

# THE HOMOEOPATHIC HERITAGE

Bringing Classical and Contemporary Homoeopathy Together

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## Snakes and Spiders in the Homoeopathy

- Acne vulgaris cured with homoeopathic medicine– an evidence-based case report
- Individualised homoeopathic treatment in autoimmune diseases: a case report of psoriasis



**BJAIN**



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By Dr Sunil Anand

Every person's healthcare could be described as a journey. A healthy person becomes a trendsetter and sets a benchmark for others they come in contact with. From one person, to several, to a community, to a nation and finally to global frontiers.

In that sense, every nation's healthcare could be depicted as a journey too. Happiness quotient and healthy living are intertwined. Concerning about the very environment that sustains is an idea that was triggered by a few people which has become the need of the hour today.

It's about creating a ripple effect. This book carries the same intent. Even though it is primarily based on the tenets of the science of homeopathy, it is not aimed to be a document limited to health, disease and their remedial solutions only. It refers to a healthy attitude in all walks of life. A medically fit individual may not necessarily be considered well in a holistic sense of the word. One needs to change the paradigm of 'health'.

This applies to parenting, relationships, lifestyles and even corporations. Such applications will also be touched about in latter chapters of this book. But let's set the grounding principles that precede such amalgamations.

In the words of French-born American microbiologist, Rene Dubos, (February 20, 1901–February

20, 1982): "Whatever its

precipitating cause and its manifestations, almost every disease involves both body and mind, and these two aspects are so interrelated that they cannot be separated from the other".

This forms the basis of a deep homoeopathic understanding of mind and body and the reasons behind needing to note the correlation between the two. Every patient has to be understood as a unique human being, and the emphasis from illness-centred medicinal approach needs to be shifted to one that is more holistic and patient centered instead. A mind that is in conflict is more easily susceptible to diseases. The mind comprises two components: the objective and the subjective. For the mind to be harmonious, both components need to be in sync with one another.

Homoeopathy involves both mind and body correlation, it is but natural for such a physician to be empathetic to one's suffering. At the end of the session, every patient feels heard and cared for. Hence, such a method of dealing with patients should be made a mandatory part of medical instruction in all disciplines and not just in homeopathy. Modern medicine may be able to avert a crisis, but for long-term wellness, it is time that consumers seek out modalities that help boost their innate immune system.

There are some basic parameters or methods that are invariably used very often while working on

cases and coming to a reasonable solution/simillimum. This book is a compilation of some of these methods along with appropriate cases to support the same.

Group study is a very helpful method to understand the lesser-known remedies represented through one or two remedies that one may be more familiar with. For instance, if a case presents with an obsession to perform and be the best in his profession while she has to meet heavy responsibility that is expected from him, one gets the feeling of a heavy precious metal from the sixth line in the periodic table also known as the gold series, and the most familiar remedy in that line is *Aurum metallicum* or gold itself. But what is also striking besides these aspects in this same patient is the foul temperament, which makes him overtly critical and offensive toward others. To make it more precise, he even had offensive secretion and a feeling of not being appreciated enough by those around him. All these indicate to the remedy *Osmium*, an offensive-smelling heavy metal from the gold series.

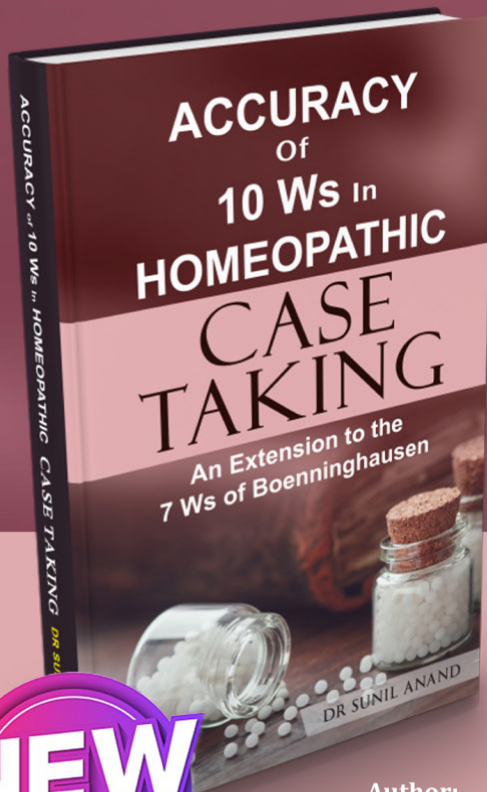
In the subsequent article, an in-more depth is being shared that how this innovative journey was initiated in my learning process as a homoeopath and a teacher.

Until next time!

Aude sapere

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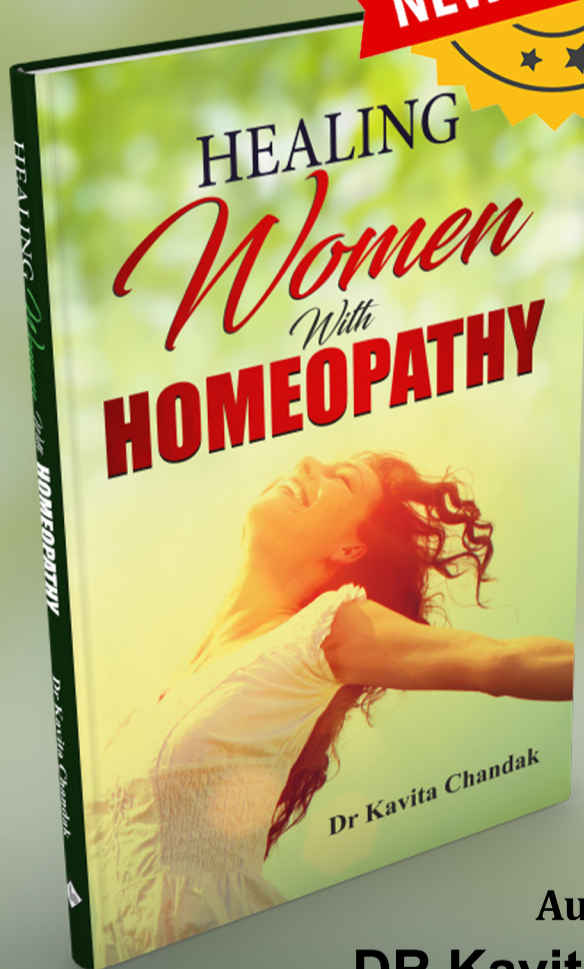
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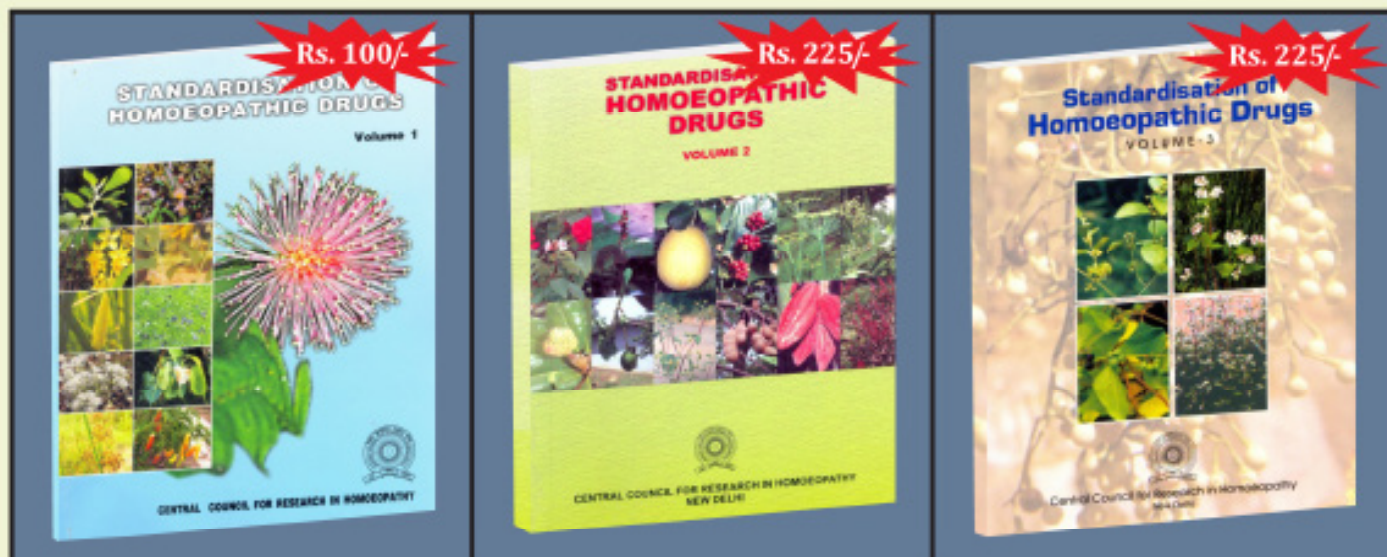
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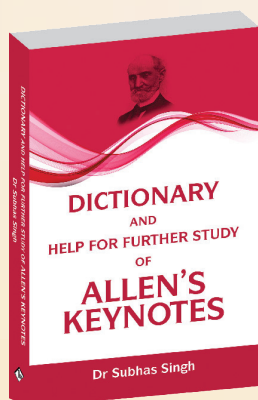
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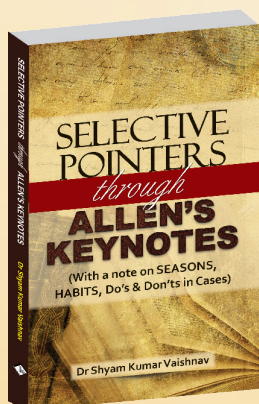
## DICTIONARY and Help for Further Study of ALLEN'S KEYNOTES Dr Subhas Singh



- 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.

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

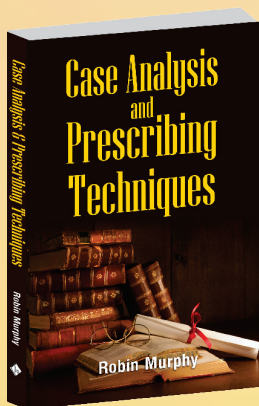


- This book is to provide an answer to the vexed question "How shall I get a remedy quickly in a particular group of population & without much effort?"
- The book is divided into 2 sections in which, the most important symptoms are arranged under 11 subsections, based on different phases of life, addictions, 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.

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## Case Analysis & Prescribing Techniques

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- 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 analyzed 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.

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Dear Readers,

Snakes and spiders are found in the fields as well as wild areas. They form a fascinating part of nature. Their colour, movement and secretive habits make them seem more mysterious than other animals. The early leader of Greek medicine, Aesculapius is still cherished in medical circles - his staff, encircled by a serpent, hence serpent continues to be the symbol of medicine. The snake force involves an individual in life and living not theoretically, nearly but by deeply. It is a force, which is wrapped around the tree of life in the story of paradise but also to life's healing forces in the staff of Aesculapius. On the other hand, the air breathing arthropods with eight legs and fangs that inject venom, spiders, are far more important on our planet than one may know.

Homoeopathy embraces a holistic and natural approach for the treatment of the sick and it's interesting aspect is that it constitutes numerous remedies made from snakes and spiders. Each of the remedy is unique, with a different set of symptoms, however, they share many of the same characteristics. Often mistrusted, sometimes loathed, these creeping, crawling creatures are among the most distinctive animal remedies in the homoeopathic materia medica. Exploiting his zoological background and extensive clinical experience, this issue offers a vivid and enticing portrait of spider and ophidia group and their members.

#### A Quick Word on Issue Content:

This issue of *"The Homoeopathic Heritage"* is an attempt to discuss the role of numerous homoeopathic remedies prepared from snakes and spiders in various diseases through different evidence-based case studies and research papers.

The peer reviewed articles include serum creatinine can be reduced by administering homoeopathic medicines according to the symptom similarity: case study analysis of chronic kidney disease (CKD) by Dr Nayeem unnisa begum, acne vulgaris cured with homoeopathic medicine- an evidence-based case report by Dr Anuj Kumar, individualised homoeopathic treatment in autoimmune diseases: a case report of psoriasis by Dr Navin Kumar Singh, Dr Tamara Afroza. The clinical case studies include alopecia areata cured with individualised homoeopathic medicine: an evidence-based case report by Dr Niraj Kumar, a case of eczema (dermatitis) treated by homoeopathic individualised medicine by Dr Jyoti Kumari, A case of polycystic ovarian syndrome cured by constitutional remedy by Dr Vandana Gupta, Dr Rahul Kumar Nirala, Dr Manoj Kumar, autism - a misnomer, a well-kept secret, a story by Dr Himani Gupta, Dr Meenakshi Yadav, management of weeping eczema through individualised homoeopathic medicine: a case report by Dr Ankita Mittal, Dr Jagdish Prasad, Dr Nitesh Kumar. Subjective articles include COPD: a burning respiratory disorder and its homoeopathic management by Dr Rup Nandi, Dr Rajat Chatterjee, Dr Aditi Paul, snakes and spiders in the homoeopathy by Koushik Bhar, Supriya Pramanik, Prabin Kumar Shaw, compositae family remedies in homoeopathy by Dr Krishna Murari, type II diabetes - a modern era pandemic life style disorder by Dr Rup Nandi, Dr Alok Nath Shaw, Prof. (Dr) Rajat Chattejee, Dr Aditi Paul, scope of homoeopathy in the treatment of rheumatoid arthritis by Dr Sanjiv Kumar Singh, homoeopathic therapeutic approach with rare remedies in rheumatoid arthritis by Dr Anuj Kumar, role of homoeopathy in lifestyle disorders by Dr Nihal Kumar, role of homoeopathy in lifestyle disorders by Dr Goutam Das, scope of homoeopathy in autoimmune disorders by Dr Shambhu Nath Prasad Yadav, snakes and spiders in the homoeopathy by Dr T. Rishi Sai Krishna, therapeutic use-

fulness of snake and spider venoms in homoeopathic treatment by Dr Shweta Patel and Dr Srabani Pal

Materia medica section includes article on Use of Indian drugs in paediatric disorders by Dr Sadia Kamal, Dr Debanjan Chowdhury. The article in special COVID-19 section on managing post-covid anxiety with homoeopathy: a case report by Dr Shyambhavi Chaudhary, Dr Varun Chaudhary, Dr Shipra Singh is a feather in the cap of this issue. Also, special articles of this issue include Nomophobia and its treatment in homoeopathy by Dr Vandana Gupta and effectiveness of homoeopathic therapeutics in management of coxsackie A6 infection - hand foot - mouth disease by Dr Veena Kulkarni, Dr Manish Arya, Dr Neeraja Kshirsagar.

For years, homoeopathy has been adapting the process of converting snake venom and poison from spiders into medicinal substances by transforming them into nanoparticles that have proved to be safe and effective for patients. The remedies from the snake and spider family are known to be valuable constitutional remedies. In addition, homoeopaths use them purely organotropically, i.e. primarily for physical complaints or as part of miasmatic therapy when it comes to the treatment of chronic diseases. These remedies have had their place in homoeopathic materia medica for many years and have proven themselves many times over.

We hope this issue will help the fellow homoeopaths to understand the snakes and spiders in 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

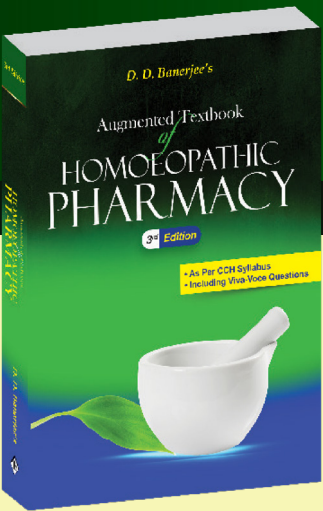
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- In the appendix, a few important short questions with answers have been added.

# Snakes and spiders in homoeopathic practise

*Dr Yogesh Dhondiraj Niturkar*

## Introduction

Homeopathic materia medica is enriched with a number of remedies that are derived from the animal kingdom. Vertebrata (mammalia, ophidia, pisces/fishes, batrachian), mollusca, radiata, articulate (hemipteran, hymenoptera, coleoptera, orthopteran, archnida) are the divisions of the animal kingdom as per their natural relations. Amongst all, the vertebrata division is having majority of remedies classed under mammalia and ophidia. These remedies are suited to deep seated diseases which are violent and destructive in nature. The whole tendency of these remedies is to produce diseases which are never of asthenic character. Remedies derived from animal kingdom are indicated in diseases pertaining to every system (Table 1). Typhoid fevers, erysipelalous inflammations, tuberculosis of different organs and tissues of the body and many of those dyscrasias which underlie and qualify acute diseases. It also affects the mind especially emotions like filthiest lust, intense anger and passions of a kindred nature.<sup>[1]</sup>

## **Ophidia group of remedies in homoeopathic practise:**

The word serpent is derived from Latin "serpentem," meaning creeping thing.<sup>[2]</sup> It is one of the oldest and most widespread mythological symbols. Snakes have been associated with some of the oldest rituals known to mankind and it represents dual expression of good and evil.<sup>[3]</sup> The Yoga practitioners claim that one's inner strength is like a coiled-up snake which is deep within oneself. By practicing Yoga, this snake will extend itself through the several Chakras, and eventually reach the head and form the third

eye. The snake is also used by Chinese mythology as the world was surrounded by two intertwined snakes, which symbolized the power and wisdom of the creator (Ying/Yang). However, the snake was also said to cause the devastating floods, as the movement of the water resembled a snake's movement.<sup>[4]</sup> In Greek, the Rod of Asclepius is an ancient symbol associated with medicine, consisting of a serpent coiled around a rod. The serpent with its change of skin symbolizes rebirth and fertility.<sup>[5]</sup>

Homoeopathy is indebted to Dr Constantine Hering for his first proving on Lachesis and Crotalus horridus.<sup>[6]</sup> The first trituration, and first dilution in alcohol, of the snake poison, Trigonoccephalus Lachesis, was made by Hering, on July 28th, 1828. It was introduced in our materia medica in 1937.<sup>[7]</sup> Before introducing it in materia medica, in 1835 Hering described a number of cases treated with Lachesis and other snake poisons.<sup>[8]</sup> There are eight homoeopathic remedies made from the venom of as many different snakes. Although there are more than eight provings of snake venom, these other provings are very fragmentary, and the remedies are not in general use. However, of those remedies with which we are more or less familiar Lachesis comes to mind first, followed by Crotalus horridus, Vipera, Elaps, Bothrops, Naja, Cenchris contortrix, and Bungarus fasciatus.<sup>[9]</sup> All the snake poisons as a group have some characteristics common to all of them and when these symptoms are indicated in a patient, we at once remember one or the other of the serpent poisons is indicated in elimination of the other drugs in the pharmacopoeia. The aggravation of all the troublesome symptoms after sleep, the very marked sensitiveness of the body surface so that even mere touching

is unbearable and the relief from the appearance of a discharge and septic states and general disorganization of blood by septic toxæmia or zymotic miasmatic diseases are common indications for all the serpent poisons. These snake poisons are perhaps the deadliest of the animal poisons and produce symptoms of direct poisoning of the nerve centres without local inflammation or blood changes. We are concerned more with the therapeutic action of the drugs prepared with these snake poisons than with their physiological effects and explanations.<sup>[10]</sup> The clinical indications of ophidian and spider remedies is given in the table 1 & 2.<sup>[11]</sup>

## **Spiders in homoeopathy:**

The spiders represent the unique synthesis when we study them in relationship with the spider remedies in homoeopathic materia medica. There are about 22,000 different species of spiders.<sup>[12]</sup> The spider group is the largest and the most widely distributed order of class Arachnida. The meaning of Arachnida is "children of Arachne." A woman called Arachne boasted that her weaving was the best in the land and she had the audacity to challenge Athene (the goddess of wisdom) to a spinning contest. Arachne's effort was very good but the goddess made the best. After this Arachne hanged herself, whereupon the goddess changed her into a spider and condemned her to go on weaving for ever.<sup>[13]</sup> The term arachnid refers to a class of animals that includes spiders, scorpions, mites, and ticks.<sup>[14]</sup> Arachnida comes under division of articulate. Spiders are found all over the World in the deep seas, tall mountains, in forests and in deserts. So it is called as a cosmopolitan creature. It can survive in any kind of terrain i.e. in air, water and on the



ground. [15] The symptoms of spider bite are unpleasant. The venom is a neurotoxin which causes paralysis, muscular cramp and severe pain. Breathing becomes difficult and the victim runs a high fever. Reaction to venom varies from individual to individual. Few are extremely sensitive and can suffer severely or even die from a single sting. [16]

Historically, the astounding cure of an insane woman with *Tarentula hispanica* by Dr. James Tyler Kent was reported by Dr. A. W. McDonough, in the *Homoeopathian* for October, 1923, and partly recorded in *Clarks Dictionary*, opened up a most wonderful and promising sphere of action of the spider poisons. [17] Dr. Boger in the Los Angeles General Hospital had observed 15 cases of spider bite and nearly all these cases developed pain in the legs and abdomen, extreme abdominal rigidity, high blood pressure and high temperature. [18] Dr Boger has also mentioned about cases of diphtheritic vaginitis, blood poisoning and palmar abscess cured with *tarentula cubensis*.

The commonly used spider remedies are *arana diadema*, *arana scinencia*, *mygale lasidora*, *tarentula hispanica*, *tarentula cubensis*. The action of this group is prominently on blood, nerves, bones, head, heart, vasomotor centre, blood, cellular tissue, spine, respiratory system. Predominantly it acts upon right side. Generally, spider remedies are having aggravation by dampness: cold, during rains, bathing, least motion; even of hands, exertion, touch, noise, after menses, evening, closing eyes, riding, jar. Amelioration is by smoking, relaxation, rubbing, sweating, open air, music, riding horseback, in the sun, rest, warmth. Complaints occur periodically, same hour, yearly.

The characteristic symptoms are every damp day chills as of enormous enlargement or numbness of parts; on waking. Nervous temperament. Violent pain in all upper teeth at once, on retiring (*aran d*). Gasps fears to lose breath and die. Restless with cardiac pains; and prostrated. Precordial anxiety. Cardiac pain; violent; sharp to shoulder or

both arms with numbness (*Latro*). There is slow incubation, then rapid onset, with alarming prostration, atrocious burning or sharp stinging pains, board like hardness of part and copious sweat. Death agony. Fidgety feet. Gangrene. Pungent heat of surface. Drowsy. Unsteady gait (*tar c*). Sudden violence, restlessness, fidgety, hurried; incessant motion, but walking aggravates. Rolls from side to side, jerking, twitching. Dances up and down. Sensitive and nervous. Nervous laughter, then screams. Lacks control, erratic, impulsive and selfish. Suddenly changing moods, fancies or strength. Hysteria. Hateful, adroit, crafty, cunning and destructive or depraved. Sleepless; from excitement. Sensitive genitals. Raw, itching vulva and vagina (*tarentula hisp*). Hypersensitive and noise is insufferably penetrating; affects the teeth. Vertigo with nausea, on closing eyes (*Theridion*). [19] The clinical indications of spider remedies is given in table 2.

