (3) Combined

Inattentive and hyperactive/impulsive subtypes have a set of 9 symptoms each. The diagnosis is made if at least 6 symptoms from either subtype have persisted for a duration of a minimum of six months to a degree that they impair the child's ability to function normally.<sup>3</sup> Most commonly children have symptoms from both subtypes and therefore have the combined type of ADHD. The onset of symptoms should be before the age of 12 years. The symptoms should be pervasive (present in at least 2 different settings) and should not be secondary to any other disorder.<sup>3</sup>

## Treatment

The medical intervention for ADHD is aimed at reducing symptoms and improving functioning. The conventional pharmacological treatment involves the administration of psychostimulants like methylphenidate, d e x t r o m p h e t a m i n e , lisdexamfetamine, etc.<sup>15</sup> These medications are highly addictive and have various documented side effects.<sup>16</sup> Parents usually seek safer treatment options for their children. Every patient displays a different array of symptoms thus a peculiar strategy is designed by the health care providers for each patient. This approach coheres with the homoeopathic principle of individuality.

According to WHO, health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. Homoeopathy is the only system of medicine, which has an integrated approach to understanding the role of the mind in health and disease. Samuel Hahnemann the founder of Homoeopathy was perhaps the

first man, who not only highlighted the importance of the mind in the disease process but also stated that disease starts in the mind.<sup>17</sup> In his *magnum opus, Organon of Medicine*, he gave the concept of mental disease under aphorisms 210-230. Master Hahnemann classified mental diseases under somato-psychic type, psycho-somatic type, mental diseases of acute origin, and mental diseases of doubtful origin. He further elucidated the treatment strategy for each. Master Hahnemann was way before his time in highlighting the somatic origin of psychiatric disorders and vice-versa.

Homoeopathic treatment is aimed at healing the individual and not the disease in particular as each individual exhibits and experiences symptom differently, thus the remedy which is to be administered should be carefully selected after a detailed case taking of each patient. In the words of Sir William Osler, "The individual, not the disease, is the entity".<sup>18</sup> this approach is the most beneficial for ADHD patients as the presentation of the disease is diverse and peculiar in each individual. The case taking aims at building a conceptual image of an individual by considering the constitution, temperament, diathesis, causative factors (endogenous, exogenous, physical or mental), peculiar mental states, characteristic physical generalities including its general modalities, characteristic particular symptoms including its particular modalities, relevant information from the past/personal/family/treatment history of the patient and the miasmatic profile of the patient.<sup>17</sup>

The homoeopathic literature is filled with remedies that have proved to cure symptoms that form the clinical picture of ADHD. To name a



few, *Tarentula hispanica* is used when the child is hyperactive and restless with sudden alteration of mood, moves constantly, and can be violent and destructive. *Stramonium* is used when the child is fearful, loquacious, aggressive, anxious, or withdrawn. *Hyoscyamus niger* is indicated in children who present with manic or sexualised symptoms. *Arsenic album* is used in extremely restless children with physical debility. *Mercurius solubilis* is indicated in slow and violent children. *Coffea cruda* is useful in irritable and anxious children. *Veratrum album* is used in aimless, absent-minded children who tend to forget things.

Advancements in research have further explored the mechanism of action of the botanical agents from which the homoeopathic remedies are prepared and used in managing ADHD.<sup>19</sup>

Chamomile (*Chamomilla*)-Anxiolytic and mildly sedative.

Rhodiola (*Rhodiola rosea*)-Neuroprotective; anti-fatigue and anxiolytic; increases serotonin levels; has antidepressant effects; CNS-stimulating; increases cognitive function.

St John's Wort (*Hypericum perforatum*)-Inhibits reuptake of serotonin, norepinephrine, and dopamine; has antidepressant activity; reduces anxiety, restlessness, and irritability.

Valerian (*Valeriana officinalis*)-Calmative and antispasmodic; reduces anxiety, restlessness, and insomnia.

Bacopa (*Bacopa monnieri*)-Improves cognitive function: memory, learning, concentration; also has anxiolytic effects.

### Scientific researches

Various groundbreaking researches contribute to our understanding of the effectiveness of homoeopathic treatment in managing ADHD. A meta-analysis conducted by Gaertner et al published in 2022 analysed six studies and concluded that individualised homoeopathy showed a clinically relevant and statistically robust effect in the treatment of ADHD.<sup>20</sup> In 1997, Lamont conducted a double-blind, partial crossover study on 43 children with ADHD. Children were treated initially with either placebo or a simillimum homoeopathic remedy; after 10 days, the groups were switched. According to behaviour rating scores by parents or caretakers, homoeopathic treatment was found superior to placebo for reducing symptoms of hyperactivity.<sup>19,21</sup> Frei and Thurneysen in a comparative, open-label, observational study compared the effects of homoeopathy and methylphenidate in treating hyperactive children. 86 out of 115 children enrolled showed an improvement of 55% in the Conners' Global Index (CGI) rated by parents. Nearly 22% of patients needed methylphenidate and 3% reacted neither to homoeopathy nor methylphenidate.<sup>22</sup> Frei et al conducted a randomised, double-blind, placebo-controlled, crossover trial in Switzerland to obtain scientific evidence of the effectiveness of homoeopathy in ADHD treatment. A total of 83 children aged 6-16, diagnosed with ADHD (according to DSM-IV criteria) were individually prescribed homoeopathic medication in LM potency. Sixty-two participants, who achieved an improvement of 50% in the Conners' Global Index (CGI), participated in the trial. These children were divided into two groups and received either their simillimum remedy for six weeks, followed by placebo for

six weeks, or vice versa. The trial showcased scientific evidence of the effectiveness of homoeopathy in the treatment of attention deficit hyperactivity disorder, particularly in the areas of behavioural and cognitive functions.<sup>23</sup> Another randomised placebo-controlled pilot trial conducted by Oberai et al in 2013 to study the effects of individualised homoeopathic treatment on ADHD showed positive evidence.<sup>24</sup> In a study published in 2019 in The European Journal of Paediatrics, Fibert et al assessed the feasibility of the TwiCs (trials within the cohort) approach for testing interventions for children with ADHD. A cohort of children with ADHD was recruited and outcomes were collected from carers and teachers. A random selection was offered treatment by homoeopaths or nutritional therapists. Their outcomes (Conners Global ADHD Index) were compared with those not offered interventions. The feasibility of the methods and interventions was assessed. It was concluded that treatment by homoeopaths and nutritional therapists may offer novel opportunities to improve outcomes.<sup>25</sup> A comparative consecutive case series of 20 children with a diagnosis of ADHD receiving homoeopathic treatment, compared with 10 children receiving usual care by Fibert et al showed that homoeopathic treatment improved symptoms of ADHD.<sup>26</sup> Many more such studies have been conducted which establish the effectiveness of Homoeopathy as an evidence based system of medicine.

### Prevention and management

There is no known method of preventing ADHD, but various risk factors have been associated with the disease. Some studies show that smoking and alcohol use during pregnancy can develop ADHD. Lead

exposure during pregnancy or early childhood has also been associated with the occurrence of ADHD.<sup>27</sup> Therefore such controllable factors can be avoided.

As mentioned earlier the management of ADHD requires a multi-modal approach. The aim is to reduce symptoms so that the normal development and functioning of the child or adult are not hampered. Thus parent training, medication, skills training, counselling, behavioural therapy, educational support, and awareness regarding ADHD is required to manage ADHD patients.<sup>4</sup>

## Conclusion

ADHD is a complex disease with unknown aetiology and a diverse clinical presentation. Being the most common behavioural disorder diagnosed in children, it takes a toll on the normal functioning and development of many children. Early diagnosis and intervention can improve outcomes and restore normal functioning in both children as well as adults. The evidence of the effectiveness of homeopathy in managing cases of ADHD has been established by various researches. Thus homeopathy should be explored as a safe alternative to conventional treatment in managing ADHD. It can also be utilised as a complementary therapy along with allopathic intervention to provide the best possible outcome for the patient.

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# An individualistic homoeopathic approach in a case of simple functional ovarian cyst - a case report

By *Dr Sadia Kamal, Dr Nickey Taachen Bhutia, Dr Torsa das, Dr Sayantan Bhowmick*

**Abstract:** Ovarian cysts are the most common benign intra abdominal mass, diagnosed during reproductive age, however simple cyst are likely to occur in all age groups. This is a case report of a 22 years old female patient complaining of dysmenorrhoea with dull aching abdominal pain since 5 months. Trans-abdominal USG of whole abdomen shows bulky left ovary (5.8cm×4.8cm) with left ovarian cyst (3.4cm×4.6cm). After she was treated with individualised homoeopathic medicine for over 15 months, trans-abdominal USG of whole abdomen reflected complete resolution of ovarian cyst along with normal ovary size (2.0cm×1.7cm). Possible causal attribution of changes was assessed by Modified Naranjo criteria (score 10 out of 13). Thus demonstrating a positive role of individualised homoeopathic treatment in a case of simple functional ovarian cyst.

**Keywords:** Simple functional ovarian cyst, ovarian cyst, dysmenorrhoea, Pulsatilla nigricns.

**Abbreviations:** USG – ultrasonography, OPD - outpatient department, BMI – body mass index, OCPs – oral contraceptive pills, 1D – 1 dose

## Introduction

Simple functional ovarian cyst is a fluid filled sac, formed within ovary, usually discovered incidentally, during a physical examination or imaging. It may contain solid, semi-solid or liquid materials. Mixed cystic and completely solid ovarian lesion have a higher rate of malignancy than simple cyst.<sup>[1]</sup> Simple functional cysts generally arises due to hormonal imbalance, resulting from faulty diet and regimen. They are painless, but depending on the size and nature of cyst, it may become painful, usually manifests with dull aching pain in lower abdomen; swelling of abdomen; heaviness in lower abdomen; dysmenorrhoea along with no menstrual disorder; dysparunia; nausea, vomiting; breast tenderness.<sup>[1]</sup> These cyst are benign, having very low malignant potential<sup>[1-4]</sup>. Simple functional ovarian cysts maybe found in any age from menarche to menopause. The actual prevalence of ovarian cysts is unknown, as many patients remains undiagnosed and

asymptomatic.<sup>[1]</sup> Risk factors for ovarian cyst formation includes infertility treatment, tamoxifen therapy, pregnancy, hypothyroidism, cigarette smoking, tubal ligation.<sup>[1]</sup> Large ovarian cyst (>3cm) may have complications like torsion of cyst, haemorrhage, rupture of the cyst, retention of urine, which requires prompt surgical management.<sup>[1]</sup> Hormonal therapy including the use of OCPs are not helpful in their resolution.<sup>[5]</sup>

**Patient information:** Mrs. RB., aged 22 years, obese, fair complexioned, BMI-32.5 kg/m<sup>2</sup>, self-employed, from a middle-class family, visited outpatient department (OPD) of a Govt. Homoeopathic medical college of West Bengal on 11/12/2020 complaining of continuous dull aching pain in whole abdomen, that appeared gradually. She was having this complaint for the past five months, she also complained of having dysmenorrhoea. She had regular, profuse and protracted menstrual cycle, with duration of nine days. She was nulliparous, having no family history of

malignancy. Trans-abdominal USG of whole abdomen on 28/12/2020 revealed simple ovarian cyst measuring (3.4cm×4.6cm) without any septation and internal echoes, with bulky left ovary, measuring (5.8cm×4.8cm); size of liver was enlarged(14.8cm) [Figure 1]. She was unwilling to take allopathic treatment, eventually opted for homoeopathic treatment.

**Homoeopathic generalities:** She was anxious, irritable but desires company, capricious, avaricious, had forsaken feeling, hot patient, having profuse thirst. She had white coated moist tongue, desire for spicy and sour food, meat, cold food; aversion no-such; normal bladder habit; hard and offensive stool, difficult to pass; heaviness in lower abdomen. She had no significant past and personal history.

**Life Space investigation-** After completing her graduation, she got married. Recently, she got a job. She lives with her husband and his family and has a happy married life.

After detailed case taking, analysis and evaluation of symptoms, following symptoms were considered for repertorisation [table 1]:

**Table 1:** Analysis and evaluation of symptoms with miasmatic analysis

Analysis and evaluation of symptoms	Symptoms	Miasmatic analysis
Characteristic mental generals	Irritability Desires company Capricious Avarice Forsaken feeling	Sycotic Psora Psora Psora Pyscotic
Characteristic physical generals	Thirst- profuse Tongue- coated white, moist Desire for sour food, Desire for cold food, Desire for meat T/R- Hot Stool- constipated hard	Psora Psora Psora Syphilitic Psora Syphilitic Psora
Characteristic particular symptoms.	Aching dull pain in whole abdomen. dysmenorrhoea. Menses profuse and protracted.	Psora Psora Sycotic Pseudo-Psora

This case was repertorised by Hompath Classic M.D. Version 8 software [Figure – 1] using J.T Kent’s Repertory-*Repertory of the Homoeopathic Materia Medica*<sup>[7]</sup>

Figure: 1- Repertorisation sheet

The screenshot shows the Hompath software interface with a repertorisation table. The table lists 16 symptoms and their corresponding remedy counts for 12 remedies. The top row shows the total counts for each remedy: Puls (35), Ars (30), Phos (30), Calc (29), Kali-c (28), Sulph (27), Lyc (26), Bry (25), Nat-m (24), Nux-v (24), Arg-n (23), and Verat (23). The bottom row shows the total symptoms covered by each remedy: Puls (15), Ars (13), Phos (13), Calc (14), Kali-c (13), Sulph (12), Lyc (13), Bry (12), Nat-m (11), Nux-v (11), Arg-n (12), and Verat (11).

Remedy Name	Puls	Ars	Phos	Calc	Kali-c	Sulph	Lyc	Bry	Nat-m	Nux-v	Arg-n	Verat
Totally	35	30	30	29	28	27	26	25	24	24	23	23
Symptoms Covered	15	13	13	14	13	12	13	12	11	11	12	11
Kingdom												
[Kent ] [Mind]Company:Desire for:	2	3	3	2	3		3	1		2	3	1
[Kent ] [Abdomen]Pain:Aching,dull pain (see Boring,Gnawing,etc...):	3	3	3	2	3	2	1	3	2	2	1	3
[Kent ] [Mouth]Discoloration:Tongue:White:	3	3	2	3	1	3	2	3	2	2	2	1
[Kent ] [Genitalia female]Menses:Painful,dysmenorrhoea:	2	2	2	2	3	2	2	1	1	2	1	2
[Kent ] [Stomach]Thirst:	1	3	3	3	2	3	1	3	3	2	3	3
[Kent ] [Mind]Forsaken feeling:	3			1	1						2	3
[Kent ] [Mind]Contrary (see obstinate,irritable):	2	1	1	1	1	2	1			2	2	1
[Kent ] [Stomach]Desires:Meat:					1	2			1			
[Kent ] [Genitalia female]Menses:Copious:	2	3	3	3	2	2	2	2	3	3	1	2
[Kent ] [Mind]Capriciousness:	2	2	1	1	3	2	1	3		1		
[Kent ] [Mind]Avarice:	2	3		1			2	1				
[Kent ] [Stomach]Desires:Sour,acids,etc.:	2	2	2	2	2	2	2	2	2		1	3
[Kent ] [Stool]Hard:	2	2	3	3	2	3	3	3	3	3	2	3

After repertorisation, *Pulsatilla nigricans* scored the highest marks 35/15, followed by *Arsenicum album* and *Phosphorus* scored 30/13, *Calcarea carbonicum* scored 29/14; but considering the analysis and

evaluation of symptoms of the case, and consulting the materia medica<sup>8</sup>, *Pulsatilla nigricans* was selected [Figure-1]. Patient was followed up monthly or earlier as per need, details of diagnostic assessment,

management are given in Table 2. On 18/05/2021 during a subsequent follow up, *Pulsatilla nigricans* 1M, 1 dose was given. Potency selection and repetition of dose was done as per homoeopathic philosophy.<sup>9,10</sup>

Date	Symptoms	Prescription
11/12/2020	Dysmenorrhoea with continuous dull aching pain in whole abdomen, patient had regular, profuse and protracted menstrual cycle. USG of whole abdominal - ovarian cyst measuring (3.4cm×4.6cm) without any septation and internal echoes, with bulky left ovary, measuring (5.8cm×4.8cm) [Figure -2]	<i>Pulsatilla nigricans</i> 200/1D stat. Placebo for 3 weeks.
11/01/2021	No changes in any of symptoms.	Placebo for 4 weeks.
08/02/2021	Intensity of pain in abdomen reduced. Stool constipated, hard. Appetite poor, weakness, fatigue. Dysmenorrhoea was slightly reduced. Menses was regular, profuse and protracted.	Placebo for 6 weeks.
28/4/2021	Dysmenorrhoea mainly aggravated at night, with profuse protracted menses, dull aching pain in whole abdomen. Bowel habit was normal.	Placebo for 3 weeks.
18/5/2021	Dysmenorrhoea and dull aching pain in abdomen was same as before. Menses was profuse and protracted as before. Desire for cold food. Profuse thirst. Constipated hard stool.	<i>Pulsatilla nigricans</i> 1M/1D stat. Placebo for 3 weeks. Potency was changed as the patient was in a stand still condition.
24/6/2021	General condition of patient was slightly better. Appetite increased. Slight pain and uneasiness, heaviness of abdomen. Bowel habit was normal. Menses was profuse but not protracted, cycle duration 5 days.	Placebo for 3 weeks.
19/7/2021	General condition of patient was better than last visit. Dysmenorrhoea was less than last cycle. Bowel habit was normal.	Placebo for 6 weeks.
5/10/2021	Patient gradually improves. No pain in abdomen. Very slight dysmenorrhoea, profuse menses but 5 days duration of menstrual cycle.	Placebo for 8 weeks.
12/12/2021	Patient gradually improves. No pain in abdomen. no dysmenorrhoea, duration of menstrual cycle- 5 days.	Placebo for 6 weeks.
11/3/2022	General condition of patient was better. No further recurrence of symptoms. USG (on 3/03/2022) of whole abdomen report [Figure-3] was within normal limit. Complete resolution of left ovarian cyst, size of left ovary was within normal range (2.0cm×1.7cm). size of liver reduced in normal limit(12.3cm).	No medicine given.

Item	Yes	no	not sure
Was there an improvement in the main complaint for which homoeopathic medicine was prescribed?	+2		
Did clinical improvement occur within a plausible time frame relative to drug intake?	+1		
Was there an initial aggravation of symptom?		0	
Did the effect encompass more than main complaint i.e. were other symptoms ultimately improved or changed?	+1		
Did overall wellbeing improved?	+1		
Direction of cure: did some symptoms improve in the opposite order of development of disease?	+1		
Did at least two of following aspects apply to the order of improvement of symptoms			0
-from more important organ to less important organ			
-from deeper to more superficial aspect of individual			
-from above downwards			
Did old symptoms ( defined as nonseasonal and non-cyclical that were previously thought to have resolve) reappear temporarily during course of improvement?		0	
Are there alternate causes (other than medicine) that with a high probability could have caused improvement? (considering known course of disease, other forms of treatment and other clinically relevant intervention)		+1	

Was health improvement confirmed by any objective evidence? (e.g. lab test, clinical observation, etc.)	+2		
Did repeat dosing, if conducted, create similar clinical improvement?	+1		

This case scored 10 out of 13 as per Modified Naranjo Criteria [Table 3].

## Discussion-

In this case along with simple ovarian cyst, patient was incidentally diagnosed for hepatomegaly. In this case, *Pulsatilla nigricans* with its predominant action on young females and female reproductive organs, was selected as simillimum on the basis of dull aching pain in whole abdomen, dysmenorrhoea, protracted and profuse menses, mental symptoms, and after considering repertorial totality and consulting materia medica.<sup>[8]</sup> Considering the patient's age and to reduce chances of homoeopathic aggravation, the drug was prescribed in 200C potency. In subsequent follow-ups after some relief in chief complaint, on 18/05/2021 patient seemed to be in stand still condition, owing no changes in totality, hence a single dose of next higher potency of first prescription was given.<sup>9,10</sup> Follow up of the case for more than one year revealed stoppage of dysmenorrhoea, correction of menstrual cycle with complete resolution of left ovarian cyst. Trans-abdominal USG of whole abdomen revealed size of left ovary within normal range (2.0cm×1.7cm); size of liver had reduced back to normal limit (12.3cm) figure-3. No adverse effects were observed. Although the study of single case does not constitute a strong opinion, but strong causal attribution was established by using the Modified Naranjo score (10 out of 13). This case is reported according to HOM-CASE CARE guidelines.<sup>[11]</sup> This case report reveals the effect of individualised homoeopathic treatment in reducing and controlling simple ovarian cyst with hepatomegaly. Apart

from this case report few previous studies<sup>[12,13]</sup> and case reports<sup>[14,16]</sup> also suggests the efficiency of individual homoeopathic medicine in treatment and control of various types of ovarian cysts like simple functional cysts,<sup>[13,14,16]</sup> hemorrhagic cysts,<sup>[17-19]</sup> poly cystic ovarian disease<sup>[15]</sup> etc. Studies revealed satisfactory role of homoeopathy in managing ovarian cyst<sup>[12-20]</sup> but no studies relating to the effect of homoeopathy in ovarian cyst along with hepatomegaly has been published yet. Literature review also revealed association of hepatic disease with ovarian cyst,<sup>[20]</sup> thus this case unveils a scope of individualised homoeopathic treatment in such conditions. A study in larger population having simple ovarian cyst with history of hepatomegaly or any hepatic pathology can be taken up to validate the results of homoeopathy in such clinical conditions.

**Conclusion:** In general simple ovarian cyst rarely but sometimes may results into severe complications if left untreated, only a thorough disease knowledge will help in early diagnosis, treatment and prevention of the complications. This case report thus shows the positive effect of individualised homoeopathic treatment in managing the case of simple ovarian cyst.

**Informed Consent:** The authors certify that, we have obtained appropriate patient consent form. The patient has agreed that the images and other clinical information is to be reported in the journal. The patient understood her name and initials will not be included in the manuscript and due efforts will be taken to conceal his

identity.