**Table 1: Clinical indications of snake (ophidian) remedies:**

|  |   |
|--|---|
| <b>Bothrops lanceolatus</b><br>(Yellow viper)  | Blindness, necrosis of bones, gangrene, haemorrhages, congestion of lungs, and paralysis of tongue.   |
| <b>Cenchrus contortrix</b> (copper-head snake) | Amaurosis, catarrh, diarrhoea, swelling of eyes, headache, heart affections, leucorrhoea, menorrhagia, nightmare, pain in ovaries, throat affections.   |
| <b>Elaps</b><br>(Coral snake)                  | Amaurosis, cancer, deafness, ear affections, epistaxis, haemorrhages, headache, hemiplegia, knee pain, metrorrhagia, naso-pharyngitis, ozaena, phthisis, pneumonia.   |
| <b>Lachesis</b><br>(Surukuku snake)            | Affections of ear, trachea, heart, liver, mind, albuminuria, alcoholism, amblyopia, aneurism, apoplexy, appendicitis, asthenopia, asthma, atheroma, bedsores, boils, bubo, carbuncle, catalepsy, chancre, change of life, chilblains, ciliary neuralgia, cough, cyanosis, delirium tremens, diphtheria, dog-bite, dropsy, dyspepsia, enteric fever, epilepsy, erysipelas, fainting, fistula, flatulence, gall-stones, gangrene, haemorrhage, haemorrhoids, hay fever, headache, heartburn, hemiplegia, hernia, herpes facialis, hoarseness, hydrophobia, hysteria, injuries, intermittent fever, jaundice, laryngismus, laryngitis, leprosy, locomotor ataxia, malignant pustule, measles, meniere's disease, effects of mercury, morvan's disease, mumps, neuralgia, neurasthenia, nymphomania, oedema of lungs, paralysis, paraphimosis, plague, pneumonia, puerperal fever and convulsions, purpura, quinsy, rabies, scarlatina, sciatica, scurvy, small-pox, stings, strangury, syphilis, sore throat, traumatic fever, tumours, ulcers, varicose veins, vertigo, vicarious menstruation (nosebleed), warts, whitlow, wounds. |

|                                   |  |
|-----------------------------------|--|
| <b>Naja Tripudians</b><br>(Cobra) | Angina pectoris, asthma, hay-fever, headache, affections of heart, spasmodic stricture of oesophagus, affections of ovaries, plague, spinal irritation, sore throat. |
| <b>Vipera</b><br>(German Viper)   | Epistaxis, goitre, haemorrhages, jaundice, neurasthenia, phlebitis, premature senility, varicose veins.  |

Table 2: Clinical indications of spider remedies:

|  |   |
|--|---|
| <b>Aranea Diadema</b><br>(papal cross spider)      | Bone and spleen affections, catalepsy, chills, dysmenorrhea, dyspepsia, hemorrhages, hemorrhagic diathesis, headache, intermittent fever, malarial cachexia, menstrual irregularities, neuralgia, punctured wounds, scorbutic affections, scurvy rickets, toothache.  |
| <b>Aranea ixobola</b><br>(cross spider)            | Alcoholic polyneuritis, facial neuralgia, goiter, hashimoto's disease, muscle pain, neurasthenia, neuritis, psychosis, thyroiditis  |
| <b>Aranea Scinencia</b><br>(gray spider)           | Debility, eyes affections, headache   |
| <b>Latrodectus hasselti</b><br>(Black spider)      | Blood poisoning, edema  |
| <b>Latrodectus Katipo</b><br>(New Zealand spider)  | Chorea, faintness, Heart slow, nettle-rash, oedema  |
| <b>Latrodectus mactans</b><br>(Black widow spider) | Angina pectoris, haemorrhages, watery   |
| <b>Mygale Lasiadora</b><br>(Black Cuban spider)    | Chordee, chorea, gonorrhoea   |
| <b>Tarentula Cubensis</b><br>(Cuban spider)        | Anxiety, Delirium, Carbuncle, chorea, intermittent fever, urinary retention, headache, diarrhea, toxemia, Malignancy. Sepsis. Carbuncle. Felon.   |
| <b>Tarentula Hispanica</b><br>(Spanish spider)     | Angina pectoris, callosities, chorea, coccygodynia, corneal opacity, cystitis, depression of spirits, diphtheria, dysmenorrhea, epistaxis, erotomania, fibroma, headache, hic-cough, hysteria, intermittent fever, kleptomania, levitation, Locomotor ataxia, mania, meniere's disease, migraine, onanism, ovarian enlargement, paralysis agitans, physometra, proctalgia. Pruritus pudenda, quinsy, septic diseases, spinal irritation, spinal sclerosis, tumours, cancer of uterus, neuralgia, vertebral tumours. |
| <b>Theridion curassavicum</b><br>(Orange spider)   | Angina pectoris, anthrax of sheep, bone affections of, caries, climacteric, cough, dysmenorrhea, eye pain, toothache, fainting, headache, hysteria, liver disorder, abscess, meniere's disease, nausea, necrosis, nose catarrh, ozaena, photophobia, phthisis florida, pregnancy, sickness of, rickets, scrofulosis, seasickness, spinal irritation, tetanus, toothache, vertigo.   |



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# Snakes and spiders in homoeopathy

Dr Shilpi Rastogi

## Introduction

The treasure of materia medica is better understood or memorised by study of the group of remedies as per their source by which we can discuss the most characteristic mental & physical symptoms along with other general symptoms.

Group study in materia medica has gained importance and popularity in the recent years as many stalwarts of homoeopathy have come out with various new ideas of group study and its utility in treating the sick. Group analysis even helps to explore complex relationship between various drug and its utility in prescribing the remedy. Group analysis is an attempt to identify a mechanism for understanding groups of related remedies used in homoeopathic practice according to the natural classification of various sources.

The homeopathic medicines are prepared from a wide range of natural sources-as of plants (*Allium cepa*, *Arnica montana*, *Calendula officinalis*), minerals (*Phosphorus*, *Aurum metallicum*, *Natrum muriaticum*), animals (*Lachesis mutus*, *Naja tripudians*)

A considerable part of homoeopathic materia medica consists of medicines taken from animal kingdom, it has a special place in the homoeopathic pharmacy as homoeopathic medicines are prepared from the animal sources almost in a nonviolent technique. Few of them are group under category like –OPHIIDIA group and SPIDER group.

Ophidia from ancient Greek word, meaning – ophis, snake and the ophidia group consists of medicines taken from snakes. Ophidia comes under kingdom- animalia, phylum - chordata class – reptilia.

Important remedies –

*Lachesis trigonocephalus* (Bushmaster or Surucucu), *Naja tripudians* (Cobra Venum), *Bothrops lanceolatus* (Yellow viper) (Mastinique lland), *Crotalus horridus* (Rattlesnake), *Crotalus cascavella* (Brazilian rattle snake), *Cenchrus contortrix* (Copper head snake), *Hydrophis cyanocintus* (Sea snake), *Vipera aspis* (The German viper), *Toxicophis* (Mocasin snake), *Elaps corallinus* (Coral snake).

Amongst the Animal kingdom, Spider group or arachnida is one of the large groups contributing remedies

to homoeopathic materia medica. Spider belongs to kingdom - animalia, phylum - arthropoda, class – arachnida.

Important remedies

*Aranea diadema*, *Aranea Ixolobo*, *Aranea scinencia*, *Aranerum tela* (cobweb), *Latrodectus hasselti*, *Latrodectus kalipo*, *Latrodectus mactans*, *Mygale lasiodora*, *Tarentula cubensis*, *Tarentula hispanica*, *Theridion curassavicum*

So much to understand about these remedies of ophidian and spider group, not only in terms of their doctrine of signature also in learning these remedies as of animal behaviors means - their mechanism for survival, great sensitivity, cunning manipulative –for their adaptations, their quick responsiveness, their defense mechanism, their sense of smell, hearing, vision, all these traits help to understand the remedy in a better perspective.

Nature of the source animal, always tells much about the remedy. Knowing or matching these traits or similar expression in human condition of disease helps us to achieve perfect simillimum.

With this concept in mind, we are presenting this edition for the group of materia media – Ophidia and Spider.

# Alopecia areata cured with individualised homoeopathic medicine : an evidence based case report

By Dr Niraj Kumar

**ABSTRACT:** Alopecia areata (AA) is an autoimmune disease resulting in hair loss. Alopecia areata has become one of the most common and challenging disorder in this modern era with devastating psychosocial consequences. This is a case of 18 year female having hairfall on scalp treated with individualised homoeopathic medicine. When patient came for consultation, she was presented with a bald head with slight patches of hair suffering since last 4 year. Systematic case taking followed by repertorisation of the totality of symptoms was done by Synthesis Repertory using RADAR software in order to choose the individualised remedy. The patient responded well to the individualised homoeopathic treatment, i.e. *Lycopodium clavatum* 200 and 1M with gradual and steady recovery. There was a complete cure of Alopecia areata without any side effects and recurrence of lesions. This case report supports the positive role of homoeopathy in treating alopecia areata.

**Keywords:** Alopecia areata, homoeopathy, RADAR, individualised remedy, *Lycopodium clavatum*

**Abbreviations:** Alopecia areata (AA), systemic lupus erythematosus (SLE), Food and drug administration (FDA)

## Introduction:

Alopecia areata is an autoimmune disease condition characterized by rapid and complete loss of hair. The disease may be limited to one or more often, several round or oval patches of hair loss on the scalp or body or it may affect the entire scalp or the entire body. The incidence of AA is approximately 2% worldwide[1]. Alopecia areata affects all age group but it is one of the commonest problems encountered mostly in children and young adults. Loss of hair is considered as an autoimmune process leading to chronic inflammation due to the presence of organ-specific CD8+ T-cell-dependent response mainly affecting hair follicles[1]. Emotional stress also plays an important role, although it is difficult to decide whether it is a cause or result of the disease. The characteristic initial lesions of this disease condition is commonly a circumscribed, smooth patch, totally bald which is often unnoticed. Though AA usually occurs without associated disease, there is higher incidence of

it associated in those suffering from atopic dermatitis, Down's syndrome, lichen planus, and autoimmune diseases such as thyroiditis, vitiligo, SLE[2],[3]. The course of the disease is unpredictable, there is usually a fluctuation seen either remaining same for years, or usually gradually getting progressively worse. Various triggers such as trauma, hormones and stress are known to worsen the disease. There are currently no FDA-approved treatments for AA, and treatment regimens for patients with severe disease are empiric and frequently unsatisfactory[1].

## Homoeopathic approach of alopecia:

Homoeopathy treats the patient by symptoms similarity through strict individualization which depends on the presenting complaints (including causation, location, sensation, modality, concomitant), past, family and personal history of the patient, physical and mental symptoms with due consideration of chronic miasm and accessory circumstances (accompanying modalities). A huge

number of drugs in our Materia-Medica contain symptoms of Alopecia, that not only treat the cause but remove the disease from its whole extent. All the patients have to be treated on the basis of totality of symptoms.

From homoeopathic point of view, one should not only consider the particular symptoms of alopecia but also patient as a whole. His mental and physical generals along with particular symptoms of alopecia should be taken in to consideration. The underlying lurking miasm behind alopecia should be treated for curative as well as preventive purpose. Diet and regimen should be maintained by the patient, what instructions has given by our Master SAMUEL HAHNEMANN in his book '*Organon of Medicine*' and '*Chronic Diseases*' for removing obstacle to recovery.<sup>[8]</sup>

## Understanding of miasmatic predominance in cases of alopecia mentioned below

Alopecia or symptoms related to this mainly cover all the three chronic miasms, i.e. psora, syphilis, syco-sis<sup>[4]</sup>.



| Psoric   | Sycotic  | Syphilitic  |
|--|--|---|
| Hair is thin, dry and lusterless.                        | Alopecia occurs in circular and circumscribed patches. | Hair is oily, greasy and moist eruption, sometimes appear on scalp. |
| Hair can appear matted and the ends are liable to split. | Baldness present.                                      | Loss of hair in bunches.  |
| Early grey of hair on the midline of head or in spot.    | Abundances of premature grey hair.                     | Loss of hair from sides of the head and vertex.                     |
| Dandruff with or without itching.                        |  | Dandruff with thick yellow crust.                                   |

### Case report:

The reported case is 18 years old, unmarried girl, belongs to a middle-class socio-economic family visited on 02/02/2021 with the complaints as follows:

Patient presented with falling of hair with progressively increase in patches on head for last 4 year. Slight itching of scalp is present.

**History of onset of Alopecia:** The patient used to suffer from itching of scalp. The presenting patches first appeared as a small bald spot over vertex and then progressed as narrated by patient.

**Past treatment history:** The patient

took various treatment for the above complaints prior to this visit but have got no relief, instead the complaints got worse.

**Past history:** Patient suffered from headache and skin disease at an age of 12 years.

**Family history:** The patient's father had diabetes mellitus, hypertension and mother had hypertension and skin disease.

**Mental general:** She was intelligent but irritable and dominating child. She could not tolerate contradiction. Afraid to go in public place. She was depressed and sometimes started to weep. Lack of self confidence; anti-

pation before examination.

**Physical general:** Patient had a good desire for sweet and warm food items. She was intolerant to fatty and fried food. She was intolerant to cold weather with profuse perspiration on feet which is offensive in nature.

**General examination:** She was a thin girl with earthy complexion, weight 47kgs, height 142cms. Her Blood pressure measured 110/70mm of Hg, pulse rate of 70/minute, and respiratory rate 16/minute. On physical examination – multiple bald patches on head was seen.

### Analysis and evaluation of symptoms with miasmatic analysis<sup>[4]</sup>:

| S. No. | Symptoms                        | Analysis         | Evaluation | Miasmatic analysis |
|--------|---------------------------------|------------------|------------|--------------------|
| 1.     | Anticipation examination before | Mental general   | ++         | Psora              |
| 2.     | Want of self confidence         | Mental general   | +++        | Psora              |
| 3.     | Dictatorial                     | Mental general   | ++         | Sycotic            |
| 4.     | Desire for sweets               | Physical general | +++        | Psora              |
| 5.     | Desire for warm food            | Physical general | ++         | Psora              |
| 6.     | Perspiration of foot            | Physical general | ++         | Psora              |
| 7.     | Profuse perspiration of feet    | Physical general | +++        | Sycotic            |
| 8.     | Hair baldness in patches        | Particular       | +++        | Psora -syphilitic  |
| 9.     | Hair baldness                   | Particular       | +++        | Psora -syphilitic  |

## Reportorial sheet:

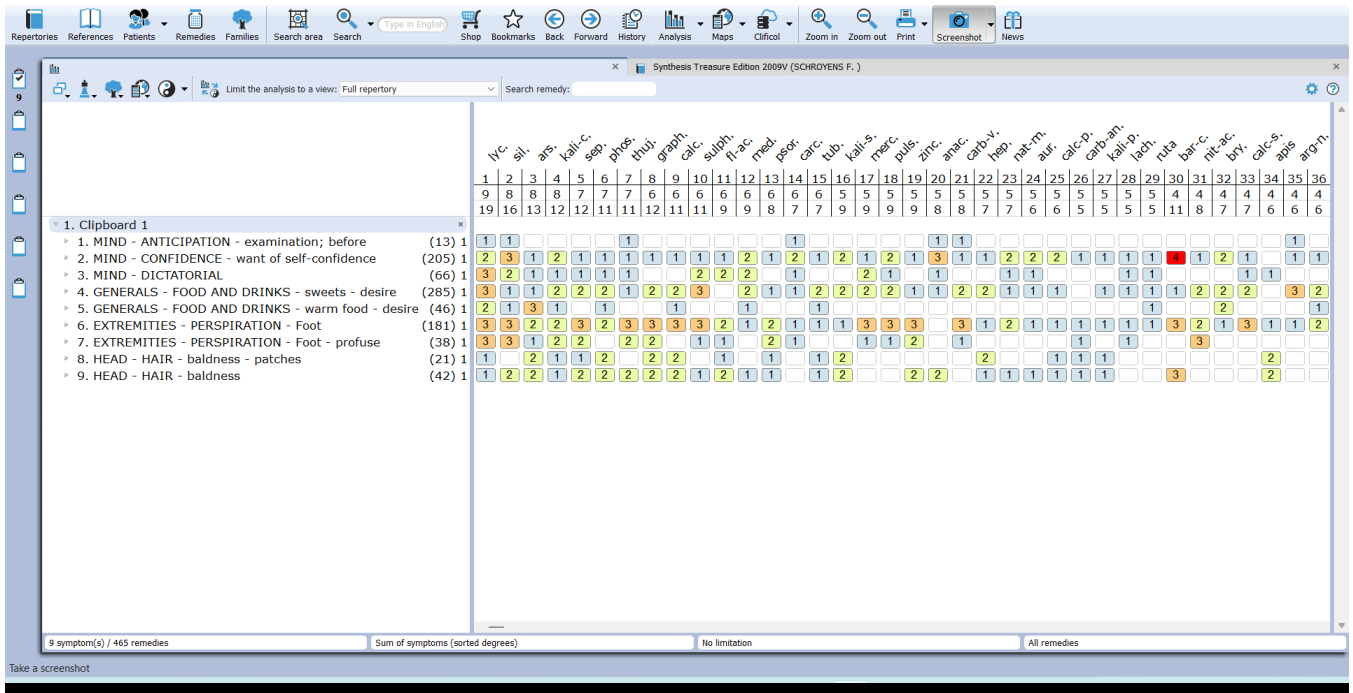


Figure: Repertorisation from Synthesis repertory using RADAR software.

### Repertorial analysis:

1. Lycopodium clavatum- 19/9
2. Silicea terra- 16/8
3. Arsenicum album-13/8
4. Kalium carbonicum- 12/8
5. Sepia officinalis- 12/7

### Prescription:

Repertorisation was done with the help of *Synthesis Repertory* from RADAR 10.0 version<sup>[5]</sup>. The repertorial result showed that *Lycopodium clavatum* covered maximum symptoms with highest gradation. therefore, an individualised single, constitutional remedy, *Lycopodium clavatum*, was selected on the basis of totality of symptoms, miasmatic analysis and

in consultation with the material medica<sup>[6],[7],[8]</sup>. Treatment was done periodically with single medicine, *Lycopodium clavatum*, with increasing higher potencies (200, 1M). Potency changes and repetition were done, on the basis of homoeopathic principles and 2<sup>nd</sup> prescription of Kentian philosophy<sup>[9]</sup>. Follow-up of the patient was assessed monthly. Improvement was found in complete growth of hair on bald patches as well as in other symptoms.

### Follow up:

| Date       | Changes in signs and symptoms                            | Prescription   |
|------------|--|--|
| 04/03/2021 | No changes observed on bald patches                      | <i>Lycopodium clavatum</i> 200/1 dose<br><i>Rubrum</i> 30/thrice a day for 1 month |
| 01/04/2021 | No change noted on bald patches.                         | <i>Rubrum</i> 30/thrice a day for 1 month  |
| 14/05/2021 | New hair growth appeared on bald patches                 | <i>Rubrum</i> 30/thrice a day for 1 month  |
| 18/06/2021 | Slow and continuous hair growth observed on bald patches | <i>Rubrum</i> 30/thrice a day for 1 month  |

|            |   |  |
|------------|---|--|
| 12/07/2021 | No improvement observed in bald patches   | <i>Lycopodium clavatum</i> 1M/1dose<br><i>Rubrum</i> 30/thrice a day for 1 month |
| 19/08/2021 | Marked improvement observed in all bald patches   | <i>Rubrum</i> 30/thrice a day for 1 month  |
| 22/09/2021 | Significant improvement of hair growth on the head without any recurrence of new bald patches | <i>Rubrum</i> 30/thrice a day for 1 month  |
| 20/10/2021 | All bald patches covered with hair without any bald patch on the heads                        | <i>Rubrum</i> 30/thrice a day for 1 month  |
| 18/11/2021 | Complete growth of hair on the head   | <i>Rubrum</i> 30/thrice a day for 1 month  |





### Conclusion :

The above study report eventually suggest the successful treatment of alopecia areata. There was a steady regrowth of hair on the patch with complete resolution of hair loss ten months after starting treatment. The patient has complete hair growth on his scalp, with no signs of recurrence of alopecia areata. This case shows a positive role of homoeopathy in treating alopecia areata. However, as this is a single case study and alopecia areata is associated with a variable and unpredictable remission, well-designed studies

may be taken up for scientific validation of results.

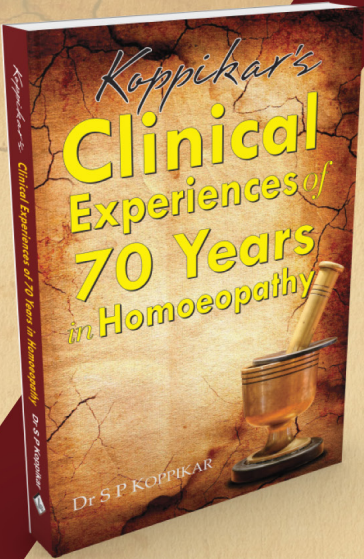
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# Serum creatinine can be reduced by administering homoeopathic medicines according to the symptom similarity: Case study analysis of chronic kidney disease (CKD)

By Dr Nayeem Unnisa Begum



## ABSTRACT:

**Background:** Over the past few decades, chronic kidney disease (CKD) with high serum creatinine has turned into an intensive clinical and epidemiological research globally. Even though the transparency provided by the Kidney Disease Outcomes Quality Initiative (KDOQI) guidelines, there appears to be within the CKD with high serum creatinine. In this situation homoeopathic symptomatic treatment can play a vital role in CKD with high creatinine.

**Methods:** The cases of four patients with CKD and high creatinine are being discussed, those whom were benefited by homoeopathic treatment. The more common remedies administered in the treatment of CKD with high creatinine include: *Lycopodium clavatum*, *Apis mellifica*, *Apocynum cannabinum*, *Aurum muriaticum*, *Cuprum metallicum*, *Cantharis vesicatoria*, *Sarsaparilla officinalis*, *Glonoine*, *Serum anguillae*, *Berberis vulgaris*, etc. The patho-physiologies, diagnosis, review of CKD and serum creatinine are discussed. These case study analyses of CKD emphasise that a consideration of CKD symptoms with high serum creatinine, in addition to more constitutional symptoms, is important when homoeopathically analyzing these cases.

**Results:** The positive effects of different homoeopathic medicines were clearly reducing serum creatinine during the treatment of CKD patients without hemodialysis with cost effectiveness and most harmless way.

**Conclusions:** These case study analyses found that early proper diagnosis, most appropriate selection of homoeopathic remedies and follow-up is important to cure the CKD with high serum creatinine.

**Keywords:** Chronic kidney diseases; serum creatinine; homoeopathic remedies; haemodialysis; cost effectiveness.

**Abbreviations:** Chronic kidney disease (CKD), glomerular filtration rate (GFR), Global Burden of Diseases (GBD), non-steroidal anti-inflammatory drugs (NSAIDs)

## Introduction:

Chronic kidney disease (CKD) is a general term for heterogeneous disorders affecting the kidney structure and function [1]. CKD is a worldwide public health problem. There is an increasing incidence and prevalence of patients with kidney failure requiring replacement therapy, with poor outcomes and high cost [2]. Creatinine is a chemical waste product in the blood that passes through the kidneys to be filtered and eliminated in urine. The chemical waste is a by-product of normal muscle function. The more muscle a person has, the more creatinine they produce. Levels of creatinine in the blood reflect both

the amount of muscle a person has and their amount of kidney function [1].

### 1.1 Chronic kidney disease

CKD is a condition characterised by a gradual loss of kidney function over time [2] due to change of its underlying aetiopathogenesis associated with high serum creatinine and low hemoglobin level. Although kidney disease infections now considered less important in the western world, but currently hypertension and diabetes are evidenced as the two major determinants of kidney disease [3]. Obesity and infections and low economic situations are also responsible.

The burden of chronic kidney disease (CKD) is studied predominantly in high-income countries, mainly in terms of prevalence, quality of life, mortality, and kidney and cardiovascular complications. Even where results of large-scale national CKD screening programmes are available, many data sources report CKD estimates only for selected populations (limited by age group, geography, occupation, etc), and for many countries there are no data for CKD epidemiology. The Global Burden of Diseases (GBD), Injuries, and Risk Factors Study is a major effort to collect and incorporate into one system all available data for 354 diseases and 84 risk factors from the published literature, registries, vital registration systems, verbal autopsies

sies, hospital records data,... etc. GBD applies comprehensive statistical modeling to produce comparable estimates of the burden at the global, regional, and national levels [4].

## 1.2 Serum creatinine

Creatinine is a waste product that comes from the normal wear and tear on the muscles of the body. Everyone has creatinine in their bloodstream [5]. Healthy kidneys filter creatinine and other waste products from the blood. The filtered waste products leave the body through urine. Creatinine is produced from creatine. Approximately 2% of the body's creatine is converted to creatinine every day. If kidneys are not functioning properly, an increased level of creatinine may accumulate in your blood. A serum creatinine test measures the level of creatinine in your blood and provides an estimate of how well kidneys filter. A creatinine urine test can measure creatinine in urine. Most men with normal kidney function have approximately 0.6 to 1.2 milligrams/deciliters of creatinine. Women usually have lower creatinine levels than men because women on average have less muscle than men [1].

### 1.2.1 Fast facts on chronic kidney disease

Here are some key points about chronic kidney disease:

- common symptoms include blood in urine, high blood pressure, and fatigue;
- causes include diabetes and specific kidney diseases, which includes polycystic kidney disease;
- there is no cure for chronic kidney disease, which means treatment is focused on reducing symptoms;
- diagnosis commonly occurs after blood tests, kidney scans,

or biopsy [6].

### 1.2.2 Causes of chronic KIDNEY DISEASE

Diabetes—chronic kidney disease is linked to diabetes types 1 and 2. If the patient's diabetes is not well controlled, excess sugar (glucose) can accumulate in the blood. Kidney disease is not common during the first 10 years of diabetes; it more commonly occurs 15-25 years after diagnosis of diabetes [6].

Hypertension (high blood pressure) - High blood pressure can constrict and narrow the blood vessels, which eventually damages and weakens them throughout the body, including the kidneys. The narrowing reduces blood flow. If your kidneys' blood vessels are damaged, they may no longer work properly. When this happens, the kidneys are not able to remove all wastes and extra fluid from your body. Extra fluid in the blood vessels can raise your blood pressure even more, creating a dangerous cycle, and cause more damage leading to kidney failure[7].

Prolonged obstruction of the urinary tract, from conditions such as enlarged prostate, kidney stones and some cancers [8].

Pyelonephritis, a urinary tract infection within the kidneys, which can result in scarring as the infection heals. It can lead to kidney damage if it happens several times [9].

Kidney artery stenosis – the renal artery narrows or is blocked before it enters the kidney.

Certain toxins – including fuels, solvents (such as carbon tetrachloride), and lead (and lead-based paint, pipes, and soldering materials). Even some types of jewelry have toxins, which can lead to chronic kidney failure.

Fetal developmental problem – if the kidneys do not develop properly in the unborn baby while it is developing in the womb.

Systemic lupus erythematosus – an autoimmune disease. The body's own immune system attacks the kidneys as though they were foreign tissue.

Malaria and yellow fever – known to cause impaired kidney function.

Some medications – overuse of, for example, NSAIDs (non-steroidal anti-inflammatory drugs), and such as aspirin or ibuprofen.

Illegal substance abuse – such as heroin or cocaine.

Injury – a sharp blow or physical injury to the kidney(s) [10].

### 1.2.3 Clinical features of CKD

Signs and symptoms of chronic kidney disease develop over time if kidney damage progresses slowly. Signs and symptoms of kidney disease may include:

- nausea
- vomiting
- loss of appetite
- fatigue and weakness
- sleep problems
- changes in how much you urinate
- decreased mental sharpness
- muscle twitches and cramps
- swelling of feet and ankles
- persistent itching
- chest pain, if fluid build around the lining of the heart
- shortness of breath, if fluid builds up in the lungs
- high blood pressure (hypertension) that's difficult to control [11].

Signs and symptoms of kidney disease are often nonspecific, meaning they can also be caused by other illnesses. Because your kidneys are highly adaptable and able to compensate for lost function, signs and symptoms may not appear until ir-



reversible damage has occurred

**Stages of CKD**

CKD is defined as either kidney

damage or GFR <60 ml/min per 1.73 m<sup>2</sup> for ≥3 months. Kidney damage is defined as pathologic abnormalities

or markers of damage, including abnormalities in blood or urine tests or imaging studies

| Stage | Description                                | GFR(ml/minper1.73 m <sup>2</sup> ) |
|-------|--|------------------------------------|
| 1     | Kidney damage with normal or increased GFR | ≥90                                |
| 2     | Kidney damage with mild decreased GFR      | 60to89                             |
| 3     | Moderate decreased GFR                     | 30to59                             |
| 4     | Severe decreased GFR                       | 15to29                             |
| 5     | Kidney failure                             | <15ordialysis                      |

**Homoeopathic Aspect**

Homoeopathy treats the patient as a whole extent, in the shortest, most reliable, and most harmless way [12]. This implies that homoeopathic medicine for chronic renal failure focuses on patient as a person as well as his pathological condition. The homoeopathic medicine for chronic renal failure are selected after a full individualize examination and case analysis, which includes medical history of patient, physical and mental constitution etc. A miasmatic tendency is also often taken into account for the treatment of chronic renal failure [13,14].

Homoeopathy carrying the holistic concept doesn't recognize renal failure as merely a disease related to the kidney alone but always consider something prior to this sickness that is to say the morbid affection of life / vital force, the suffering of the dynamic; or the life principle of the organism due to which individual as a whole suffers. His suffering is made known to us through different perceptible sign and symptoms (characteristic symptom) which constitute not only the sole guide to the choice of the curative remedy, but also sometimes, it is very difficult to find individual single remedy which can cover the totality, due to paucity of characteristic symptoms or due to severe suppression of the disease or due to advanced pathological changes in the body.

Hence, in this situation, one has to prescribe a medicine based on the present signs and symptoms and this is the condition where rare homoeopathic medicine has its important role to play which clears the pictures of disease and provides fastest possible recovery<sup>[15]</sup>.

**1.3.1 Miasmatic interpretation of chronic kidney disease**

Kidney develops from within the intermediate mesoderm, early nephrons develop from induction of primary mesenchymal cells. It is most highly differentiated organ in the body. The kidneys are important for maintaining the body's internal balance, especially of water and minerals (sodium, potassium, chloride, phosphate, magnesium, sulphate,.. etc.); acid base balance and removal of fuel or drug metabolites[22]. The kidneys also function as a part of the endocrine system and produce erythropoietin and calcitriol, thrombopoietin, renin and prostaglandin performing hemopoietic function, regulation of blood calcium level; regulation of blood pressure by regulating the volume of extracellular fluid and through renin-angiotensin mechanism [23].

Chronic kidney disease is defined as an abnormality of kidney structure or function for ≥3 months. The most common causes of CKD are diabetes mellitus, hypertension and glomerulonephritis.

Considering the end stage renal disease, it is essentially syco-syphilitic in nature owing to nature of the symptoms. However the developmental stages of renal failure involve different pathological changes and these changes will decide the miasmatic preponderance at that stage<sup>[18]</sup>.

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The true natural chronic diseases are those that arise from a chronic miasm, which when left to themselves, and unchecked by the employment of those remedies that are specific for them, always go on increasing and growing worse, notwithstanding the best mental and corporeal regimen, and torment the patient to the end of his life with ever aggravated sufferings.

These are the most numerous and greatest scourges of the human race; for the most robust constitution, the best regulated mode of living and the most vigorous energy of the vital force are insufficient for their eradication.

Depending upon the cause These mostly covers Syctic & sometimes Syphilitic miasm in background.

**METHODOLOGY**

**1.3 Study aim**

The overall aim of this study was to determine the practice patterns for CKD with high serum creatinine and low hemoglobin patients by homeopathic symptomatic remedies without hemodialysis. This information should inform future service development and the design of a future prospective research study to evaluate the effectiveness, cost-effectiveness and appropriateness of chronic kidney management compared with hemodialysis for treating CKD with high serum creatinine patients. To make it clear that a chronic kidney patient can lead a normal life with low cost by homeopathic treatment without any hemodialysis.

## 1.4 Methods

The case study of four patients with CKD and high creatinine from our observations are discussed, those whom were benefited by homeopathic treatment. The more common remedies administered in the treatment of CKD with high creatinine include:

*Lycopodium Clavatum*, *Apis Mellifica*, *Apocynum Cannabinum*, *Aurum Muriticum*, *Cantharis*, *Sarsaparilla*, *Glonoine*, *Serum Anguillae*, *Barbaris Vulgaris*,...etc. The pathophysiology, diagnosis, review of CKD and serum creatinine are discussed. These case study analyses of CKD emphasize that a consideration of CKD symptoms with high serum creatinine, in addition to more constitutional symptoms, is important when homeopathically analyzing these cases.

## 2. PRESENTATION OF CASES

### Case study-1

A 57 years old person presented on June 20, 2017 with complaints of generalized swelling more on both legs and face for 7 months. The patient was too much weak and prostrated. He was also having breathing difficulty and some black pigmentation was also present here

and there. Patient was hypertensive and used to take modern medicine. All the complaints had started after liver complain. Patient had no significant past history other than rheumatoid arthritis and family history was also not significant. His upper lip was cracked. His tongue was brown coated. Appetite was diminished with early satiety and empty stomach constant eructation, nausea, frequent vomiting, used to take a little water from time to time. Lower Abdomen was distended with loud flatulence and grumbling, it was difficult to pass the gas. (21) .On Jun 6, 2017 his serum creatinine was 14.20 mg/dl. According to law of symptom similarity of homeopathy, without hemodialysis, the patient was treated by symptomatic homeopathic remedy, *Lycopodium clavatum* and then almost one month later, on July 8, 2017 his serum creatinine fall down 2.50mg/dl and on April3, 2018 his serum creatinine had fall down 1.50 mg/dl. *Lycopodium clavatum* was repeated as needed for 6 months and considerable relief in symptoms and investigation reports were the outcome.

### 2.1 Case study-2

The case study begins with a 26 years old male, presented with a history of generalized weakness, nausea, reduced appetite and reduced urine output for two months. He had Sleep problems screaming in sleep, mental anxiety, muscle twitches and cramps, edema of the lower lids, Swelling of feet and ankles, scanty urination Persistent itching, chest pain, shortness of breath, H/o high blood pressure (hypertension) that's difficult to control from 3 years back. He had low back pain for a long time that's controlled by analgesics. Family history was non diabetic and non hypertensive. His initial serum creatinine was 3.3 mg/dl on February 2, 2020 and it had come down to 2.1 mg/dl on August, 2020. According to law of symptom similarity of homeopathy, the patient was treated by homeopathic

remedy (21)

***Apis mellifica 200* was indicated thrice a day for a week and then repeated if necessary.** The patient had a remarkable change of serum creatinine and has been leading comparatively better life without hemodialysis from the starting period of treatment to till date.

### 2.2 Case study-3

A 63 years old elderly patient came to the clinic on April 4, 2017, who had chronic parenchymal renal disease, hypertension with high serum creatinine and low hemoglobin for which he was treated conventional treatment with hemodialysis, but the problems of this patient were gradually become serious and that time he was also suffering from severe dyspnoea, puffiness of the face and pitting leg edema and other CKD symptoms.

On March 29, 2017 his serum creatinine was 11.5 mg/d. According to law symptom

similarity of homeopathy, this patient was treated by homeopathic remedy *Aal serum* which was given in 30 and repeated as needed there was a nice change in renal function. without hemodialysis, and then almost 7 months later, on October15, 2017 his serum creatinine had come down 5.56 mg/dl and on November 5, 2017 his serum creatinine had come down 2.9 mg/dl.

### 1.3 Case Study-4

On December 23, 2018, a 61 years diagnosed with CKD . He had

developed hypertension several years earlier and was being treated with

conventional medicine. The heart

rate was 64/min, while the blood pressure was 146/90 mm Hg. His parents, grandparents, and brother had no kidney disease and heart disease. The patient was 164 cm tall and weighed 68 kg. H/o malarial fevers recurrent There was slight pitting edema in both legs and face. On December 24, 2018 the patient was being done serum creatinine by our advice. Laboratory report revealed a serum creatinine of 7.78 mg/dl. Next day patient came and was examined thoroughly both physically and mentally. his case taking according to law of homoeopathic symptoms similarity was taken. confirmed and noticed that patient was CKD with hypertensive. At that time, throbbing chest, anorexia, Nausea and vomiting, general weakness were belong in the patient. According to law of symptom similarity of homoeopathy, the patient was treated by symptomatic (21)homoeopathic remedy, *Apocyanum cannabinum* and on January 2, 2019, his serum creatinine fell down 7.1 mg/dl and on September 25, 2020 his serum creatinine had fall down 4.92 mg/dl. Though there is no remarkable change of serum creatinine but patient has been leading better life without haemodialysis from the starting period of treatment to till date.

## Results

The outcomes of these case studies clearly show the efficacy of the homoeopathic drugs in CKD with high serum creatinine. The positive effects of different homoeopathic medicines were clear in reducing serum creatinine during the treatment of CKD patients without hemodialysis with cost effectiveness and most harmless way.

## DISCUSSION

On World Health Day, latest stud-

ies show ray of hope for patients of kidney failure and hypothyroidism through Homoeopathy. According to the latest study, a positive impact has been noticed of homoeopathy treatment on a significant percentage of patients of kidney failure and hypothyroidism. The chronic kidney disease study analyzed the records of 61 patients across two non-continuous months in 2018 and 2019. It found that by the third visit to the clinic, 50-58.3 per cent patients demonstrated an improvement in their serum urea and creatinine readings. "In the chronic kidney disease study, we found that two of the most clinically important readings in patients showed improvement. No currently available treatment is able to effect a reduction in serum urea and creatinine readings. This may turn out to be of immense benefit to patients. Since these readings are a part of the decision-making process of whether to start dialysis or not, homoeopathic treatment may help patients avoid the start of dialysis" said Dr Kalyan Banerjee, who was instrumental behind the study [20]. In this study, we only showed that serum creatinine was reduced gradually by selective homoeopathic remedies which were selected according to law of symptom similarity. Homoeopathic medicines along with conventional treatment not only repair the damaged kidneys but side by side it helps in maintaining the normal blood sugar level and blood pressure [19].

## CONCLUSION

The homoeopathic management of CKD is done with the artistic use of law of similia. These case study analyses found that early proper diagnosis, most appropriate selection of homoeopathic remedies and follow-up is important to cure the CKD with high serum creatinine and possible resulting renal failure can be dreadful. The advance pathological condition like renal failure can be handled by use of small rem-

edies with marvelous output. Even the constitutional remedies are also much helpful when one considers the miasmatic background. Unfortunately, the repertorial use one should not forget to get the simillimum for the pathological cases like CKD.

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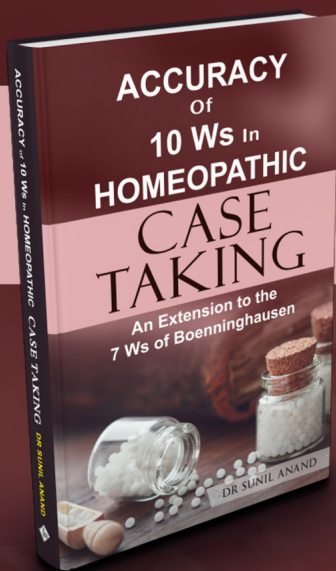
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# COPD: a burning respiratory disorder and its homoeopathic management

By Dr Rup Nandi, Dr Rajat Chatterjee, Dr Aditi Paul

**ABSTRACT:** COPD is a common progressive disorder of airway obstruction (FEV1 < 80% predicted; FEV1/FVC < 0.7) with little or no reversibility. Misbalance of the whole ecological environment, leading to atmospheric pollution and causes several respiratory diseases. Knowledge of past history helps the homoeopaths to know the sick man in a homoeopathic way. It is also of utmost importance in remedy selection - to potency selection - to judge the susceptibility and as well as for the prognosis of the case.

**Abbreviations:** COPD – chronic obstructive pulmonary disease, ABG- arterial blood gas, CXR- chest x-ray; ECG– electrocardiogram; RVH-right ventricular hypertrophy, AF-atrial fibrillation, PAH-pulmonary arterial hypertension, ECHO-echocardiogram, COLDD- chronic obstructive lung disease, FEFR – forced expiratory flow rate, COAD-chronic obstructive airway disease; COLD – chronic obstructive lung disease, FEV1-forced expiratory volume in 1 sec; FVC-forced vital capacity ;TLC- total lung capacity, RV- residual volume ; DLCO- diffusion capacity for carbon monoxide

## Introduction:

- COPD is a preventable and treatable disease characterised by persistent airflow limitation that is usually progressive, and associated with an enhanced chronic inflammatory response in the airways and the lung to noxious particles or gases.
- Related diagnosis includes CHRONIC BRONCHITIS and EMPHYSEMA.
- The term COPD was introduced to bring together a variety of clinical syndromes associated with destruction of the lung and airflow obstruction.
- The term COAD and COLD are used as synonyms in different parts of the world.
- Prior to 1979, patients with these conditions were often classified in terms of symptoms (chronic bronchitis, chronic asthma). By pathological changes (emphysema) or physiological correlates (pink puffers, blue bloaters)
- COPD is a obstructive pattern respiratory disorder, during an obstruction in airways,

there is decrease in expiratory flow which become more pronounced when expiration is more forceful.

**PATHOPHYSIOLOGY<sup>1,2,3,4</sup>-**COPD has both pulmonary and systemic components.

### Pulmonary component

Enlargement of mucous-secreting glands and increase in number of goblet cells, accompanied by an inflammatory cell infiltrate, result in increased sputum production leading to chronic bronchitis.

- Emphysema is defined pathologically as dilatation and destruction of the lung tissue distal to the terminal bronchiole.
- Loss of elastic tissue, inflammation and fibrosis in airway closure , gas trapping, increase in residual volume and dynamic hyperinflation leading to changes in pulmonary and chest wall compliance, ultimately disturbance of ventilation leads to V/Q mismatching and hypoxemia.
- Unopposed action of Proteases

and oxidants leading to destruction of alveoli and appearance of emphysema. (EMPHYSEMA)

### Systemic feature

- Muscular weakness reflecting deconditioning and cellular changes in skeletal muscles.
- Increased circulating inflammatory markers.
- Impaired salt and water excretion leading to peripheral oedema.
- Altered fat metabolism contributing to weight loss.
- Increase prevalence of osteoporosis.

### ETIOLOGY<sup>4</sup>-

Atmospheric pollution leads to Irritation as a result Stimulation of secretion and causes Mucous gland hyperplasia ----- chronic Bronchitis

- TOBACO SMOKING ----- metaplasia of epithelium----- loss of ciliated epithelium

# SUBJECTIVE

- retention of secretion ---
- bacterial proliferation ---
- repeated attacks of acute bronchitis

## INVESTIGATION<sup>2,3</sup>-

PULMONARY FUNCTION TEST – (Most accurate test)

### OBSTRUCTIVE:

- FEV1, FVC, FEV1/ FVC – DECREASE (CHRONIC CASE)
- FEF rate decreased – Hallmark
- TLC, RV – Normal or Elevated
- DLCO – NORMAL; decrease in Emphysema
- Compliance- unchanged but increased in Emphysema

### EXTRA EDGE -

- Best initial test = CXR- Increase AP diameter, air trapping and flat diaphragm
- Plethysmography will show increase RV
- ABG: TYPE II Respiratory failure occurs
- ECG – RVH, AF
- ECHO – RVH, PAH

### Diagnostic point<sup>2</sup> -

- Should be suspected over the age of 40 yrs.
- Cough and associated sputum production usually the 1<sup>st</sup> symptom.
- Persistent reduction in FEFR- MOST typical finding.
- Triad – Cough, sputum production and exertional dyspnea  
Hallmark – airflow obstruction.

### Chronic Bronchitis-

Cough and sputum for at least 3 consecutive months in a year for more than 2 successive years.

- Increase PaCO<sub>2</sub> and decrease PaO<sub>2</sub> (ventilation perfusion inequality)
- CHRONIC COUGH and mucopurulent sputum
- Blue bloaters
- Their respiratory centers are relatively insensitive to CO<sub>2</sub>

Chest X –ray – increased interstitial markings (dirty lungs) (Chronic Bronchitis)

### EMPHYSEMA<sup>3</sup>:

Emphysema is defined pathologically as dilatation and destruction of the lung tissue distal to the termi-

nal bronchiole.

### CLINICAL FINDING:

- Exertional dyspnoea ; cough rare, mucoid sputum; chest is very quiet
- Inspection: barrel-shaped chest
- Palpation: vocal fremitus diminished
- Pink puffer; tubular heart
- Typical chest findings – percussion- hyper-resonant; fremitus – decrease ; breath sounds – decrease; voice transmission – decrease; adventitious sound- absent/ wheezing
- Hoover sign +
- Tripod position in COPD is the main decubitus.

### NATURAL HISTORY OF COPD<sup>3</sup>-

The only three interventions that influence the natural history of COPD patients-

1. Cessation of smoking
2. Oxygen therapy chronically hypoxemic patients. If PaO<sub>2</sub> < 60 mm Hg/ oxygen saturation < 90% / if there are signs of right-sided heart failure / an elevated haematocrit. 3.
3. Lung volume reduction surgery (in selected patients with severe emphysema)

TABLE: GOLD criteria for COPD3 (severity reference)

| GOLD Stage | Severity    | Symptoms                              | Spirometry   |
|------------|-------------|---------------------------------------|--|
| 0          | At risk     | Chronic cough , sputum                | FEV1/FVC < 0.7(N), FEV1 > 80% (N)  |
| I          | Mild        | With or without chronic cough/ sputum | FEV1/FVC < 0.7 and FEV1 > 80%  |
| II         | Moderate    | Same                                  | FEV1/FVC < 0.7 and FEV1 50-80%   |
| III        | Severe      | Same                                  | FEV1/FVC < 0.7 and FEV1 50-80%   |
| IV         | Very severe | Same                                  | FEV1/FVC < 0.7 and FEV1 30%/ FEV1 < 50% predicted with respiratory failure / signs of heart failure. |



**COMPLICATIONS OF COPD<sup>1,2,3,4</sup> –**

- Acute exacerbation  
Polycythemia (chronic bronchitis)
- Respiratory failure
- Cor pulmonale
- Pneumothorax (ruptured bullae) (In emphysema)
- Pulmonary artery hypertension (In chronic bronchitis)

**SURVIVAL PREDICTION<sup>3</sup>-**

BODE stands for – body mass index, airflow obstruction, dyspnoea, exercise capacity

**HOMOEOPATHIC APPROACH<sup>5,6,7</sup>:**

According to homoeopathic principles it is not the disease that lead to the complications but it is the man whose susceptibility, miasmatic tendencies, constitutions, generalities etc. which will decide that what type of complications will occur in the suffering patients. All the complications are not seen in one patient and not at one time. In different patients, considering different factors, the different complication may occur.

**MIASMATIC ANALYSIS-****PSORIC TAINT:**

Psora itself gives us no physiological change of structure – another miasm must be present in order to procure a physiological change in the structure or shape of a part or organ.

- Cough – dry, teasy, spasmodic and annoying; bronchial.
- Expectoration – scanty, tasteless
- Dyspnoea is often painful in PSORA OR pseudo-psora.
- The dropsies or the anasarca of the PSORIC or PSEUDO-PSORA are always greater than SYCOTIC – they smother or

down the patient before death takes place.

**PSEUDO-PSORA-** The curves and lines of chest are imperfect, the chest is often narrow, lacking not only width laterally, but in depth anterior-posteriorly, the subclavicular spaces are hollow, or certain areas sunken or depressed; quite often one lung is larger than the other, or the action of one is accelerated and other lessened.

- They are the poor breathers, they have no desire to take a full respiration, seldom we find them diaphragmatic breathing ----- thus the lung never comes to its fullest expansion ---- air cells are not brought into use.
- < on least exposure to cold; Voice coarse and croak-like, constant desire to hawk or clear throat – of viscid, scanty mucus.
- Cough – prolonged, < morning and when pt first lies down in evening; Expectoration purulent, or muco-purulent and in advanced cases, greenish yellow, offensive. Sometimes it smells offensive or it may be bloody.

**SYPHILIS-**

Cough – one or two distinct barks like a dog.

**SYPHILITIC –PSORIC-**

Chest wall narrow, may be more shallow than normal; even the action of the diaphragm is limited. Pumping power is so cramped that they are incapable of supplying sufficient oxygen for the body needs

**SYCOSIS-**

Cough of sycosis has very little expectoration, usually of clear mucus; occasionally ropey and may also be

of cottony in nature.

- A great deal of coughing is required to raise it, hence prolonged teasing cough.
- Cough often in early autumn or winter. Often the troubles begin with coryza- much sneezing with profuse watery flow from nose
- Expectoration in summer time usually free but always taking cold in the head on least exposure to cold air or dampness. They cannot as a rule breathe through the nose.
- Fish brine odour characteristic of sycotic taint. ( Roberts)
- Patient, as a rule, is fleshy and puffy, their obesity often lies at the bottom of their dyspnoea and they are constantly gaining flesh
- Frequently face blue, sycotic and apt to be venous congestion or rather stagnation.

**HOMOEOPATHIC THERPETICS:**

1. *Ammonium carbonicum*<sup>8,9,10,11</sup>- Mucous membranes of the respiratory organs are specially affected. Roughness and hoarseness, with difficulty of speech. Bronchitis of the aged. Copious bronchial secretion, with great difficulty of expectoration and bronchial dilatation. Numerous coarse rattles and yet he experiences no necessity to clear his chest. Cough in the morning or at night, < after eating, talking, in the open air, and on lying down, followed by exhaustion. with slimy sputum and specks of blood and continuing till summer heat prevails, <3 to 4 A.M.