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Figure -2. A,B (before treatment)

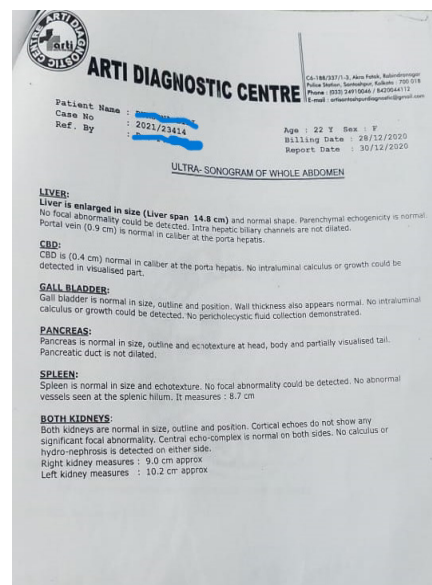
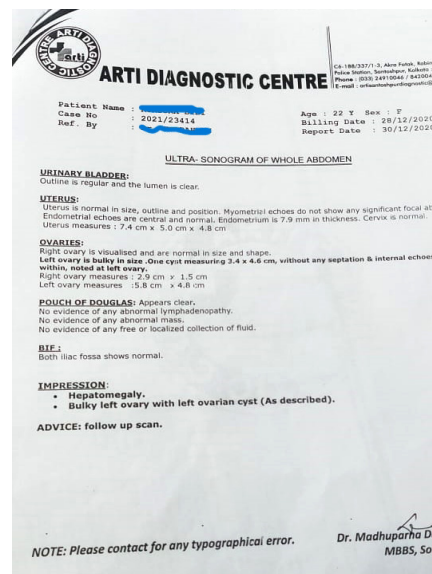


Figure -3. A,B (after treatment)

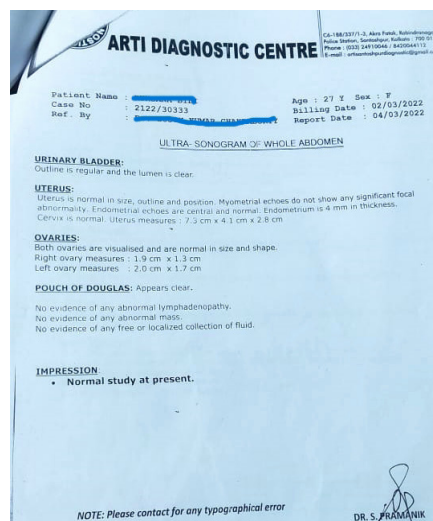
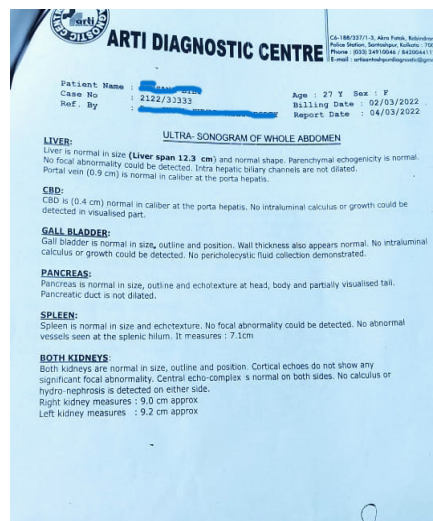
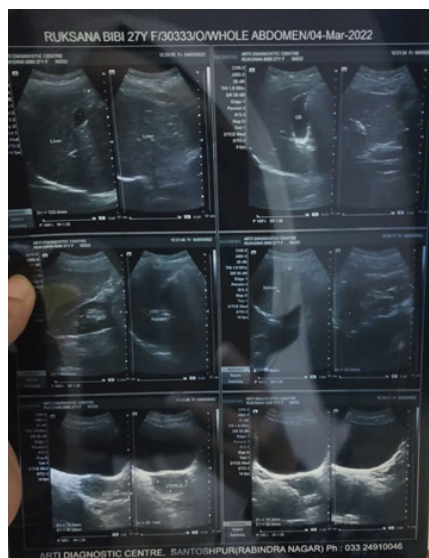
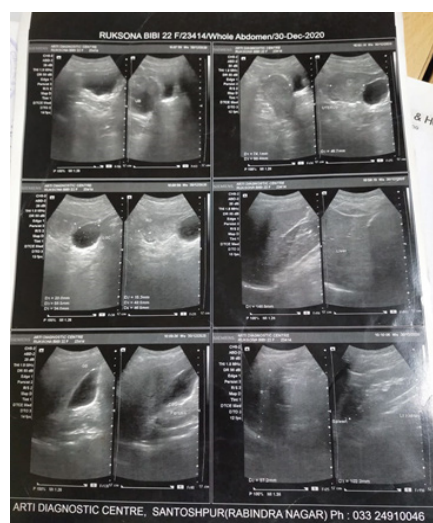


Figure-4. A,B (USG plates before and after treatment)



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# Benign breast lump with homoeopathic intervention

By Dr Sana Khan

**Abstract:** Breasts contain tissues of varying consistency, including fatty, glandular and connective tissue. Women may experience breast changes at different time of their menstrual cycle. Lumps during this time might be a possibility. Breast tissue also changes with advancing age. Being familiar with how breasts normally feel makes it easier to detect when there's a change in the breasts. In this article basic knowledge of breast is mentioned along with the reportorial approach. Medicines which has sphere of action on female breasts has been mentioned here.

**Keywords:** Benign breast disease, , BIRADS, ANDI, homoeopathic medicines

**Abbreviations:** BIRADS - breast imaging-reporting and data system, ANDI - aberrations in the normal development and involution of the breast, FNAC – fine needle aspiration cytology, MRI – magnetic resonance imaging

## Introduction

Benign breast conditions are non-cancerous disorders of the breast. They can occur in both women and men. It probably occurs because of increased sensitivity to the hormone oestrogen or due to familial prepondance.<sup>1</sup>

## Physiology: -

If hormonal level increases sensitivity of the receptor in the breast tissue become abnormal. It can be related to the hyperplasia of cells in the lobules ducts and stroma. Increase oestrogen and increase progesterone<sup>®</sup> leads to hyperplasia of the breast; when decreased oestrogen and decrease progesterone<sup>®</sup> involution of breast back to normal. Oestrogen and progesterone receptors are present in the breast (if sensitivity of this receptor increases can lead to hyperplasia)<sup>2</sup>

## **Benign breast disorders**

### **Some important points to be known:-**

1. Most common benign breast disease is<sup>®</sup>fibrocystic disease of

breast

2. Most common benign tumor of breast is <sup>®</sup>fibroadenoma of breast
3. Aberration in normal development and involution is (ANDI classification )is the reason for these disorders.
4. Oestrogen and progesterone increases leads to<sup>®</sup> hyperplasia of cells lobules, duct and stroma
5. ANDI<sup>®</sup> benign breast disorder( rarely malignant because they are non neoplastic)

### **FIBROADENOMA:-**

Fibroadenoma known as breast mouse. Most common benign breast tumor. Hyperplasia of single lobule. It can occur in fully develop breast only. Most common seen in the 15 se 25 years. Usually small 2 to 3 cm in size . Sometimes more than 5 cm is called as giant fibroadenoma. Most common clinical feature is breast lump freely mobile inside the breast, smooth /firm or not fixed not associated with lymph node enlargement.<sup>3</sup>

Pathogenesis: it is said to the result from increased sensitivity of the focal area of breast to the estrogen.

Types:-

### **Intracanalicular**

### **Pericanalicular**

### **Aberration of normal development and involution of breast (andi):**

- The breast is a dynamic structure that undergo changes throughout the women's reproductive life and is imposed upon this cyclical changes throughout the menstrual cycle .
- Fibroadenosis, fibrocystic disease, chronic mastitis, etc. are old nomenclature used to describe the spectrum of the benign breast disease .
- The new name point combining all these disorder is ANDI.
- Characterised by mastalgia and lumpiness.

### **Investigations:-**

- Breast self examination



- Triple assessment of the breast:-
  - *Clinical examination*
  - *Radiological imaging*
  - ultrasonography in young females
  - mammography in old age
  - *Pathological examination*
  - FNAC and Core biopsy

#### SIGNIFICANCE OF INVESTIGATION:-

**MAMMOGRAPHY** is investigation of the choice for the women > 35 years of age.

**ULTRASONOGRAPHY** is useful in the young woman < 35 year of the age.

USG distinguish the solid from the cystic lesion.

**MRI** breast indicated in distinguish in the scar from recurrence in women who had previous breast conservative surgery.

**Breast imaging, reporting and data system (birads) :-**

It is the information about the condition summed up in a number, (BI-RADS) score.

#### BI-RADS score

The BI-RADS assessment categories are:

0- incomplete,

1-negative,

2-benign findings,

3-probably benign,

4-suspicious abnormality,

5-highly suspicious of malignancy,

6-known biopsy with proven malignancy .<sup>4</sup>

Homoeopathic aspects

Miasmatic background of benign breast diseases:-

All 4 miasms takes place in this breast diseases:psora, sycotic, Syphilitic,tubercular. Psora is from some functional changes in the breast, sycotic is from there is proliferation in the breast and syphilitic is from destruction of the nipples, around the nipple and areola. But there is dominant miasm is "SYCOTIC MIASM" – because there is over growth, soft gelatinous growth, encapsulated tumours, sensation like stitching, tearing and affected part are sore and stiff.

Homoeopathic medicine in benign breast diseases

*Conium maculatum*

**Hering's materia medica-** "Hard and painful lumps in mammae. **Tumour** under left nipple as large as a hen egg, moving freely under superficial fascia and very hard painful on pressure". He clearly mentioned that it is the most effective remedy while taking glandular induration into consideration.

**Kent** further writes regarding the significance of the remedy, "*Conium has been extensively used for malignant affections of glands, because it takes hold of glands from the beginning and infiltrates and they gradually grow to a stony hardness, like scirrhus. Nodules in the breast even where milk has not yet formed,lumps and nodules induration*".

**Dr S. R. Phatak**, has also written in his material medica, under the drug *Conium maculatum*; "mammary glands and ovaries are affected with engorgement and stony induration. Sensation of lump. Hard tumour in

mammae with stitches or piercing pains."

According to **FARRINGTON'S materia medica**, "the glands affected are of a stony hardness. These indurations are quite common in the mammae.

Indicated after contusions or bruises when induration is the result".<sup>8</sup>

#### **Bryonia alba**

Milk fever. Pain in breasts at menstrual period. Breasts hot and painful hard. Abscess of mammae.<sup>5</sup>

Mammae heavy, of a stony hardness; pale but hard; hot and painful; must support the breasts (*Phytolacca decandra*).<sup>6</sup>

#### **Calcarea fluorica**

Knots, kernels, hardened glands in the female breast. Swellings or indurated enlargements having their seat in the fasciae and capsular ligaments of joints, or in the tendons. Induration of stony hardness.<sup>5</sup>

#### **Asafoetida**

Mammae turgid with milk in the unimpregnated. Deficient milk, with oversensitiveness.<sup>5</sup>

#### **Asterias rubens**

Breasts swell and pain in breasts; worse left. Ulceration with sharp pains, piercing to scapulae. Pains down left arm to fingers, worse motion. Excitement of sexual instinct with nervous agitation.<sup>5</sup>

Cancer of mammae; acute lancinating pain; drawing pain in breast; swollen, distended, as before the menses; breast feels drawn in.<sup>6</sup>

#### **Phytolacca decandra**

Mastitis; mammae hard and very

sensitive. Tumors of the breasts with enlarged axillary glands. Cancer of breast. Breast is hard, painful and of purple hue. Mammary abscess. When child nurses, pain goes from nipple all over body. Cracks and small ulcers about nipples. Irritable breasts, before and during menses. Galactorrhoea (*Calcareo carbonica*). Menses too copious and frequent. Ovarian neuralgia of right side.<sup>5</sup>

Mammae full of hard, painful nodosities. Breast; shows an early tendency to cake; is full, stony, hard and painful, especially when suppuration is inevitable; when child nurses pain goes from nipple to all over body. Mammary abscess; fistulae, gaping, angry ulcers; pus sanious, ichorous, fetid; unhealthy. Tumefied breast neither heals nor suppurates, is of a purple hue and "hard as old cheese". Nipples, sensitive, sore, fissured; < intensely by nursing, pain radiates over whole body. Hastens suppuration. < when it rains: exposure to damp, cold weather.<sup>6</sup>

## Chimaphila umbellata

Painful tumor of mammae, not ulcerated, with undue secretion of milk. Rapid atrophy of breasts. Women with very large breasts and tumor in the mammary gland with sharp pain through it.<sup>5</sup>

## Lac caninum

Breasts swollen; painful before and better on appearance of menses. Mastitis; worse, least jar. Helps to dry up milk. Sexual organs easily excited. Backache; spine very sensitive to touch or pressure. Galactorrhoea.<sup>5</sup>

Menses; too early; too profuse; flow in gushes bright red, viscid and stringy breasts swollen, painful, sensitive before and during . Breasts: inflamed, painful; < by least

jar and towards evening; must hold them firmly when going up or down stairs . Serviceable in almost all cases when it is required to dry up milk. Loss of milk while nursing, without any known cause .<sup>6</sup>

## Lacticum acidum

Pain in breasts, with enlargement of axillary glands, and pain extends into hand. Troubles in the breasts.<sup>5</sup>

## Helonias dioica

When patients lose more blood than is made in intermenstrual period; breasts swollen, nipples painful and tender (Con., Lac c.).<sup>5</sup>

## Phosphorus

Stitching pain in mammae. Suppuration of mammae, burning, watery, offensive discharge. Nymphomania.<sup>5</sup>

## Silicea terra

Nipples very sore; ulcerated easily; drawn in. Fistulous ulcers of breast. hard lumps in breast.<sup>5</sup>

## Thyroidinum

fibroid tumours of the breast, 2x trituration. Dilates arterioles (adrenaline contacts them). Sensation of faintness and nausea. Marked sensitiveness to cold Hypothyroidism after acute diseases. (Thyroid 1x3 times daily).<sup>5</sup>

## Hydrastis canadensis

Tumor of breast; nipple retracted.<sup>6</sup>

Repertorial approach of breast lump

The phatak's repertory<sup>9</sup>

Growths new, tumours, etc.

Anti-c; Ars; Bell; Bels; Calc; carb-an ; C a r b - v ; c a u s t ; clem; Con; Graph; Lyc; Med; Nit-

Ac; Ran-b; Sil ;staph; sul; Ther

Mammae: Tumours: See cancer and nodes Mammae nodes, in: Bels; Calc-f, carb-an, Con, Crett, Lyc, Phyt, SIL, Tub.

Homoeopathic medical repertory-robin murphy<sup>10</sup>

Breast-[Tumors](#)(Breast;growth)

arn ; ars - I ; ASTER; bell ; BELL- P ; berb - a ; brom; bry; colc; calc-f; calc-i; calc-p; colen; carban, carb-v., cham; chim; cist; clem; CON; cund; ferr-i; fl- ac; gnaph; goss, graph, hecla, hep ,hydr ,iod, Kali-i, kali-m, lach, LAP-A; lyc; merc; merci- f, murx, nit-acid, phase; phos; PHYTT; plbi ; psor ; puls ; s e b i n ; scirr ; scroph - n, sec, sil, sulph, Tep, THUJA, Thy, Tub.

Synthesis repertorium homoeopathicum synt heticum - fredrikyens<sup>11</sup>

- Chest-tumours-mammae aids, ars-br, ars-i, aster, brom, calc-i, Carban, chim, Con, Cund, ferr-i, hecla, Hyos, Iod, kalii, Lach, merc, merc-i-f, osm, phos-s-ac, Phos, Phyt, san
- The kent's repertory<sup>12</sup>
- Chest-tumours-mammae carb-an ; C o n ; c u n d ; k a l i - i ; lach; phos; phyt; sang; sec ; silicea

## Important rubrics

Chest- pain-mammae-left.

Chest-pain-mammae-right.

Breasts-induration.<sup>10</sup>

Chest-hypertrophy-mammae.<sup>12</sup>

Female sexual system-pain in breasts-pain relieved by supporting heavy mammae.<sup>13</sup>

Female sexual system-NIPPLES-

cracks, fissures, ulcerations.

Female sexual system-swelling-tenderness, soreness.

Female sexual system-tumors-nodosities.<sup>14</sup>

Female-breast-heavy like stone

Pregnancy. Parturition. Lactation-mammae-enlargement

Pregnancy. Parturition. Lactation-mammae-tumors<sup>15</sup>

## Conclusion

In this article, summarisation of basic knowledge about breast has been done along with miasmatic and repertorial approach. Therapeutics from various materia medica books are being vividly described, so that one can attain adequate information.

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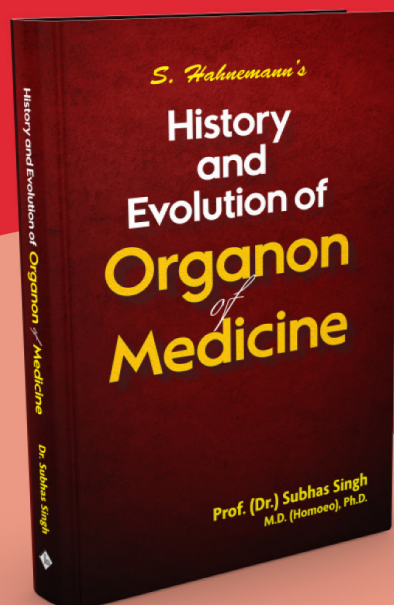
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# Compositae family themes and miasms

By *Dr.G.Lakshmi Narasaiah, G. Chandra Sekhara Rao*

**Abstract:** Homoeopathy is a unique system of medicine based on individualization and symptom similarity of the patient. It treats every sickness of a man as a whole and individualised entity, for analysis and selection of indicated remedy need deeper understanding of Homoeopathic remedies in each case, the best way to understand homoeopathic materia medica is kingdom approach; plant kingdom remedies are the bigger source to be studied through family themes by group study. The knowledge of plant remedies according to their family themes has expanded the use of many unused remedies with much more accuracy and simplicity.

**Keywords:** Materia medica, kingdom, plant remedies, family themes.

## Introduction

Homoeopathic drugs are prepared from different sources, namely plant kingdom, animal kingdom, the mineral kingdom, nosodes, sarcodes, imponderabilia and synthetic sources.

Major natural sources are:

Plant kingdom- Various herbs and plants, either whole or their specific parts like flowers, leaves and roots etc.

Animal kingdom-Variou insects, animal products and venom of snakes etc.

Mineral kingdom-Elements and compounds like metals, salts, alkalis and acids etc.<sup>1</sup>

Homeopathic practise consists of the knowledge of homoeopathic materia medica and how to use it.<sup>2</sup> The homoeopathic materia medica is too vast to be memorised, but it can be understood thoroughly if study through kingdoms.<sup>3</sup>

### Homoeopathic kingdom approach

The knowledge of classification of remedies according to their kingdom has expanded the use of many unused remedies with much

more accuracy and simplicity. The approach in any given case now would be to come to the kingdom, then the subkingdom and then to the source to which the patient belongs. One takes the case and come to its core, the essence and the most central point in the case and then one knows automatically whether it is a problem with structure, survival or sensitivity.

Our remedies are derived from the natural world of plants, minerals and animals. The whole aim of the practitioner is to understand and find the source of that remedy as expressed by the patient. The art of arriving at the correct prescription has relied heavily on knowledge of materia medica and mechanical repertorisation. Both of these tools are essential but are greatly helped using recognition of the themes or patterns running through a case and a remedy.

One of the most radical concepts developed by Sankaran is about the kingdoms. Patients who required a remedy from the plant, animal and mineral kingdoms, describe themselves and their symptoms in a quite different way.

This 'pattern recognition' in turn benefits not just from themes and essences but from a system or map

of these patterns. With the new work on kingdom classification, such maps have been developed which we believe more reliably lead the practitioner in the direction of the simillimum. Each kingdom has its own language, its own themes and its own sensitivities to situations.

### Plant kingdom

The plant kingdom presents more of a mystery to the homeopath. From the very beginning, when Hahnemann did his first proving on cinchona bark, plants have been widely represented in the materia medica. They have been studied from their known effects, from their toxicology and from proving's, but never very systematically. There were no maps.

Sankaran hypothesised that each plant family had its own unique expression of that sensitivity. He studied the individual families, and came to the conclusion that it was possible to classify them according to their sensations and reactions.

According to Sankaran, the basic quality of a plant is sensitivity. Plants grow, but do not move under their own power from place to place. They stay in one place and must be sensitive to the environment in order to adapt to the

changes around them. People who need plant remedies are often soft, sensitive, attempting to adjust to the people and environment around them. They are passive, emotional, easily hurt and changeable.<sup>4</sup>

The basic issue of plant families is sensitivity and reactivity. Each family must have its kind of sensitivity. People who need plant remedies are often soft, sensitive, attempting to adjust to the people and environment. They are passive, emotional, easily hurt and changeable.

If the main thing in the plant kingdom is sensitivity, then each family must have its own kind of sensitivity. Remedies from a particular family share at least one common sensation or type of pain. The sensation could be expressed in four different ways viz. as the sensation itself, as a passive reaction, as an active reaction, or as compensation. Despite the common feeling or sensation, there is a wide difference in the pictures or symptomatology of the various remedies in the same family. This difference is because they belong to different miasms.<sup>5</sup>

#### Overview of group study:

Group study is one of the most important and easiest ways of studying materia medica. Group study tells us the basic infrastructure and basic qualities and properties of the remedies in one particular group based on which finer differentiations can be made. Understanding of homoeopathic materia medica requires much study, experience and insight in order to come out of the maze of collection of symptoms. Number of medicines in homoeopathic materia medica is more than 3500 and it is very difficult to study and remember all the

characteristics by individual study of drugs. In the study of *Materia medica* a new concept came ahead, i.e. group study. Group study is the first step to understand each remedy to its fullest aspect. Group study gives us the most of the generals and some very important particulars of the remedies included in that group. Group study implies the extract of all common characteristics of the remedies included under that group with common elements. Most of the common traits are generals and particulars are very few. Most of the group characteristics are at mental and physical generals' level. Through group study it is very easy to deduct theme of the combination of remedy. The main advantage of the group is we get the separate themes of both composing elements as well as the combination of themes.

#### Compositae family

Composite or daisy or sunflower family is also known as *ASTARACAE*. Different remedies of this family have been employed in various clinical conditions by different schools of medicines since ancient times. There are about 60 remedies of this family mentioned in our *Materia medica*, some being well proved and some partially. It is one of the large families widely distributed throughout world consisting of most highly evolved dicotyledonous plants. They are annual or perennial herbs, shrubs and rarely trees. They are mostly cultivated as ornamental plants, food plants or grow as weeds. They are approximately 900 genera and 19,000 species of family.

#### IMPORTANT REMEDIES:

1. Artemisia - Artemisia abrotinum  
- Artemisia vulgaris  
- Artemisia absinthium  
- Artemisia maritima

2. Achillea millifolium
3. Anthemis nobilis
4. Arctium lappa
5. Arnica montana
6. Bellis perennis
7. Carduus marianus and Carduus benedictus
8. Echinacea angustifolia
9. Eupatorium                   erfoliatum,  
Eupatorium purpurium
10. Erigeron canadensis
11. Gnaphalium polycephalum
12. Inula
13. Lactuca virosa
14. Matricaria chamomilla
15. Solidago virgaurea
16. Senecio aureus
17. Tanacetum vulgare
18. Taraxacum officinale
19. Tussilago<sup>6</sup>

Each plant family had its own unique expression of that sensitivity. He studied the individual families, and came to the conclusion that it was possible to classify them according to their sensations and reactions. Why different remedies from the same family have such differing symptomatology. It seemed that the sensation was common to the whole family but that it was expressed in differing degrees of pace, depth or desperation. In other words, different plants of the same family belonged to different miasms. It was this breakthrough which initiated the development of a chart of the botanical families and the remedies related to the miasms.

COMPOSITAE FAMILY REMEDIES ACCORDING TO THEIR MIASM	
Acute	<i>Arnica montana, Calendula officinalis</i>
Typhoid	<i>Chamomilla</i>
Malaria	<i>Cina, Eupatorium perfoliatum</i>
Ringworm	<i>Taraxacum officinale</i>
Sycosis	<i>Senecio aureus</i>
Tubercular	<i>Abrotanum</i>
Cancer	<i>Bellis perennis</i>
Leprosy	<i>Lactuca virosa, inula, Lappa arcticum</i>

For every sensation there is an equal and opposite reaction, both in physical and emotional expressions. The reaction can be either active or passive, or in some cases can be seen as compensation.

SENSATIONS, REACTIONS AND COMPENSATIONS OF COMPOSITAE FAMILY			
Sensation	Passive reaction	Active reaction	Compensation
Injured, Hurt or insulted, Shocked, burnt or scalded, Fear to be touched, hurt or approached	Numb, anaesthetic, stupor, catalepsy	Insulting, hurting, others, cruel, violent strikes	Tough guy, can take all the beating, protective of others <sup>7</sup>

Compositae family themes: injured, hurt or insulated, shocked, fear to be touched, hurt approached.