2. *Antimonium arsenicosum*<sup>8,9</sup>- Found useful in emphysema with excessive dyspnea and cough, much mucous secretion. Worse on eating and lying down.
3. *Antimonium tartaricum*<sup>8,9,10,11</sup>- Bronchitis of infants and old people; profuse mucus with feeble expulsive power; rattling of phlegm in chest, with increased irritability to cough; unequal breathing. sudden and alarming symptoms of suffocation, Cough and dyspnea better lying on right side.
4. *Aralia racemosa*<sup>8,9</sup>- This is a remedy for asthmatic conditions, with cough aggravated on lying down. Dry wheezing respiration, sense of impending suffocation, and rapidly increasing dyspnea. Spasmodic cough < after first sleep, with tickling in throat.
5. *Arsenicum album*<sup>8,9,10,11</sup>- After suppressed coryza and coexistence of emphysema and cardiac affections. Chronic bronchitis of the aged. Dry cough from more or less extensive emphysema and consecutive pulmonary congestions. Difficulty of breathing continues during the interval upon coughing, and returns periodically, especially at night; aggravation after eating and in the afternoon; emaciation; < about and after midnight, from lying down, from drinking cold water, from mental excitement.
6. *Aspidosperma quebracho*<sup>8</sup>-The digitalis of the lung. Removes temporary obstruction to the oxidation of the blood by stimulating respiratory centers, increasing oxidation and exertion of carbonic acid. It stimulates the respiratory centers and increases the oxygen in the blood. "Want of breath" during exertion is the guiding symptoms.
7. *Blatta orientalis*<sup>8,9</sup>-Remedy for asthma, especially when associated with bronchitis and phthisis where there is much dyspnea. It is suited specially to corpulent people < in rainy weather. Indicated after arsenic when this is insufficient.
8. *Calcareo carbonicum*<sup>8,9,10,11</sup>- Long continued painless hoarseness. Chronic bronchitis, complicated with emphysema; bronchial dilatation with the characteristic fetid sputa, yellow; cough dry, violent, even spasmodic, with tickling in throat, causing stitching headache, especially evenings, in bed, or during night when sleeping, raising only after great and long efforts scanty,
9. *Causticum*<sup>8,9,10,11</sup>-Morning hoarseness with pain in chest; aphonia. Violent racking cough, especially at night, with pain in the throat and head, but he is obliged to swallow the sputum; sputum comes up apparently with cough, but it cannot be spit out. Greasy taste of the sputa; cough immediately relieved by a cold drink; spurting of urine with the cough.
10. *Coccus cacti*<sup>8,9,10,11</sup>- Constant hawking from enlarged uvula; fatigue of the vocal organs, even after speaking without exertion. Chronic bronchitis, complicated with gravel; cough with expectoration of a large quantity of viscid, albuminous mucus; cough worse when waking in the morning, clear, dry and barking. Regular paroxysms of violent tickling, racking cough, ending in vomiting or raising much clear, rosy mucus.
11. *Drosera rotundifolia*<sup>8,9,10,11</sup>- Bronchitis of old age, in connection with emphysema or bronchiectasis; Cough very deep and hoarse; worse, after midnight; prolonged, periodical fits of rapid, incessant, deep barking or choking cough; yellow expectoration, with bleeding from nose and mouth; retching. Harassing and titillating cough in children-not at all through the day, but commences as soon as the head touches the pillow at night.
12. *Grindelia robusta*<sup>8,9,10,11</sup>-An efficacious remedy for wheezing and oppression in bronchitis patient. Chronic bronchitis and bronchorrhea, with tough white, mucus, expectoration, difficulty to detach, accumulation of mucus in the bronchioles; patient feels that expectoration bring relief. Cough with profuse tenacious expectoration, which relieves..
13. *Hepar sulphuris*<sup>8,9,10,11</sup>- a rattling, choking, moist cough, depending on an organic or catarrhal basis; < towards morning and after eating; fatiguing, hollow cough as soon as he uncovers any part of his body. Weakness and much rattling in chest. Cough with abundant expectoration of mucus. Bronchitis.
14. *Hydrastis canadensis*<sup>8</sup>- Bronchial catarrh, later stages. Bronchitis in old, with great debility, loss of appetite, cachectic state, great weakness; chronic cough, accompanied by febrile paroxysms evenings and night, and excessive prostration; Hemorrhagic or catarrhal process. Sputa thick, yellow, tenacious expectoration. Feels suffocating when lying on left

side.

15. *Kalium bichromicum*<sup>8,9,10,11</sup>- Respiration oppressed; wakens 2 a.m. sensation of choking on lying down. Bronchitis oscillating between acute and torpid inveterate bronchitis, Cough resonant, whistling, with nausea and expectoration of thick mucus; whistling; loud rattling in chest; "stuffing" cough, with pain in chest and expectoration of yellow or yellowish green tough mucus, <in winter or during chilly summers, he must sit up in bed to breath, > by bending forward and bringing up the stringy mucus.
16. *Kalium carbonicum*<sup>8,9,10,11</sup>- Dry, hard cough with stitching pains and dryness of pharynx, dry membrane in the trachea, which cannot be detached; slimy, salty, tenacious expectoration; cough evening and < after 3 a.m., from eating and drinking, Bronchitis, whole chest is very sensitive.
17. *Medorrhinum*<sup>8,9,11</sup>- Much oppression of breathing; afternoon about 5 p.m.; sense of constriction. Dyspnoea; cannot exhale. Cough >lying on face, lying on stomach. Terrible, painful cough, as if larynx would be torn to pieces and as if mucus membrane was torn off, with profuse discharge of viscid greyish mucus, mixed with blood.
18. *Natrum sulphuricum*<sup>8,9</sup>-Dyspnea, during damp weather, must hold chest when coughing. Humid asthma; rattling in chest, at 4 and 5 a.m. cough, with thick ropy, greenish expectoration; gradually >by rest. If he coughs while standing, he feels a sharp stich in left side of chest, with shortness of breath.
19. *Phosphorus*<sup>8,9,10,11</sup>-Subacute attacks of bronchitis in emaciated, cachectic, young overgrown

invalids; broncho-pulmonary catarrhs from dilation or fatty degeneration of the heart.. Cough from tickling in throat; worse, cold air, reading, laughing, talking, from going from warm room into cold air. Sputa rusty, blood- colored, or purulent. Worse lying upon left side; in cold room.

20. *Psorinum*<sup>8,9</sup>- Asthma, with dyspnea; worse, sitting up; better, lying down and keeping arms spread wide apart. Dry, hard cough, with great weakness in chest. Feeling of ulceration under sternum. Pain in chest; better, lying down. Cough returns every winter, from suppressed eruption.
21. *Sepia officinalis*<sup>8,9,10,11</sup>-Dry, fatigue cough, apparently coming from stomach. Roughness and soreness of larynx and throat. Hoarseness with coryza. Dyspnea, worse, after sleep; better rapid motion. Cough in morning, with profuse expectoration, tasting salty. Aggravation by cold, damp weather. Amelioration by exertion of body.

## REPERTORIAL APPROACH<sup>12</sup>

- S.R. PATHAK ( A CONCISE REPERTORY OF HOMOEOPATHIC MEDICINES)

### CHEST –

Emphysema: Am-c; Ant-t; Ars; Coca; Grind; Hep; Lach; Lob; Senega

### BRONCHITIS:

Ant-t; Ars; Bry; Calc; Dros; Fer-p; Hep; Hyds; Ip; Lyco; Nat-s; Pho; Pul; Sang; Senec; SIL; Stan; Stic;

Sul.

### ASTHMA ( BRONCHIAL):

Aco ; Amb; Arg-n; ARS; Ars-io; Cup; Ip; Kali-ar; Kali-c; Kali-n; Lach; Lob; Merc-i-r; Nux-v; PUL; Samb; Sil; SPO; Stan; Stram; Sul; Tab; Terb; Thu; Tub; Visc

## CONCLUSION:

In this era the frequency and tendency of disease like COPD increasing day by day, due to sensitive mental state, anxiety, allergic traits, suppressed skin disorder, pollution ,smoking , heredity, effect of urbanisation, etc. The changing pattern of the diseases also we found frequently, but we are believing in symptom similarity, and this is the sole indication of choice of remedy, along with management according to symptoms or condition of the patient.

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# Snakes and spiders in the homoeopathy

By Koushik Bhar, Supriya Pramanik, Prabin Kumar Shaw

**ABSTRACT:** Homoeopathy is a simple system of medicine which has an extensive assemblage of symptomatology which have been compiled by studying thoroughly almost all the facets of natural resources. The ophidia group or the remedies prepared from the snake poisons and the arachnida group or the remedies prepared from the spiders, both of which belong to the animal kingdom, play very important role in homoeopathy.

**Keywords:** Homoeopathy, ophidia group, arachnida group, snake remedies, spider remedies

**Abbreviations:** Agg. – aggravated, amel. ameliorated

## Introduction:

Many of the animal poisons are distinguished by the violence and intensity of their action, and by the decided alterations which they produce in both structure and function. The blood is often changed in its composition and quality. The nervous system suffers and even the lower tissues are affected. The whole tendency of these remedies is to produce diseases, which are never of asthenic character and always of a destructive form.<sup>1</sup>

These animal poisons are apt to affect the mind, especially the emotions. They arouse the lowest qualities in human nature. Some of them arouse the filthiest lust, the most intense anger, and passions of a kindred nature.<sup>1</sup>

## THE SNAKE REMEDIES IN HOMOEOPATHY:

In considering the remedies derived from the ophidians, or snakes proper, we have first the *Lachesis trigonocephalus*, which was proved by Dr Hering. Next we have the *Crotalus horridus*, *Crotalus cascavella*. Then there are the *Naja tripudians*, one variety of the cobra, and the *Elaps corallinus*, so called from the shape of the scales on the back, which have something the appearance of coral. Lastly, there is the *Bothrops lanceolatus*.<sup>1</sup>

The Ophidia, as a group, are characterized by their paralyzing action upon the nerves. They directly weaken the brain and heart action. Then follow decomposition of the blood, changes in the muscular tissue and local death from gangrene. At first there is developed a condition of anxiety mental excitability and over-sensitiveness of the brain, with hallucinations, anxious fear. Afterward arises nervous depression, varying from such a debility as is observed in severe or protracted disease and advancing old age to mental confusion, stupor, low delirium and paralysis. Constrictions are noticed, as in the throat, larynx and sphincters in general. Haemorrhages, which are usually dark, decomposed, oozing from every orifice of the body; thus, also, ecchymoses. They are most marked under *Lachesis mutus* and *Crotalus horridus*, less in *Elaps corallinus*, least in *Naja tripudians*. Face sickly, pale, anxious; bloated, dark red or bluish. Special senses altered; dim vision, excitability of brain and spinal cord, accounting for the mental restlessness and bodily sensitiveness. Predominant, even with the pains, are torpidity, numbness, twitching, and formication.<sup>1</sup>

Nerves especially affected by the snake-poisons seem to be the pneumogastric and spinal accessory; consequently, all the ophidia remedies cause choking, constrictive sensa-

tion coming from irritation of the pneumogastric. All of them have dyspnoea and heart symptoms. Moreover, the ophidia produce a yellow staining of the skin which must not be confused with jaundice and it results from the decomposition of the blood. The discharges are foetid.<sup>1</sup>

The marked features of the remedies of the Ophidia group are as follows:

### Fear-apprehension-anxiety<sup>1</sup>:

- *LACHESIS MUTUS*: Fear: of someone behind her; to go to bed; of being poisoned; and presentiment of death: Frightened by visions behind her. Dread of sitting so that someone may injure her in the back. Timidity of character. Anxiety at night. Insupportable anxiety; seeks amelioration in open air.
- *CROTALUS HORRIDUS*: Fear: that she is surrounded by enemies; with weeping, timidity and anxiety. Anxiety with cold sweat.
- *CROTALUS CASCAVELLA*: Anxiety, apprehension and inquietude. Fright at night about indefinite things.
- *CENCHRIS CONTORTRIX*: Fear of death with all complaints, cries out, "I shall die". Nervous

apprehension: patient to tremble and teeth to chatter. Excessive anxiety of mind and body. Thought of sleep brings on great anxiety. Horror persists after horrible dreams.

- *NAJA TRIPUDIANS*: Apprehension that everything is done in a wrong way and cannot be rectified.
- *ELAPS CORALLINUS*: Fear of being alone, as if something horrible might happen. Apprehension: of being alone, but does not wish to be spoken to; of some fatal disease; that rowdies would break in. Horror of rain.
- *VIPERA BERUS*: Premonition of death. Anguish, anxiety and agitation.
- *BOTHROPS ATROX*: Fear that the heart may stop beating.

## Depression-sadness-melancholy1:

- *LACHESIS MUTUS*: Sadness: extreme; agg. on waking. Loathing of life; hopeless. Mental dejection and melancholy; tendency to look on the dark side and give way to sorrow. Complaints after grief and disappointed love.
- *CROTALUS HORRIDUS*: Sadness; mind dwells on death. Melancholy, weeping, with timidity, fear and anxiety. Melancholy quickly changed to gay anticipations, then general dropsy. Excessive sensitiveness, easily moved to tears by reading. Despair.
- *CROTALUS CASCAVELLA*: Feels exceedingly downcast.
- *CENCHRIS CONTORTRIX*: Melancholy with desire to be alone.
- *NAJA TRIPUDIANS*: Sad and serious. Sadness. With irresolution, amel. evening: with

gagging in throat. Depression, feels everything is going wrong. Melancholy, makes himself wretched brooding over imaginary wrongs and misfortunes. Every slight emotion moves to tears.

- *ELAPS CORALLINUS*: Melancholy, with desire for solitude. Never happy in wet weather.
- *VIPERA BERUS*: Depression and uneasiness. Extremely melancholy.
- *BOTHROPS ATROX*: Depression with exhaustion.

## Suspicion-mistrust1:

- *LACHESIS MUTUS*: Mistrust, suspicion, and a strong tendency to take everything amiss. Proud and mistrustful.
- *CROTALUS HORRIDUS*: Suspicion and snappishness. Misanthropic mood.
- *CENCHRIS CONTORTRIX*: Suspicion: that he is being plotted against; that her husband is going to put her in an insane asylum.

## Selfishness-envy-jealousy1:

- *LACHESIS MUTUS*: Over-excitement and nervous irritability. Tendency to contradict and criticise. Complaints after vexation. Peevish, morose and quarrelsome. Nervous excitement. Rage about trifles; obstinacy.
- *CENCHRIS CONTORTRIX*: Selfishness; envy. Feels uncharitable.

## Indifference-apathy1:

- *LACHESIS MUTUS*: Indifference with forgetfulness and disinclination to work.
- *CROTALUS HORRIDUS*:

Indifferent, seems only half alive. Indifferent mood, with sudden weakness, heartache and excessive diarrhoea.

- *NAJA TRIPUDIANS*: Irresolution. Weakness with indifference.

## Indolence or activity1:

- *LACHESIS MUTUS*: Indolence; dislike and unfitness for mental or bodily labour. Weary in morning, active at night. Activity of mind agg. evening. Quick comprehension. Ecstasy. Undertakes many things, finishes nothing. Frantic loquacity; one word leads to the midst of a whole story.
- *CROTALUS HORRIDUS*: Sluggish, torpid, incoherent, hesitating. Restless. Indolence, dullness, cannot express himself properly. Loquacity in delirium of septic fevers, with desire to escape.
- *CENCHRIS CONTORTRIX*: Great inclination for procrastination; cannot get started to do things, when she does start, does so suddenly. Unwilling to do the usual duties that are pleasant. Restless with suffocation. Lethargy.
- *NAJA TRIPUDIANS*: Increased perception of what should be done and uncontrollable aversion to doing it, causing restlessness. Languor, torpor. Great desire and power for walking. Weakness with restlessness. Unusual fitness for work. Inaptitude for exertion. Restlessness.
- *VIPERA BERUS*: Torpor. Restlessness.

## Delusions-imaginings1:

- *LACHESIS MUTUS*: Delusions: that she will be damned; that she is hated and persecuted. Imagines that she is followed



by enemies. Thinks she is someone else, that she is under superhuman control; that the room is filled with invisible forms. Religious monomania.

- *CROTALUS HORRIDUS*: Many delusions, esp. of being surrounded by animals or foes and that it is raining hard.
- *CROTALUS CASCAVELLA*: Magnetic state; hears nothing but sees the spectre of death as a gigantic black skeleton. Hears strange voice to left and behind her; follows it, throws herself against closed door and scratches with nails. Fancies he hears groans. Fancies her eyes are falling out. Clairvoyant.
- *CENCHRIS CONTORTRIX*: Delusion that her husband is going to put her in an asylum, she knows it is a delusion but she cannot control it.
- *NAJA TRIPUDIANS*: Imagination vivid, with sexual desire and inability.
- *ELAPS CORALLINUS*: Imagines that he hears someone talking.
- *VIPERA BERUS*: Delirium and raving alternate with sopor.

#### Others mental symptoms<sup>1</sup>:

- *LACHESIS MUTUS*: Exaltation; ecstasy. Variableness, indecision; or obstinacy. Mocking, satirical. Amorous, amative. The more cause for fretfulness the greater inclination for humour, jest and satire. Quiet and firm during vexation and excitement. Mistakes in writing and speaking. Confusion as to time. Extraordinary weakness of memory. Forgetful of what she was about to utter.
- *CROTALUS HORRIDUS*: Irritable, cross, infuriated by least annoyance. Snappish temper. Peevishness and relaxation. Annoyed by the least noise. Antipathy to family. Nervous excitement and

loquacity. Ecstasy. Buoyancy. Confusion of speech. Inability to keep his accounts; to hold her mind to a subject. Answers disconnected, with cold skin, rapid pulse. Memory weak. Perception almost lost. Stupor. Inability to think, comprehend or remember distinctly.

- *CROTALUS CASCAVELLA*: Feeling of stupidity. Magnetic or clairvoyant state.
- *CENCHRIS CONTORTRIX*: Very easily slighted. Marked alternation of moods. Absent-minded, cannot concentrate on any task. Memory lost, Sits and stares into space.
- *NAJA TRIPUDIANS*: Excitable and playful. Slight causes make him suffer greatly for another's misfortunes. Suicidal insanity. Stupid and confused feeling. Consciousness almost lost. Confusion and dullness in brain. Wandering mind. Absent-minded, forgetful.
- *ELAPS CORALLINUS*: Absent-minded; hears what is said but does not understand.
- *VIPERA BERUS*: Irrational talking with pain and sleeplessness. Confusion; mind wandering, as if drunk; answers mumbling, incoherent. Stupor. Confusion. Intoxication, with sleep. Loss of acuteness of special senses. Absentmindedness; loss of mental functions.

#### Sexual<sup>1</sup>:

- *LACHESIS MUTUS*: Aversion of women to marry. She falls in love with another girl. Mental disturbances from emotional causes, or at climacteric. Amorous, want of self-control and lascivious; excessive desire in both sexes. Spirituality fades, she

feels herself "all animal". Many functional symptoms. Ovarian neuralgia (l. side).

- *CROTALUS HORRIDUS*: Sexual instinct increased but organs relaxed (male). Functional symptoms; start l. side of uterus, neuralgic pains go up to face. Flushing and sinking of menopause. Puerperal fevers or convulsions. Inflamed breasts; milk leg; aggr. slightest touch.
- *CENCHRIS CONTORTRIX*: Violent sexual desire. Right ovarian pain. Menstrual flow profuse, light; dark clots.
- *NAJA TRIPUDIANS*: Sadness with distress about sexual organs. Peculiar distress, great desire but no physical power, with mental depression and vivid imaginations.
- *ELAPS CORALLINUS*: Impotence in the male. Weight and swelling of testes and prepuce. Black blood discharges between menstrual periods. Weight in uterus or vagina with hysterical attack. Feeling as if something burst in uterus, followed by stream of dark blood on urinating.
- *BOTHROPS ATROX*: All symptoms aggr. after coition.

#### Modalities<sup>1</sup>:

- *LACHESIS MUTUS*: Aggr. slight touch; left side; after sleep; sleeps into aggr; sunlight; motion; jars; noise; solid food; swallowing liquids; spring. amel. pressure.
- *LACHESIS MUTUS*: Aggr. slight exertion; motion; morning after

sleep (night aggravation, after waking); after vaccination or stings of insects; annually at the same time; lying on right side ameliorated in open air.

- **CROTALUS CASCABELLA:** Agg. washing, esp. cold (lancinating pains); night; after sleep; ameliorated in open air.
- **CENCHRIS CONTORTRIX:** Agg. after 3 p.m. through evening; first lying down (suffocative feeling); empty swallowing; 3 p.m. (cough). Nausea ameliorated by ice but water causes nausea.
- **NAJA TRIPUDIANS:** Cannot endure any mental exertion. Nose stuffed agg. open air, amel. discharge of watery mucus. Agg. stimulants. Amel. walking in open air.
- **ELAPS CORALLINUS:** Amel. rain or its approach; cold; wind; draft; warmth of bed; touch; exertion but amel. walking; night; periodically; fruit and cold drinks (chest); rest.
- **VIPERA BERUS:** Amel. letting limb hang down; touch; pressure; sensitive to every change of weather; change of weather. Annual agg. on anniversary of bite. Amel. sweat; vomiting; from bilious vomiting.
- **BOTHROPS ATROX:** Agg. exertion; coition; motion; deep breath; inspiration; talking; walking, reaching with or raising left arm; standing erect after sitting; hand hanging down or leaning on hand or carrying weight (blueness of hands); broken rest; midnight to sunrise and 4-6 a.m. ; 10 a.m. to 1 p.m. General amel. in warm room.

## THE SPIDER REMEDIES IN HOMOEOPATHY:

Of the arachnida or spider-poisons used in homoeopathy, following medicines are of utmost

importance: *Mygale lasiodora*, *Lycosa tarantula*, *Tarentula cubensis*, *Aranea diadema*, *Theridion curassavicum*, *Latrodectus mactans*.<sup>2</sup>

The action of the drugs in this group is a two-fold one; they all poison the blood, and they all act prominently on the nervous system, producing spasmodic diseases, as chorea and hysteria. Among other nervous symptoms produced by them are anxiety, trembling, great restlessness, over-sensitiveness and nervous prostration; periodicity. The system is profoundly affected by spider-poisons; hence, they may be used in serious and chronic ailments.<sup>2</sup>

### MYGALE LASIODORA:

*The Mygale lasiodora* is a large black spider, native to the island of Cuba. It was first proved by Dr J. C. Houard. It is one of our best remedies for uncomplicated cases of chorea. The patient is apt to be low-spirited and depressed with dull pain in the forehead and constant twitchings of the muscles of the face. The head is often jerked to one side, usually to the right. Constant motion of whole body. Intense redness in streaks following course of lymphatics.<sup>2,3</sup>

Delirious talk about business; restlessness all night; fear of death; despondency, with anxious expression; nausea, with strong palpitation of the heart, dimness of sight, general weakness; tremulousness of the whole body in the evening; severe chill, thirty minutes, then fever, with trembling; pain in the head in the morning, worse in the eyes and from temple to temple.<sup>2</sup>

Patient is better during sleep, worse in the morning.<sup>3</sup>

### TARENTULA HISPANICA:

The symptoms are strikingly similar to those of the ophidia. The part becomes swollen and discoloured, and the lymphatic glands are enlarged,

giving rise to swelling of a dark red or purplish hue. Choking seems imminent, when epistaxis, with discharge of dark clots, appears and relieves the symptoms. Evidence of cerebral congestion is given by the violently throbbing carotid arteries. But with all these symptoms there is a pale, earthy hue to the face. The fauces appear swollen and purplish, and there is a difficulty of swallowing which is of paralytic origin. The patient has burning thirst for large draughts of water. The stools are dark and foetid, and the urine scanty and voided with difficulty.<sup>2</sup>

Nervous symptoms are present in all the spider-poisons, but *Tarentula* applies, more than other members of the group, to hysteria. There is marked spinal irritation, and the great excitability of the terminations of the nerves is found to be characteristic. The patient keeps the hands in constant motion, trying to work off this over-excitability. The playing of a lively piece of music excites her and starts her to acting like one crazy. When there are no observers she has no hysterical attacks. As soon as attention is directed to her she begins to twitch, etc. When she has headache it is better from rubbing the head against the pillow. Rubbing seems to relieve. Symptoms appear periodically.<sup>2,4</sup>

Sudden alteration of mood; foxy; destructive impulses; moral relaxation, lasciviousness. Must constantly busy herself or walk. Sensitive to music. Averse to company, but wants someone present.<sup>3,5</sup>

*Tarentula* is especially indicated in choreic affections, where the whole body or the right arm and the left leg are principally affected. The movements persist even at night.<sup>2,4,5</sup>

Patient is worse from motion, contact, noise, seeing others in trouble, change of weather, touch of affected parts; better in open air, music, bright colours, rubbing affected parts.<sup>3,4</sup>

**TARENTULA CUBENSIS:**

*Tarentula cubensis*, the hairy spider, causes a perfect picture of sloughing carbuncle, with great prostration and atrocious burning pains and claims place as a rival to *Arsenicum album* and *Carbo vegetabilis*. It may be used effectually when there are great prostration and diarrhoea, with intermitting fever of evening exacerbation. In relieving the atrocious pains accompanying this condition it acts almost like magic. It should, therefore, be compared with *Arsenicum album*, and no less with *Lachesis mutus*, *Anthracinum* and *Silicea terra*.<sup>2,5</sup>

Symptoms are worse at night, from exertion and better from cold drinks, smoking.<sup>3,5</sup>

**ARANEA DIADEMA:**

*Aranea diadema* was suggested by Grauvogl as one of the remedies for what he called the hydrogenoid constitution, this being a constitution which could not tolerate moisture. Under *Aranea* all the symptoms are worse during damp weather or from dwelling in damp localities. Especially true with chronic intermitting fever, for which *Aranea* is the remedy when the symptoms are aggravated during every spell of damp weather. The patient may feel very comfortable on a sunny day, but as soon as it becomes damp, he gets sick, with the complains of chilliness, as if the bones were made of ice, bone-pains, followed by little or no fever. The chill is apt to be typical, occurring at the same hour every other day, every week, or at some regular period. Coldness not relieved by anything.<sup>2,3</sup>

*Aranea* does not develop the extreme excitation of the other three spiders mentioned above. Still there is evidence that it affects the nervous system. Confusion of the head and headaches after eating, relieved by smoking; headache ceases in the open air; sudden, violent pains in

the upper and lower jaws at night immediately after lying down; restless sleep with frequent waking, always with sensation as if the hands and forearms were greatly swollen, as if they were twice as strong and large as natural.<sup>2</sup>

Symptoms are worse in damp weather; dampness, cold, during rains, bathing; late in afternoon, and at midnight and better from smoking tobacco.<sup>3,6</sup>

**THERIDION CURASSAVICUM:**

*Theridion curassavicum* compares with *Tarentula hispanica* in headache, nervousness and hysteria. According to the provings, there is a similar restless, busy state; he desires to occupy himself, though he finds pleasure in nothing. But there is a strong distinctive characteristic in the sensitiveness to noise. This qualifies the vertigo, headache, and even the gastric ailments. Vertigo and nausea, worse when the eyes are closed, from motion and from noise. Every sound penetrates the teeth. Every penetrating sound and reverberation extends through the whole body. Headache worse if others walk over the floor.<sup>2</sup>

The general accompaniments are true spider-effects: weakness, trembling, coldness and anxiety. Hysteria, too, has yielded to *Theridion curassavicum*. Time passes too quickly; hilarity; talkativeness; feels as if her head did not belong to her, as if she could lift it off. Luminous vibrations before the eyes. Sensitive to light; if she looks into the light, dark vibrations are produced; double vision. Faints after every exertion. Anxiety about the heart, with sharp pains through the left chest, or to the left shoulder.<sup>2</sup>

Sea-sickness of nervous women; they shut their eyes to get rid of the motion of the vessel, and they grow deathly sick. The spine is very irritable; great sensitiveness between the

vertebrae. So great is this hyperaesthesia that the patient sits sideways in a chair in order to avoid pressure of the back of the chair against the spine.<sup>2</sup>

Violent stitches high up in the left chest through to the back. Dr Baruch has made use of *Theridion curassavicum* in scrofulous diseases of bones, particularly after *Sulphur*, *Calcarea carbonica*, *Lycopodium clavatum* and the ordinary remedies have failed.<sup>2</sup>

The aggravations occur every night; from cold; after stool; by coition; on motion or exertion, especially on stopping or rising; walking or going up and down stairs; on shipboard; closing eyes; after washing clothes there is nausea and fainting. These patients are ameliorated by rest; warmth, and the nausea and vomiting are relieved by warm water. This is very largely a left-sided remedy.<sup>2,3,6</sup>

**LATRODECTUS MACTANS:**

This "*Black Widow*," as it is called, is a member of the genus *Latrodectus* of the family Theridiidae, which bears the name of being the only truly venomous family of spiders having a direct action on the circulatory system.<sup>2</sup>

Many of the *Latrodectus mactans* symptoms that have been recorded resemble those of *Theridion curassavicum*.<sup>2</sup>

In the mental sphere, there are symptoms of great anxiety and fear that dissolution is impending. This is not so much a fear as a foreknowledge of the approaching dissolution, with the attendant fear; and the countenance shows this great anxiety.<sup>2</sup>

The heart symptoms are marked. There are very violent precordial pains extending to the left axilla, down the left arm to the hand and fingertips. The patient's left arm seems to become almost paralyzed with the pain, and there is extreme numbness. The pulse becomes very



rapid, so that it can hardly be counted, and so weak it is almost imperceptible. The respiration is slow and gasping. There is great shortness of breath, approaching apnoea. The surface of the body breaks out into a cold perspiration. Skin cold as marble.<sup>2,3</sup>

Symptoms are worse from least motion; even of hands; from exertion; and from talking; better from sitting quietly.<sup>5,6</sup>

## Conclusion:

The healing power of a substance does not depend on its own nature; whether it belongs to the filth or the gold. By the process of dynamisation, the internal healing power can be roused of an inert substance and the most poisonous substance can become the most powerful remedy. In this article, the symptomatology of some

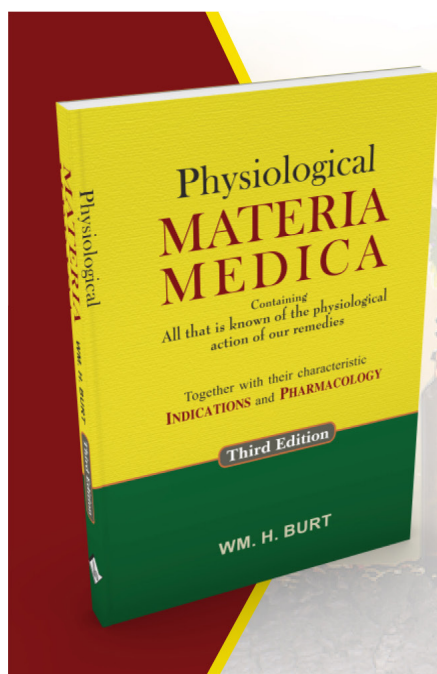
homoeopathic drug substances has been discussed which originally belong to the category of poisonous substances or poisonous animals. In homoeopathy, by the process of drug dynamisation, the dangerous substances could be converted into healing remedies and it had been proved since the early days of homoeopathy and its future aspect is also very promising.

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# PHYSIOLOGICAL MATERIA MEDICA

BY W. BURT

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# Use of Indian drugs in paediatric disorders

By Dr Sadia Kamal, Dr Debanjan Chowdhury

**ABSTRACT:** Homoeopathy is a system of medicine based on simple comprehensible principles and laws. It is effective in treating variety of troubles that a child faces. Whether it is infantile colic, teething trouble, common cold and cough, diarrhoea or other disturbances even a behavioral problems Homoeopathy can manage them all. It also helps in strengthening a children's immunity and thus provides a better protection from other acute illnesses. Homoeopathic medicines are easy to administer and children loves to take them because of its sweetness. It is free of any side effects which is frequently seen in other system of medicine. More over the children's organ system is not compatible for taking the strong doses of crude medicines therefore the homoeopathic medicines best adapted to the children's ailments. Other than the classical homoeopathic medicines that have been used by homoeopathic physicians in children's illness, there are some Indian origin drugs in homoeopathy that are very frequently used in children with excellent results. Though the Homoeopathic Indian medicines might not be well known to all the homoeopathic practitioners in their day-to-day practice in paediatrics, this article will provide a detailed picture of some good Indian drugs with key symptoms that will help the readers and practitioners all across the country to prescribe the Indian origin homeopathic drugs more efficiently in pediatric ailments.

**Keywords:** Homoeopathy, Indian drugs, paediatric disorder.

## Introduction:

Homoeopathy has been proven to be the best therapeutic management as well as safe for children. As the kids have immature organ system to deal with the strong drugs and chemicals, homoeopathic medicine does its

job effectively without any harmful effect. The children also like to take homoeopathic medicines without any hesitation as it pleasing to taste. The effectiveness of homoeopathic medicines in children has been also reported in *Times of India*.<sup>1</sup>

**Times of India oct 21, 2016**

Talking about safe and side-effect free treatment options homoeopathy scores highest among the various natural and holistic treatment option available. Owing to the safety of homoeopathic medicines, homoeopathy is considered to be the ideal treatment option for infants, toddlers and older kids.

## Normal developmental milestones in children<sup>2</sup>

|           |  |
|-----------|--|
| 2 Months  | Smile at the sound of your voice & follows you with their eyes as you move around                  |
| 3 Months  | Raises head and chest when lying on stomach, grasp objects, smile at other people.                 |
| 4 months  | Babbles, laughs and tries to imitate sounds; holds head steady                                     |
| 6 months  | Rolls from stomach to back and vice versa, moves objects from hand to hand                         |
| 7 months  | Responds to own name finds partially hidden objects  |
| 9 months  | Sits without support, crawls, babbles, mama and dada   |
| 12 months | Walks with or without support, says at least one word, enjoys imitating people                     |
| 18 months | Walks independently, drinks from a cup, says at least 15 words, points to body parts               |
| 2 years   | Runs and jumps, speak in two word sentences, follows simple instructions, begins make-believe play |
| 3 years   | Climbs well, speaks in sentences, sorts objects by shape and colour,                               |
| 4 years   | Gets along with people outside the family, draws circle and square, ride a tricycle                |
| 5 years   | Tells name and address, jumps, hops and skips: Gets dressed: Count 10 or more objects              |

## Some common disorders in children and their suitable remedies:

### FEVER

*Andrographis paniculata* - Double type of fever is a grand characteristic of this drug; fever is associated with slight chilliness, heat remaining all along, heat marked with burning sensation all over the body; there are headache and thirst; burning sensation is relieved by cold air and application of cold water; efficacious in intermittent and remittent fever. fever comes on after 11 am. And again, appears at 7 or 8 pm. Cold water relieves the burning sensation of the body; sweat also relieve these symptoms.<sup>3,4</sup>

*Azadirachta indica* - Fever commences with a very slight chill or without chill from 4-30 pm. And abates from 7-30 pm.; afternoon fever. Glowing heat and burning, especially on forehead, neck and upper part of body; sweating commences on forehead, gradually extending towards the trunk; no sweat in lower part of the body. Aggravation takes place in open air and in the afternoon.<sup>3,5</sup>

*Caesalpinia bonducella* - Fever is very irregular in appearance; it may come on any time; fever appear with chilliness and shivering on one day and another without any chilliness. The character of fever is changeable. Thirst is generally felt in the stage of heat; the stage of sweat last for a short time only over face, neck, chest and shoulder. The fever does not last more than 6 hours. Fever appears between 8 am. And 10 am. Or between 2-4 pm. These symptoms are appeared in intermittent fever but in remittent fever of malarial origin it is also used with benefit. Desire to take boiled rice and other hard substances and meat. Aversion to take any kind of liquid food; no desire to take bath. Extreme weakness is felt after remission of fever, so much so that the patient is averse to have any talk; no inclination to do

anything; likes to sleep.<sup>3</sup>

*Calotropis gigantea* - Body cold frequent chills passing up spine at same time head and temples hot, cheeks burn like fire. Chill return towards bedtime though he was close to the fire; continued in bed, running from feet up spine, movement of feet seems to excites them. Fits of perspiration alternating with chills.<sup>3</sup>

*Atista indica* - Periodicity is not marked. Fever generally comes at 5-10 am. Chill without thirst. at with intense thirst. Fever subsides generally at 3 or 4 pm. Apyrexia after 4 to 6 hours. Every alternate day fever. Every 3<sup>rd</sup> day fever. Antidote - lime juice, nux vom, camphor, belladonna.<sup>3</sup>

*Hydrocotyle asiatica* - Shivering in afternoon. Cold hands and feet, with general condition resembling precursory stage of fever, without alteration of pulse, sensation of coldness in forearm, left foot and leg; > by rubbing, but returning when the rubbing ceased. Febrile movements. Heat - of skin; in bones of leg; in left tibia; flushes in face, profuse sweat.<sup>3</sup>

*Nyctanthes arbor tristis* - It is very efficacious in all fevers, with predominance of bilious symptoms. Insatiable thirst exists before, during chill and heat. Bitter vomiting appears at the close of chill; constant nausea may or may not be present; drinking causes vomiting; the patient is very restless; constipation or bilious stool; perspiration is not generally marked.<sup>3,6</sup>

*Gentiana lutea/ Swertia chirata* - The stage if coldness lasts long, but there is no desire for drinking. There is desire for hot water. The hot stage generally lasts for 3 hours and afterwards sweating stage appears; but sweat does not break out over the whole body, only chest axilla and thighs are covered with little perspiration. In the cold stage nausea and bilious vomiting take place. In the hot stage there is slight thirst. There is no fixed time for fever. It may ap-

pear at any time.<sup>3</sup>

*Trichosanthes dioica* - Fever comes on at 11 am. Or 12 noon, with chilliness; during fever there is burning sensation felt over the body, headache is experienced and thirst appears; after fever a slight headache is continues. In chronic fever there is enlargement of liver and spleen with yellow eyes. In chronic fever with hepatic disorders and jaundice. It is exceedingly useful in all sorts fever and kala-azar. It is useful in acute fever with vomiting, nausea and constant waterbrash from mouth. With increase temperature headache gets worse. Great thirst during fever but vomiting take s place after drinking water. After fever hunger is felt.<sup>3</sup>

### COUGH AND COLD

*Abroma augusta* - Sneezing several times a day; watery discharge from nose; dryness of nose, nostril feels dry with desire to rub. Cough worse in the evening and night; cough with purulent expectoration and pain in the chest. Cold air excites cough; expectoration is free; coughing causes pain in chest; side pains, has to hold his chest, when coughing; bronchitis, bronchopneumonia with a good deal of expectoration. Character of sputum is whitish, yellowish and lumpy. Hurried respiration, sinking feeling in the chest.<sup>3,7</sup>

*Azadirachta indica* - Running watery fluid from nose. Very troublesome cough after bathing at 1pm. Sputa white, in small lumps, expelled with much difficulty, sighing breathing at intervals, slight hoarseness. Cough with grayish expectoration. Cough with thick sputa. Short dry cough in the afternoon; very troublesome cough with white sputa and tasteless. Deep breathing at long intervals; breathing very rapid and hot.<sup>3,5</sup>

*Hydrocotyle asiatica* - Swelling of nose. Tickling; < left nostrils. Feeling as before bleeding. Stoppage of nose, coryza, dry. Bleeding. Pricking in vicinity of glottis. Dryness of



windpipe, of ventricles, of larynx. Voice weak. Speaking soon fatigues. Irritation of air passages. Difficult expectoration of bronchial mucus, breath short, oppression of chest, which suddenly ceases and then return at longer and shorter intervals.<sup>3</sup>

***Justicia adhatoda*** - There is fluent and profuse coryza from nose with constant sneezing, coryza accompanied by shooting and aching in the forehead; nostrils ulcerated, loss of smell and taste. Hoarseness, cough and rattling in the chest; painful tenderness of larynx when touched; frequent fits of coughing, associated with suffocative obstruction of respiration. Cough accompanied by sneezing, stiches in the chest and red face; cough with bloody, slimy matter, or of tough yellowish mucus, marked aggravation of coughing fits at night.<sup>3,8,9</sup>

***Ocimum sanctum*** - It is an excellent remedy in nasal catarrh associated with frequent sneezing, secretion being white or yellow. Watery discharge from the nose, nostril ulcerated, bleeding from nose. Pain felt in both sides of chest while coughing or sneezing; patient cannot lie quite in bed; pleuritic pain in the chest; asthmatic attack, wheezing and rattling sound is felt in the chest. Very useful in asthma of infants and children. Pain is felt in the middle of sternum.<sup>3,9,10</sup>

***Jonosia asoka*** - Nasal catarrh, sneezing, profuse watery discharge from nose, nostril sore, obstruction of the nose, loss of sense of smell, profuse bleeding from nose. Respiration hurried, difficulty in breathing when walking, worse in the afternoon and evening, hacking throat cough.<sup>3</sup>

***Gentian chirata*** - Burning sensation in the nose, flushes of heat come out of nostrils. Dry cough is felt in the bronchial region with dry mucus for which the patient suffers from dry hacking cough.<sup>3</sup>

## CONSTIPATION

***Abroma augusta*** - Constipation; hard lumpy stool, passage of stool with straining- no stool every day; torpid bowels, obstinate constipation periodically, dryness of the rectum, stools pass with difficulty, colour of the stool brownish; when very hard, blackish and knotted. Flatulence, distension of abdomen, pain in the abdomen during peristalsis, free passage of flatus.<sup>3,7</sup>

***Andrographis paniculata***- Loose stool, bilious, constipation, frequent urging for stool, but no evacuation takes place, blackish hard stools, yellow stools of infants; sometimes constipation, sometimes easy motion; tendency to costiveness. Ineffectual urging for stool, enlargement of liver, infantile derangement of the liver and its enlargement.<sup>3,4</sup>

***Azadirachta indica*** - Insufficient bowel, very much constipated stools hard, small and knotty; stools hard but natural stools copious, soft, semi-solid, diarrhea, no satisfaction after stool. Great uneasiness in abdomen with flatulent rumbling in the bowels. Abdomen a little distended, passing offensive flatus.<sup>3,5</sup>

***Caesalpinia bonducella*** - Hard, saffron-colored stools; they are sometimes liquid and yellow colored.<sup>3</sup>

***Atista indica*** - Constipation or watery diarrhoea during fever, pale earthy stool; bloody mucus stool with or without force. Flatulence gripping pain around navel, rumbling in the intestine, unbearable pain in the umbilicus, making the patient senseless.<sup>3</sup>

***Hydrocotyle asiatica*** - Burning in anus, itching in anus, ineffectual desire for stool, stool dry, dark, stools increased. Borborygmi in different parts, flatus, violent contraction of intestine.<sup>3,9</sup>

***Jonosia asoka*** - Obstinate constipation, faeces are hard, large and passes every 3<sup>rd</sup> or 4<sup>th</sup> day, evacuation

difficult, pain before stools, stools are covered with slime or mucus, pains on the back, soreness in anus, blind or bleeding piles. Protrusion of haemorrhoids with itching, smarting and pain. Hard distended abdomen, pain on pressure, passage of foul smelling wind. Flatulent colic worse in the evening.<sup>3</sup>

## DIARRHOEA

***Ceasalpinia bonducella*** - There is gurgling in the lower abdomen, sometimes liquid, slimy stools are passed by the patient. Slight white coating on tongue, tongue moist but there is thirst.<sup>3</sup>

***Justicia adhatoda*** - There were loose evacuations, mixed with mucus and slight colic, ameliorated after stool. There is abundant production of flatus, with gurgling.<sup>3,7</sup>

***Ocimum sanctum***- Stools liquid, copious, watery, very offensive; yellowish or greenish liquid stool; mucous or bloody or streaked with blood; involuntary stool during high fever; abdominal distension is not lessened in spite of frequent stools, distension is felt less after stool, but again returns after few minutes. Diarrhoea during rainy season and autumn.<sup>3,7</sup>

***Trichosanthes dioica*** - Copious, green, yellow, bilious, liquid stools appear; stools are mixed with bile, and mucus; patient becomes exhausted and weak owing to frequent passage of stool. Painless liquid stool or it is bloody and mucus associated with pain and urging; smarting pains are felt in anus.<sup>3</sup>

## WORMS

***Embelia ribes*** - The seeds of this plant are used as an anthelmintic. Powdered seeds in 1-2 drams are administered with sugar or honey in empty stomach to expel tape worms. It is called children remedy. In diarrhea, dyspepsia and flatulence proceeding from worms. Irritable temper, hungry soon after meal, always

bore his finger into nose, tongue dry, abdomen is distended, worms come out with undigested stool, urine is blood colored and pungent. Itching in the rectum.<sup>3,11</sup>

***Clerodendron*** – As a vermifuge it ranks first and this therapeutic property has been acknowledged by the physicians of all schools of medicine. Rheede states that this plant is used as vermifuge. It is useful in all dis-

eases of children. It benefits when diarrhoea with frothy and watery stools, nausea and watering from the mouth are present. It is an excellent medicine for colic due to worms.<sup>3</sup>

***Atista indica*** – In the diseases of the children where there exist unmistakable signs and symptoms of the predominance of worms, or where there is convulsion due to

worms and the child kept quiet with the closed eyes, *Atista indica* may be used with great efficacy.<sup>3</sup>

***Azadirachta indica*** – It is used in the affection of worms. In small doses the bark (a bitter tonic) given to children in round worms as an anti-helminthic. The young trees yield a kind of sweet juice (toddy) which when fermented is used as stomachic and anti-helminthic.<sup>3,5</sup>

## Some Indian drugs in paediatric disorders<sup>3,9</sup>

| Indian drugs                      | Common name               | Uses   | Indication   |
|-----------------------------------|---------------------------|--|--|
| <i>Atista indica</i>              | Asheora                   | Worms, colicky pain around navel with nausea                       | Colicky pain around the navel is the keynote symptom in dysentery. Vomiting immediately after food. Fever returns every other day.   |
| <i>Carica papaya</i>              | Papita                    | Constipation, dyspepsia, indigestion.                              | When stomach refuse assimilation of meat and milk.   |
| <i>Clerodendron infortunatum</i>  | Hill glory bower,<br>Bhat | Colic due to worms.  | Diarrhea with frothy and watery stool, nausea, watering from mouth.  |
| <i>Coleus aromaticus</i>          | Pattharkuchi              | Urinary problem due to inactivity of bladder, cystitis, nephritis. | Strangury and suppression or retention of urine gonorrhoea with burning pain in urine.   |
| <i>Embelia ribes</i>              | False black pepper        | Worms, diarrhea flatulence.  | Urine pungent and blood colored- the characteristic. Distension of abdomen. Undigested stool. Itching in rectum.   |
| <i>Gentian chirata</i>            | Chiraita                  | Loss of appetite   | Severe burning of eyes, fever associated with enlarged spleen and liver, kala-azar.  |
| <i>Hygrophila spinosa</i>         | Kulekhara                 | Insomnia, malaria with urticarial                                  | Urticaria of summer, worse from heat.  |
| <i>Holarrhena antidysenterica</i> | Kurchi                    | Anti-dysenteric,   | Where there is large quantity of mucus, excessive blood with mucus, colicky pain <lying on right, >lying on left.  |
| <i>Justicia adhatoda</i>          | Malabar nut               | Acute catarrhal condition of respiratory tract                     | Coryza with watery or dry nose, white coating on tongue, dry, cough dry with suffocation, sneezing, <close or warm room, rattling of chest, phlegm yellow or mixed with blood. |

|                                 |   |  |   |
|---------------------------------|---|--|---|
| <i>Ocimum sanctum</i>           | Tulsi                                       | Catarrh and cough  | forgetfulness. Children always cry >being carried. Fever during dentition. Remittent fever of children. Headache >cold, fanning. Ophthalmia neonatorum. |
| <i>Solanum xanthocarpus</i>     | Kantikari, indian night shade, yellow fruit | Bronchitis with cough, sure preventive against small pox | Hoarseness with cough. Fever with thirst, vomiting. Pain over the costochondral junction. Suppression of urine.   |
| <i>Nyctanthes arbor tristis</i> | shephalika                                  | Constipation of children                                 | Tongue thick white coating. Tenderness over liver. Burning sensation in stomach > cold application.   |
| <i>Azadirachta indica</i>       | Neem  | Round worms.   | Forgetful, cough after bathing, fever in the afternoon.   |
| <i>Andrographis paniculate</i>  | Kalmegh                                     | Flatulence and diarrhea of children and also in worms.   | Liver painful to touch, enlarged, high coloured urine, DOUBLE type of fever.  |

## Conclusion:

The use of Indian drugs in some specific diseases are very popular among the physicians but its use in some common disease among children are overlooked. The clinical sources of these Indian drugs application in children are very limited and some of these Indian drugs are partially proved that needs further thorough proving. Though these Indian medicines can provide effective treatment in some common ailments among children without any adverse drug reaction, but in the present era, these practices need to be repeatedly clinically verified with quality research and evidence-based studies.

## Conflict of interest

None declared.

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# Writing aims and objectives of research protocol

By James Michael, Eiphrangdaka L. Suchiang, Chaturbhujaya Nayak

**ABSTRACT:** For novice researchers and research scholars in homoeopathy, it often becomes quite difficult to understand the difference between terms such as aims, objectives, research hypothesis and research question. Through this article, we attempt to throw light upon the difference between each of these terms while informing about the correct way to phrase the aims and objectives of a research.

**Keywords:** Scientific writing, research aim, research objectives

**Abbreviation:** PCOD -polycystic ovarian disease, OCP – oral contraceptive pills, BMI - body mass index

## Introduction:

The most important task before commencing any research project is determining its core aims and objectives. Defining the central goal or aim of the research in the beginning helps to efficiently utilise the time and direct resources towards collecting the crucial data which will be relevant in fulfilling

the purpose of the research. The aims and objectives of a research study and also a research paper should be well thought out and expressed with clarity. The aim indicates what is to be achieved, while the objectives indicate how it will be achieved.<sup>1</sup> Let's try to understand what is meant by the terms – aim, objectives, and other related terms such as research questions, hypoth-

eses, etc.