Thus, the proposed sensation of family compositae is injured, both at physical as well as mental level, insulted, hurt (injury perceived at mental level), fear of being approached, touched (as that aggravate the sensation of being injured) shocked, burnt or scalded and hence the reaction of being violent, cruel, insulting, harsh (active reaction since their perception is being injured and insulted, they also inflict that back on others.

There is a sensitivity seen on things which are hard and soft because hard things are perceived as causing injury, and soft things being opposite hard, given soothing feeling.

Compositae family differentiation:

**SONACEA:** The main sensation of solanaceae family is sudden violence, rage, out burst, splitting, bursting, explosive, jerking, and shooting.

This family has important physical symptoms like strokes, apoplexy, sunstroke and some other themes like violent, terror, being pursued, murder, snakes and ghosts. All this speaks of sudden violence, sudden danger and also fear of sudden death and the reaction to this is fright or flight response, escape, panic, spasm, convulsions or anesthesia, stupefied, etc.

**Papavaracea:** The main theme of the papavaraceae family is of intense suffering, pain, agony and a hell like state, this kind of suffering is often connected to the experience of death and dying, the death agony and the half alive, half dead state, like being buried alive. In papavaraceae family sensitivity to extreme pain, intense suffering killing, heat, cold or burning and opposite to that is numbness or hibernation or an anesthetic state as understood. In the compositae family the main sensation is being injured at physical, mental level.

**Theales:** The vital sensation in the family theales is smashed, punctured, penetrated followed by a shooting violent pain and that produces spasms and convulsions. The injury is especially to nerves or in the form of crushed lacerations. The pain is as if something is smashed in to a part that is rich in nerves. The wounds are stab, penetrating, smashed and punctured in the family theales where as in compositae the wounds are blunt and there is soreness. Anything that has pierced and punctured and gone till the nerves call for the family theales and not compositae.

**Umbelliferacea:** In umbelliferacea family, there is unexpected attack, sudden blow or big injury. The sensation is sudden, huge, violent, big blow, which is unexpected. It is a violent attack mutilations, riots, accidents, cruelty all come up suddenly without notice, so the response to this sensation is convulsions, rage and violence as the attack is violent the response

too is violence. Umbelliferaea family comes close to compositae family with respect to injury but what differentiates it is the word unexpected and violent which is most important aspect of umbelliferacea.<sup>8</sup>

**Summary and conclusion:** Every homoeopathic physician should be thoroughly knowledgeable about the different ways of case analysis based on individual expression to find appropriate simillimum, based on plant kingdom themes and their family expression give you broader sense to select appropriate Homoeopathic remedy in each and every case, for achieving this goal one must need systematic way is to analyses through kingdom and family themes by application of Rajan Sankaran sensation method.

Homoeopathic materia medica should understand by constant comparison and differentiation only. This review surely improve our prescribing ways of compositae family remedies.

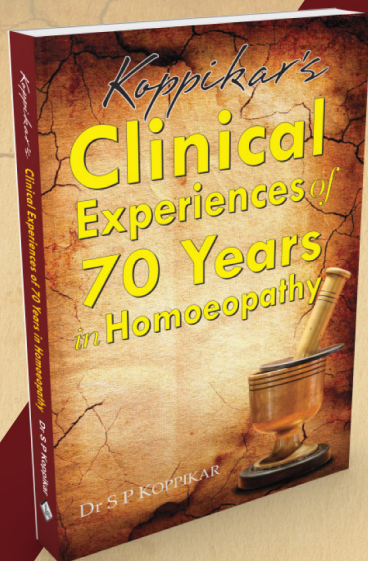
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# Iscador therapy in homoeopathic practise

By Dr Rakhi

**Abstract:** Iscador therapy potentiates the action of homoeopathic therapeutics, by acting on the immune mechanism. When understood and practised these therapies, they become limitless in their possibilities for development and their power to treat the millions of sick people of cancer in the world. Cancer has become one of the most feared ailments and there has been an alarming increase in the incidence of cancer since the last century. This rise in incidence has been explained not only due to sophisticated detection techniques, but also due to an increase in the environmental carcinogens affecting the cell adversely, stimulating it to unlimited growth and multiplication – cancer. Conventional medical treatments are aimed at killing the cancer cells, but this is not effective enough. Iscador therapy is a type of treatment for cancer used by doctors trained in anthroposophic medicine and all prepared from different types of mistletoe extracts. Treatment with Iscador aims at intensifying the body's own forces against the cancer cell's tendency towards autonomy, it is a complementary rather than an alternative medicine and much effective in the management of cancer along with Homoeopathic medicines.

**Keywords:** Iscador therapy and homoeopathy.

## Introduction

Iscador therapy is a type of therapy treatment for cancer used by doctors of anthroposophic medicine and cancer is a term for diseases in which abnormal cells divide without control and can invade nearby tissues. Cancer cells can also spread to other parts of the body through the blood and lymphatic system.<sup>(1)</sup> Iscador therapy have specific effects on cancer cells & and stimulate the immune system. It is frequently prescribed in Europe by medical doctors including oncologists in addition to the conventional cancer therapies, radiation, surgery and chemotherapy. Iscador therapy was developed in Switzerland by [Rudolf Steiner](#) at the beginning of the 20th century. Rudolf Steiner was Austrian-born and he developed the science of [anthroposophy](#). The word Anthroposophy means 'wisdom of the human being'. It takes into account spiritual dimensions of the human being and the world. Steiner introduced the concepts of anthroposophy into all aspects of life – education, medicine, pharmacy, agriculture, economics, art and religion. This was how Anthroposophic medicine was

born. (2) Homoeopathic system of medicine and Alternative systems of medicine take a more holistic approach. With this approach, one realises that the cancer cells themselves are not the villains. They are just the manifestation of something going wrong within the defense mechanisms of the body. (3) It is now known that tumour development is preceded by a pre-tumour phase, that may persist for years if not decades. There is a gradual failure of the immune system, with the system becoming unable to distinguish between self and non-self. A healthy organism with a fully functional immune system identifies malfunctioning cells as alien and destroys them. Plenty of such cells arise from time to time in every individual. Failure of the monitoring system may result in de-differentiation of cells in certain organs, which are then no longer under central control. These cells begin to program their own 'circuit diagram' and it is then possible that they may proliferate without any control. The code of those deviant cells no longer connects with the 'human being' program. This is the view now taken by modern

molecular biologists and it confirms the statements made many years ago by Rudolf Steiner\*, the founder of anthroposophy. Anthroposophic medicine is based on the spiritual-scientific view of a healthy human being who is in close harmony and interaction with the different levels of creation, and has lost this when in a state of ill health. (2) This involves a holistic approach and hence is compatible to other holistic systems of medicine. Training in anthroposophic medicine is available only to doctors already trained in conventional or alternative systems of medicine. The substances from which anthroposophical medicines are prepared are essentially natural and taken from the mineral, plant and animal kingdoms and medicines are prepared according to homoeopathic principles hence anthroposophic medicine and homoeopathy easily go hand in hand.

Iscador is the trade name of a group of anti-cancer treatments, all prepared from different types of mistletoe extracts. (4) Treatment with Iscador aims at intensifying the body's own forces against the cancer cell's tendency towards autonomy.



Iscador is a complementary rather than an alternative medicine. (1) It is frequently prescribed in Europe by medical doctors including oncologists in addition to the conventional cancer therapies, radiation, surgery and chemotherapy. Nowadays in Europe, mistletoe is a key component in conventional cancer therapy.

In Arlesheim, Switzerland, there is a specialised clinic, the Lukas Klinik, available for the treatment and after-treatment of tumour patients. In this clinic, apart from the medical therapy with Iscador, treatment of the whole person is also carried out for cancer patients and for at-risk persons. Art therapy, sculpture therapy and Eurythmy are all part of the process of holistic healing. Today there are doctors in many countries who treat their patients with Iscador. In India, following training in anthroposophic medicine, homoeopaths have begun to use Iscador for cancer cases. (5) Iscador is available in the US under the brand name 'Iscar'. It is manufactured mainly in Switzerland and Germany and is then exported. There are about 1400 mistletoe species around the world. One thing that they all have in common is that they do not root in the mineral soil but live on other, generally woody, plants. Only white-berried mistletoe (*Viscum album*) is used to treat cancer.

Mistletoe (Iscador) contains among other things, two groups of toxins: viscotoxins and mistletoe lectins. Viscotoxins and mistletoe lectins are proteins capable of being broken down in the digestive tract. The molecular structure and pharmacological actions of viscotoxins are closely related to those of snake venoms. (4) They have cytolytic action, i.e. they dissolve cancer cells. The mistletoe lectins are related to castor-oil plant lectins. They have cytostatic properties, i.e.,

they inhibit the growth of cancer cells.

### Therapeutic applications (5)

Early malignancies. Here it has the greatest scope, especially in stage 0, i.e. Carcinoma-in-situ.

Advanced malignancies. Here, it is of considerable help in inoperable tumours, recurrences, widespread metastases and in terminal cases, it brings about palliation.

It is used as a prophylactic for malignant lesions in pre-cancerous states, where regression of the lesion takes place.

Benign neoplasms.

Surgery – Inoperable tumours become operable through delineation of the tumour by Iscador therapy. During the operation, it helps prevent dissemination of the tumour. Post-operatively, it hastens a smooth convalescence. Early follow-up treatment by Iscador results in a significant reduction in the incidence of recurrences and late metastases by about 30-40 %.

Concurrent with chemotherapy and/or radiation, Iscador prevents or reduces toxic side effects, promotes tolerance as well as dispersion of the tumour.

Cancer patients treated with Iscador and followed up for a long time with regular laboratory investigations show no toxic symptoms, apart from the desirable rise in body temperature, transient rise in leucocytes and rise in lymphocytes. No harmful side effects have been reported. Even if Iscador is given intensively for many years, there is no depression of the bone marrow, unlike with chemotherapy and radiation.

Iscador therapy stimulates the form-giving processes and forces

in the human organism against the tendency to unregulated proliferation of the cell, which is seen in cancer.

### Reactions under iscador therapy (6)

Iscador preparations are classified according to the host-tree of the mistletoe used in their preparation. Depending on the localization of the primary tumour and on the sex of the patient, the type of Iscador preparation is selected. Metastases are treated with the same preparations as the primary tumour. Special metal combinations are used to increase and potentiate the action of Iscador on specific organs. Each preparation is available in a number of strengths. The different strengths permit variation in the intensity of the treatment, depending upon the clinical state of the patient. The route of administration is usually subcutaneous; only in the case of intracranial tumours is the oral route usually used. The time of administration is usually in the morning, which is the time of the physiological rise of temperature. The frequency of administration varies according to the type and location of the tumour and the judgement of the physician. The duration of the treatment is quite long, extending over a number of years. The changes in the type of Iscador preparations, dose, frequency, etc., are managed through the assessment of the clinical response and the laboratory data.

Inflammatory reaction with increased flow of blood and swelling in the region of the tumour is seen occasionally with usual subcutaneous injections. This passes off in a few hours.

Slight increase in body temperature occurs which is desirable as a curative process.

Transient increase in the neutrophil

component of white blood cell count, which persists for some hours.

Immune stimulation as a whole and consequent inhibition of tumour development which leads to :

- 1) improvement in the general condition.
- 2) increased appetite.
- 3) improved sleep.
- 4) gain in weight.
- 5) decrease in fatigue and depression.
- 6) stimulation of urinary and bowel functions.
- 7) reduction or disappearance of pain.

Relief of pain and subjective improvement in the patient are most striking even in advanced stages of cancer and in spite of the progressive course of the tumour.

Very rarely, allergic reactions or anaphylaxis are seen after administration of Iscador. In such situations, desensitization needs to be carried out before Iscador can be resumed again.

### Course of tumour under iscador

therapy (5)

Stationary for some time

Occasional regression of the tumour

Slowing down or cessation of tumour growth

Reduced incidence of metastases or secondaries, or prevention of extension

Reduced incidence or recurrences after operation and/or radiation

### Conclusion

Iscador medicines and homeopathic therapeutics, both act on the immune mechanism. Since the use of Iscador is rather expensive by Indian standards, Iscador medications are imported into India and are fairly expensive, though much cheaper than the costs of conventional cancer treatments. It should be remembered that Iscador needs to be continued for several years, with gaps in between as suggested by the treating physician. The patients should be offered their choice of treatment: either Homoeopathy along with Iscador, or just homoeopathic medicines. But yes it is much effective in the management of cancer with homoeopathic

medicines, except some cases where patient is either highly sensitive or idiosyncratic so but never self-medicate using homoeopathic and iscador therapy, cancer is a complex condition and should be assessed completely before initiating the treatment.

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- Chronic or recurring cough
- Difficult expectoration of tenacious mucous
- Pain & tightness of chest on coughing

## Composition:

Rumex crispus	3X	1.0%
Justicia adhatoda	∅	2.0%
Ipecacuanha	1X	1.0%
Spongia tosta	1X	1.0%
Sticta pulmonaria	3X	1.0%
Antimonium tartaricum	6X	0.5%
Coccus cacti	3X	0.5%
Drosera rotundifolia	∅	2.0%
Senega	∅	3.0%
Balsam tolu	∅	3.0%
Excipients		q.s.
Alcohol content		11% v/v

**Dosage:** Adults & >12years old - 2 teaspoons, 3 times a day  
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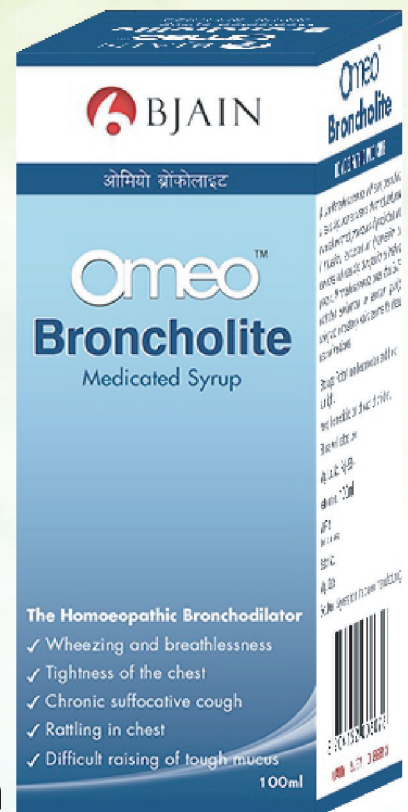
## Indications:

Bronchial catarrh, Soreness and tightness of chest, Difficult raising of tough mucus, Breathlessness on lying down, Cough with dyspnea, Suffocation from great accumulation of mucus.

## Composition

Blatta orientalis	∅	4.8% v/v
Justicia adhatoda	∅	2.8% v/v
Senega	∅	1.6% v/v
Lobelia inflata	∅	1.6% v/v
Ipecacuanha	∅	1.6% v/v
Grindelia robusta	∅	1.6% v/v
Magnesia phosphorica	2x	3.0% w/v
Alcohol content		10.5% v/v
Colour :		Caramel
Excipients		q.s.
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# Mistletoe – immunomodulatory effect in cancer patients for improving the quality of life

By Dr Kayalvizhi J D

**Abstract:** Cancer is one of the distressing diseases in the world, affecting the patient's general well-being and reducing the patient's life expectancy. To combat this, Dr Rudolf Steiner discovered European Mistletoe (*Viscum album*) is useful in treating cancer patients. As a Homoeopathic practitioner, it is our obligation to improve people's quality of life, hence Mistletoe can be used as a supportive therapy in our practice. This article demonstrates the action and effect of Mistletoe in cancer patients, demonstrating that benefit in the sense of increasing survival rates and improving patient outcomes.

**Keywords:** Mistletoe, *Viscum album*, cancer, immunomodulatory effect, homoeopathy

**Abbreviations:** United States (U.S.), Food and Drug Administration (FDA), reactive oxygen species (ROS), tumour necrosis factor (TNF), nitric oxide (NO)

## Introduction

Cancer is one of the world's most challenging diseases to treat. The World Health Organization forecasts about 14.1 million new cancer diagnoses worldwide in 2012, with annual cancer deaths expected to rise to 12.6 million by 2030 [1]. However, it surpassed that figure in 2020 by over 10 million deaths, or nearly one in every six deaths, making it the leading cause of mortality worldwide [2]. For more than 50 years, plant extract preparations of European Mistletoe (*Viscum album* L.) have been studied as supportive cancer treatment in clinical trials, mainly in Western Europe [3]. The goal of homoeopathic practitioners in treating cancer is to boost immunity, reduce pain, and improve the quality of life by homoeopathic medicines with *Viscum album* [4]. This is a humble effort by the author to highlight the action of Mistletoe (*Viscum album*) in the treatment of cancer.

**Cancer:** Cancer is the conditions where aberrant cells proliferate uncontrollably and have the potential to invade other tissues [5]. The word "cancer" literally means

"crab, resembles "cancer attaches to the part firmly like a crab," [6]. Breast, lung, colon, rectum, and prostate cancers are the most prevalent types of cancer [7]. The determinants of cancer are environmental and genetic factors (oncogenes and tumour-suppressor genes) [6]. The use of tobacco, having a high body mass index, drinking alcohol, and sedentary life style accounts for about one-third of cancer-related mortality. If discovered early and successfully treated, many tumours are curable [7].

Hallmarks of cancer [8]:

Image 1: Hallmarks of cancer [8]

**Investigation in cancer [8]:**

Investigation is required to make a diagnosis and to design the treatment plan, including:

The type of tumour

The extend of disease, as assessed by staging and investigations

The general health of the patient and any co-morbidities.- assessed by Eastern cooperative oncology group performance status scale and

Karnofsky performance index to assess the functional capability of the patient.

Treatment:

Surgery

Radiotherapy

Chemotherapy

Immunotherapy

Hormone therapy

Gene therapy [9].

**Mistletoe- a homoeopathic remedy:**

Mistletoe is the common name for *Viscum album*. *Viscum album* is listed in the Homeopathic Pharmacopoeia of the United States, which is the officially recognized compendium for homeopathic drugs in this country. Although the [U.S. Food and Drug Administration](#) (FDA) has regulatory authority over homeopathic drugs, this authority is usually not exercised unless the drugs are formulated for injection or there is evidence of severe [toxicity](#) [10]. To avoid this toxicity, Mistletoe can be given in highly potentised form. *Viscum album* is commonly used as

mother tincture in homoeopathy, as well as in lower dosages to treat high blood pressure, dizziness, and arthritis <sup>[10]</sup>.

**Mistletoe:** Mistletoe is the obligate hemiparasitic plants of the order Santalales. They connect to a tree or shrub by a feature known as the haustorium, through which they take nutrients and water from the host plant <sup>[11]</sup>.

European Mistletoe are waxy, white berries that are produced in clusters of two to six along with smooth-edged, oval, evergreen leaves that are borne in pairs along the woody stem. Similar to European Mistletoe, the Eastern Mistletoe of North America has longer, broader leaves and longer clusters of 10 or more berries <sup>[11]</sup>.

**History of mistletoe:** The Celtic druids are attributed with the use of Mistletoe as a remedy <sup>[12]</sup>. Since Hippocrates time, doctors have suggested Mistletoe to treat a variety of illnesses, like arthrosis, hypertension, arteriosclerosis, diabetes, and especially epilepsy. Mistletoe leaves, berries, or stems were used to make juice or powder that was administered as a medicinal drink or used topically as a plaster or ointment. When Mistletoe's promise as a cancer treatment was discovered in 1920, new attention was generated. Rudolf Steiner founded his medical system on the principles of anthroposophic medicine and Ita Wegman was the first medical professional to expressly use a Mistletoe extract in cancer patients <sup>[13]</sup>. The parasitic character of the Mistletoe plant and the parasitic invasion of the human body by cancer struck Steiner as being comparable <sup>[12]</sup>.

**Active principles in mistletoe:** Lectins, viscotoxins, flavonoids, polysaccharides, and oligosaccharides are the active

components of Mistletoe. In this, a compound of viscotoxins and lectins has a major impact on cancer cells and activates the immune system <sup>[14]</sup>.

**Immunomodulatory role of mistletoe lectins in cytotoxicity:** Lectins, which are composed of both protein and carbohydrates, can adhere to the surface of cells (such as immune system cells) and cause biochemical alterations

Chain-B of ML-I, also known as Viscumin, binds to neutrophils and releases superoxide radicals, which in turn cause tumour cells to die by turning into peroxide radicals (H<sub>2</sub>O<sub>2</sub>).

Chain-B binding to natural killer cells causes them to generate the cytokines interleukin-23, 3 and TNF (tumour necrosis factor alpha), which cause tumour cells to be destroyed.

Reactive oxygen species (ROS) like nitric oxide (NO), which binds with signalling lipid on cancer cell phospholipid membrane and prevents the signal cascade pathway from continuing, are also produced by cytokines <sup>[14]</sup>.

Viscotoxins, are a class of tiny, cysteine-rich, highly basic proteins belonging to the thionin family that are poisonous to a wide range of eukaryotic and prokaryotic organisms. Positive charges on thionins interact with phospholipids in an unintended manner to cause this toxicity. Thionins permeabilise and eliminate tumoral cells as a result of their passive incorporation into cell membranes <sup>[15]</sup>.

**Immunomodulatory role of mistletoe lectins in apoptosis <sup>[14]</sup>:**

Image 2: Immunomodulatory effect of Mistletoe Lectin in Apoptosis

**Mode of preparation:** Mistletoe plants are processed and

manufacture separately based on the host trees. The preparation name indicates the host tree from which the extract is derived. Thus, the letter M stands for "malus" (Latin for "apple tree"), P for "pinus" (Latin for "pine"), A for "abies" (Latin for "fir"), and Qu for "quercus" (Latin for "oak"). An intricate manufacturing procedure mixing sap from Mistletoe obtained in the winter and the summer results in the medicinal extract. The dosage of the extracts depends on the patient's response as they are given in escalating doses <sup>[16]</sup>.

**Mode of administration:** The most common way to provide Mistletoe extracts is by subcutaneous injection, however oral, intrapleural, intratumoral, and intravenous are other routes of administration. The majority of studies that have been reported used subcutaneous injections two to three times per week, however the overall length of the treatment varied greatly <sup>[13]</sup>. But in some cases, injection site responses, mild reaction, transient pyrexia, and flu-like symptoms. Pseudoallergic hypersensitivity responses during intravenous Mistletoe therapy have only seldom been reported in a dose-dependent manner. Therefore, using Mistletoe presents only minor dangers and appears to be safe, but when used in high dosages, it is important that professionals keep an eye on the patient <sup>[17]</sup>.

**Doctrine of signature:** Despite growing on host trees, this plant has a partially parasitic character and is independent of the host in many ways. Similar to a parasite that is independent of its host organ but receives nutrients from it, cancerous cells are comparable

The leaves grows in different directions which indicates the undifferentiation of cells in cancer.



The node from which the branches arises shows the similarity of solidity of tumor, and also it is more indicated in solid tumors.

Once the host tree passes away or when it can no longer provide sufficient nutrition does the Mistletoe die.

Potassium is more abundant in Mistletoe likewise it is abundant in malignant tissue <sup>[18]</sup>.