## Aim of a research

The term “aim” of a research usually represents the main purpose or goal of a research study. The aim of a research project is usually mentioned as a brief and to the point sentence.<sup>2</sup>

## Term definitions<sup>2</sup>

|                            |  |
|----------------------------|--|
| <i>Research aim</i>        | A statement declaring the general purpose of a research project; generally, a research project has a single broad aim.   |
| <i>Research objectives</i> | Research objectives are statements enumerating the key queries in a research study. Usually, a research project has multiple research objectives. <sup>2</sup>   |
| <i>Research questions</i>  | The essential concerns to be focused on in a research project are provided in the form of questions as an alternative to research objectives.  |
| <i>Research hypotheses</i> | The relation involving two or more variables, usually the influence of an independent variable on a dependent variable is predicted. The independent variable is the one that is considered to have a deterministic effect on the dependent variable, which is the outcome of interest. <sup>3</sup> |

Following examples will further clarify.

*Aim:* To investigate the efficacy of individualized homoeopathic treatment in PCOD

## Research objectives

Research objectives are usually a set of statements that describe a project's goal, and they build on the central theme indicated in the research aim. The topics or specific research areas

that the research project intends to study are described in greater detail in the objectives of the study. Two or three research objectives are usually taken for a research study.

An example of a set of research objectives is as follows:

1. To examine whether use of oral

contraceptive pills (OCP) is associated with increased risk of polycystic ovarian disease (PCOD);

2. To examine whether change in body mass index (BMI) status is associated with response to PCOD treatment;
3. To shortlist the most frequently

indicated homoeopathic medicines in the management of cases of PCOD.

### Research Questions

Instead of specifying study objectives, researchers may decide to employ research questions in certain cases. The objective provided in the previous example are reworded as research questions in the examples below:

Question 1: Is OCP use associated with increased risk of PCOD?

Question 2: Does change in BMI status affect the treatment outcome of PCOD cases?

Question 3: What are the most frequently indicated homoeopathic medicines in the management of cases of PCOD?

### Research hypotheses

Propositions on a relationship between two or more variables are known as research hypotheses. For instance, a study might hypothesise that increasing use of OCP (an independent variable) is linked to an increased likelihood of developing PCOD symptoms (the dependent variable). The data is then gathered and subjected to statistical analysis to see if the findings supported the hypothesis or not.

Hypothesis 1: Higher use of OCP will be associated with increased risk of developing PCOD.

Hypothesis 2: Change in BMI status affects the treatment outcome of PCOD cases.

It's vital to remember that just because a research hypothesis is substantiated by statistical analysis does not always guarantee that the independent variable (e.g., higher OCP use) is responsible for the variations in the dependent variable (e.g., developing PCOD). Rigorous research designs (such as experimental designs) and multiple studies are re-

quired to prove causation.

Hypotheses are typically utilised in quantitative research rather than qualitative research, and only when prior research or perhaps a literature study suggests that a certain prediction is indicated. Some studies give hypotheses rather than research objectives, while others provide a mixture of both.<sup>2</sup>

### How to define and articulate appropriate research aim and objectives<sup>2</sup>

Appropriate, unambiguous sentences describing a study's aim, objectives, or questions typically come after a thorough consideration, and usually require time to prepare and finalise.

Analysing existing studies from the preferred subject when first designing a project is a good starting point. It might be helpful to look at how other investigators framed their aims and objectives. What are the major technical terminologies or themes that they used? The more one knows about one's topic related published studies, the more likely he/she is able to successfully articulate his/her own research aims and objectives.

If one is conducting a formal literature review as part of his research, he/she may make an effort to connect his study objectives to primary conclusions of the review. By demonstrating how his/her research objectives improve upon the present state of knowledge, one can reinforce the justification for one's research.

Another crucial step in clarifying one's research aims and objectives is to write them down and obtain feedback from peers and faculty who have experience of doing research and publishing research papers out of such studies. Making a rough initial draft of one's aims and objectives and modifying these till one is satisfied with these as an early or temporary description of objectives is the usual process. One

may utilise all the feedbacks he/she receives from others to evaluate the relevance, logical coherence, clarity, and feasibility of the aims and objectives of one's study critically.

### Common mistakes to avoid when formulating research aims and objectives<sup>2</sup>

#### 1. Combining aim and objectives

One common blunder is condensing all information about aims and objectives of a study together into a single paragraph.<sup>4</sup> Readers might struggle to comprehend the facts and separate the project's broad research aim from its more specific objectives as a result of this. The general broad aim and specific research objectives of a study must be clearly outlined.<sup>1</sup>

Example :

This project aims to investigate the efficacy of individualized homoeopathic treatment in patients diagnosed with PCOD and in particular whether OCP use and BMI status are associated with increased risk of developing PCOD, and shortlist the most frequently indicated homoeopathic medicines in cases of PCOD.

#### 2. Aims that aren't quite obvious

Another usual mistake is expressing the aims or objectives of a study in a way that keeps their meaning and distinction unclear. It's vital that the phrasing of a study's aims and objectives reduces the chance of its readers to misunderstand or misinterpret the statement.

Example :

This project aims to investigate the efficacy of individualized homoeopathic treatment in patients diagnosed with PCOD and:

1. Use of Oral Contraceptive Pills among PCOD patients;

2. The BMI status of PCOD patients and its effect on treatment outcome;
3. The homoeopathic medicines which seem to be most frequently indicated in PCOD patients.
3. *Using objectives and questions together*

Occasionally, a combination of research objectives and research questions is mentioned in a single list.<sup>2</sup> This might be perplexing and difficult to comprehend for the readers. A preferable strategy would be to list either a set of study objectives or research questions.

Example :

This project aims to investigate the efficacy of individualized homoeopathic treatment in patients diagnosed with PCOD. More specifically, it aims to-

1. Examine OCP use is associated with increased risk of PCOD.
2. Is change in BMI status of PCOD patients affecting the treatment outcome?
3. What are the most frequently indicated homoeopathic medicines in cases of PCOD?
4. *Mixing "Research Objectives" with "Project Objectives"*

Another typical blunder is mixing the terms "research objectives" and "project objectives."<sup>2</sup> As previously stated, research objectives refer to the areas of knowledge that the study aims to enhance or improve upon. These objectives also focus the methods adopted to achieve the aim(s).

The objectives of a project are very different. They are the simple steps involved in completing the project's day-to-day tasks. Completing surveys or interviews on time, creating a project report, and conveying project outcomes to various audiences are all examples of project objectives.

Full understanding of a project's research objectives or questions allows for other crucial choices to be taken about the design and execution of the project. This includes deciding which demographics or demographic groupings to examine and what research methods to employ.

In certain poorly conducted investigations, the research methodologies employed for the study do not properly reflect the research objectives. As a result, the information gathered does not adequately address the aims and objectives of the study. One should consider the correlation between the research objectives and the research methodologies employed. Contemplating how the methods adopted (such as sampling, data collection, and analytical procedures used etc.) in the study will help in accomplishing each of the objectives of the study, can help in phrasing the aims and objectives as pragmatically as possible.

## Conclusion

To conclude, the aim(s), objectives, questions, and hypotheses form the core of any research study. These together determine the direction taken by the study. The clarity with which the aims and objectives of a research are written can improve the quality of the study immensely. Hence, they must be stated in a clear, unambiguous manner and phrased in such a way so that the reader doesn't misunderstand it.

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# A case of eczema (dermatitis) treated by homoeopathic individualised medicine

By Dr Jyoti Kumari

**ABSTRACT:** Eczema (dermatitis) is common skin condition that effects people of every age group. Here, a case of 15-year-old girl suffering from eczema in right lower extremities from 4 years, treated successfully within 5 months by single individualised homoeopathic medicine *Pulsatilla pratensis* with minimum repetition is discussed. There was excellent improvement in a very short period of time. There was no recurrences and hence permanent cure is achieved through single and simple individualised homoeopathic medicine.

**Keywords:** Homoeopathy, eczema, dermatitis, individualised medicine, *Pulsatilla pratensis*.

**Abbreviation:** AD (atopic dermatitis), BD (twice a day)

## Introduction:

**D**ermatitis is commonly called as eczema. It is an inflammatory condition of the skin that causes itching, scaling, redness, dry or oozing, crusting of skin on the affected area. It is irritating but not contagious. <sup>(1)</sup> Eczema (dermatitis) is caused by a combination of immune system activation, genetics, environmental triggers and stress. It damages the skin and makes the body susceptible to various infection. <sup>(2)(3)</sup>

## Classification of eczema

Eczema is classified as exogenous and endogenous depending upon weather the causative factors are external or internal.

**Endogenous eczema-** Atopic dermatitis (AD), seborrhoeic dermatitis, nummular eczema, pityriasis alba, pompholyx, lichen simplex chronicus

**Exogenous eczema-** Diaper dermatitis, C\contact dermatitis, Infectious eczemoid dermatitis. <sup>(4)</sup>

Homoeopathy deals with patient as a whole. it does not deal only with the diseased part of the body but it treats the whole patient. Thus, a ho-

moeopathically chosen individualised medicine acts as a best remedy to a patient and it provides complete restoration of sick to health. <sup>(5)</sup>

## CASE STUDY

### Chief complaints

A 15-year-old girl complained of itching with blackish discolouration in right lower extremity for 4 years. Blood and watery discharge from the affected area after itching. Skin was exfoliating in scales. Burning sensation after itching was very prominent. Felt better by gentle rubbing with hand and in winter season.

### History of present complaints

Scaly, blackish discolouration of skin in right lower extremities for 4 years. Patient used various ointments and conventional medicine which gave temporary relief. Gradually increasing in size. Blood and watery discharge occur after scratching. Burning sensation after itching. Patient felt better by gentle rubbing with hands and in winter season.

### Past history

She suffers from dengue at the age of 12, chicken pox at the age of 5. Tonsillitis at the age of 10 treated with homoeopathy.

### Family history

Father suffered from diabetes and hypertension.

Grandmother suffered from arthritis for last 5 years.

Maternal grandfather died of cancer.

### Personal history

She was a student and lived in pucca house. Her diet was regular. She shared good relationship with family members. All the milestones were proper and on time.

### Mental generals and physical generals

She was mentally quick, active, having good understanding. Quarrelsome and contradictory. Weeping tendency when angry, weeping palliates. Dread of being alone, aggravation from consolation. Fear of illness. Sound sleep.

While enquiring her physical general aspects, it was found that she had a desire for sweets. Aversion of meat, she preferred cold food. Thirstless. Thin although having good appetite. Menstruation regular and scanty. Stool usually constipated, urine clear with no foul smell, no any burning during micturition, tongue is moist with yellow coating.

## CASE STUDY

Bitter taste in mouth in morning.  
Felt better in cold climate. Burning  
in palms and soles.

### Diagnosis

Eczema with thick discharge and  
blood after scratching, continuously

increasing in size. Diagnosis was  
based on clinical symptoms and  
physical examination of the patient.  
(1) (4)

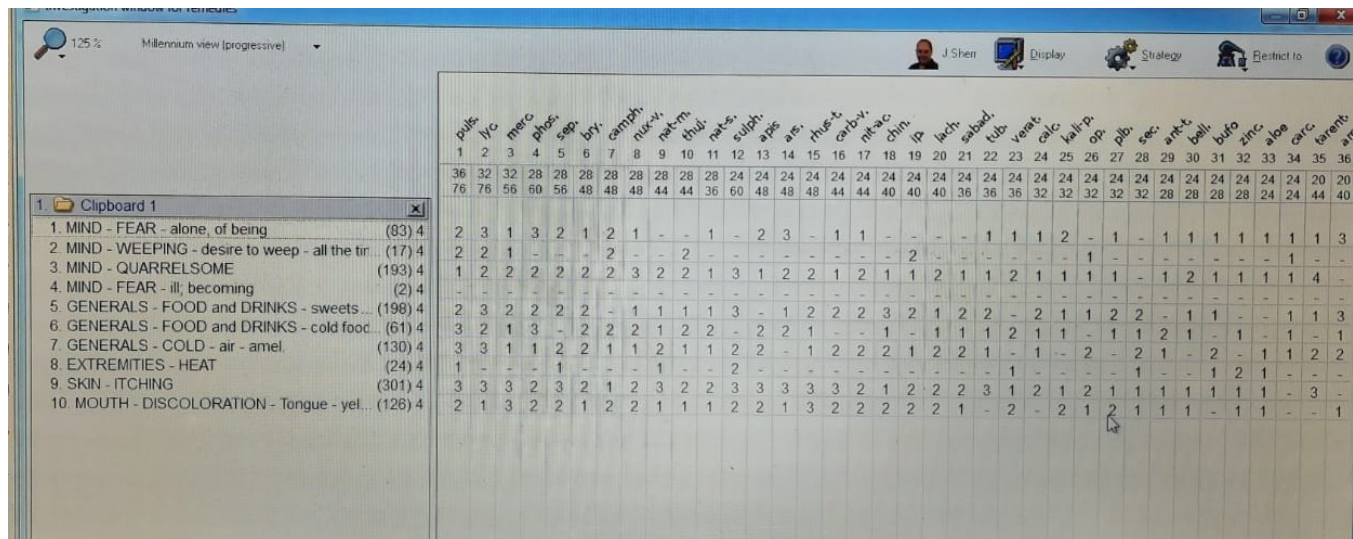
### Analysis and evaluation of symptoms-

| Sl. No. | Symptom type       | Symptom                          | Intensity | Miasmatic analysis<br>(6) (7) |
|---------|--------------------|----------------------------------|-----------|-------------------------------|
| 1.      | Mental general     | Dread of being alone             | ++        | psora                         |
| 2.      | Mental general     | Weeping disposition              | +         | psora                         |
| 3.      | Mental general     | Quarrelsomeness                  | +++       | Sycosis                       |
| 4.      | Mental general     | Fear of illness                  | ++        | Psora                         |
| 5.      | Physical general   | Yellow-coated tongue             | +         | Psora                         |
| 6.      | Physical general   | Desire for sweet                 | +++       | Psora                         |
| 7.      | Physical general   | Burning in palms and soles       | ++        | Psora                         |
| 8.      | Physical general   | Eat cold food                    | +++       | Syphilitic                    |
| 9.      | Particular symptom | Better in cold weather           | ++        | psora                         |
| 10      | Particular symptom | Itching in right lower extremity | ++        | Psora                         |

### Repertorial analysis (8)

| SYMPTOMS                   | RUBRICS                                    |
|----------------------------|--|
| Fear of being alone        | MIND- FEAR-alone of being                  |
| Weeping disposition        | MIND- WEEPING-desires to weep all the time |
| Quarrelsomeness            | MIND- QUARRELSOME                          |
| Fear of illness            | MIND- FEAR-ill, becoming                   |
| Desire for sweet food      | GENERALS- FOOD and DRINK- Sweets           |
| Prefers to eat cold food   | GENERALS- FOOD and DRINKS- Cold food       |
| Better in cold weather     | GENERALS- COLD- air- amel.                 |
| Burning in palms and soles | EXTREMITIES- HEAT                          |
| Itching in lower extremity | SKIN- ITCHING                              |
| Yellow coated tongue       | MOUTH- DISCOLOURATION- Tongue- yellow      |

Repertorisation sheet-



Prescription

After repertorisation, *Pulsatilla pratensis* possessed highest grade and highest matching of symptoms. Here, pulsatilla was selected on the basis of mental as well as physical symptoms of the patient. The patient had weeping disposition, thirstless, bitter taste in mouth in morning which is very particular in itself, in consultation with materia medica and repertorial result.<sup>(9)</sup>  
<sup>(10)(11)(12)</sup> So, *Pulsatilla pratensis* was prescribed for this case.

Prescribed on- 4-2-2022,

*Pulsatilla pratensis* 200/2 dose, early morning mixing with ½ cup of water for 2 days along with placebo every day, two times after eating for 7 days.

Selection of dose and potency

As per *Organon of Medicine*, aphorism 247 5<sup>th</sup> edition and according to the susceptibility of the patient, the potency was selected.<sup>(5)</sup> 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 high potency.

Justification of repetition of the remedy

Every well-chosen medicine should be repeated at suitable interval, aphorism 246 5<sup>th</sup> edition of *Organon of Medicine*.<sup>(5)</sup> Treatment was continued for 5 months. There was marked improvement in every follow-up. One dose of *Pulsatilla pratensis* was repeated at 4<sup>th</sup> follow up as there was reappearance of symptoms. After initial improvement, if same symptoms are reappearing, then repeat the same medicine.<sup>(13)(14)</sup>

Follow up

| Date of visit | Response  | Medicine prescribed             |
|---------------|---|---------------------------------|
| 12-02-2022    | No changes took place. Itching and burning was as it is. Bleeding was also same.  | Saclac-200/1 drop BD × 15 days  |
| 25-02-2022    | Bleeding improved, no watery discharge, but itching and burning persists  | Saclac-200/1 drop BD × 15 days  |
| 11-03-2022    | No burning and itching also reduced   | Saclac-200/1 drop BD × 15 days  |
| 24-03-2022    | Itching and burning reappeared. It was more than previously, <b>So, same medicine with same potency was prescribed again.</b> | Pulsatilla pratensis 200/1 dose |
| 08-04-2022    | Patient felt better, itching reduced, no burning  | Saclac-200/1 drop BD × 15 days  |
| 22-04-2022    | Eruptions covered with dry, scaly, black patches  | Saclac-200/1 drop BD × 15 days  |



|            |   |                                |
|------------|---|--------------------------------|
| 06-05-2022 | Eruptions were healed with no burning and itching | Saclac-200/1 drop BD × 15 days |
| 20-05-2022 | Scales were no longer seen                        | Saclac-200/1 drop BD × 15 days |
| 03-06-2022 | Normal skin appeared again                        | Saclac-200/1 drop BD × 15 days |

## Picture of the patient



Fig 1 Before treatment 4 Feb 2022



Fig 2 During treatment 24 March 2022



Fig 3 After treatment 20 April 2022

## Conclusion

Homoeopathy is an artistic and holistic method of treatment. Hence any homoeopathic medicine selected on the basis of complete individualisation of the patient and totality of symptoms provide sure and permanent cure to a patient. Eczema is a no exception to it. In this case also we have seen the miraculous effect of homoeopathic individualised medicine. After attaining complete cure, there was no relapse seen in the patient. Proper selection of medicine in homoeopathy provides a patient complete and permanent cure.

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# Autism – a misnomer, a well-kept secret, a story

By Dr Himani Gupta, Dr Meenakshi Yadav

**ABSTRACT:** This is a case report that highlights the definition, types, symptoms, treatment and management of autism. It will help to understand such types of neurodevelopmental disorders.

**Keywords:** Autism, neurodevelopmental disorder, prevalence, case analysis, scientific research.

**Abbreviation:** autism spectrum disorder (ASD), World Health Organization (WHO), Centers for Disease Control and Prevention (CDC), aphorism (Aph), attention deficit hyperactivity disorder (ADHD), United Kingdom (UK)

## Introduction:

19th march 2020

The journey of this article started with a case came across during medical practice.

A mother came to the clinic with her 1.5-year-old child complaining of cough and cold that he had since his birth. After full case taking and observing child's behaviour a right provisional diagnosis was framed. The child was prescribed simillimum and advised mother, your child is having autism and it should be treated properly and diligently. She rather got annoyed and went to

some other pediatricians who told her otherwise. Those practitioners questioned about diagnosis and joked how could someone diagnose autism in few minutes by just talking and observing them.

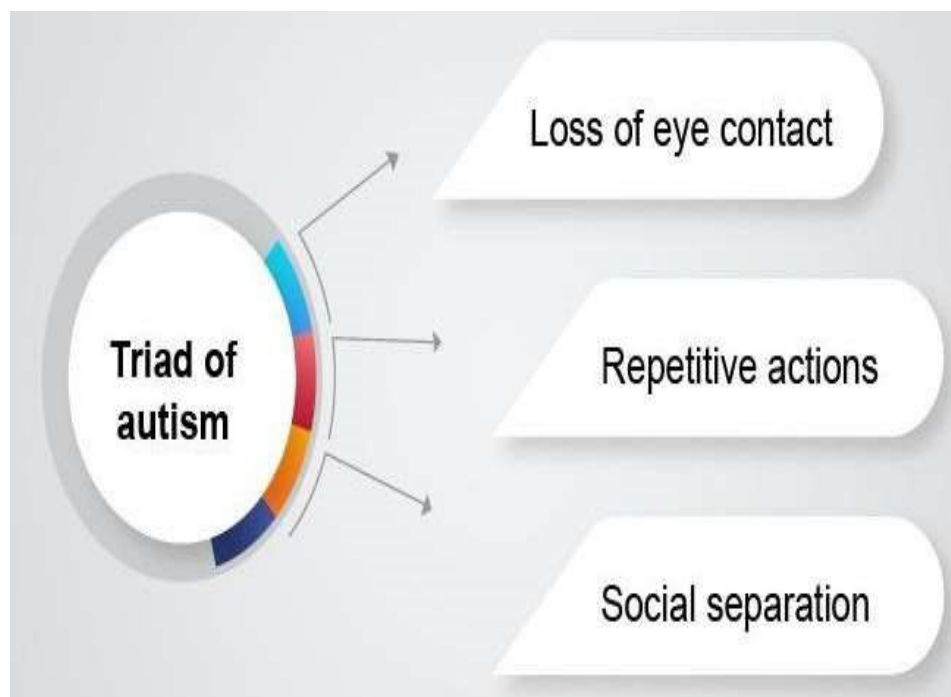
22nd November 2020

Day went by and after 1.5 years, same woman visited clinic with her child and this time, she fully acknowledged with diagnosis. She told how allopathic practitioners are giving her son therapies but she is not mentally happy with all those treatments. And wants her child to get treated by homoeopathy.

Before moving forward in this case,

Let's understand autism...

"The term autism (from the Greek term autos, meaning "self") which means literally being absorbed in "one self" was coined in 1911 by Swiss psychiatrist Eugen Bleuler, who used it to describe withdrawal into one's inner world".[1] autism spectrum disorder is a group of neurodevelopmental disorders having learning and communication hampered.[1]



Triad of Autism [2]

prevalence

Mental illness levels 2nd in causing disability as per data of global burden of disease by WHO autism prevalence rate <sup>[3]</sup>

- In 2021, the CDC reported approximately 1 in 44 children in the U.S.
- is diagnosed with an autism spectrum disorder (ASD),
- In 2018, 1/27 boys and 1/116 girls identified with autism
- Boys are four times > likely to be diagnosed with autism than girls.

## THE SIGNS OF AUTISM



Signs of autism <sup>[2]</sup>

**Now, let's discuss the above case of child once again.**

The patient aged 3 years visited us on 22nd November 2020. As narrated by mother his presenting complaints were delayed speech and hyperactivity.

At the age of six months, mother noticed that the child is slow in all the activities as compared to the other children. He cries seeing the food. His appetite continued to decrease from childhood. The child is very restless and fearless. He loves animals, hugs dogs, and gets excited

easily. He smells soaps and collects thread and other smooth things like toffee, stones having smooth surfaces, and erasers. He likes to play with these things instead of the usual toys sold outside. He lacks concentration and does not obey his mother and remain in his own world. He has an unsatisfactory stool that stinks. Carries of teeth since childhood. He has had itching on hips and both legs for 1 to 2 years.

**PATIENT AS A PERSON**

Child is hyperactive, want different

strange things to play like chopped vegetables, like brinjal, and lemon, rubber, pebbles. Does not play with kids, not social, like to swing and rotate on one place, does not share things, sibling jealousy is present. Hits someone mischievously, if hits back then show anger with grinding teeth but does not harm others. Diligent; very intelligent, if he learns something by himself then retains it for a very long time.

Likes to draw shapes, figures and enjoy colouring. Quite emotional and close to his mother. Wants to sleep with mother or his thing near



him, if anyone put it to other side of the bed, then he just got awakened suddenly. He even scratches his wounds and makes them smooth for his mental satisfaction.

*“Pregnancy is a link between one generation to another”.*<sup>[4]</sup> The aura, mother experienced in her intrauterine life plays a major role in causing autism.

**In aphorism 11 of Organon of medicine** Dr S. Hahnemann said- *when a person falls ill,*<sup>[5]</sup>

**Harmony Disturbed = vital force disturbed = equilibrium disturbed.**

To understand the cause of this condition of patient, one has to probe into intrauterine history of pregnancy from his mother:

His pregnancy was neither wanted

nor planned. His mother got conceived before marriage by mistake and her boyfriend asked her to go for an abortion. But she was firm, wants to bring the child into the world. However, they finally got married after two months. Mother was mentally stressed during her whole pregnancy as she was the second wife of her husband. Her husband was the elder son of his family. Her brother-in-law’s wife used to torture her as she had seen the ultrasound reports and wants her to tell to the family.

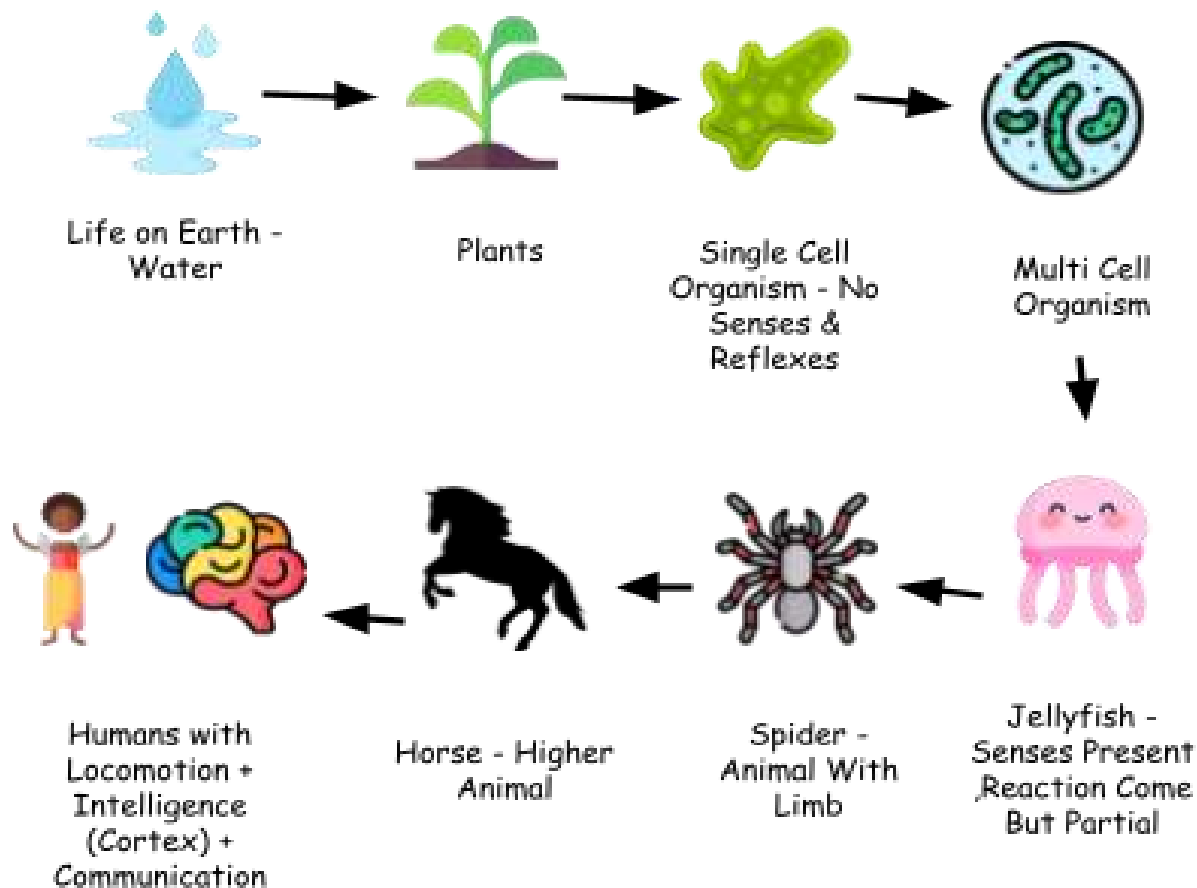
Patient was having fear and fright that her family would get to know about her pregnancy. Her image will be spoiled (“sab bolenge Maine fasa liya unke bete ko and jabrdasti shadi karne k liye force kiya hai bache ki wajah se”). She was worried that the doctor would tell his family

about this, so she was requesting the doctors not to tell anyone. She felt frightened throughout the pregnancy and stopped interacting with the outside world. She restricted herself to her own world.

**Aph 11 FN**<sup>[5]</sup> - Every cause has an effect and every effect has a cause called the **cause effect relationship**.

**Aph 16 FN and Aph 221**<sup>[5]</sup> - Most severe disease may be produced by sufficient disturbance of the vital force through the imagination (false belief) and cured by the same.

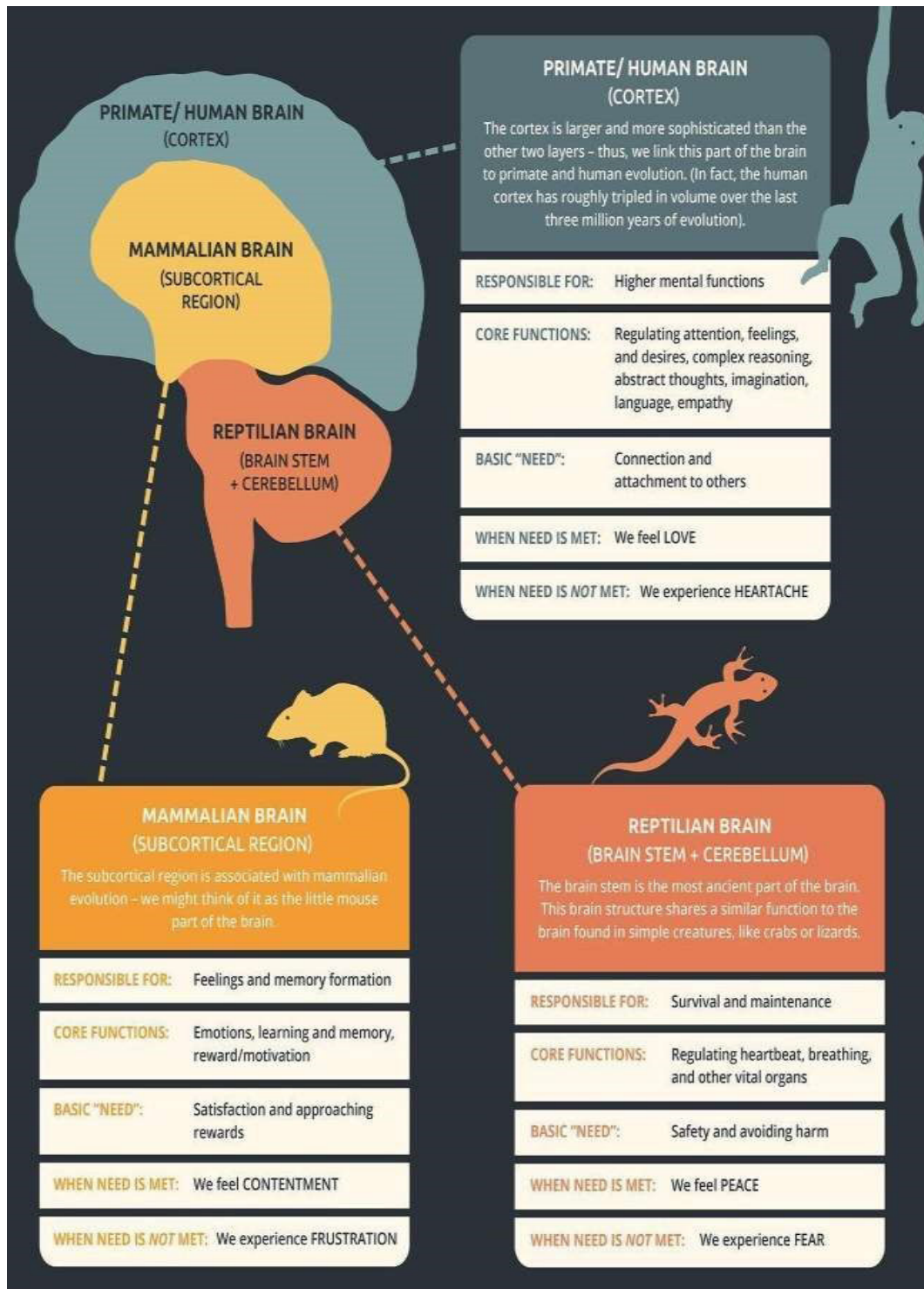
Journey of a child not only starts during pregnancy but also before conception. His mental and behavioural development starts in the womb as per mothers physical and emotional state (either she is feeling happy, excited, shocked, confused or upset) which covers pre and post pregnancy phase.



Evolution of Human Brain [6]

In autism, a child's brain is under developed and doesn't attain a normal evolutionary phase. By this classification, one can easily evaluate which part of the brain is affected and to what extent a child is having the autism either mild or severe in levels.

FUNCTION OF BRAIN



Function of Brain [7]

**Case Analysis-**

**In organon of medicine aphorism 206 f.n.**, causes of much more important character must lie at the root of the initiation and progress of a serious, obstinate disease of long-standing origin. This states that, if the couple is not in the state of planned pregnancy even if they are physically fit, they will not give birth to a healthy child. The trauma, mother experiences in each stage of

pregnancy, lead to baby’s developmental arrest.<sup>[8]</sup>

We emphasize totally on our Dr. Hahnemann’s teachings. A thorough anamnesis, developed pathology, predominant miasmatic state, knowing the constitution of individual (Aph. 5), identified patient characteristic general, mental, emotional symptoms reflect the temperamental structure and individualization. (Aph. 230) Throughout the case tak-

ing patient was clinging to his things and to his mother makes him awake if separated.

Following rubrics to arrive at correct simillimum.

- Mind – Clinging
- Mind - Fear delirium in
- Mind – Memory active
- Stomach – Appetite wanting

| Remedy Name                                 | Bell  | Op    | Stram | Ars | Cupr | Phos | Puls  | Agar  | Gels  | Hyos  | Nux-v |
|---|-------|-------|-------|-----|------|------|-------|-------|-------|-------|-------|
| Totally                                     | 15    | 13    | 12    | 11  | 11   | 11   | 11    | 10    | 10    | 10    | 10    |
| Symptoms Covered                            | 4     | 4     | 3     | 4   | 4    | 4    | 4     | 3     | 3     | 3     | 3     |
| Kingdom                                     | Plant | Plant | Plant | Min | Min  | Min  | Plant | Plant | Plant | Plant | Plant |
| [Complete] [Mind] Clinging (53)             | 3     | 1     | 4     | 3   | 3    | 3    | 3     | 3     | 4     |       |       |
| [Complete] [Mind] Fear Delirium, in (58)    | 4     | 4     | 4     | 3   | 3    | 1    | 3     |       |       | 3     | 3     |
| [Complete] [Mind] Memory Active (129)       | 4     | 4     |       | 1   | 1    | 3    | 1     | 3     | 3     | 4     | 3     |
| [Complete] [Stomach] Appetite Wanting (698) | 4     | 4     | 4     | 4   | 4    | 4    | 4     | 4     | 3     | 3     | 4     |

Complete Repertory [8]

**Rule out points**

**Bell-** child is not chilly and complaint is not sudden in onset.

**Ars** – child is not so much fastidious

**Cup-**child like to be touched and kissed, even when mother cry in front of her he says mom please don’t cry and wipe her tears and kiss her.

**Puls** – child doesn’t like cold food.

**Basis of prescription-**

*Opium* is a very important medicine for complaint appear from fright and fear and the reaction here is mother is not complaining to anyone as she did the mistake, same also the child didn’t complaint and

cut off the communication to outer world. HOT, THIRSTY, child is very sharp, cheerful within himself. child is having so sharp intellect that mother said even the child tell those rhymes and bhajan which we have never told, Here the child unique quality is he like everything smooth, makes his injury smooth. Child is making the continuation in the skin. i.e. skin is representation of connective tissue, i.e. the child has aversion to quarrel and reaction to this is fright and fear, even the discords in home makes him very frightful that’s why we took the rubric delirium fear in as the mother fear is now transferred to child.

**Treatment and follow up** - He was prescribed the most appropriate medicine *Opium 200 stat* followed

**with sac lac for 1 week**, based on the principles of homoeopathy and totality of symptoms on 22.nov.2021

**3.12.20** - Patient is having no significant changes in the behavior but still improvement in appetite was noticed. Have to strain little less for the stools now.

**After 3 months later** - Diarrhoea was present, slight pain in abdomen leads to defecation. Hitting has reduced now. Started getting fearful, knows if people will beat me so his intellect was getting better. Restlessness got better; weight has increased from 12 to 14kg. Grinding of teeth after getting angry has decreased.

**25.2.21-** nasal polyp have now de-



veloped, more left than right side. Dry cough started.

**After 1 year** - Tendency for coughing which was in childhood developed again, repetition is better now. children have scored good marks in school, Understanding has improved.

**Till date the patient is taking treatment and improving.**

**Prevention-**

Actual cause of the autism is not known till now but what are the factors which have been identified are any drug abuse during pregnancy and any stress related to the mental stress of the couple. All of these

factors which can enhance the possibilities of a child having autism are the preventive measures during pregnancy.<sup>[9]</sup>

**Scientific research and management-**

When we talk about autism and homeopathy, lots of questions come to mind. The widely circulated anecdotal evidence, holistic homeopathic therapies can be used. However, rigorous clinical trials that offer more definitive evidence of efficacy must be conducted.<sup>[10]</sup>

Therapies—including the mechanisms through which they operate and the types of patients that they are most likely to help—and to create meaningful treatment protocols

and the motivation to pursue research on the efficacy of homeopathic treatments for other neurological disorders, such as attention deficit hyperactivity disorder (ADHD).<sup>[10]</sup>

For instance, in a comparative consecutive case series of thirty children with ADHD from 2016, researchers in the UK reported statistically significant improvements by individualized homeopathic therapy from a trained homeopath, as compared to those who received conventional treatments. The researchers noted that there were broad symptom improvements in the patients with a concomitant diagnosis of autism spectrum disorder. Studies like this one could provide impetus for more rigorous research on homeopathy and autism in the future.<sup>[10]</sup>



Parenting Tool [11]

## Conclusion-

Autism is a chronic condition that affects nearly 1 of every 150 children and requires a well performed medical treatment.<sup>[3]</sup> Homoeopaths would need to train themselves in applying the biopsychosocial model and integrating it with homoeopathic principles to ensure a favorable outcome. Homoeopathic medicines work like magic in cases of behavioural disorders.

“Autism: a misnomer, a well-kept secret” is a complicated and unexplained title, which researchers are trying to detail but still remains a big mystery. Behaviour problems are so often affecting children, although these problems are so ignorant by the parents in recent era or if they have already sensed the unique behavior of their child, they will be afraid to label it as this is going to change the course of their child’s life and they will have to start the therapy for this autism which will open up their world and doesn’t close it down anymore anytime.<sup>[12]</sup>

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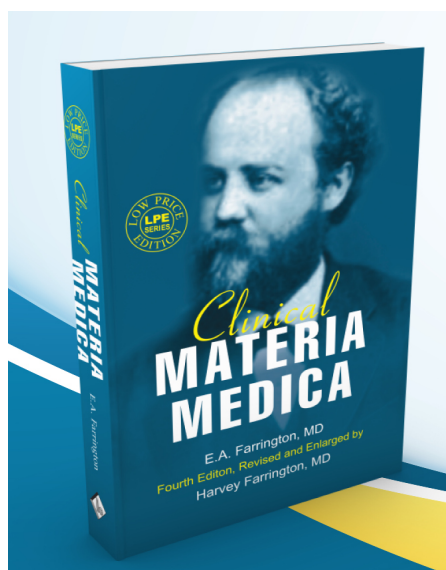
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# Compositae family remedies in homoeopathy

By- Dr Krishna Murari

**ABSTRACT:** Compositae family is also known as Asteraceae. There are approximately 900 genera and 19,000 known species of flowering plant present in this family. commonly known as the Aster, daisy, compositae or sun flower family. Most of the species are annual, biennial or perennial but there are shrubs, vines and trees also present. Compositae family remedy is one of the most important family because of the huge number of medicines belongs to this family is useful in day to day Homoeopathic practice. Remedies of this family is useful in acute as well as chronic effect of trauma, febrile affections, convulsions, hysterical affections, hepatic affections, hemorrhagic conditions, pediatric disorders, cancerous affections, cardiac affections, kidney disorders, gouty and rheumatic affections, etc. The most important feature of this family remedy is hypersensitivity.

**Keywords:** Compositae family, remedy, homoeopathy

**Abbreviation:** GIT – gastrointestinal tract, RS – respiratory system, CNS- central nervous system

## Introduction:

Compositae family remedy is one of the most important family because of the large number of medicines belongs to this family, some medicine of this family is most popular among the public other than homoeopaths like Arnica montana for injury, the another medicine which is most popular for preventive as well as curative dengue fever is Eupatorium perfoliatum, the another remedy carduus marianus which is also popular for disorders of portal system and liver especially in cirrhosis of liver. Remedies of this family is useful in acute as well as chronic effect of trauma, febrile affections, convulsions, hysterical affections, hepatic affections, haemorrhagic conditions, paediatric disorders, cancerous affections, cardiac affections, kidney disorders, gouty and rheumatic affections, etc. The most important feature of this family remedy is hypersensitivity. There are 60 remedy mentioned in different homoeopathic material medica. Compositae family is also known as Asteraceae. There are approximately 900 genera and 19,000 known species of flowering plant present in this family, commonly known as the aster, daisy, compositae or sun flower family. Most of the species are annual, biennial or perennial but

there are shrubs, vines and trees also present. The members of this family is distributed from subpolar to tropical regions in the wide variety of habitats. Most of the plants are cultivated as ornamental plants, food plants or grow as weeds.<sup>1</sup>

## Discussion

### Active principles

Phenolic ester (anethol), hydrocarbons (cadinene, diapienene, limonene etc.), resinoid (senecioin, lectucopictin), glycosides (abisinthin, arnicin, anethylic acid, cyanin, eutactorin, inulio etc.), acetone (camphor, thuyone), alcohol (cineol, borneol, manitol, terpineol etc.), starch (inulin), acids (actinic, alantic, anagelic, gallic, lactucic etc.), alkaloids (abortin, achillene, echinopsine, lobelandine, seneciofoline etc), miscellaneous (absinthin, santonin)<sup>1,2,3</sup>

### Spheres of action

Blood, blood vessels (capillaries), heart, mucous membrane of GIT and RS, mind, nerves, CNS, skin, brain, liver, kidney, spleen, female reproductive system, breast, joints etc.<sup>1,2,3,4</sup>

### Patho-physiological action

Blood and blood vessels- it causes relaxation & weakening of capillary resulting in stasis, extravasation, echymosis and internal haemorrhage.<sup>2,3</sup>

Heart – fatty heart and hypertrophy<sup>4</sup>.

Mucous membranes of GIT AND RS – inflammatory changes with exudation and soreness followed by discharges with haemorrhage.<sup>1</sup>

Liver – inflammatory changes in liver and gall bladder, in later stages, cirrhosis.<sup>4</sup>

Mind – irritability, oversensitive, anxious, frightfulness, nervousness etc.<sup>4</sup>

Nerves – injuries followed by inflammatory changes and severe pain with soreness.<sup>1</sup>

CNS – congestion resulting in convulsion.<sup>1</sup>

Skin – inflammation, suppuration, eruptions, pimples, lymphangitis.<sup>1,4</sup>

Muscle and soft connective tissue – causes inflammatory changes, spasm.<sup>1,2</sup>



Female reproductive system – causes atonic condition and bleeding<sup>1</sup>, spasmodic contraction.<sup>4</sup>

Joints – inflammatory changes in joints<sup>1</sup>, contracted sensation, gouty nodosities.<sup>4</sup>

**The compositae family remedy can be classified in different groups according to their prominent features, like-**

1. *Injury group*<sup>4</sup> (*Arnica Montana*, *Bellis perennis*, *Calendula officinalis*, *Cineraria maritima*, etc.)
2. *Fever group*<sup>2,3,4</sup> (*Eupatorium aromaticum*, *Eupatorium perfoliatum*, *Eupatorium purpureum*, *Helianthus annuus*, *Parthenium Hysterophorus*, *Pyrethrum parthenium*, etc.)
3. *Liver and GIT group*<sup>1,2,4</sup> (*Carduus marianus*, *Cardus benedictus*, *Senecio aureus*, *Gnaphalium polycephalum*, *Inula helenium*, *Solidago virgaurea*, *Tussilago farfara*, *Tussilago fragrans*, *Tussilago petasites*, etc.)
4. *Renal remedy*<sup>4</sup> (*Brachyglottis repens*, etc.)
5. *Convulsion group*<sup>4,5</sup> [*Abrotanum* (*Artemisia abrotanum*), *Absinthium* (*Artemisia absinthium*), *Artemisia vulgaris*, *Cina maritima* (*Artemisia maritima*), *Chamomilla*, *Tanacetum vulgare*, etc.]
6. *Haemorrhage group*<sup>4</sup> (*Millefolium*, *Erechthites hieracifolia*, *Erigeron canadense*, etc.)
7. *Others* (*Echinaceae angustifolia*, *Echinaceae purpurea*, *Grindelia*, *Wyethia helenioides*, etc.)

## GENERAL CHARACTERISTIC FEATURES

### AILMENTS FROM

Bad news<sup>1,5</sup>, trauma<sup>1</sup>, grief<sup>1</sup>, hurry, abuse of coffee and narcotics<sup>1</sup>, fall from height<sup>4</sup>, mechanical injury<sup>1</sup>, blood poisoning<sup>1</sup>, suppression of an-

ger,<sup>1</sup> etc.

## MENTAL GENERAL

### Mental irritability.<sup>5</sup>

Abro, Arn, Art –v, Cardm, Cham, Cina, Lact, Tarax. **Nervous excited, fidgety, worried.**<sup>5</sup> Absin, Arn, cham, cina, Calend, Senecio, Tanac.

### Hysterical tendency.<sup>5</sup>

Abrot, Absin, Cham, Eup arom, Eup pur, Cham, Lact, Mill, Senecio.

### Sadness, mental depression.<sup>1,3,4,5</sup>

Abro, Arn, Cham, Cina, Echi, Eup per, Eup pur, Lact, Senecio, Tarax.

Sensitive to effects of recent or past trauma.

Fear of accidents, of dead bodies, of heart diseases at night, fear of being touched.<sup>5</sup>

Cursing after rage.<sup>5</sup>

Anxious.<sup>1</sup>

Anguish especially during angina pectoris.<sup>5</sup>

Aversion to work, dissatisfaction all the time.<sup>1</sup>

Nervousness, hysteria in females during menses.<sup>1</sup>

Frightened, starts with fright.<sup>5</sup>

Answering as if uncuncious.<sup>5</sup>

Contradiction intolerable.<sup>1</sup>

Somnambulism, gets up at night to work but forgets in the morning.<sup>1</sup>

Forgetful – sensation as if forgotten something, suddenly stops while walking.<sup>1</sup>

Irritability, gets aggravated by noise.<sup>1</sup>

Child – spiteful, ill-natured, uncivil, cruel, peevish, irritable, poor comprehension.<sup>3,4</sup>

Aversion: doctors, injections, medication, operations, vaccinations, wounds, hurt, being domineered<sup>1,3,5</sup>

## CHARACTERISTIC PHYSICAL SYMPTOMS

**Injuries, bad effects of injuries (acute as well as chronic); including blows, falls, bruises.**<sup>1,3,5</sup>

*Arnica montana*, *Bellis perennis*, *Calendula officinalis*, *Chamomilla*, *Cineraria maritima*, *Echinacea angustifolia*, *Liatris spicata*, *Millefolium*

Sore, lame, bruised feeling of affected parts with congestion, hard bed feeling with marked restlessness accompanies various ailments.<sup>1</sup>

Hypersensitivity to touch-out of proportion to affection.<sup>5</sup>

Vertigo – seem to turn in a circle while walking.<sup>5</sup>

Discharges acrid offensive, involuntary.<sup>1</sup>

Sudden shifting paralytic pains.<sup>5</sup>

Septic fever with delirium and pseudo euphoria.<sup>1</sup>

Recurrent symmetrical sore crops of boils.<sup>5</sup>

### Nervous affections

Convulsions<sup>5</sup> – Absinthium, *Arnica montana*, *Artemisia vulgaris*, *Chamomilla*, *Cina maritima*. Convulsion with trembling tremulousness in internal organs.<sup>1</sup>

Convulsions after suppression of menses, lochia and milk.<sup>1</sup>

-hemoptysis after suppression of menses.

-dysmenorrhea with sensation of weight in pelvis with scanty menses.