**Viscum album in veterinary homoeopathy:** *Viscum album* mother tincture and dilutions are intended for use in all food-producing animals in veterinary homoeopathy. The application adheres to the principles of homoeopathy, in which animals are diagnosed based on an individual pattern of clinical indications. For large animals, the maximum parenteral dose is 10 ml/animal. Although therapy may be repeated, a specific dose plan is uncommon in homoeopathy <sup>[19]</sup>.

**Articles supporting the mistletoe as immunostimulatory therapy in cancer:** *Viscum album*, subcutaneously three times a week to 220 individuals with metastatic pancreatic cancer. Anti-cancerous therapy was no longer required for those who had this treatment. No brain metastases was found in the patients. Patients who received *Viscum album* as an anti-cancerous medication had a 4.8-month increase in survival rate, whereas those who received no treatment had a 2.7-month survival rate <sup>[20]</sup>. 23 studies total—16 randomised, 2 quasi-randomized, and 5 nonrandomized—were found. Out of the 23 studies examined, 12 demonstrated one or more statistically significant positive results (survival or quality of life), another seven demonstrated at least one positive trend (survival, disease-free survival, tumour remission), three revealed no effect,

and one demonstrated a negative trend <sup>[21]</sup>. A significant cohort study carried out in Germany discovered that Mistletoe treatment had a beneficial therapeutic impact; the mean survival time was 40% longer in the Mistletoe group (4.23 years) than in the control group (3.05 years; P 0.001) in this study. All of the cancer types under investigation, including small cell or non-small cell bronchogenic cancer, carcinoma of the colon, rectum, or stomach, breast carcinoma with or without axillary or distant metastases, were associated with longer survival times. The study also discovered that Iscador use tends to enhance a patient's capacity for psychosomatic self-regulation, or the capacity to maintain equilibrium and control under pressure <sup>[22]</sup>. Eight patients were found, seven of whom had bladder cancer that was non-invasive to the muscle and one who with invasive bladder cancer. Before treatment, four patients had tumours that kept coming back. There were 28 occurrences of recurrence among the 8 individuals. The median amount of time without a tumour was 48.5 months. High-dose *Viscum album* may have had a positive effect in 5 out of 8 patients, was ineffective in 2 patients, and had an unclear impact on 1 patient. The tumour did not progress at all. The majority of patients tolerated the medication well, and none of them discontinued it due to negative effects <sup>[23]</sup>.

**Role of mistletoe therapy in controlling the adverse effects of chemotherapy and radiotherapy:** A total of 710 nonmetastatic breast cancer patients got adjuvant subcutaneous Mistletoe extract for three to 52 months out of 1,442 total patients. The authors reported a much lower rate of adverse responses from chemotherapy with Mistletoe therapy after three years of follow-up (16.3% vs. 54.1%). They draw the conclusion that Iscador

decreased symptoms related to the disease and its treatment and might increase overall survival <sup>[24]</sup>.

Targeted therapy may benefit from the use of formulations that have been shown to reduce the side effects (AEs) of chemotherapy and radiotherapy in cancer patients. It was discovered that individuals getting add-on *Viscum album* had fewer hospitalisations, grade 3–4 non-haematological adverse effects, and chemotherapy dose reductions in a randomised phase II study involving 72 patients with advanced lung cancer. Using registry data from 310 cancer patients, we recently conducted an observational study and discovered that using *Viscum album* applications in addition to targeted therapy dramatically decreased the number of AE-related treatment discontinuations in cancer patients <sup>[4]</sup>.

## Conclusion

This article demonstrates how Mistletoe has an immunomodulatory effect on cancer patients, which increases survival rates, lessens side effects from radiotherapy and chemotherapy, and enhances general health. When medications are administered subcutaneously in high physiological doses, unpleasant consequences can occur, to prevent these side effects, medications can be administered in highly potentized dynamic form. This suggests that the Mistletoe has anti-cancerous properties in both humans and as well as animals.

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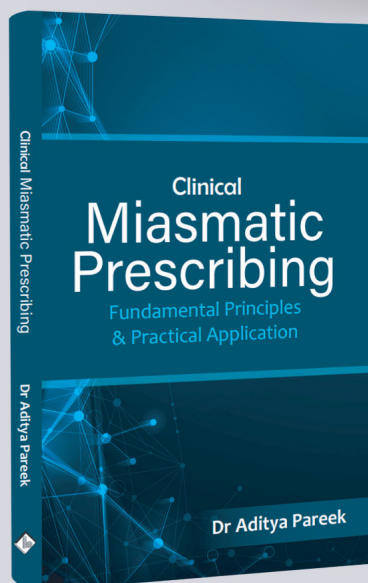
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# Clinical Miasmatic Prescribing

## Dr Aditya Pareek



- The author has shared his practical experience on miasms and how to clinically apply the different miasms in practise.
- The book is divided into 3 sections. The first section aims to put across the fundamentals of theory, its utility and brief history. It also deals with the applied aspects, i.e. anti-miasmatic prescribing.
- In the 2<sup>nd</sup> considering the importance of clear clinical differentiation, comparative tabulations have been provided. Remedy discussion has been made for most of the symptoms mentioned.
- The 3<sup>rd</sup> aims to show the applicability and practical utility of miasms through various case discussions.

# Iscador is a complementary rather than an alternative medicine

By Dr Srabani Pal and Dr Shweta Patel

**Abstract:** Iscador is the trade name of a group of anti-cancer treatments. All Iscador are prepared from different types of European mistletoe plant extracts. Aim of Iscador therapy is to strengthen the body's own forces against the cancer cell's tendency. It is believed to stimulate the immune system, increase the white cell count and cause them to engulf and destroy foreign cells, damaged self cells and malignant cells. It is a complementary rather than an alternative medicine. In homoeopathy, *Viscum album* is prepared from bushy plant *Viscum mistletoe* of the family *viscaceae* (*Loranthaceae*), which has got anti-tumour effect.

**Key words:** iscador, anthroposophy, mistletoe, chemotherapy, radiation, veterinary, complementary, alternative

**Abbreviations:** National Collection of Industrial Microorganisms (NCIM)

## Introduction

Cancer has become one of the most feared ailments since the last century. Conventional medical treatments are aimed at killing the cancer cells, but this is in no way proving effective enough. The many-headed monster often rears its dreaded heads again within a short while.

Alternative systems of medicine take a more holistic approach. With this approach, one realises that the cancer cells themselves are not the villains. They are just the manifestation of something going wrong within the defence mechanisms of the body. It is now known that tumour development is preceded by a pre-tumour phase that may persist for years if not decades. There is a gradual failure of the immune system, with the system becoming unable to distinguish between self and non-self. A healthy organism with a fully functional immune system identifies malfunctioning cells as alien and destroys them. Plenty of such cells arise from time to time in every individual. Failure of the monitoring system may result in de-differentiation of cells in certain organs, which are then no longer

under central control. These cells begin to program their own 'circuit diagram' and it is then possible that they may proliferate without any control. The code of those deviant cells no longer connects with the 'human being' program. This is the view now taken by modern molecular biologists and it confirms the statements made many years ago by Rudolf Steiner, the founder of anthroposophy.<sup>1</sup>

In the early part of the 20th century it was Rudolf Steiner, PhD., an Austrian natural scientist and philosopher, who established anthroposophic medicine as one of many developments he gave the impetus for. Anthroposophy represents a way of dealing with science and life issues in general, in a holistic way. It incorporates all fields of modern science into a spiritual and comprehensible approach. Rudolf Steiner was not a physician. Therefore, he founded anthroposophical medicine and the Medical Section at the Goetheanum (in Dornach, Switzerland) in association with the Dutch physician, Dr Ita Wegman (1876 – 1943). As early as 1917, Rudolf Steiner suggested the injection of mistletoe extracts for the treatment

of cancer. It was Ita Wegman who in the early 1920s introduced the mistletoe preparation Iscador into actual cancer treatment.<sup>1</sup>

Iscador is the trade name of a group of anti-cancer treatments, all prepared from different types of mistletoe extracts. Treatment with Iscador aims at intensifying the body's own forces against the cancer cell's tendency towards autonomy. Iscador is a complementary rather than an alternative medicine. It is frequently prescribed in Europe by medical doctors including oncologists in addition to the conventional cancer therapies, radiation, surgery and chemotherapy. Nowadays in Europe, mistletoe is a key component in conventional cancer therapy. Today there are doctors in many countries who treat their patients with Iscador. In India, following training in anthroposophic medicine, homoeopaths have begun to use Iscador for cancer cases. Iscador is available in the US under the brand name Iscar. It is manufactured mainly in Switzerland and Germany and is then exported.<sup>1</sup>

There are about 1400 mistletoe species around the world. One thing

that they all have in common is that they do not root in the mineral soil but live on other, generally woody, plants. Only white-berried mistletoe (*Viscum album*) is used to treat cancer.

Mistletoe contains among other things, two groups of toxins: viscotoxins and mistletoe lectins. Viscotoxins and mistletoe lectins are proteins capable of being broken down in the digestive tract. The molecular structure and pharmacological actions of viscotoxins are closely related to those of snake venoms. They have cytolytic action, i.e., they dissolve cancer cells. The mistletoe lectins are related to castor-oil plant lectins. They have cytostatic properties, i.e., they inhibit the growth of cancer cells.<sup>1</sup>

## Therapeutic applications

Early malignancies. Here it has the greatest scope, especially in stage 0, i.e. carcinoma-in-situ.

Advanced malignancies. Here it is of considerable help in inoperable tumours, recurrences, widespread metastases and in terminal cases, it brings about palliation.

It is used as a prophylactic for malignant lesions in pre-cancerous states, where regression of the lesion takes place.

Benign neoplasms.

Surgery – Inoperable tumours become operable through delineation of the tumour by Iscador therapy. During the operation, it helps prevent dissemination of the tumour. Post-operatively, it hastens a smooth convalescence. Early follow-up treatment by Iscador results in a significant reduction in the incidence of recurrences and late metastases by about 30-40 %.

Concurrent with chemotherapy and/or radiation, Iscador prevents or reduces toxic side effects, promotes tolerance as well as dispersion of the tumour.

Cancer patients treated with Iscador and followed up for a long time with regular laboratory investigations show no toxic symptoms, apart from the desirable rise in body temperature, transient rise in leucocytes and rise in lymphocytes. No harmful side effects have been reported. Even if Iscador is given intensively for many years, there is no depression of the bone marrow, unlike with chemotherapy and radiation.

Iscador therapy stimulates the form-giving processes and forces in the human organism against the tendency to unregulated proliferation of the cell, which is seen in cancer.<sup>2</sup>

Iscador preparations are classified according to the host-tree of the mistletoe used in their preparation. Depending on the localisation of the primary tumour and on the sex of the patient, the type of Iscador preparation is selected. Metastases are treated with the same preparations as the primary tumour. Special metal combinations are used to increase and potentiate the action of Iscador on specific organs. Each preparation is available in a number of strengths. The different strengths permit variation in the intensity of the treatment, depending upon the clinical state of the patient. The route of administration is usually subcutaneous; only in the case of intracranial tumours is the oral route usually used. The time of administration is usually in the morning, which is the time of the physiological rise of temperature. The frequency of administration varies according to the type and

location of the tumour and the judgement of the physician. The duration of the treatment is quite long, extending over a number of years. The changes in the type of Iscador preparations, dose, frequency, etc., are managed through the assessment of the clinical response and the laboratory data.<sup>1</sup>

## Reactions under iscador therapy

Inflammatory reaction with increased flow of blood and swelling in the region of the tumour is seen occasionally with usual subcutaneous injections. This passes off in a few hours.

Slight increase in body temperature occurs which is desirable as a curative process.

Transient increase in the neutrophil component of white blood cell count, which persists for some hours.

Immune stimulation as a whole and consequent inhibition of tumour development which leads to :

1. improvement in the general condition
2. increased appetite
3. gain in weight
4. improved sleep
5. decrease in fatigue and depression
6. stimulation of urinary and bowel functions
7. reduction or disappearance of pain

Increased tolerance to irradiation and/or chemotherapy

Relief of pain and subjective improvement in the patient are most

striking even in advanced stages of cancer and in spite of the progressive course of the tumour

Very rarely, allergic reactions or anaphylaxis are seen after administration of Iscador. In such situations, desensitization needs to be carried out before Iscador can be resumed again.<sup>1</sup>

### Course of tumour under iscador therapy

Stationary for some time

Occasional regression of the tumour

Slowing down or cessation of tumour growth

Reduced incidence of metastases or secondaries, or prevention of extension

Reduced incidence or recurrences after operation and/or radiation

Iscador medications are imported into India and are fairly expensive, though much cheaper than the costs of conventional cancer treatments. It should be remembered that Iscador has to be continued for several years, with gaps in between as suggested by the treating physician.

Iscador potentiates the action of Homoeopathic therapeutics, as both acts on the immune mechanism. When understood and practised, these therapies become limitless in their possibilities for development and their power to treat the millions of sick people in the world.<sup>2</sup>

**Mistletoe Therapy is a herbal preparation of the Mistletoe plant, which grows commonly in Northern Europe. NCIM uses preparations manufactured by ISCADOR, which are made of fermented aqueous extracts of the freshly harvested white-berried**

**mistletoe (*Viscum album* L.) grown on different host trees. Host trees used are Apple (Malus, M), Oak (Quercus, Qu), Pine (Pinus, P), Elm (Ulmus, U). Mistletoe contains viscotoxins and lectins which have been shown to have a stimulating effect on the immune system.<sup>2</sup>**

If we look at the characteristics of Mistletoe plant, we can apply the theory of doctrine of signature here. According to that Mistletoe plant mimics cancer/tumour as saprophytes, for example - it depends on its host for survival. Its life style is irregular, fruiting in the middle of winter, slow growth, reverse of the normal plant cycle.

### Homoeopathic medicine :Viscum album

*Viscum album* L. (synonyms: *Viscum*, mistletoe) is a common bushy plant of the family Viscaceae (Loranthaceae), which grows as an epiphyte on the branches of deciduous trees. *Viscum album* is widely distributed in tropical and subtropical Africa, in Asia and in Europe. The homoeopathic mother tincture is prepared of the fresh younger twigs with leaves and berries according to homoeopathic pharmacopoeias.<sup>3</sup>

The main constituents of *Viscum album* are lectins, a mixture of high-molecular-weight polypeptides (mistletoe lectins I, II, III). The amount of mistletoe lectins in the range of 340 to 1000 µg/g dried plant material, and viscotoxins (0.05% to 0.1%), a mixture of low-molecular-weight polypeptides. Further constituents of *Viscum album* are polysaccharides, cyclitols and flavonoids, phenylpropane derivatives, triterpenoids like a myrin, betulinic acid and oleanolic acid, phytosterols (approximately 0.2%), amino acids, alkaloids, cyclic

peptides and amines like histamine and acetylcholine, and proteins (9.3%) are constituents.

In veterinary homeopathy the mother tincture of *Viscum album* and dilutions thereof are intended for use in all food-producing animals. The use follows the principles of homeopathic therapy where animals are diagnosed on basis of the individual pattern of clinical signs. The recommended maximum parenteral doses for large animals are 10 ml/animal. Treatment may be repeated but a fixed dose schedule is not common in homeopathy.<sup>3</sup>

*Viscum album* is also used in human homeopathy as mother tincture as well as in lower concentrations for treatment of high blood pressure, dizziness, and arthritis. Adverse effects are described for dilutions up to 1:10<sup>7</sup> after parenteral application. In phytotherapy, mistletoe is considered to possess hypotensive, cardiac depressant and sedative properties. It may also have a weak antitumour effect. The recommended oral dose is 2 to 6g, or as infusion 3 times daily.<sup>3</sup>

Documented pharmacological studies have concentrated on the cytotoxic, cardio toxic and immuno stimulant properties of *Viscum album*. The crude plant juice has been reported to exert cytotoxic activity in vitro and in vivo. Also significant antitumour activity has been observed. These pharmacological activities have been attributed to the basic amino acids and to some cytotoxic alkaloids. The demonstrated immuno-stimulant activity may be due to the polysaccharide fraction of the mistletoe extract. Intact lectins and viscotoxins have been shown to bind to a number of cells including erythrocytes, lymphocytes and macrophages and to agglutinate

them. Therefore, the lectins are responsible for the cytotoxicity of mistletoe. However, after oral application no toxic effects of mistletoe could be demonstrated. This is mostlikely due to the limited or absent oral absorption and systemic availability of the protein toxins (lectins, viscotoxins) in their native form, as a result of effective denaturation and enzymatic proteolysis in the gastro intestinal tract.<sup>3</sup>

In a preliminary risk evaluation procedure by the Committee for Veterinary Medicinal Products, considering all defended old substances used in veterinary homeopathy in concentrations greater than 1:10 000, the use of *Viscum album* and its individual constituents was considered as not giving rise to specific health concerns. There are prominent differences in pharmacological and toxicological activity after parenteral and oral use of *Viscum album*.<sup>3</sup>

## Conclusion

Iscador is a complementary rather than an alternative medicine.

**Anthroposophic medicine** is based on the spiritual-scientific view of a healthy human being who is in close harmony and interaction with the different levels of creation, and has lost this when in a state of ill health. This involves a holistic approach and hence is compatible to other holistic systems of medicine. The substances from which anthroposophical medicines are prepared are essentially natural and taken from the mineral, plant and animal kingdoms. Medicines are prepared according to homeopathic principles and hence anthroposophic medicine and homeopathy easily go hand in hand.<sup>1</sup>

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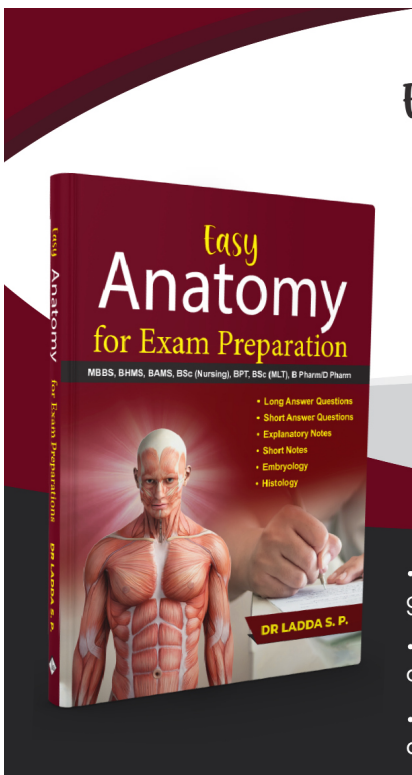
# Easy Anatomy for Exam Preparation

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# Effect of homoeopathic medicine *Natrum muriaticum* on general well-being of patients suffering from acne vulgaris

By Dr Rashmi Bhavsar, Dr Rachana Dave, Dr Bhupinder Singh

**Abstract:** Objective: The objective of the study was to ascertain the effect of homoeopathic medicine *Natrum muriaticum* on general well-being of patients under the treatment of acne vulgaris.

**Material and method :** The study was conducted on 24 patients (16 Males and 8 Females). A pretest–posttest design was used and the PGI scale of general well-being developed by Verma SK and Verma A was administered to study the effects of the homoeopathic medicine *Natrum-muriaticum* on the general well-being of the participants.

**Result:** The data was analysed using t test statistics. The results show a significant difference between the mean well-being scores of the pretest (M=6.13, SD=1.93) and post-test (M=10.00, SD=2.54). The  $t(23) = 5.51$ .  $P < .0$ , was highly significant indicating a positive effect of the selected homoeopathic medicine (*Natrum muriaticum*) upon the general well-being of the acne vulgaris patients. The general well-being of subjects was thus improved after administration of *Natrum muriaticum*.

**Conclusion:** Homoeopathic medicine *Natrum muriaticum* is effective in treatment of acne vulgaris, as well as in improving general well-being of adolescents.

**Keywords:** acne vulgaris, homoeopathic medicine, *Natrum muriaticum* Abbreviations: PGI - patient Global Impression of Improvement (PGI-I)

## Introduction

Acne vulgaris commonly called as acne or “pimples” is one of the most serious issues among teenagers, with cosmetic disturbance in life through. It is an inflammatory disorder of the skin which has sebaceous (oil glands) that connects to the hair follicle, which contains a fine hair. Acne is a common skin condition that happens when hair follicle under the skin become clogged sebum oil, that helps to keep skin from drying out and dead skin cells plug the pores which lead to outbreak of lesions commonly called pimple or zits. Acne mainly affects teenagers and young adults undergoing hormonal changes, many people continue struggling with Acne even after young age or adult age. A study by Lynn and et al University of Colorado 2015) found that the prevalence rate of acne was greater among adolescents as compared to other age groups.

The study also suggested a higher rate of acne in younger females, due to earlier onset of puberty as compared to males. The most common spots where we might have acne on face, forehead, chest, and shoulders and upper back. The different types of acne include blackheads, whiteheads, papules, pustules, fungal acne (pityrosporum folliculitis) nodules and cyst. <sup>(1)(2)</sup>

Acne is largely a hormonal condition that’s driven by Androgen hormones which typically become active during the teenage and young adult years. Sensitivity to these hormones combined with surface bacteria on the skin and fatty acids within oil glands can result in Acne. The main reasons are- fluctuating hormones levels around the time of woman’s period, picking out acne sores, clothing and head gear, like hats and sports helmets, air pollution and certain weather conditions, especially high

humidity. Other factors include – (1) Using oily and greasy personal care products like heavy lotions, creams or hair pomades and waxes or working in an area where routinely come in contact with grease (such as working at restaurants where there are greasy food surfaces and frying oil). (2) Stress, which increases the hormone cortisol can also cause Acne to face. (3) Some medications (4) Genetics (5) Food, there is some evidence that skim milk whey protein and diets high in sugar may cause Acne breakout.

Acne is categorized in four Grades. **Grade 1 is (mild)**, mostly whiteheads and blackheads with papules and pustules. **Grade 2 is (moderate)** multiple papules and pustules mostly on face. **Grade 3 is (moderately severe)**– numerous papules and pustules along with occasionally inflamed nodules. **Grade 4 is (Severe)** nodulocystic acne, numerous large, painful and

inflamed pustule's and nodules. Treatments for acne include the counter creams and cleanser and some antibiotics. Medications like anti-inflammatory, vitamin A derivatives, antibiotics and topical antiseptic. Self-care like washing of face regularly with facewash recommended. Plenty of fluids and balanced diet with regular exercise are advisable with medication.<sup>(1),(3)</sup>

Homoeopathy is a form of medical therapeutics discovered by Dr Samuel Hahnemann based on the principle of "like cures like" that a substance, which in certain forms and doses causes disease symptoms, may also be used to cure illness showing similar symptoms. It offers very safe and natural treatment for Acne. It works internally for Acne in a very gentle and effective way. Without harsh external applications and side effects. Rather than suppressing Acne, Homoeopathic medicine treats the conditions at the root and is safe from adverse side effects and prescribed after a thorough in-depth analysis of symptom. Different Types of Homoeopathy Medicines used for Acne treatment are *Sulphur*, *Kali Bromatum*, *Antimonium Crudum*, *Natrum Muriaticum*, *Belladonna*, *Calcarea Phosphoricum*, *Bovista*, *Hepar Sulphur*, *Berberis Aquafolium*, *Asteria Rubens* and *Psorinum*. Homoeopathy Treatment for Acne may offer a permanent cure to acne because it targets root cause of the disease and thus gives a long-term effective cure.<sup>(4),(5)</sup>

Acne has a significant impact on the quality of life. Lowered the quality of life. (Nair and Nair, 2015). One of the study shows Acne affect social and psychological functioning. They further suggested that acne affects quality of life and also that the impact is proportional to the severity of acne (Eleni Tasuola and Stamatis Gregoriou 2012). Acne does

sometimes result in scarring. It happens when Acne penetrates the skin and damages the deeper layers. Scarring can of course be a source of anxiety which is normal. Teenagers and adolescents are especially more concerned about the scar on face and become anxious and over worried about it. Acne affects adolescents physically and socially and produces depression. Along with medical treatment counselling techniques give best result in acne vulgaris. (Janani SK, Raman S 2019).<sup>(6)</sup>  
<sup>(7)(8)</sup>

The excess of androgen hormones secretion is caused by many triggers – as during teenage more androgen hormones excreted but there are many things which stimulate to secret more endogen hormones. There are various emotional state a person goes through during life time such as grieves, anger, agony, anxiety, fear, depression etc. More androgen secretion means more sebum secretion means more acne formation. So, to give a long-term curative effect, it is highly required to consider all of those emotional factors of the patient which are somewhat relate of the growth of acne. Hence the treatment basing on those emotional separation can help to maintain the normal and healthy endocrine function. Since homoeopathic treatment targets the different types of separation of emotion thus helps to regain back the healthy endocrine function and thus maintain the healthy physical state. The homoeopathic medicine is selected based on individuals' emotional picture that has been suppressed in past life. Homoeopathy medicine can only able to give a long-term cure to this acne problem consider as constitutional homoeopathic treatment.<sup>(9)(10)</sup>

Well-being is a core feature of

mental health, and may be defined as including hedonic (enjoyment, pleasure) and eudemonic (meaning, fulfilment) happiness, as well as resilience (coping, emotion regulation, healthy problem solving). Well-being is not just the absence of disease or illness. It's a complex combination of persons physical mental, emotional and social health factors. General Well-being may be defined as the combination of feeling good and functioning well an well-being includes the presence of positive emotions and moods (e.g., contentment, happiness), the absence of negative emotions (e.g., depression, anxiety), satisfaction with life, fulfilment and positive functioning. In simple terms, well-being can be described as judging life positively and feeling good. The experience of positive emotions such as happiness and contentment; as well as development of potential having some control over one's life having a sense of purpose and experience positive relationship. Thus, defined and conceptualized the general well being may show some degree of positive correlation with quality of life, jobs satisfaction, sense of achievement, etc. and negative relation with neuroticism psychotism and other variable.

#### Objectives of the study

The present study focused upon the effects of homoeopathic medication on health (both physical and psychological) of adolescence suffering from acne vulgaris. The specific objective was to ascertain the role of *Natrum muriaticum* in improvement of general well-being of the acne vulgaris patients under treatment with this medicine .

#### Materials and methods

**Sample-** The sample consisted of 24 adolescents (8 males and 16 females)



belonging to the age group of 16 to 19 years, who were acne patients and who were under homoeopathic treatment by the single medicine *Natrum muriaticum*.

**Tool-** General well-being scale introduced by (SK Verma and Amita Verma 1989) was used to measure the level of well-being of the subjects before and after the prescription and administration of *Natrum muriaticum*.<sup>(11)</sup>

**PROCEDURE-**The primary data was collected from patients who were undergoing the treatment of acne vulgaris. After making and studying a detailed case history of

the patients, single homoeopathic medicine – *Natrum muriaticum* was prescribed (specially in 30 and 200 potency) for acne vulgaris. The medicine was given for three months of period. General well-being of the patients was measured before the treatment started as well as after three months when the treatment for acne was completed. The effect of medicine on acne was also checked before and after the treatment period, with the help of a symptoms checklist developed by the researchers. The acne symptom checklist included the checkpoint parameters like presence or severity of *acne, presence of redness, itching,*

*pain, face greasiness, constipation, headache acne -scars, irregular menses in female patients etc.*

Many of the patients taken another mode of treatment before taking homoeopathic medicines some have taken ayurvedic treatment with some local applications like cream, ointments. Many of them take allopathic medication and antibiotics too. Some take regular beauty treatments like facials in beauty parlor for acne treatment. They get mixed type of result with different type of treatment. Most of them are not satisfied what treatment they were taking, they turned towards homoeopathy.

## RESULTS

Table: (Showing the mean, SD and t values of pre-test and post-test well-being scores)

	Male			Female			Combined (Male and female)		
	M	SD	t	M	SD	t	M	SD	t
<b>PRE-TEST</b>	5.63	1.93	4.00**	6.38	1.21	4.24**	6.13	1.53	5.51**
<b>POST-TEST</b>	11.38	2.54		9.31	2.11		10.00	2.46	

\*\* $t_{(23)} = 4.00 ; 4.42 \text{ and } 5.51, p < .01$

## Discussion

The *t test* was conducted to compare the average (mean) pre-test and post-test scores on well-being of acne patients under homoeopathic treatment of acne vulgaris through *Natrum muriaticum*. The first column of the table shows a significant difference in the Male well-being scores of pre-test (M=5.63, SD=1.93) and Male well-being scores of post-test (M=11.38, SD=2.54). The obtained t value ( $t=4.00, P<.01$ ) for male patients is found to be

statistically significant. The second column of the table showing the Female well-being scores of pre-test (M=6.38, SD=1.21) and the female well-being scores of post-test (M=9.31, SD=2.11);  $t=4.24, P<.01$ , also reveals a significant difference between two sets of scores. The combined data of males and females is represented in third column of the table. The combined well-being scores of the participants on General well-being pre-test (M=6.13, SD=1.53) and post-test (M=10.00, SD=2.46) is found to be statically significantly

different ( $t=5.51, P<.01$ ). The graph represents the same phenomena through bar diagrams.<sup>(12),(13)</sup>

Results thus suggest that *Natrum muriaticum* effective in the treatment of Acne as well as improving the general well-being among adolescents. As homoeopathy is a holistic treatment it treats person as a whole. Thus apart from the main disease, (acne vulgaris) other health problems also get resolved. medicine from *Natrum muriaticum*. (Das DC and Sarma T) It is also

found that *Natrum muriaticum* to be effective in the treatment of acne and improvement of overall general health of the patients.<sup>(14)</sup>

Acne vulgaris is a common problem and a serious issue throughout the life, basically in adolescence leading to cosmetic disturbances; it also affects the psychological health and well-being. A majority of people are affected by acne at some point in their lives and about 80% of people between 11 to 30 years of age may have at least mild form of acne. Acne mainly affects teenagers and young adults undergoing hormonal changes. Teenagers are especially more concerned about the scars on their faces and are likely to become worried, anxious or even sometimes depressed. Their continue struggle and concerns about cosmetic disturbances may decrease their quality of life and general well-being. Homoeopathic medicine can be a big hope in this regard as *Natrum muriaticum* has shown a positive impact of increasing general well-being and mental health among adolescents suffering from acne vulgaris.

## Conclusion

Homoeopathic medicine *Natrum muriaticum* is effective in treatment of acne vulgaris, as well as in improving general well-being of adolescents and very much beneficial in other ailments with acne vulgaris .

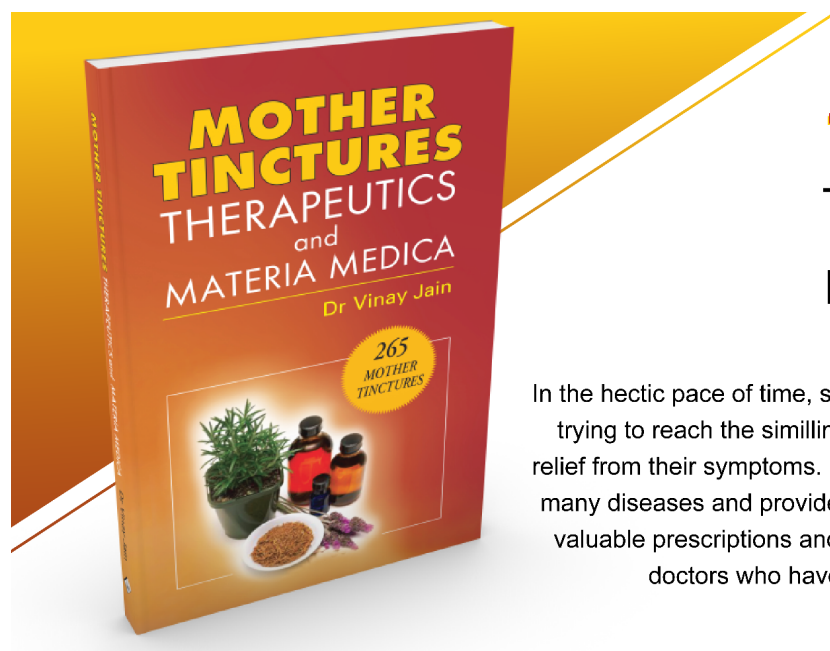
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# MOTHER TINCTURES THERAPEUTICS and MATERIA MEDICA

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# Iscador therapy and homoeopathy

By Dr Prastuti Jaiswal, Dr Sakshi Bhadana, Dr Surbhi, Dr Satya Prakash Singh

**Abstract:** *Viscum album* is a semi-parasitic plant with more than 1400 varieties in the world. Its therapeutic use was first introduced by Steiner and Wegman. Only the white berries (European) are used for the treatment. Iscador therapy is quite popular in Europe for cancer treatment. Researchers have shown its supremacy as an adjuvant and as a lone treatment of cancer but results of these researches are not uniform. Its homoeopathic application follows Hahnemann's doctrine of signature and is known to be effective in treating cancer.

**Keywords:** Iscador, *Viscum album*, anthroposophy, homoeopathy, cancer

Abbreviations: MTT- 3-(4,5-dimethylthiazol-2-yl)-2,5-diphenyl tetrazolium bromide, MCF- Michigan Cancer Foundation-7 (place of development of cell line), TNF- tumour necrosis factor, IL- interleukins, VA- *viscum album*, INF- interferon, WBC- white blood cells, USA – United States of America, FDA – food and drug administration

## Introduction

Iscador therapy was devised by anthroposophical system of medicine, which uses extracts of *Viscum album* L, commonly known as Mistletoe. Mistletoe is a semi-parasitic plant that grows on various trees like apple (*Malus*, M), oak (*Quercus*, Qu), pine (*Pinus*, P), elm (*Ulmus*, U).<sup>1,2</sup>

Anthroposophy was established by Rudolf Steiner in 1901. He was an Austrian philosopher who studied empirical sciences, philosophy and mathematics in Vienna. Anthroposophical word is derived from greek words 'anthropo' and 'sopho' meaning human being and wisdom respectively.<sup>3,4,5</sup> It is a spiritual as well as scientific view on humanity.<sup>5</sup> Anthroposophic medicine relies on cognitive methods and results of anthroposophy.<sup>6</sup> Steiner rejected Kant's idea of finite knowledge about science and proposed how human cognitive capacities can be expanded and utilized to understand interaction beyond particle.<sup>7</sup> This understanding was applied to various areas of life, education, medicine, agriculture, art and religion.<sup>8</sup>

Anthroposophical medicines are derived from natural sources like plant, mineral and animal kingdom.<sup>9</sup> While choosing an anthroposophic substance for a particular disease, the practitioner considers the origin of the substances used. Mineral, plant, or animal properties are thought to have been formed by the most active substance in them, and this property is attributed to the administration of that substance when used to treat another organism. It is believed that it can also affect the action of case. This is related to Samuel Hahnemann's doctrine of signature. For example, willows are considered rare. Waterside plants usually have heavy, large, dark green leaves that wilt and break easily. The exception is the white willow is a tree that always grows near water and loves light. But unlike other "water" plants, willows have thin, almost dry leaves and look very light with strong branches. They bend easily and form "joints" instead of breaking. Some of these characteristics give clues about what *Salix nigra* can use to treat arthritis, joint deformities, swollen joints, and more. Using the same doctrine, Steiner thought of

using mistletoe for cancer because of its parasitic nature, just like a tumor clings itself to neighboring vessels. The anthroposophic philosophy and homoeopathy both are rooted on the same ground of Vitalism.<sup>10</sup>

Early in the 1920s, Rudolf Steiner (Austrian philosopher, who was not a physician himself) and Dr Ita Wegman (Dutch physician) founded medical section in anthroposophy. Iscador® was created by Dr Wegman, who had previously created the first mistletoe preparation (Iscar) in 1917 with a pharmacist in Zurich. In 1935, she also co-founded the *Society for Cancer Research* in Arlesheim (Switzerland).<sup>11,12,13</sup>

In anthroposophical medicine, Iscador is used as a complementary treatment for many conditions including cancer, despite being a complementary treatment, it is the most common cancer drug used in Germany.<sup>14</sup>

Extracts of *Viscum album* L, commonly known as Mistletoe. Mistletoe is a semi-parasitic plant that grows on various trees like apple (*Malus*, M), oak (*Quercus*, Qu), pine (*Pinus*, P), elm (*Ulmus*, U).<sup>15,16</sup>

## Effect of Iscador on human body

Iscador analogues induce tumor regression through cell cycle inhibition and interference with apoptotic signaling pathways in cancer cells. This leads to the possibility of affecting angiogenesis.<sup>17</sup>

In general, Iscador Malus has a stronger reaction than Iscador Quercus. Apoptosis, at least in Iscador Quercus, was induced by mitochondrial activation, but not by a death receptor-dependent pathway<sup>17</sup>

Mistletoe has been shown to stimulate the number and activity of NK cells, monocytes/macrophages, T cells (particularly T helper cells), and stimulate the release of cytokines such as interleukin-1, interleukin-6 and tumor necrosis factor in vitro. Studies in human and animal cancer cell lines have confirmed effects such as increasing DNA stability, inducing cell apoptosis, and inhibiting cell proliferation. Cytotoxic effects occur most strongly during her G<sub>0</sub> phase (resting phase) of the cell cycle.<sup>18</sup>

Lectins and viscotoxins are the two main active ingredients in mistletoe preparations. Lectins are glycoproteins that can bind to sugar moieties on the surface of cells. Effects of ML-1 (viscumin) include disruption of intracellular protein synthesis, initiation of cytokine production, and activation of leukocytes. Furthermore, ML-1 can therapeutically influence metastatic and apoptotic processes. Viscotoxins act primarily by damaging cell membranes and inducing cell necrosis rather than modulating the immune system. One study suggested that mistletoe itself could promote the development of cancer. However, subsequent studies have

disputed this claim.<sup>18</sup>

## Iscador therapy as adjuvant

Representative features of leucocyte microcirculation and immunology were assessed before, during, and after radiotherapy and chemotherapy in patients with orotrino-laryngeal cancer.<sup>18</sup>

Additional administration of mistletoe extract reduces the side effects of radiation and chemotherapy and accelerates the reconstitution process. Mistletoe extracts are superior in terms of response rate, overall survival, quality of life, and reduced side effects, thus reducing debilitation in cancer patients. Several experiments with tumour-bearing animals have shown significant reduction in tumor growth and prolong survival.<sup>19</sup>

## Preparation and administration-

Mistletoe is a semi-parasitic plant with 1400 varieties in world, but only the European plant extract is used for cancer treatment.<sup>9,18</sup>

The medicines are prepared according to homoeopathy which are ultra-diluted solutions and they are mostly injected in Europe but in USA it is administered orally because FDA has not approved of Iscador injectables.<sup>18</sup>

## Reactions under Iscador therapy

Inflammatory reaction- this subsides in few hours

Increase in body temperature (slight)- indicates curative process, hence desirable

Transient increase in WBC's

Immune stimulation-

Better general health

Improved appetite

Weight gain

Sleep improvement

Decrease fatigue and depression

Stimulates optimum urinary and bowel movement

Reduction in pain

The drug Iscador is imported into India and is very expensive, but much cheaper than the cost of conventional cancer treatment. As recommended by your doctor, Iscador should be continued for several years with few interruptions.<sup>20</sup>

## Homoeopathic use of *Viscum album*-

*Viscum album – Boericke's new manual of homoeopathic materia medica with repertory by William Boericke*

*Viscum album* is used for low blood pressure. Its symptoms point towards rheumatic and gouty complaints, neuralgia, especially sciatica. Epilepsy, chorea, rheumatic deafness, asthma are treated with *Viscum album*. Rheumatism with tearing pain.<sup>21</sup>

*Viscum album- Materia medica of new Homoeopathic remedies by Dr OA Julian*

Anti-tumourous, by external use (as for papilloma, due to necrotising properties of viscotoxin). In homoeopathic therapeutics, the indications for *Viscum album* are valid especially for the nervous system (epilepsy, neuralgia), and for the circulatory and locomotor systems. The Arlesheim school of anthroposophic medicine uses fermented *Viscum album* or "Iscador" in a completely original, for the treatment of cancer.<sup>22</sup>

### Osteosarcoma development is inhibited by homoeopathic *Viscum album* extract.

Two homoeopathic *Viscum album* preparations (VAD3 and VAD30-decimal scale potencies) were added to an osteosarcoma cell line during culture, and the MTT assay was used to gauge the vitality of the cells. Low quantities of the homoeopathic VAD3 and VAD30 were able to lower the number of osteosarcoma cells by 50%, according to the MTT assay.<sup>23</sup>

### Human breast cancer cell line in vitro culture is cytotoxic to homoeopathic *Viscum album*

MCF-7 is a human breast adenocarcinoma cell line that can be used as a preclinical model to test therapeutic compounds such ultra-diluted *Viscum album*. As per results *Viscum album* presented higher cytotoxic action on human breast cancer cell line.<sup>24</sup>

### Homoeopathic *Viscum album* at potencies presents cytokine modulatory effect produced by in vitro culture of mesenchymal stem cells

The purpose of this study was to assess the immunologic effects of homoeopathic VA on mesenchymal stem cells in vitro. The VA D3 and VA200CH concentrations decreased the levels of IL-6 and IL-1b while having no effect on TNF- and IFN-responses. The findings suggest it may be useful as immunomodulatory and anti-inflammatory drugs.<sup>25</sup>

### European *Viscum album*: a potent phytotherapeutic agent with multifarious phytochemicals, pharmacological properties and clinical evidence

Crude extracts and identified

chemical components from *Viscum album* have demonstrated notable therapeutic effects in animal models and in individuals with inflammatory, autoimmune, and cancerous diseases.<sup>26</sup>

### Homoeopathic *Viscum album* on squamous cell carcinoma (SCC) treatment

Squamous cell carcinoma in a 9-year-old pitbull dog (*Canis familiaris*) completely healed in four weeks. The intravenous *Viscum album* therapy linked to Hamamelis virginiana, was given orally.<sup>27</sup>

### *Viscum album* in case of pancreatic cancer

According to this study, mistletoe that has been implanted into the tumour may increase a patient's chance of surviving pancreatic cancer.<sup>28</sup>

### **Discussion and conclusion-**

Laboratory studies have shown her two main effects of *Viscum album* immunomodulatory and cytotoxic. The use of mistletoe follows the Hahnemannian principles of doctrine of signature and vitalism is used for the treatment of cancer effectively. Although the proving of *Viscum album* contain no symptoms like cancer but the aforementioned researches gives an idea about further researches and drug proving on animal modules or cell lines in-vitro required which may help in further enhancing the existing literature.

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NIL

### **Conflict of interest**

None

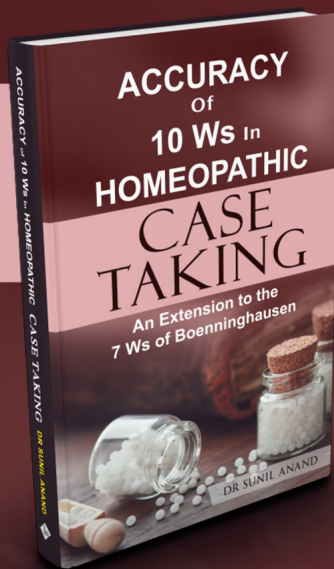
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# Role of homoeopathy in the treatment of dyslipidaemia

By Dr Vandana Gupta, Dr Manoj Kumar Bharati, Dr Rahul Kumar Nirala

**Abstract:** The high serum total cholesterol and high level of low-density lipoprotein cholesterol is a very important risk factor for coronary artery diseases. This increased level of lipids is called dyslipidaemia or hyperlipidaemia. Dyslipidaemia causes remarkable cardiac problems in patient. It causes heart diseases in patient like coronary artery disease (CAD), which is a blockage in the artery of heart and peripheral artery disease (PAD), these diseases lead to atherosclerosis, hypertension, heart-attack, strokes. Nowadays CVD is a most dangerous and most commonly occurring diseases. Homoeopathy has a big role to diminished cholesterol level in patients who are suffering from dyslipidaemia. and by decreasing level of cholesterol we can avoid forcoming cardiac diseases which could occur by dyslipidaemia. In the following article, dyslipidaemia is being described and how homoeopathic remedies could treat this dyslipidaemia. By homoeopathic treatment, one can also decrease the complications of CVD.

**Keywords:** Homoeopathy, dyslipidaemia, CVD, CAD, PAD, homoeopathic remedies, miasm, repertory.

**Abbreviations-** coronary artery disease (CAD), peripheral artery disease (PAD), cardiovascular disease (CVD), coronary heart disease (CHD), low-density lipoprotein (LDL), coronary heart disease (CHD), very low-density lipoprotein (VLDL), high-density lipoprotein (HDL)

## Introduction

Coronary heart disease (CHD) is one of the largest contributors to mortality and morbidity worldwide. Globally, CHD accounts for 17.5 million deaths in 2012, with over 75% of deaths occurring in developing countries<sup>[1,2]</sup>. By 2015, 16% of all female and male deaths were caused by CHD<sup>[3]</sup>.

Dyslipidaemia is thought to be a primary risk factor for CHD and may play a role before other risk factors appear.

When we look at the various types of lipoproteins, it is the level of low-density lipoprotein (LDL) cholesterol that is most directly associated with CHD. While very low-density lipoprotein (VLDL) has also been shown to be associated with premature atherosclerosis, it is more strongly associated with peripheral vascular disease. (e.g. intermittent claudication) than with CHD. High-density lipoprotein (HDL) cholesterol is protective against the development of CHD - the higher its mean level in a

group of individuals, the lower the incidence of infarction in that group. HDL should be more than 40 mg/dl.

To further refine CHD risk prediction based on serum lipid levels, a total "cholesterol/HDL ratio" has been developed. A ratio of less than 3.5 has been recommended as a clinical goal for CHD prevention.

With newer techniques, high-density and low-density lipoproteins have been further subdivided into sub-fractions. Recent evidence indicates that levels of plasma apolipoprotein-A-1 (the major HDL protein) and apolipoprotein-B (the major LDL protein) are better predictors of CHD than HDL cholesterol or LDL cholesterol respectively. Therefore, measurement of apolipoproteins may replace lipoprotein cholesterol determinations in assessing the risk of CHD<sup>[4]</sup>.

## Physiology

Lipids are transported and metabolised by apolipoproteins, which combine with lipids to

form spherical or disc-shaped lipoproteins, consisting of a hydrophobic core and a less hydrophobic coat. The structure of some apolipoproteins also enables them to act as enzyme co-factors or cell receptor ligands. Variations in lipid and apolipoprotein composition result in distinct classes of lipoprotein that perform specific metabolic functions.

## Lipid and cvd

Plasma lipoprotein levels are major modifiable risk factors for cardiovascular disease. Increased levels of atherogenic lipoproteins (especially LDL, but also IDL lipoprotein(a) and possibly chylomicron remnants) contribute to the development of atherosclerosis. Increased plasma concentration and reduced diameter favour subendothelial accumulation of these lipoproteins. Following chemical modifications such as oxidation, Apo B-containing lipoproteins are no longer cleared by normal mechanisms. They trigger a self-perpetuating inflammatory response during which they are

taken up by macrophages to form foam cells, a hallmark of atherosclerotic lesions. These processes also have an adverse effect on endothelial function.

Conversely, HDL removes cholesterol from the tissues to the liver, where it is metabolised and excreted in bile. HDL may also counteract some components of the inflammatory response, such as the expression of vascular adhesion molecules by the endothelium. Consequently, low HDL cholesterol levels, which are often associated with TG elevation, also predispose to atherosclerosis.

## Management of dyslipidaemia

Lipid-lowering therapies have a key role in the secondary and primary prevention of cardiovascular diseases. Assessment of absolute risk, treatment of all modifiable risk factors and optimisation of lifestyle, especially diet and exercise, are central to management in all cases<sup>[5]</sup>. One of the most important things in the natural treatment of dyslipidaemia is to reduce body weight and take regular exercise, which will help to regulate blood cholesterol and decrease the high risk of developing cardiovascular diseases, especially coronary heart disease.

**Miasmatic background:** - Accumulation of lipid is sycotic miasm, and if one thinks about arteriosclerosis so there is thickening which is sycotic, while loss of elasticity belongs to syphilitic miasm.

**Repertory:** - Homoeopathic repertory is unique which indexes the symptoms systematically for easily finding the remedy. In homoeopathic repertory, the term "arteriosclerosis" had been used

which means thickening and loss of elasticity of the walls of arteries of all sizes. There are many forms of this classified by the types of lesions and arteries involved, such as atherosclerosis with fatty lesions in the arterial intima of medium and large muscular arteries<sup>[6]</sup>.

## Synthesis repertory

Chest-arteriosclerosis of coronaries: - Ars-I., aur., **Bar-c.**, bar-i., cact., **Crat.**

Generals-ossification- arteries; of :- aur., **Bar-c.**, lith-c., sec., vario.

Generals- blood vessels -complaints of arteries; of :- **Cact.**

Generals-inflammation- Blood vessels- Arteries: - ars., **Calc.**, carb-v., **Kali-i.**, **Nat-i.**, sulfa.

Generals- blood vessels- degeneration of :- bar-c., bar-m., vanad<sup>[7]</sup>.

## Phatak's repertory

Arterio sclerosis: - sumb<sup>[8]</sup>.

## Murphy's repertory

Arterio sclerosis: - **Ars-i.**, **Arn.**, **Calc.**, **Glom.**, **Stront-c.**, **Stront-i.**, **Tab.**, **Vanad.**, **Visc.**

Atheroma: - aur-m., bell., brom., **Calc.**, **Calc-f.**, caps., **Graph.**, **Lac-ac.**, **Lach.**, **Plb.**, **Sil.**, sulph.

elderly people in :- Lach.

morbus brighti , in :- ph-ac.

obese person, in :- caps.

pulmonary arteries, dilatation of right heart :- phos.<sup>[9]</sup>

## Complete repertory

Cholesterol increased: chlf. cortiso. dulc. ins. mag-f. perh. sulph. thyroetr.

Generalities – arteriosclerosis – Adren., Am-i., Ars-i., Cupr., Glom., Nat-i., Kali-i., Stront-i., Stroph-h.<sup>10</sup>

## Boger boeninghausen characteristics and repertory

Circulation- blood-vessels- distended-, swelled- hard, sclerotic, thickened - Arn.. aur.. calc-ar.. calc-c.. cup.. flu-ac.. form... iod., plb.. sec-c., stro.. tab.. vis-a.<sup>11</sup>

## Boericke's repertory

Circulatory system- arteries- Atheroma of arteries – Adren., Am-i., Am-van., Aur., Phos., Plb., Plb-i., Polyg-a., Sec., Stront-c., Stront-i., Sumb., Vanad.<sup>[12]</sup>

## Some indicated homoeopathic medicines :-

**Aurum metallicum:-** Arteriosclerosis, high blood pressure, nocturnal paroxysms of pain behind the sternum. Sclerosis of liver, arterial system, brain.

**Cactus grandiflorus :-** Constriction of the heart, as if from an iron band. Endocarditis with mitral insufficiency together with violent and rapid action. Acts best in the incipency of cardiac incompetence. Weakness of the heart in arteriosclerosis. Low blood pressure.

**Calcarea fluorica :-** Arteriosclerosis; threatened apoplexy. Chief remedy for vascular tumours with dilated blood vessels and for varicose or enlarged veins.

**Cuprum metallicum :-** Angina pectoris. Slow pulse; or hard, full and quick. Palpitations, precordial anxiety and pain. Fatty degeneration.

**Physostigma-venenosum :-** Feeble pulse; palpitations, spasmodic action, with feeling of pulsations



throughout the body. Heart beats distinctly perceptible in chest and head. Fluttering of heart felt in the throat. Fatty degeneration.

**Squilla maritima** :- A cardiac stimulant affecting the peripheral vessels and coronary.

**Vanadium-metallicum** :- A remedy in degenerative conditions of the liver and arteries. Arteriosclerosis, sensation as if the heart was compressed, as if blood had no room in the aorta. Anxious pressure on the whole chest. Fatty heart<sup>[12]</sup>.

**Guatteria gaumeri**:- *Guatteria gaumeri* Greenman (Annonaceae) has been used as bark infusion in the traditional Mexican medicine for the treatment of hypercholesterolemia and cholelithiasis<sup>[13]</sup>.

## Conclusion

Despite the wealth of data supporting the beneficial effects of pharmacologic therapy on cardiovascular risk, patients often express a desire to accomplish similar goals with diet alone. In one of the studies from low-fat vegetarian diet plus exercise, stress management and group support have numerous additional benefits beyond lowering LDL cholesterol by 40%. These comprehensive lifestyle changes caused a 91% reduction in angina and significant improvements in myocardial perfusion and ventricular function after only 1 month as compared to control group. All medications, including lipid-lowering drugs have side effects, known and unknown. In contrast, it costs virtually nothing additional to eat a healthful diet, walk, meditate, and quite smoking and only side effects of these behaviours are beneficial ones<sup>[14]</sup>.

It is nearly three decades since

it became clear that elevation of serum cholesterol was one of the factors which carried an increased risk for the development of myocardial infarction. Today, there is a vast body of evidence showing a triangular relationship between habitual diet, blood cholesterol-lipoprotein levels and CHD, and that these relationships are judged to be causal. There is no population, in which CHD is common, that does not also have a relatively high mean level of cholesterol (i.e. greater than 200 mg/dl in adults).

It is now well-established fact that a persistently high cholesterol level can almost certainly precipitate a cardiac event such as CHD. Still most people do not have an idea of nutritional requirements and a balanced diet. Unhealthy dietary practices include a high consumption of saturated fats, salt and refined carbohydrates, as well as a low consumption of vegetables and fruits and these tend to cluster together<sup>[4]</sup>.

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# Iscador therapy in homoeopathy practise

By Dr Maryam Salman

**Abstract:** Iscador (Mistletoe extract) as its homoeopathic preparation is called, has been found beneficial in treating patients with some forms of cancer.

Iscador therapy is a type of treatment for cancer used by doctors trained in anthroposophic medicine. The use of mistletoe in cancer therapy is gaining popularity. It has its origins in Rudolf Steiner's 1920s work when he was developing many ideas about medicinal value of plants. He identified ISCADOR (mistletoe) as a species that could help with cancer treatment and in the following decades his teachings and suggestions for mistletoe treatments have been substantially developed in mainland Europe, particularly in Germany and Switzerland.

In terminal cases of cancer and in treatment of various complications of malignancy, Dr FAROKH J.MASTER has pioneered the use of ISCADOR therapy with HOMOEOPATHY leading to pain relief, reducing haemorrhage and increasing periods of remission.

Homoeopathy and Iscador can help in keeping side-effects of conventional treatment to a minimum.

**Keywords:** Iscador, medicines, diseases, homoeopathy, cancer, immunostimulant, therapy.

**Abbreviations:** QOL - quality of life, RCT - randomised controlled trials, RES - *reticuloendothelial system*

## Introduction

**C**ANCER is a term for diseases in which abnormal cells divide without control and can invade nearby tissues. Cancer cells can also spread to other parts of the body through the blood and lymphatic system. There are several main types of cancer as follows. Carcinoma is a cancer that begins in the skin or in tissues that line or cover internal organs.

- Sarcoma is a cancer that begins in bone, cartilage, fat, muscle, blood vessels, or other connective or supportive tissue.
- Leukaemia is a cancer that starts in blood-forming tissue, such as the bone marrow, and causes large numbers of abnormal blood cells to be produced and enter the blood.
- Lymphoma and multiple myeloma are cancers that begin in the cells of the immune system.

- Central nervous system cancers are cancers that begin in the tissues of the brain and spinal cord.<sup>1</sup>

### Iscador therapy

Iscador is the trade name of a group of anti-cancer treatments, all prepared from different types of mistletoe extracts. Treatment with Iscador aims at intensifying the body's own forces against the cancer cell's tendency towards autonomy.

Mistletoe therapy is an herbal preparation of the Mistletoe plant, which grows commonly in Northern Europe. The clinicians at NCIM prescribe preparations manufactured by ISCADOR AG, made of fermented aqueous extracts of the freshly harvested white-berried mistletoe (*Viscum album* L.) grown on different host trees. Host trees used are apple (Malus, M), oak (Quercus, Qu), pine (Pinus, P), elm (Ulmus, U). Mistletoe contains viscotoxins and lectins

which have been shown to have a stimulating effect on the immune system.<sup>2</sup>

### Iscador therapy:

Iscador therapy is a cancer treatment formulation derived directly from the plant *Viscum album* (mistletoe plant). Ninety years ago, Iscador was first put to use in Switzerland. Today, thanks to ongoing scientific research and development, it is the most frequently used alternative treatment for cancer in the world.

The three most frequently prescribed cancer treatments are surgery, radiation therapy and chemotherapy. Practitioners of these treatments are increasingly recognising the effectiveness of complementary cancer remedies, such as Iscador as an essential component of an integrative treatment protocol.

One of the primary functions of Iscador is that it stimulates parts of

the immune system that can slow the growth of cancer cells and does so with very limited side effects. For this reason, it is often used in conjunction with conventional therapies such as surgery, chemotherapy and radiation therapy.

Many patients treated with Iscador report an improved quality of life, feeling better and more positive and in need of less pain relief medications.

#### Advantages:

Extensive research and clinical experience demonstrate the vast array of health benefits that Iscador provides:

- Improvements in general condition (increase in appetite and weight) and vitality
- Restoration of normal sleep pattern
- Improvement in mental state (depression/anxiety, courage to face life and ability to take initiative)
- Improvement in quality of life
- Prolongation of life
- Other major effects include
- Reducing adverse effects from chemotherapy and radiation therapy
- Immunomodulatory effect
- Inhibition of malignant growth
- Reducing the risk of recurrences and metastases.<sup>3</sup>

#### Mistletoe and cancer:

There is research to show that it stimulates the group of white cells in the immune system that treatments like radiotherapy and chemotherapy

can sometimes lower. These cells are called the natural killer cells and the aim of giving this medicine is that a number of these cells will be increased in your body.

In Europe, *Viscum album* L (mistletoe) is the most commonly used complementary therapy by patients with cancer and is integrated into conventional oncology treatment programmes in Germany, Switzerland and Holland. In recent years it has been the subject of many randomised controlled trials (RCTs). Although there are some limitations to these studies due to poor design, a relatively consistent finding of these trials was a reduction in the adverse effects of chemotherapy and radiotherapy and/or improvement of quality of life of the patient (QOL).<sup>4</sup>

Extracts of mistletoe have been shown to kill cancer cells in the laboratory and to boost the immune system (the complex group of organs and cells that defends the body against infection or disease). For this reason, mistletoe has been classified as a type of biological response modifier (a substance that stimulates the body's response to infection and disease). Extracts of mistletoe have also been shown in the laboratory to prevent the growth of new blood vessels needed for tumours to grow.

**Ingredients in mistletoe that have been studied for their usefulness in treating cancer include:**  
A l k a l o i d s .  
V i s c o t o x i n s .  
P o l y s a c c h a r i d e s .  
Lectins.

#### Mode of therapy-

Mistletoe therapy can be given ORALLY (as a liquid by mouth) Or INJECTABLE (by subcutaneous

injection).<sup>5</sup>

#### Homoeopathic approach:

Homoeopathy, a therapeutic system of medicine discovered by a German physician, Dr Christian Friedrich Samuel Hahnemann (1755-1843), in the late eighteenth century based on fundamental idea of similarity (or similia) principle: Similia similibus curentur: "let likes be treated by likes". This implies that substances capable of causing disorder in healthy subjects are used as medicines to treat similar patterns of disorder experienced by ill people.

These substances in diluted form are believed to stimulate the body's self-regulatory mechanism and a healing response in the body. The other important principles of the system include: law of simplex, law of minimum dose, doctrine of drug proving, theory of chronic diseases, theory of vital force, and doctrine of drug dynamisation.<sup>6</sup>

#### Holistic concept of health and disease:

A holistic model of health in homoeopathy, taking an overview of the patient, including their individual mind, body and spirit, life situation and other circumstances, is central in evolving a curative approach to chronic and complex diseases. The holistic view uses the totality and the constitution of each patient to find a remedy that suits him/her, rather than just the disease. This is a paradigm shift from the conventional model of treatment approach, i.e. how illness is viewed.<sup>7</sup>

Alternative systems of medicine like homoeopathy take a more holistic approach. With this approach, one realises that the cancer cells themselves are not the villains. They are just the manifestation of

something going wrong within the defence mechanisms of the body. It is now known that tumour development is preceded by a pre-tumour phase, that may persist for years if not decades. There is a gradual failure of the immune system, with the system becoming unable to distinguish between self and non-self. A healthy organism with a fully functional immune system identifies malfunctioning cells as alien and destroys them. Plenty of such cells arise from time to time in every individual. Failure of the monitoring system may result in de-differentiation of cells in certain organs, which are then no longer under central control. These cells begin to program their own 'circuit diagram' and it is then possible that they may proliferate without any control. The code of those deviant cells no longer connects with the 'human being' program.<sup>8</sup>

## Why homoeopathy?

To understand the homoeopathic approach to treating people with cancer, we must first clarify that homoeopathic medicines not only treat the cancer but more importantly they treat the person with this cancer. The natural remedies individually prescribed, on the basis of the totality of a person's physical and psychological symptoms, reduce that person's susceptibility to disease. Once this concept is understood it becomes very easy to assist patients. Homoeopathic medicines not only help to control the growth of cancer (if brought to the homoeopath in the early stages) but they also help to alleviate the other accompanying symptoms like loss of weight, difficulty in eating, pain, weakness, cough, etc.

Following are some of the aspects of Cancer management

with homoeopathy: One of the most distressing complaints associated with some varieties of cancer is the agonising pain. Conventional medicines can provide pain relief but only to a certain extent and these medicines are not without any side effects. Moreover there is always a restriction to the dosage that can be safely administered to the patient. The advantage of administering homoeopathic medicines in such cases is that there can be effective pain control without inducing any side effects.

Homoeopathy can help in improving the general well-being and vitality of the patient.

Conventional treatment options for cancer (chemotherapy, radiotherapy, etc.) are associated with distressing side effects and homoeopathy can play a definitive role to counter these side effects.

The diagnosis of cancer often leaves the patient with a sense of depression, anxiety and fear. The treatment may induce additional irritability, impatience and mood fluctuations. Homoeopathy can influence the psyche of the patient and help him to deal with these emotions in a better way.

Homoeopathic medicines may also have a role to play in controlling the pace at which the disease increases and spread of the disease to other organs.<sup>9</sup>

**Cancer: a challenge an integrated oncology approach with homoeopathy and iscador therapy: tvat\_dr zubin marolia<sup>10</sup>**

Since while Iscador therapy and homoeopathy shares the same umbrella, its basically immunostimulant therapy that leads to mistletoe therapy.

Iscador therapy is a well-documented, well-researched, alternative plant therapy for cancer patients.

As in HOMOEOPATHIC system of medicine too, homoeopaths usually not only treat the disease but treat the patient as a whole through raising the immunity power or by boosting the immunity similar to ISCADOR THERAPY.

## Mode of action of iscador therapy:

1. Immunostimulant.
2. Lessens the side effects of radiotherapy and chemotherapy.
3. It has cause certain biological rhythm properties, wherein aids cancer patients dropdown the symptoms, patient feels better for example improves diet, sleep, weakness, etc.
4. Stabilising neuroendocrine function of cancer patients.

## Protocols for management of cancer patients with homoeopathy and iscador therapy:<sup>11</sup>

Below are the points achieved only through homoeopathy\_

1. Case-taking:
  - Find out where the energy balance has been lost in the patient.
2. Causative factor:
  - Find out the cause of the disease (i.e. mental, physical, or emotional, etc.) that has made the patient ill.
3. Commencing treatment with homoeopathic medicines- individualistic and similimum.
4. Followed by iscador therapy-

an integrative immunological therapy.

- 5. Multivitamins like vitamin b12, vitamin c etc if needed.

# Note:

Many a times patient already undergone radiotherapy or chemotherapy and various radiations. Here is the necessity of a HOMOEOPATHIC PHYSICIAN.

Then the work of the physician begins and he looks for different factors that is going in patient's

life to find out the most important factor, i.e. causative factor.

But at every stage, a physician must possess two documentation as:

1. Scientific documentation of a patient.
2. A Holistic documentation.

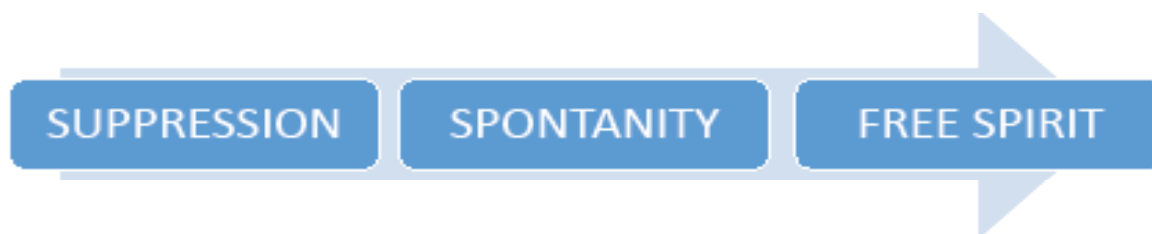
By combining the above two go for integrative oncology approach.

# To treat a patient, identify 3'S in life\_

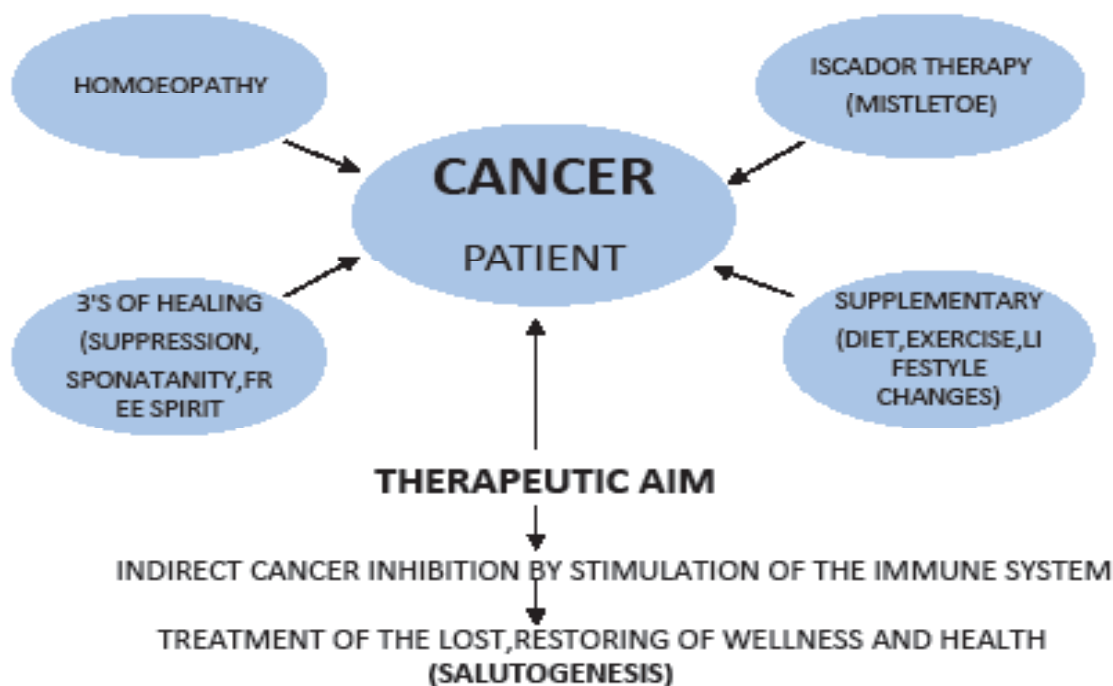
**Concept of 3's of healing in a**

**patient:**

1. SUPPRESSION- when a patient feels suppressed either emotionally or mentally like a suppression of not able to achieve ambition, aspiration or a disappointed love etc.
2. SPONTANITY- when there is urge to do something like to fulfill your desire which comes first in mind.
3. FREE SPIRIT-free in mind, body and spirit like feeling of happiness after doing the things you wished for in life.



### HOLISTIC CANCER THERAPY



## Integrative approach



The rational management of cancer involves:

1.Reduction of tumour mass by surgery with results in elimination of tumour antigen dose.

2.Stimulation, reinforcement and restoration of R.E.S( reticuloendothelial system), immune mechanism against cell proliferation i.e.

Iscador therapy/Mistletoe therapy\_ Immunostimulant.

Constitutional homoeopathic medicine\_ the simillimum.

Supportive therapies such as meditation, yoga, relaxation techniques\_ reorientation of "LIFE AND LIVING".

### Conclusion

It should be remembered that Iscador has to be continued for several years, with few gaps in between as suggested by the treating physician.

Iscador potentiates the action of homoeopathic therapeutics as both act on the immune mechanism. When understood and practised, these therapies become limitless in their possibilities for development and their power to treat the millions of sick people in the world.

Use of Mistletoe extract in cancer patient is associated with better survival despite obvious limitation. It also improves QoL (quality of life) of cancer patient. Iscador treatment can achieve a clinically relevant prolongation of survival time of cancer patients and appears to stimulate self-regulation. Use of Iscador also helps in reducing side-effects of conventional treatment like chemotherapy and radiotherapy.<sup>12</sup>

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# Iscador therapy in homoeopathic practise

By Dr Nihal Kumar

**Abstract:** Background: Despite all the genetic and epigenetic pressures, we don't get cancer most of our lives because of our immune systems. Cancer is, in essence, a failure of the immune system to regulate abnormal cellular growth. Cancer is not a death sentence. Fear, anxiety, anger, and helplessness are all natural reactions when processing a cancer diagnosis. However, allowing these emotions to overcome you is counterproductive to the healing process. 'iscador' as its homoeopathic preparation, has been found beneficial in treating patients with some forms of cancer.

**Aims and objectives:** To see the importance of Iscador therapy in field of homoeopathy

**Material and methods:** The project work was done following various books and websites.

**Result:** This study revealed the applied aspect of Iscador therapy by literature review.

**Conclusion:** The Iscador therapy has a vast area of study from the homoeopathic perspective. Specific work related to particular age groups and specific medicine needs to be carried out. The Iscador therapy has many possibilities in field of homoeopathy. Going by the concept of Organon of Medicine, it is expected to follow the totality of the symptoms and symptoms needs proper evaluation and only this will yield the uncommon symptoms, which are very apt for selection of a simillimum.

**Keywords:** Iscador therapy, homoeopathy, mistletoe therapy, cancer, anthroposophic medicine, *Viscum album*, viscotoxins

**Abbreviations:** QOL - quality of life, NCIM - National Collection of Industrial Microorganisms, RCT - randomised controlled trials, COVID 19 – coronavirus disease 2019

## Introduction

Mistletoe Therapy is a herbal preparation of the Mistletoe plant, which grows commonly in Northern Europe.<sup>1</sup> The clinicians at NCIM prescribe preparations manufactured by ISCADOR AG, made of fermented aqueous extracts of the freshly harvested white-berried mistletoe (*Viscum album* L.) grown on different host trees. Host trees used are apple (*Malus*, M), oak (*Quercus*, Qu), pine (*Pinus*, P), elm (*Ulmus*, U). Mistletoe contains viscotoxins and lectins which have been shown to have a stimulating effect on the immune system.<sup>2</sup>

There is research to show that it stimulates the group of white cells in the immune system that treatments like radiotherapy and chemotherapy can sometimes lower. These cells are called the natural killer cells and

the aim of giving this medicine is that a number of these cells will be increased in your body.<sup>2</sup>

In Europe, *Viscum album* L (mistletoe) is a commonly used complementary therapy by patients with cancer and is integrated into conventional oncology treatment programmes in Germany, Switzerland and Holland.<sup>2</sup> In recent years it has been the subject of many randomised controlled trials (RCTs). Although there are some limitations to these studies due to poor design, a relatively consistent finding of these trials was a reduction in the adverse effects of chemotherapy and radiotherapy and/or improvement of quality of life of the patient (QOL).

Mistletoe Therapy can be given by mouth as a liquid, or by subcutaneous injection.<sup>3</sup>

AIMS and OBJECTIVE

1. To see the importance of Iscador therapy in field of homoeopathy

Review of literature

There has been an alarming increase in the incidence of cancer since the last century. This rise in incidence has been explained not only due to sophisticated detection techniques, but also due to an increase in the environmental carcinogens affecting the cell adversely, stimulating it to unlimited growth and multiplication – cancer.<sup>4</sup>

Iscador therapy is a type of treatment for cancer used by doctors trained in anthroposophic medicine. This therapy was developed in Switzerland by [Rudolf Steiner](#) at the beginning of the 20th century. Rudolf Steiner was Austrian-born and he developed the science of [anthroposophy](#). The word anthroposophy means 'wisdom

of the human being'. It takes into account spiritual dimensions of the human being and the world. Steiner introduced the concepts of anthroposophy into all aspects of life — education, medicine, pharmacy, agriculture, economics, art and religion. This was how anthroposophic medicine was born.<sup>4</sup>

Anthroposophic medicine is based on the spiritual scientific view of a healthy human being who is in close harmony and interaction with the different levels of creation and has lost this when in a state of ill health. This involves a holistic approach and hence is compatible with other holistic systems of medicine.<sup>4</sup> Training in anthroposophic medicine is available only to doctors already trained in conventional or alternative systems of medicine.<sup>5</sup> The substances from which anthroposophical medicines are prepared are essentially natural and taken from the mineral, plant and animal kingdoms. Medicines are prepared according to homoeopathic principles and hence anthroposophic medicine and homoeopathy easily go hand in hand.<sup>6</sup>

Iscador is the trade name of a group of anti-cancer treatments, all prepared from different types of mistletoe extracts.<sup>7</sup> Treatment with Iscador aims at intensifying the body's own forces against the cancer cell's tendency towards autonomy.<sup>8</sup> Iscador is a complementary rather than an alternative medicine. It is frequently prescribed in Europe by medical doctors including oncologists in addition to the conventional cancer therapies, radiation, surgery and chemotherapy. Nowadays, in Europe, mistletoe is a key component in conventional cancer therapy.<sup>3</sup> Here in India, following training in anthroposophic medicine, homoeopaths have begun to use Iscador for cancer cases. Iscador is

available in the US under the brand name Iscar.<sup>10</sup>

There are about 1400 mistletoe species around the world. One thing that they all have in common is that they do not root in the mineral soil but live on other, generally woody, plants. Only white-berried mistletoe is used to treat cancer.<sup>11</sup>

Mistletoe contains among other things, two groups of toxins: viscotoxins and mistletoe lectins. Viscotoxins and mistletoe lectins are proteins capable of being broken down in the digestive tract. The molecular structure and pharmacological actions of viscotoxins are closely related to those of snake venoms. They have cytolytic action, i.e., they dissolve cancer cells. The mistletoe lectins are related to castor-oil plant lectins. They have cytostatic properties, i.e., they inhibit the growth of cancer cells.<sup>3</sup>

One of the primary functions of Iscador is that it stimulates parts of the immune system that can slow the growth of cancer cells and does so with very limited side effects. For this reason, it is often used in conjunction with conventional therapies such as surgery, chemotherapy and radiation therapy.<sup>12</sup>

Many patients treated with Iscador report an improved quality of life, feeling better and more positive and in need of less pain relief medications.<sup>9</sup>

### *Advantages:*

- Extensive research and clinical experience demonstrate the vast array of health benefits that Iscador provides.<sup>9</sup>
- Improvements in general condition (increase in appetite and weight) and vitality
- Restoration of normal sleep

pattern

- Improvement in mental state (depression/anxiety, courage to face life and ability to take initiative)
- Improvement in quality of life
- Prolongation of life
- Other major effects include
- Reducing adverse effects from chemotherapy and radiation therapy
- Immunomodulatory effect
- Inhibition of malignant growth
- Reducing the risk of recurrences and metastases

### Side effects of treatment

The preparation taken by mouth seems to be very safe. Although it does not agree with everyone, reported side effects are low. This is because we are using such low doses.<sup>9</sup>

### Length of course of treatment

When you are taking the preparation by mouth, we usually recommend treatment for 12 months. After that time, Mistletoe therapy may be stopped or an occasional dose may be given. You will be able to discuss this as part of your treatment plan.<sup>10</sup>

### Other factors

In addition to the ISCADOR treatment, all the other things you do are important, such as;

- Looking at lifestyle
- Nutrition
- Acupuncture
- Mindfulness
- Homeopathic medication



- Counselling, relaxation and visualisation
- Chemotherapy and radiotherapy
- Any other approach that you choose to support you through the cancer diagnosis.

### Therapeutic applications <sup>7</sup>

- Early malignancies. Here it has the greatest scope, especially in Stage 0, i.e. Carcinoma-in-situ.
- Advanced malignancies. Here it is of considerable help in inoperable tumours, recurrences, widespread metastases and in terminal cases, it brings about palliation.
- It is used as a prophylactic for malignant lesions in pre-cancerous states, where regression of the lesion takes place.
- Benign neoplasms.
- Surgery. Non-operable tumours become operable through delineation of the tumour by Iscador therapy. During the operation, it helps prevent dissemination of the tumour. Post-operatively, it hastens a smooth convalescence. Early follow-up treatment by Iscador results in a significant reduction in the incidence of recurrences and late metastases by about 30-40 %.
- Concurrent with chemotherapy and/or radiation, Iscador prevents or reduces toxic side effects, promotes tolerance as well as dispersion of the tumour.
- Cancer patients treated with Iscador and followed up for a long time with regular laboratory investigations

show no toxic symptoms, apart from the desirable rise in body temperature, transient rise in leucocytes and rise in lymphocytes. No harmful side effects have been reported. Even if Iscador is given intensively for many years, there is no depression of the bone marrow unlike chemotherapy and radiation.

- Iscador therapy stimulates the form-giving processes and forces in the human organism against the tendency to unregulated proliferation of the cell, which is seen in cancer.

Iscador preparations are classified according to the host-tree of the mistletoe used in their preparation. Depending on the localization of the primary tumour and on the sex of the patient, the type of Iscador preparation is selected. Metastases are treated with the same preparations as the primary tumour.<sup>15</sup> Special metal combinations are used to increase and potentiate the action of Iscador on specific organs. Each preparation is available in a number of strengths. The different strengths permit variation in the intensity of the treatment, depending upon the clinical state of the patient. The route of administration is usually subcutaneous; only in the case of intracranial tumours is the oral route usually used. The time of administration is usually in the morning, which is the time of the physiological rise of temperature.<sup>13</sup> The frequency of administration varies according to the type and location of the tumour and the judgement of the physician. The duration of the treatment is quite long, extending over a number of years. The changes in the type of Iscador preparations, dose, frequency, etc., are managed through the assessment of the

clinical response and the laboratory data.<sup>8</sup>

### Reactions under iscador therapy<sup>9</sup>

- Inflammatory reaction with increased flow of blood and swelling in the region of the tumour is seen occasionally with usual subcutaneous injections. This passes off in a few hours.
- Slight increase in body temperature occurs which is desirable as a curative process.
- Transient increase in the neutrophil component of white blood cell count, which persists for some hours.
- Immune stimulation as a whole and consequent inhibition of tumour development which leads to :
  - 1) improvement in the general condition.
  - 2) increased appetite.
  - 3) gain in weight.
  - 4) improved sleep.
  - 5) decrease in fatigue and depression.
  - 6) stimulation of urinary and bowel functions.
  - 7) reduction or disappearance of pain.
- Increased tolerance to irradiation and/or chemotherapy.
- Relief of pain and subjective improvement in the patient are most striking even in advanced stages of cancer, in spite of the progressive course of the tumour.<sup>7</sup>

### COURSE OF TUMOUR UNDER ISCADOR THERAPY<sup>9</sup>

- Stationary for some time.
- Occasional regression of the tumour.
- Slowing down or cessation of

tumour growth.

- Reduced incidence of metastases or secondaries, or prevention of extension.
- Reduced incidence or recurrences after operation and/or radiation.

Iscador medications are imported into India and are fairly expensive, though much cheaper than the costs of conventional cancer treatments. It should be remembered that Iscador needs to be continued for several years, with few gaps in between as suggested by the treating physician.

Iscador potentiates the action of homoeopathic therapeutics as both act on the immune mechanism. When understood and practised, these therapies become limitless in their possibilities for development and their power to treat the millions of sick people in the world.

### Mistletoe therapy and covid -19 <sup>15</sup>

Cancer patients who want to be vaccinated against COVID-19 are advised to suspend their mistletoe therapy three days before the planned vaccination date (also before the second date). Even if there is no vaccination reaction, it is recommended to resume the mistletoe therapy not until one week after the COVID-19 vaccination. If vaccination reactions occur, interruption of mistletoe therapy is indicated until the acute symptoms have subsided.

Mistletoe preparations are used for the adjuvant treatment of tumorous diseases and do not have any weakening effect on the immune system (non-immunosuppressive). Therefore, mistletoe therapy does not increase the risk of infection for cancer patients, and there are indications that the immunomodulatory effect

of mistletoe preparations may even provide some protection against infection.

### Observations

After following the study, it became quite apparent that the subject chosen is an area for research. The Iscador therapy has many possibilities in field of homoeopathy. The possibilities need to be worked out and the probabilities of the simillimum within the knowledge of *Organnon of medicine* and psychology and beyond the existing knowledge needs careful evaluation.

### Discussion

The Iscador therapy has a vast area of study from the homoeopathic perspective. Specific work related to particular age groups and specific medicine needs to be carried out. The Iscador therapy has many possibilities in field of homoeopathy. Going by the concept of Organon of Medicine, it is expected to follow the totality of the symptoms and symptoms needs proper evaluation and only this will yield the uncommon symptoms, which are very apt for selection of a simillimum.

### Conclusion

The Iscador therapy in homoeopathy is a subject which more needs clinical orientation from the homoeopathic view point. Several works have been previously carried out in this area but due to a short time frame, the results have been not specific. Moreover, the works done in this aspect, have been more oriented to a particular age group. More works need to be done in regards to patients of particular economic strata, habitat aspect and nature of their daily routine, including the profession which they belong. The occupation has at times its own

hazard and needs to be properly evaluated in order to find the effect of medicine in such individual.

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### About the author

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# A write-up on the neoteric monkeypox virus

By Dr Ambily Sreekumar, Dr Angela Allen, Dr Samad K.S, Dr Hita Raj

**Abstract:** Since the recent devastating COVID-19 scenario in India, a viral zoonotic disease called the monkey pox has made its appearance. This disease dates to 1970 in the Democratic Republic of Congo where the first case was reported. Monkey pox virus belonging to genus orthopoxvirus of Poxviridae family is responsible. This is known to spread by inhalation of respiratory droplets, contact with lesions, body fluids and fomites with an incubation period of 6 to 13 days with symptoms like fever, severe headache, lymphadenopathy and rashes which lasts from 2 to 4 weeks. It has been found to be severe among children, immunosuppressed individuals with grave complications like sepsis, encephalitis, and bronchopneumonia which can become fatal. Symptomatic treatment can be provided by homoeopathic medicine to assist cure.

**Keywords:** monkeypoxvirus, neoteric, orthopoxvirus, research, homoeopathy for monkeypoxvirus, miasm for monkeypox, reportorial approach

**Abbreviations:** Human monkeypox (MPX), monkeypox virus (MPXV), deoxyribonucleic acid (DNA), polymerase chain reaction (PCR)

## Introduction

Human monkeypox (MPX) is a zoonotic disease caused by the monkeypox virus (MPXV) often begins with a combination of the following symptoms such as fever, headache, chills, exhaustion, asthenia, lymph node swelling, back pain and muscle aches ( according to European centre for disease prevention and control) (1)

Monkeypox virus belonging to the same family as smallpox virus genera orthopox of Poxviridae family is the causative agent. This can be contracted when coming in contact with the respiratory droplets, lesions and objects contaminated with the lesion, sexual contact. It takes around 6 to 13 days for the symptoms to appear. So far, two variants of this virus has been identified – the West African clade and the Congo basin clade, among them the former has been more common and less fatal (fatality rate 3.6 per cent). (2) It is now emerging as an epidemic after monkeypox cases have been reported in more than 42 countries (3)

It can get severe in children and immunosuppressed individuals.

## Epidemiology

### Agent

Monkeypox virus is an enveloped double stranded DNA virus that belongs to the genus orthopoxvirus of the Poxviridae family. Two variants were found in the central Africa and the West Africa. The central African variant was known to be more transmissible and severe and claimed lives of many with a fatality rate of 10.6 per cent

### Host

Natural reservoirs are yet to be found. However, certain rope squirrel, tree squirrels, Gambian pouched rats and certain primates are known to be naturally susceptible to monkey pox virus (4)

### Risk factors

Unprotected contact with wild animals especially those that are infected or dead, consumption of improperly cooked or raw meat, their blood and other body fluids must be avoided.

People having unprotected sex, immunosuppressed individuals, children, tribal people, pregnant women and those coming in contact with lesions and fomites are most susceptible. (4)

### Transmission

Animal to human transmission can be indirect or direct.

Through bites/scratches, by preparation/consumption of meat or direct contact with animals. (4)

Human to human transmission can occur face to face through respiratory droplets following a prolonged contact, contact with body fluids, lesions, objects or clothes contaminated with lesions.

It can spread from mother to foetus as well (trans-placental).

### Incubation period

The incubation period is usually from 6 to 13 days but can range from 5 to 21 days.

Period of communicability 1-2 days before the rash to until all the scabs

fall off / gets subsided

## Pathophysiology

The route of entry of virus is oropharynx, nasopharynx and intradermal.

The monkeypox virus replicates at the inoculation site then spreads to local lymph nodes.

Primary V=viraemia leads to viral spread and seeding of other organs.

This represents the incubation period and typically lasts 7 to 14 days.

Onset of symptoms correlates with secondary viraemia leading to 1 to 2 days of prodromal symptoms such fever and lymphadenopathy. (5)

## Clinical features

Prodromal period is from 0 to 5 days.

Symptoms such as fever, lymphadenopathy, severe headache, muscle aches, exhaustion. Chills and sweats, sore throat and cough occur.

Lymphadenopathy occurs with the onset of fever. They can be periauricular, axillary, cervical, inguinal.

They can be unilateral or bilateral.

Skin rashes usually begins within 1 to days of onset of fever. It lasts around 2 to 4 weeks.

They are well circumscribed and deep-seated undergoing umbilication.

Lesions can be painful till the healing period and can become itchy in the crust stage.

Lesions first appear on the tongue and mouth.

Macules spreads from face to arms, legs, palms and soles in centrifugal distribution within a day.

There is a slow evolution of rashes from a macular to papular to vesicular to pustular phase with the classic presentation of lesion being vesiculopustular.

Involvement is mostly on face and palms and soles, oral mucosa, genitalia and rarely conjunctiva.

Lesions progresses to papules, later vesicular by 4<sup>th</sup> to 5<sup>th</sup> day.

On 6<sup>th</sup> to 7<sup>th</sup> day, it becomes pustular with sharp and raised border, firm and deep seated.

It may become umbilicated or ulcerated later.

The lesions dry up by the end of 2<sup>nd</sup> week.

Scabs remain for week.

Healing of lesions occur with hyperpigmented atrophic scars hypopigmented atrophic scars, patchy alopecia, hypertrophic skin scarring and contracture/deformity of facial muscles following healing of ulcerated facial lesions.

A preference for palm and soles is the characteristic feature of monkeypox. (6)

## Recurrency

As per the recent studies, the chances of recurrence have not been ruled out.

## Course and prognosis

It is a self-limiting disease with symptoms lasting from 2 to 4 weeks.

A case is considered to be severe when there is fever (greater than or equal to 38.3 degree Celsius) and

the presence of rash (greater than or equal to 100 lesions), abnormal laboratory findings. (7)

Severe case occurring commonly in children and is related to the extent of virus exposure, patient health status and nature of complications underlying.

Immune deficiencies may lead to worse outcomes.

Rarely may it be fatal. In recent times, the case fatality rate has been around 3-6 %. (4)

## Complications

Pitted scars, deforming scars, secondary infection, bronchopneumonia, respiratory distress, keratitis, corneal ulceration, blindness, sepsis and encephalitis are the complications. (8)

## Diagnosis

Lab diagnosis is based on demographic information, medical history, travel history smallpox vaccination status, signs and symptoms, duration of illness, hematologic and serum chemistry. (7)

Cases are confirmed on the basis of specimen testing by viral culture, PCR for monkeypox virus and orthopoxvirus, electron microscopy.

Lab findings were the following: leucocytosis, lymphocytosis, thrombocytopaenia, elevated transaminase levels, elevated alkaline phosphatase level, and hypoalbuminaemia. (7)

## Management

Patient isolation, protection of infected skin lesions, nutritional support.

Use of protective gears while

handling the infected patients.

Sanitation of premises and objects exposed to the infected patient, infected animal, infected lesions.

Use of masks.

Practise of social distancing (4)

**Medicinal management**

**Miasmatic diagnosis**

Pseudo-psora

The nature of the disease is trimiasmatic in nature (9) but the prominent symptoms like eruptions on palms and soles, itching, evolution of rashes from macular to papular to vesicular to pustular shows psoric background and symptoms like scab formation, ulceration and lymphadenopathy shows syphilitic background so it is of pseudopsoric origin (10)

**Rubrics (synthesis repertory) (11)**

1. HEAD – PAIN
2. EAR –SWELLING –About the ears- glands of
3. EXTERNAL THROAT – INFLAMMATION – Cervical glands

4. ABDOMEN–INFLAMMATION – ,glands, inguinal
5. CHEST – INFLAMMATION – Axilla glands
6. EXTREMITIES- ERUPTION – Hands - Palms
7. FEVER –FEVER , heat in general
8. SKIN –ERUPTION –rash –slow evolution of rash in eruptive fever
9. GENERALS – INFLAMMATION –Lymphatic vessels
10. GENERALS–PAIN – Muscles

**Homoeopathic remedies**

- Mercurius solubilis* – 16/9
- Rhus toxicodendron*- 17/8
- Belladonna* - 14/8
- Nitricum acidum* - 16/7
- Sulphur* - 14/7
- Lachesis mutus*-13/7
- Graphites*- 11/7
- Hepar sulphuris calcareum*-10/7

*Phosphorus*-13/6

*Arsenicum album*-12/6

After repertorising the most observed symptoms, *Mercurius solubilis* came out to be well indicated in numerous cases. (11)

**Prevention and control:**

Avoid contact with sick and dead animals. Avoid contact with objects and clothing contaminated with the lesions. Wash hands properly with soap and water. Always wear masks. Practise safe sex with the use of condoms. Providing protective gears to health workers handling infected materials. Avoid direct contact with people who may be infected with virus. Public awareness. (4)

**Conclusion**

As the studies on the virulence, transmission and evolution of the monkeypox virus is still going on, it's important that we stay alert to this disease. The information here are collected from various studies and resources. And will equip us to handle a case with homoeopathy but it would also require us to be up-to-date with the new advancement in regard to monkeypox disease.

carb-an.	5	6	1, 2, 4, 7, 10
sars.	5	6	1, 3, 6, 7, 10
thuj.	5	6	1, 3, 6, 7, 10
toxog.	5	6	1, 3, 7, 9, 10
sep.	4	10	1, 6, 7, 10
cham.	4	9	1, 3, 7, 10
mez.	4	9	1, 6, 7, 10
puls.	4	9	1, 4, 7, 10
anthraci.	4	8	1, 6, 7, 9
lyc.	4	8	1, 6, 7, 10
nat-m.	4	8	1, 6, 7, 10
psor.	4	8	1, 3, 6, 7
acon.	4	7	1, 7, 9, 10
ant-c.	4	7	1, 6, 7, 10
carb-v.	4	7	1, 7, 9, 10
caust.	4	7	1, 6, 7, 10
cupr.	4	7	1, 7, 9, 10
dig.	4	7	1, 2, 7, 10
kreos.	4	7	1, 6, 7, 10
spig.	4	7	1, 6, 7, 10

phos.	6	13	1, 3, 5, 6, 7, 10
ars.	6	12	1, 6, 7, 8, 9, 10
calc.	6	12	1, 2, 3, 6, 7, 10
apis	6	11	1, 6, 7, 8, 9, 10
sil.	6	11	1, 4, 6, 7, 9, 10
petr.	6	9	1, 3, 5, 6, 7, 10
bry.	5	12	1, 6, 7, 8, 10
arn.	5	9	1, 6, 7, 9, 10
bar-c.	5	9	1, 2, 3, 7, 10
kali-c.	5	9	1, 3, 6, 7, 10
con.	5	8	1, 2, 5, 7, 10
dulc.	5	8	1, 4, 6, 7, 10
mur-ac.	5	8	1, 2, 6, 7, 10
sul-ac.	5	8	1, 3, 6, 7, 10
aur.	5	7	1, 3, 6, 7, 10
bufo	5	7	1, 4, 6, 9, 10
canth.	5	7	1, 3, 6, 7, 10
iod.	5	7	1, 2, 7, 9, 10
stram.	5	7	1, 6, 7, 8, 10
carb-an.	5	6	1, 2, 4, 7, 10

7 FEVER - FEVER, heat in general			
SKIN			
8 SKIN - ERUPTIONS - rash -			
slow evolution of rash in eruptive fever			
GENERALS			
9 GENERALS - INFLAMMATION -			
Lymphatic vessels			
10 GENERALS - PAIN - Muscles			
Remedies	ΣSym	ΣDeg	Symptoms
merc.	9	16	1, 2, 3, 4, 5, 6, 7, 9, 10
rhus-t.	8	17	1, 3, 4, 6, 7, 8, 9, 10
bell.	8	14	1, 2, 3, 4, 6, 7, 9, 10
nit-ac.	7	16	1, 2, 3, 4, 5, 7, 10
sulph.	7	14	1, 3, 5, 6, 7, 9, 10
lach.	7	13	1, 3, 6, 7, 8, 9, 10
graph.	7	11	1, 2, 4, 6, 7, 9, 10
hep.	7	10	1, 4, 5, 6, 7, 9, 10

1 HEAD - PAIN
EAR
2 EAR - SWELLING - About the ears - Glands; of
EXTERNAL THROAT
3 EXTERNAL THROAT - INFLAMMATION - Cervical glands
ABDOMEN
4 ABDOMEN - INFLAMMATION - Glands; inguinal
CHEST
5 CHEST - INFLAMMATION - Axilla, glands
EXTREMITIES
6 EXTREMITIES - ERUPTIONS - Hands - Palms



a) early vesicle, 3mm diameter



b) small pustule, 2mm diameter



c) umbilicated pustule, 3-4mm diameter



d) ulcerated lesion, 5mm diameter



e) crusting of a mature lesion



f) partially removed scab



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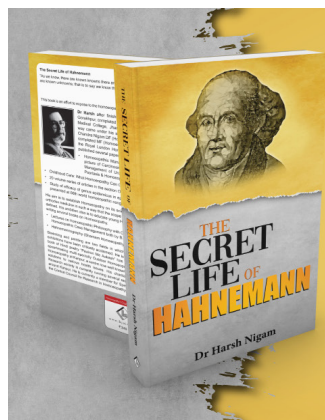
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# *Viscum album*: the Mistletoe- the repertorial view

By Dr Yogeswari

**Abstract:** Iscador therapy is an integrated method with holistic approach which is compatible to homoeopathy in treatment. It used as adjuvant and palliative in cancer treatment. In homoeopathy, medicine can be prescribed on basis of individualisation by totality of symptoms and with the help of repertory. *Viscum album* is not only used for cancer, but widely in other conditions in homoeopathy. In this, the author is intended to explain about the history, administration, homoeopathic aspect with repertorial views of *Viscum album*.

**Keywords:** Iscador, homoeopathy, repertory, *Viscum album*

## Introduction

Iscador therapy is also known as Mistletoe therapy which is the extract of *Viscum album*. According to old Culpepper, this remedy is three-hundred-year-old and also a lesser known remedy. This therapy is based on holistic approach and it is considering as integrated method which is compatible with homoeopathy. In central Europe, it is used as adjuvant and palliative cancer therapy. In homoeopathy, it is used in a wide range not only for cancer but also used in epileptic, rheumatic, gynaecological, and various conditions. Homoeopathy is based on a holistic approach, in which the patient is individualised and prescribed according to the simillimum.

**History:** First, it was identified by Rudolf Steiner, the founder of anthroposophy. He pointed out the healing effect of white berry to treating cancer. In 1935, Dr Ative eggman, accept the suggestion of Rudolf and develop first mistletoe with Pharmacist Adolf Howser. Later on, Dr Venkman, make tie with the association for cancer research in order to further analyse the potential of mistletoe in treating cancer. Rudolf Steiner and Dr Venkman knowledge

joined form mistletoe iscador in Hiss kea institute in Switzerland for more than 60years<sup>(1)</sup>.

### Origin and development of *viscum album*:

*Viscum album* is a parasite that grows in oak, acacia, pine, elm and apple trees. Mistletoe is an extract from *Viscum album* which contains visco resin, viscine, lectin, visco toxin. Viscine, a tender substance, yellowish blue, of toxic odour and sour taste; visco-resin, a bluish resin, pitchy, saccharine, odour at the beginning agreeable, then fetid. Viscine is maximum in the mistletoe of the apple-tree; visco-resin in that of the oak and acacia, which closing excites the sexual appetite. The mistletoe of the hawthorn possesses, like all of the rest, however in a better degree, the contractile residences of Secale at the uterus in uterine inertia<sup>(2)</sup>. Visco toxin is a small protein which helps to destroy the cancer by dissolving the wall of the cancer cell; lectin which closely related to the venom of the cobra inhibits the growth of cancer cells and causes cell aggregates to congeal.

**Collection of plant:** It is collected in both summer and winter because the concentration of healing substance varies.

In summer, for visco- toxin from stem, leaf and berries.

In winter, for lectin from old stem and at the centre of mistletoe bush.

### Parts used

Ripe berries, bruised leaves, whole plant.

**Administration of iscador:** Iscador concoctions are classified according to the mistletoe host tree used in their manufacture. Depending on the location of the primary tumour and the sex of the patient, the type of Iscador preparation is selected. Metastases are treated with the same preparations as the primary tumour. Special combinations of metals are used to enhance the effects of Iscador on specific organs. Each preparation is available in different concentrations. The different strengths allow to vary the intensity of the treatment depending on the clinical condition of the patient. The route of administration is usually subcutaneous; only in the case of intracranial tumors, oral route is usually chosen. The time of administration is usually in the morning because the physiological body temperature tends to rise. The frequency of administration

varies depending on the type and location of the tumour and the doctor's assessment. The duration of treatment is quite long and extends over several years. Changes in the type of Iscador preparations, dose, frequency, etc. are managed by evaluating clinical response and laboratory data <sup>(3)</sup>.

### Other traditional uses:

- It is used as an adjuvant and palliative in cancer therapy <sup>(4)</sup>.
- It promotes the innate immunity and strengthen the body
- It increases the body temperature and helps to keep warm.
- It is used for epilepsy, chorea, disorder of spleen, vertigo and abscess.

### HOMOEOPATHIC ASPECT:

Causation: Chill. Wetting. Fright. Suppression of menses.

Clinical uses: asthma, aura epileptic, chorea, deafness, dysphagia, endometritis, hypertension with albuminuria, slow labour, lumbago, menorrhagia, metrorrhagia, orchitis, otalgia, otorrhoea, ovaritis, retained placenta, sciatica, pain in spleen, struma, sore throat, valvular diseases, whooping-cough.

In complete repertory by dr roger van zanvoort <sup>(9)</sup>

*Viscum album* is known remedy for chorea where trembling heart, twitching of limbs at night, severe shaking fits with cataleptoid state for insensible state for hours<sup>(5)</sup>; Epilepsy with aura as if glow of fire rising from the feet to the head or a large spider crawling over the hand; slow protracted labour; tearing pain in rheumatoid arthritis when *Rhus toxicodendron* fails; neuralgia of gouty nature<sup>(6)</sup>; profound prostration; hypertension with slow weak pulse; weakness with no inclination to do work and tiredness; sciatica; tearing pain in both thighs and upper extremities; asthma if it connect with gout or rheumatism, feeling of suffocation when lying on left side; ovaralgia especially left; rheumatic deafness more on left side<sup>(2,7)</sup>.

### Modalities:

Worse winter, cold, stormy weather, in bed, movement, lying on left side <sup>(7)</sup>.

### Some of the important rubric in repertory:

### In a clinical repertory to the dictionary of materia medica by j.H. Clarke <sup>(8)</sup>:

- Clinical; Aura of epilepsy
- Clinical; Chorea
- Clinical; Deafness

- Clinical; Dysphagia
- Clinical; Earache
- Clinical; Endometritis
- Clinical; Epilepsy
- Clinical; Labour; slow
- Clinical; Levitation, sensation of
- Clinical; Lumbago
- Clinical; Menorrhagia
- Clinical; Metrorrhagia
- Clinical; Orchitis
- Clinical; Otagia
- Clinical; Otorrhoea
- Clinical; Ovaries; inflammation of
- Clinical; Ovaritis
- Clinical; Placenta; retained
- Clinical; Retained placenta
- Clinical; Sciatica
- Clinical; Spleen; pain in
- Clinical; Struma
- Clinical; Throat; sore
- Clinical; Whooping-cough
- Causes; Chill
- Causes; Fright
- Causes; Menses, suppressed
- Causes; Suppressed; menstruation
- Causes; Wet, getting

➤ Mind- DELUSIONS, imaginations: Figures, sees: Sleep, during: Half asleep, dozing
➤ Mind- DISGUST: Medicine bottle, on sight of:
➤ Mind- STUPEFACTION, AS IF INTOXICATED: Insensibility, after:
➤ Vertigo- MOTION: Agg.:Eyes, of: Sideways:
➤ Head- HEAT: Extending to: Feet:
➤ Head- PAIN, HEADACHE: Pulsating, throbbing: Sudden, paroxysmal: Vertex:
➤ Head-RAISED UP: Skull, vault:
➤ Head- REMOVED, AS IF CALVARIUM IS: Convulsions, during:
➤ Eyes- LACHRYMATION: Tiredness, from:



➤ Hearing- WIND, SOUND OF: Trees, in:
➤ Face- BLUISH: Exhaustion, from:
➤ Taste- CHANGEABLE: Cigarettes, for:
➤ Abdomen- PAIN: Spleen region: Extending to: Heart:
➤ Abdomen- PAIN: Contracting: Hypogastrium: Weight and fullness, with:
➤ Abdomen- PAIN: Stitching: Lancinating: Spleen region: Extending to heart:
➤ Urine- ALBUMINOUS: Hypertension, in:
➤ Heart & circulation- TICKLING, heart: around:
➤ Heart & circulation- TICKLING, heart: at:
➤ Back- SPINE, VERTEBRAE: Uterine complaints, in:
➤ Back- PAIN: Cervical region: Extending: Nates, buttocks, to:
➤ Back- PAIN: Cervical region: Extending: Thigh, lateral, left:
➤ Back- PAIN: Sacral region: Periodic, into pelvis, with pains in thighs and upper limbs:
➤ Back- PAIN: Clutching: Sacral region:
➤ Back- PAIN: Tearing: Lumbar region: Cold, from taking a:
➤ Back- PULLING SENSATION: muscles:
➤ Extremities- COLDNESS, CHILLINESS: Fullness of head, with:
➤ Extremities- CONVULSIONS, SPASMS: Upper limbs: Right: Left, to:
➤ Extremities- GLOW, SENSATION OF, FROM FEET TO HEAD:
➤ Extremities- PAIN: Shoulders: Alternating with: Pain: Knee and ankle, in:
➤ Extremities- PAIN: Elbows: Alternating with pain: Knees, in: Ankle, and:
➤ Extremities- PAIN: Sciatica, sciatic nerve: Left: Otorrhea, and:
➤ Extremities- PAIN: Sciatica, sciatic nerve: Discharge of ears, with:
➤ Extremities- PAIN: Sciatica, sciatic nerve: Otorrhea, with:
➤ Extremities- PAIN: Knees: Alternating with: Pain in elbows: Shoulder, and:
➤ Extremities- PAIN: Ankles: Alternating with pain in shoulder and elbows:
➤ Extremities- PAIN: Burning, smarting: Buttocks, nates: Extending to inner ankle:
➤ Extremities- PAIN: Corrosive, gnawing: Feet: Back: Metatarsal bone:
➤ Extremities- PAIN: Pinching: Hot pincers, as from, sciatic nerves:
➤ Extremities- PULSATION: hips: left:
➤ Extremities- SPIDER, AS OF A:
➤ Extremities- SWELLING: legs: bones: tibia: right:
➤ Extremities- SWELLING: edematous: knees: right:
➤ Extremities- SWELLING: Edematous: Knees: Patella, around:
➤ Generalities- CONVULSIONS, SPASMS: Epileptic: Before epileptic paroxysm, aura: Extremities: Glowing, feet extending to head:
➤ Generalities- PARALYSIS: Muscles: Eyes, except:

IN REPERTORY OF THE HOMOEOPATHIC MATERIA MEDICA BY J.T. KENT <sup>(10)</sup>

Mind- THOUGHTS: Frightful: Night, on waking:
Extremities- CONVULSION: Upper limbs: Right to left:
Extremities- GLOW, SENSATION OF, FROM FOOT TO HEAD:

Generalities- CONVULSIONS: Right side of body: To left:

**In concise repertory of homoeopathic medicines by dr s.R.Phatak<sup>(11)</sup>**

Asthma (Bronchial)- Rheumatism, with

Aura- Glow, from foot to head

Biting, chewing- Fleas as of

Blood- clot would not, and wound would not heal

Blood Pressure- High

Chorea- Fright or Shock

Convulsion, consciousness, without

Crawling- Spider, as of a

Dragging Sensation- waist down

Fear – Places, buildings

Fear- Telephone

Female organ- In general

Ground gives way

Haemophilia

Healing difficulty (wound, ulcer, etc)

Heart- palpitation, bathing, coition, during

Heat- pungent, glowing, head to, from feet

Heels- Burning, coal red hot applied to, as if

Hips- sore

Hypochondriae – bruised, sore

Kidney- sore

Lumbar Back- renal diseases, in

Sciatica- otorrhoea, with

Sciatica- touch agg

Trembling, tremor- all over

Vertex – throbbing

## Conclusion

*Viscum album* is a less known remedy but still it has a greater value in homoeopathy. Generally, it was not prescribed frequently as much as other medicine so it's quite difficult to get the proper clinical evidence based study of this remedy. It is considered as one of the gem of cancer therapeutic value which was not fully utilized in our homoeopathy. It should be experimentally verified for further inclusion of beneficiary of the symptoms. Simillimum can be selected

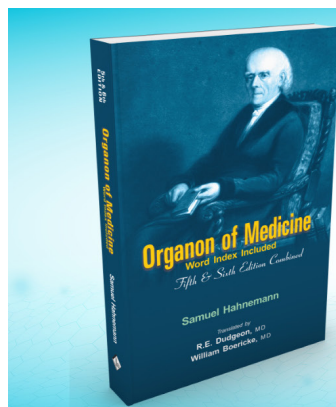
using repertorial approach which further helps in the study of more number of symptoms of *Viscum album* in a detailed manner.

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# Classical homoeopathy for an impatient world

By Dr Subrata Kumar Banerjea

## Reviewed by:

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**Full title of the book:** Classical Homoeopathy for an impatient world, Rapid classical prescribing

**First edition**

**Author:** Dr Subrata Kumar Banerjea

**Published by:** B.Jain Publishers New Delhi

**Pages:** 631

**About the author:** Dr S.K.Banerjea is a renowned homoeopath from a family of homoeopaths, he is a fourth generation homeopath continuing the legacy of homoeopathy of his family. He did his B.H.M.S. from Calcutta University. He has not only experience of more than 25 years as a clinician, practicing within and outside India but also experienced in delivering his teachings as a lecturer throughout the world. He worked as 'Director and Principal Lecturer of Bengal Allen Medical Institute, Calcutta' and 'Principal And Chief Lecturer of Materia Medica and Clinical Therapeutics at Allen College of Homoeopathy, Essex, England'.

## Introduction

There are various approaches or methods of prescribing, proposed by many homoeopathic prescribers which often leads to dilemma in the brains of young followers of

homoeopathic school of medicine. Although many of them are quite difficult to be applied by young homoeopaths without the practice of several years under the guidance of experts. One of famous homoeopath is Dr Subrata K. Banerjea who worked on the methodology of rapid homoeopathic prescribing, strictly following the principle of individualisation of homoeopathic sciences in a very simple and comprehensible manner. In this book, author emphasises on the methodologies to find a remedy not merely by the name of disease but individualised remedy for each case quickly and efficiently.

**Summary:** In the book author broadly classified the patient in two categories, first is where clear picture of symptoms is present and second category where patient already undergoing or gone through various therapies and drugs as per other modes of medicine so presenting with layers of suppressions. He emphasized on the various methods to reach the 'simillimum' in each category of case with greater accuracy and rapidly. Author proposed two different approaches to deal with both type of cases, first approach (approach A) for the cases with clarity of symptoms i.e. clear sensation, modality, causation /aetiology is presented. For such cases MTEK is proposed by the author where:

*M- Diagnosis of surface miasm (through clinical manifestation of disease, nature of individual, diathesis, secretions, hobbies, and even by the nail appearances)*

*T- Totality of the symptoms (location,*

*sensation, modality, concomitant + author also includes cause and onset, duration of the suffering and treatment taken in the past)*

*E- Essence of psyche (Lycopodium clavatum: Mr. safe i.e cautious, conservative, courteous and avoids risk and commitments usually teachers, doctors, politicians, etc.; Nux vomica: usually CEOs, stock brokers, salesman, etc. with personality traits of ambitious, impatient, arrogant, aggressive, workaholic, etc.)*

*K- Keynotes (PQRS symptoms)*

Dr Subrata K. Banerjea also developed repertory of personality characters such as compassionate, dutiful, easy going, family oriented which were not found in old repertories also given in a section of the book.

Approach B is for the cases who presented to us when they are on allopathic drugs (drug dependent cases), in that case original natural disease is superimposed with artificial chronic disease and the symptoms are contaminated with layers of suppression. Patient cannot express their symptoms with modality, sensations, etc. In such cases physician can begin the treatment by using 'organopathic' remedies having predominant action on the organ affected in the case which can be prescribed on the basis of few available symptoms (aphorism 173-178). This not only helps in gaining confidence of patient on action of homoeopathy but also helpful in weaning off dosage of conventional medicine. As per author's experience, he states that after weaning of approximately

50% of the conventional medicine, suppressed symptoms may come to the surface and patient may provide a clearer picture of his symptoms, then after treatment plan can be changed and 'approach A' may be applied in the case. In the section author also named several lesser known organopathic medicines with capability to alleviate the symptoms in cases of various drug dependent individuals. *Franciscea*, *Ginseng*, *Stellaria media*, *Viola tricolor*, *Pimpenella*, etc. for steroid dependent arthritic cases; several homoeopathic bronchodilators including *Aralia racemosa*, *Aspidosperma quebracho*, *Cassia sophera*, *Eriodictyon glutinosum*, *Pothos foetidus*, etc. in cases of asthma; as well as named some lesser known remedies for cases of hypertension and migraine, especially for the relief of their symptoms and to help them to decrease drug dependence.

In section 2 of the book, he has given the methodology of case taking, case analysis with miasmatic diagnosis which seems to be helpful in increasing quality and the speed of the recovery.

In section 3 of the book, with the help of hexagonal tip presentation author provides the information about choosing the correct potency, he himself being the supporter of 'C' scale but gives to the point information about, where 'C' potency, mother tinctures, 'LM' potency to be used as well as given the detailed information regarding potency selection in the terms of symptoms, age, constitution, occupation, drug pathology, disease condition as well as patient's condition. He also stated about the second prescription during the follow up of every case and what to do with the potency after finding the 'similimum', conditions when the potency to be repeated, ascended, descended or divided

dose but success to be served. He also specified the potency frequently being used in sphere of action (in nervous system complaints 1M potency, in female complaints 200C, in muscular complaints 200C and so on) and also information with reference to various dispensing technique of the potencies either with globules or liquid vehicles.

In section 4 of the book author states about fast prescribing technique in case of acute cases of common cold, rhinitis, coryza, conjunctivitis, cataract, influenza, fever, meniere's disease, otalgia, otitis media, tonsillitis, food poisoning and injury or trauma. He has given striking symptoms of many remedies on which one can depend for successful prescription in many acute cases.

In further sections Dr Banerjea has given information of common personality character of different group of medicines such as minerals, snake venoms, acids, polychrest remedies, etc. He also states about the scope of various bowel nosodes, rare nosodes, sarcodes, and imponderabilia in the cases where usually indicated medicines fail to commence the action. He also mentioned the different body language, gestures, postures, and looks associated with major medicines in our material medica, given the dissection of various personalities at the airport, i.e. check-in lounge, cabin crew, on board, etc. to understand the personality picture and reactions of different homoeopathic medicines at a circumstance. He has given lots of emphasis on the aetiology or causative factors such as physical factors (exposure to any injury, cold, damp or circumstances you are never been well since); emotional factors (grief, disappointment, stress, etc.), disease condition (of which you have never been well since), use or

abuse of medicinal drugs. He has given various remedies and their aetiology or causation factors not only associated with physical but also mental and 'never been well since' from emotional aetiologies. Under the heading of psychiatric and mental essence he has given knowledge of many commonly used remedies in terms of their associated anxieties, irritability, depression, attention deficit disorders, etc. but also regarding gradual withdrawal of psychotropic drugs and homoeopathic approach in such cases. Author described the emotional theme of various homoeopathic drugs which seems to be very helpful for many practitioners to shortlist indicated drugs. In the book author discussed the details of homoeopathic management of post-traumatic stress disorders, hypersensitive/drug sensitive cases, consequences of vaccination and substance or behavioural addictions. He not only emphasized on the scope and use of mother tinctures for the therapeutics but also about the role of lesser known Organopathic medicines for quick relief of the symptoms related to disease such as migraine, diabetes, etc. which helps in weaning off conventional medicines.

**Result:** With the approach of the expert homoeopath we can also seek for quick, accurate and efficient technique for prescription. It's not the method of disease specific homoeopathic prescription but this methodology is in accordance to the strict principles of Organon of medicine and principle of individualisation. It gives us way forward for not only the case where clear picture of symptoms are present but also for the cases where the patients totality is not clear and already undergoing conventional therapies like bronchodilators, anti-hypertensive, steroids, etc.

i.e. several layers of suppression are present. Author also wrote a book on classical miasmatic prescribing in which he emphasized on miasmatic diagnosis and miasmatic prescription. So if young homoeopaths go through both the books, may get the better understanding about the approach of rapid classical prescribing. From the book, one can get the clear, practical indications of various medicines in the form of general personality characters in modern concepts, individual sensitivity, emotional reactions, anxieties, irritation, etc. It's a gem for practical use in homoeopathic prescription which came from the years of clinical experience of great homoeopath, not only in the country but also outside the country. Technique of writing is very comprehensible, easy to understand and precise.

**Recommendation:** I personally recommend all homoeopathic practitioners to go through the book and utilise its application in their clinical practise. It's the product of experience of 105 years of experience of generations of great homoeopaths, which came to

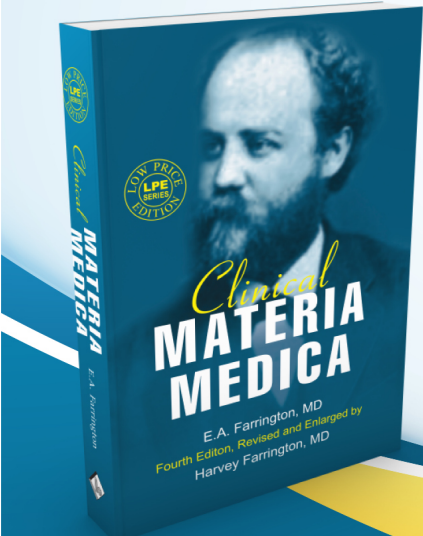
existence by not only a good clinical practitioner but also a great teacher of materia medica and homoeopathic therapeutics. He has given the expert therapeutic knowledge of many mother tinctures in the form of short repertory but also the list of lesser known medicines frequently being used for specific disease conditions, from his own clinical experience. In my opinion this is one of the real hurdle for many homoeopaths to deal with drug dependent cases, where there is real scarcity of symptoms and even low susceptibility due to drug abuse for many years. While going through the book we can get enough guidance to lead such contaminated cases to the path of recovery by the use of homoeopathic medicines. Now a days many patients are coming to homoeopathy who are seeking to reduce their drug dependency on conventional medicines advised to them for life long intake, knowing the side effects of modern drugs such cases comes to us. This literature serves as a torch bearer to begin with such cases and to lead them to path of recovery by weaning their conventional medicine dosages, so improving the quality of life of

many patients. Methodology to find the 'similimum' with author's guidelines makes it more accurate, rapid and efficient so helps to build the faith in their own prescription even in young homoeopaths.

### About the reviewers:

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