Attack of colic after hard labour.<sup>1</sup>

Epilepsy after puberty.<sup>1</sup>

## Affections of children

Convulsion in children<sup>5</sup>—*Artemisia vulgaris*, *Chamomilla*, *Cina maritima*  
 Dentition during<sup>5</sup>—*Artemisia vulgaris*, *Chamomilla*, *Cina maritima*  
 Dentition problems.<sup>4</sup>  
 Worms complaints.<sup>3</sup>  
 Emaciation<sup>5</sup> -*Abrotanum*, *Arnica montana*, *Chamomilla*, *Cina maritima*, *Nabalus*  
 Marasmus- ascending wasting in spite of ravenous appetite.<sup>1</sup>

Lienteric stools, milky urine.<sup>1</sup>

Circumscribed red cheeks, Blue rings around eyes.<sup>1</sup>

Oversensitivity arising from abuse of coffee and narcotics.<sup>1</sup>

Thirsty<sup>1</sup>.

Anxious dreams with restless sleep.<sup>1</sup>

## Generally left sided affections

*Abrotanum*: Darting pain in left ovary.<sup>3</sup>  
*Artemisia vulgaris*: Spasmodic twitching with mouth drawn to the left.<sup>3</sup>  
*Cina maritima*: Left foot in constant spasmodic motion.<sup>4</sup>  
*Carduus marianus*: Left lobe of liver very sensitive. Stitches in left side of stomach near spleen.<sup>4</sup>  
*Eupatorium perfoliatum*: vertigo sensation of falling to left. Swelling of left great toe.<sup>4</sup>  
*Eupatorium purpureum*: Pain around left ovary. Left sided headache with vertigo. Pain from left shoulder to occiput.<sup>3</sup>  
*Erigeron canadensis*: Pain in left ovary and hip.<sup>4</sup>  
*Helian*: Rheumatic pain in left knee. spleen affections.<sup>4</sup>  
*Grindelia*: Dull pain and fullness in left hypochondrium, Cutting pain in region of spleen extending to hip. Spleen enlarged.<sup>4</sup>  
*Inula*: tearing pain in left palm unable to double fingers.<sup>4</sup>  
*Lactuca virosa*: lame hip down left side < walking.<sup>4</sup>  
*Parthenium*: Pain in left hypochondrium. Spleen affection.<sup>4</sup>  
*Senecio*: Sharp pain over left eye through left temple toothache-sharp cutting pain left side.<sup>4</sup>  
*Wyethia helenioides*: pain in left ovary

shooting down to knee.<sup>4</sup>

## Complaints associated with coldness.

*Abrotanum*: Face wrinkled cold with blue rings around the eyes, Pain in stomach with feeling of coldness. Pricking and coldness in fingers and foot.<sup>4</sup>  
*Anthelmia nobilis*: Gastric disturbance with coldness.<sup>4</sup>  
*Arnica montana*: Head hot with cold body. Cold spot on forehead. Internal heat, feet and hands cold. Deathly coldness of forearm.<sup>4</sup>  
*Calendula officinalis*: with cold hands.<sup>4</sup>  
*Echinacea angustifolia*: In fever has cold flashes all over back.<sup>4</sup>  
*Cina maritima*: In fever face is cold and hands warm. Cold sweat on forehead nose and hands.<sup>4</sup>  
*Erechthites*: flashes of heat and coldness.<sup>4</sup>  
*Lactuca virosa*: coldness and numbness of feet and legs, heat of face, headache with general coldness.<sup>4</sup>  
*Taraxacum officinale*: Chilliness after eating and < drinking fingertips cold.<sup>4</sup>

## Marked action upon the blood muscular fibres of the bloods vessels, venous congestion and haemorrhagic tendency<sup>1,2,4,5</sup>

*Abrotanum*, *Arnica montana*, *Bellis perennis*, *Calendula officinalis*, *Carduus marianus*, *Chamomilla*, *Echinacea angustifolia*, *Erechthites*, *Erigeron canadensis*, *Heliathus*, *Millefolium*, *Wyethia helenioides*.

Echymosis, internal bleeding and haemorrhagic tendency.<sup>1</sup>

Haemorrhage from relaxed blood vessels, which is profuse bright red, painless fluid.<sup>1</sup>

- Oozing of blood from edge of closed wounds.

-Open, torn, cut, lacerated, ragged, suppurating wounds.

-Haemorrhage from all orifices and mucus membranes of body.

**Action upon the respiratory mucus membrane, causing allergic manifestations, dyspnoea and whooping**

**cough; exudative processes etc.**<sup>2,3,4</sup> -  
*abro*, *ambros*, *anthesis*, *arn*, *calendula*, *cham*, *carduus*, *echin*, *eup per*, *grindelia helian*, *inula*, *lactuca*, *mill*, *senecio*, *silphium*, *solidago*.

## Predominant action on liver and spleen<sup>2,4,5</sup>

*anth*, *bellis*, *cardus cham*, *helian*, *liatris spicata*, *parthenium*, *senecio*, *tarax*

## Rheumatic affections<sup>1,2,4,5</sup>

*abro*, *absin*, *arn*, *bellis*, *guaco*, *gnaph*, *inula*, *cardus*, *cham*, *eup per*, *lact*, *lappa arctium*, *wyethia*

## A general sensation of soreness, lameness, and bruised feeling<sup>1,2,4,5</sup>

*abro*, *arn*, *bellis*, *brachyglottis*, *cardus*, *cham*, *echi*, *erig*, *eup arom*, *eup per*, *lact*, *lapsana*, *lappa arct*, *senecio*

## The remedies of this group is useful in cancerous affections.

*Abrotanum*: prevents metastasis. Angioma of the face.<sup>4</sup>  
*Calendula officinalis*: As an intercurrent remedy in cancer.<sup>4</sup>  
*Carduus marianus*: rectal cancer with profuse diarrhoea.<sup>4</sup>  
*Echinacea angustifolia*: Tendency to malignancy in acute and subacute disorders. Last stages of cancer to ease pain.<sup>4</sup>  
*Guaco*: Cancer.<sup>5</sup>  
*Senecio jacoboea*: cancer.<sup>3</sup>  
*Taraxacum officinale*: Cancer of bladder.<sup>4</sup>

## Sensitive to cold open air.<sup>2,4,5</sup>

*abrot*, *anth nob*, *arnica*, *bellis*, *calend*

## Has a general action upon the urinary system.<sup>2,4,5</sup>

*abrot*, *absin*, *anth*, *arnica*, *brachy*, *cham*, *cina*, *echi*, *erech*, *erig*, *eup pur*, *gnaph*, *guaco*, *inula*, *lappa arctium*, *liatris spicata*, *senecio*, *silphium*.

## Marked action upon skin<sup>2,4,5</sup>

*abro*, *anth*, *arn*, *bellis*, *calend*, *cardus*, *echin*, *grind*, *helian*, *lappa arct*, *liatris spicata*, *solidago*, *tarax*, *tusi-lago* *petasites*.

Marked action upon eye<sup>2,4,5</sup>  
ambros, arn, art v, calend, carduus  
benedictus, cham, cineraria, eup.  
per, euphorbium, lappa, parthe-  
nium, senicio, solidago.

#### GENERAL MODALITY

#### Aggravation<sup>1,2,4,5</sup>

Damp cloudy weather, touch, mo-  
tion, cold air, drinking, injury, eve-  
ning, jar, night, alcohol, music, and  
suppressed discharges.

#### Amelioration<sup>1,2,4,5</sup>

lying on abdomen<sup>1,5</sup>, better after dis-  
charge<sup>1,5</sup>, rest<sup>1</sup>, profuse sweating<sup>1,5</sup>,  
open air<sup>1</sup>.

### Conclusion

Compositae family remedy is one of  
the most important families because  
of the large number of medicines  
belongs to this family is useful in  
day to day Homoeopathic practice  
. Remedies of this family is useful  
in acute as well as chronic effect of  
trauma, febrile affections, convul-  
sions, hysterical affections, hepatic  
affections, hemorrhagic conditions,  
pediatric disorders, cancerous af-  
fections, cardiac affections, kidney  
disorders, gouty and rheumatic af-  
fections ect.<sup>3,4</sup> The most important  
feature of this family remedy is hy-  
persensitivity.

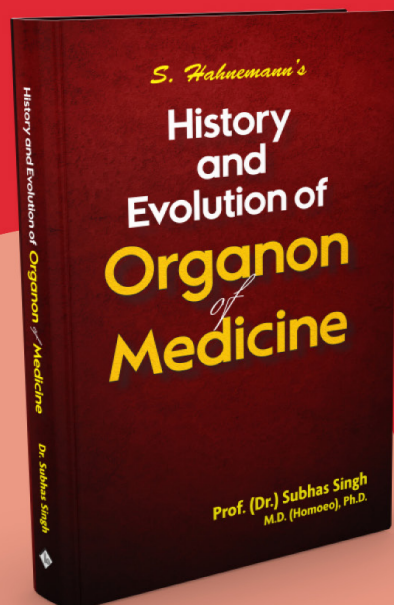
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# Type II diabetes – a modern era pandemic life style disorder

*By Dr Rup Nandi, Dr Alok Nath Shaw, Prof. (Dr) Rajat Chattejee, Dr Aditi Paul*

**ABSTRACT:** Life style diseases a disease associated with the way a person or group of people lives. Common life style disorder in modern era – Stroke, Type II DM, COPD, IBS, spondylosis, arthropathy. Type II DM is one of our global burning life style disorder. Diabetes is an 'iceberg' disease. Now a days DM shape like a pandemic and dreaded disorder. If well managed diabetic patient has a good life expectancy.

**Keywords:** Lifestyle disorder, Type II DM, immune suppression, Homoeopathy

**Abbreviation:** Diabetes mellitus (DM), CHRONIC OBSTRUCTIVE PULMONARY DISORDER (COPD), Irritable bowel syndrome (IBS) , glucose tolerance test (GTT)

## Introduction:

Lifestyle diseases include – Atherosclerosis, heart disease and stroke. These lifestyle diseases which take years to develop and once encountered do not lend themselves easily to cure. Lifestyle diseases are different from other disease because they are potentially preventable, and can be lowered with changes in diet, lifestyle and environment.

Factors responsible – changing in dietary habit, nutritional supplements, daily physical activity, abuse of drugs, resistant to antibiotics, immune-suppression, misbalance of the whole ecological environment.

It is said that in 20<sup>th</sup> century the great achievement in medical science, is the knowledge gained about the **genetic code**. If well used of this discovery, it may help man from the diseases of inheritance, Diabetes is one such disease where heredity plays a very important role.

### Present scenario<sup>1,2,3,4</sup>.

- Although increase in both the prevalence and incidence of Type 2 diabetes have occurred globally, they have been especially dramatic in societies in economic transition, in newly industrialized countries and in

developing countries.

- Globally, it is estimated that 366 million people had diabetes in 2011 and this figure is expected to 552 million by 2030.

As per the WHO, diabetes mellitus is a heterogeneous metabolic disorder characterised by common feature of chronic hyperglycaemia with disturbance of carbohydrate, fat and protein metabolism.

- It is a clinical syndrome characterised by high blood sugar level (hyperglycaemia) and glycosuria , due to relative or absolute deficiency of insulin secretion and/ or action that leads to disturbances in carbohydrate, protein and fat metabolism.
- In a easier way, it is a clinical syndrome characterised mainly by polyuria, polydipsia, and polyphagia due to absolute deficiency of insulin or diminished biologic effectiveness of it or both.

Old 'WHO' Criteria<sup>5,6</sup>:

1. Fasting (overnight): Venous plasma glucose conc. > 140 mg/dl on at least 2 separate occasions.
2. After ingestion of 75 gm

glucose (postprandial) : Venous plasma glucose conc. > 200 mg/dl at 2 hour and on at least one other occasion during the 2-hrs test, i.e, 2 values >200 mg/ dl must be obtained.

- Impaired glucose tolerance test (GTT) – The 2-hr value is b/wn 140-200 mg/dl and one other value during the 2 hrs test is > 200 mg/dl.

(New) WHO Criteria:

- FPG < 110 mg/ dl = Normal
- FPG > 110 mg/dl and < 126 mg/ dl = IFG
- FPG > 126 mg/dl = Provisional diagnosis of DM.
- ORAL GTT-
- 2-h postload glucose (2 hPG) < 140 mg/dl = Normal
- 2hPG > 140 mg/dl and 200 mg/ dl = IGT
- 2hPG > 200 mg/dl = Provisional diagnosis of DM

HbA1c > 48mmol/L (6.5%), But below doesn't exclude DM.

### CLASSIFICATION<sup>1,2,3,6</sup>:

- Type 1 – Immune-mediated, idiopathic.
- Type 2
- Gestational diabetes.

- Other specific types – 1. Genetic defects of Beta cell function (Monogenic DM) :

MODY – there is a strong family history of very mild form of DM having autosomal dominant transmission and a mutation of the glucokinase gene that impairs insulin secretion.

- MODY 1 – Long arm of Chromosome (20q), Common in teens to 30 yrs, Microvascular complications frequent.
- MODY 2 – Genetic defect is at the glucokinase gene, Short arm of chromosome (7p), Present from birth.
- MODY 3 - Long arm of Chromosome (12q), Commonest type in teens under 20 yrs.
- MODY 4 – Chromosomal DEFECT 13q, rare.
- MODY 5 - Chromosomal DEFECT 17q, rare, seen in teens to 20 yrs.

In all these cases, hyperglycaemia due to impaired Beta cell function. No significant insulin resistance. Diet regime or Oral hypoglycaemic agents can correct hyperglycaemia. Insulin is rarely needed.

2. Genetic defects of insulin action (leprechaunism, lipodystrophies)

3. Pancreatic disease -

4. Excess endogenous production of hormonal antagonists to insulin -(GH, Cortisol, Glucagon, Catecholamine, Thyroid)

5. Drug –induced

6. Uncommon forms of immune-mediated diabetes – IPEX Syndrome (Immune dysregulation , polyendocrinopathy, enteropathy, X- linked)

7. Associated with genetic syndromes – Down syndrome; Klinefelter's syndrome; Turner's syndrome ;DIDMOAD (Wolfram's syndrome); Friedreich's ataxia

**POTENTIAL DIABETIC<sup>5</sup>:** No symptoms and show no abnormality on /E or by GTT but are susceptible to develop diabetes in any time of their life.

- Criteria - When one parent is diabetic, other have F/H; Both parents DM and Mother of a 'Herculean baby'

**Pre-diabetes<sup>5</sup>** – Patients with IGT and / or IFG.

**Latent diabetics<sup>5</sup>** – are person who show impaired GTT under stressful conditions – pregnancy, infections, physical and mental stress or when over-weight.

#### Type 2 DM<sup>1,2,3,6</sup>:

IDDM and NIDDM a MISNOMER? It was previously known as 'non-insulin-dependent diabetes mellitus' (NIDDM), because patients retain the capacity to secrete some insulin but exhibit impaired sensitivity to insulin (insulin resistance) and initially can usually be treated without insulin replacement therapy. However, 20 % or more of patients with type 2 will ultimately develop profound insulin deficiency requiring replacement therapy.

#### **Natural History of Type 2:**

In the early stage of the disorder, the response to progressive insulin resistance is an increase in insulin secretion by the pancreatic cells result in hyperinsulinaemia , Beta cell unable to compensate adequately and blood glucose rises; hyperglycaemia; further Beta cell failure, glycaemic control deteriorates and treatment requirements escalate.

Some patients develop DM at a young age, usually driven by insulin resistance due to obesity and ethnicity; others, particularly the elderly, develop DM despite being non-obese and may have more pronounced Beta cell failure.

#### **INSULIN RESISTANCE:**

- IGT, Is one of a cluster of conditions thought to be caused by resistance to insulin action.
- Patients with this type often associated – hypertension, dyslipidaemia, non alcoholic fatty liver, PCOS these are termed as 'insulin resistance syndrome', more common in obese.

#### **Pancreatic Beta cell failure:**

- Reduction in the total mass of pancreatic islet is modest.
- At the time of diagnosis, 50% of Beta cell function lost and declines progressively.

#### **Genetic predisposition:**

- Monozygotic twins where concordance rates for type 2 nearly 100%.
- Family history +, inheritance is polygenic/ heterogenous.
- Largest effect in variation with TCF7L2.( Beta cell functioning, regulation of cell cycling and turnover)

#### **Environmental and other factors:**

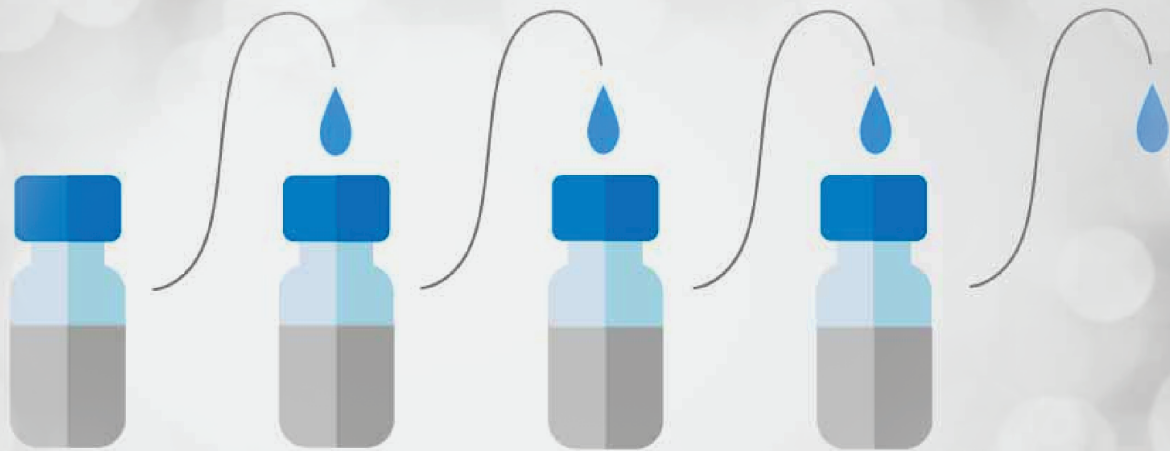
- Overeating combined with obesity and under activity.
- Risk of developing Type 2 – increases 10<sup>th</sup> fold in people with a BMI of < than 30 kg/m<sup>2</sup>.
- More common in the middle aged and elderly.

#### **PATHOGENESIS<sup>6</sup>:**

- So far from the discussion it is clear that, DM it is a complex affair. Lacks of insulin, presence of insulin antagonists, excessive neoglucogenesis, viral infection, HLA system, heredity, autoimmunity are possibly responsible for the development of DM.
- Lack of insulin ----blood



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- 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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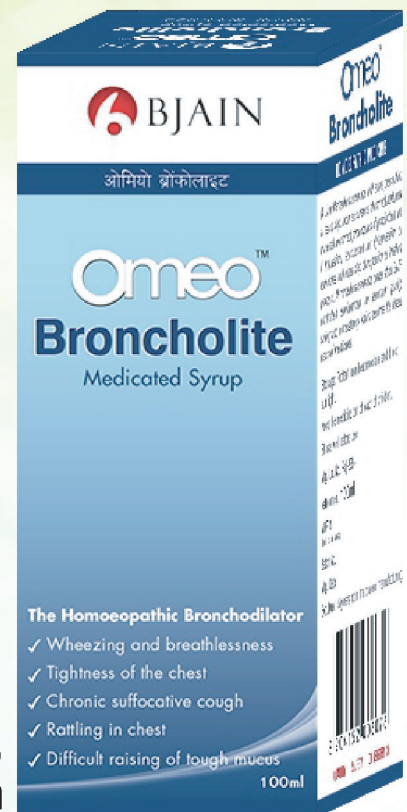
## Indications:

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.      |
| In syrup base        |    |           |

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# SUBJECTIVE

sugar raises-----crosses renal threshold level -----glycosuria.

- Increases the osmolarity of glomerular filtrate -----diuresis, associated with hyponatremia, kalaemia, magnesemia ----- thirst, dehydration, shock etc.
- Sugar not burnt, adequately for energy requirement --- ----- fat mobilised from the adipose tissue ----- Acetyl co-enzyme-A accumulates----- form KETONE BODIES--- Ketonuria .
- Incompletely metabolized carbohydrate accumulate -----Diabetic Ketoacidosis --- coma.
- Continuous loss of sugar in urine -----Neoglucogenesis -----wasting of muscle.

## CLINICAL FEATURES<sup>5,6</sup>:

### Type 2

- Middle to old age, Family h/o POSITIVE.
- Gradual onset of osmotic symptoms, ASYMPTOMATIC. Recognized by microvascular or macrovascular symptoms – delayed wound healing, gangrene, peripheral neuropathy.
- Patient are frequently obese and unexplained weakness and loss of weight.
- Non ketotic hyperglycemic coma.
- Insulin levels are normal or high, Glucagon high/ resistant.

## COMPLICATION<sup>5,6</sup>

Outcome of such conditions in the beginning is promising, the continuation is less favorable, and the outcome hopeless

- EARLY: Hyperosmolar hyperglycaemic non-ketotic coma; Lactic acidosis; Acute circulatory failure.
- LATE- **Microangiopathy-**

Retinopathy- Type 1 (90%), Type 2 (15-20%). Non- retinopathic, retinopathic.

Neuropathy- Type 1 (60%), Type 2 (60%). Peripheral neuropathy, Autonomic neuropathy.

Nephropathy- Type 1 (30-40%), Type 2 (3-15%). Diffuse, nodular glomerulosclerosis, papillary necrosis

**Macro-angiopathy** - Cardiovascular complication, peripheral vascular disease, cerebrovascular disease.

**Gastrointestinal disorder-** gastroparesis, chronic gastritis, pancreatitis, fatty liver, acalculous cholecystitis.

**Recurrent infection; diabetic foot; dermatological -**

### Investigation<sup>5</sup>:

BLOOD TESTING: A. Sugar (fasting, Post prandial), Glycosylated haemoglobin (HbA1, HbA1c)

B. Complete blood count, Erythrocyte sedimentation rate, Lipid profile , Urea, Creatinine, Uric acid

URINE TESTING: A. Urine routine and microscopic

Ophthalmoscope examination; Nerve conduction study; Doppler studies for peripheral vessels, Capillary morphometry.

## PREVENTION and CARE<sup>6</sup>

AIMS OF TREATMENT-Control of hyperglycaemia and glycosuria; Prevention of early and late complication; Maintenance of appropriate body weight.

## Methods of Treatment-

- Type 2 DM – Diet, exercise, oral drugs, Insulin.

## Side effects of Insulin-

- Hypoglycaemia
- Insulin lipodystrophy – Thickening of subcutaneous fat.
- Antibody formation
- Pre-breakfast hyperglycaemia – Somogyi effect, Dawn Phenomenon

## SOLUTION<sup>(4)</sup> -

As DM is a Non-communicable disease, measures should be fully integrated into other community- based programmes for the prevention.

## PRIMARY PREVENTION-

A. POPULATION STRATEGY – In type 1 it is limited, but in type 2 based on elimination of environmental risk factors is possible. There is presenting need for PRIMORDIAL PREVENTION.

B. HIGH-RISK STRATEGY- Type 2 linked with sedentary life style, over-nutrition and obesity, correction of these may reduce the condition. Avoids – alcohol, OCP, Smoking etc.

SECONDARY PREVENTION- Check each visit – blood sugar, urine for protein and ketones, blood pressure, visual acuity, weight, glycosylated haemoglobin etc. Special measure on complicated or acute condition.

TERTIARY PREVENTION- DM is a major cause of disability through its severe complications. The main objects at this level is to organise specialised clinics and basic, clinical and epidemiological research

**PRESENT STATE:** Unfortunately,

there is still inadequate awareness about the real dimension of the problem among the general public. There is also a lack of awareness about the existing interventions for preventing DM and the management of complications. Inadequacies in Primary health care systems, which are not designed to cope with additional challenges poses by the chronic non-communicable diseases, result in poor detection of cases, suboptimal treatment and insufficient follow up leading to unnecessary disabilities and severe complication, often resulting in early death.

### EVOLUTION OF CONCEPT OF MIASMATIC BACKGROUND<sup>(7,8,9)</sup>:

- Hahnemann in his book '*Chronic Disease*' regarded diabetes as secondary manifestation of PSORA which is caused by suppression of itch.
- He had described the symptoms of Diabetes 'At time too much urine is discharged, succeeded by great weariness' and In footnote, he mentioned 'Diabetis, has probably never of any other origin than this malady (Psora).'
- H. A. Roberts, J. H. Allen all were of the same opinion that Psora alone never reaches to such pathological extent, diabetic patient are usually tubercular, if syctic taint – the condition becomes more malignant in their nature and more fatal.

### Homoeopathic management -

*Abroma augusta*<sup>10</sup>- Almost constant dryness of the mouth; drinks large quantities of cold water at a time yet dryness persists; dry and clean tongue; lips dry and bluish. Desire to drink after urination which relieves thirst; Diabetes mellitus; nocturnal enuresis; white ulcers in the mouth of prepuce caused by exces-

sive passage of sugar in the urine

*Aceticum acidum*<sup>10,11,12</sup>- Abundant sugar in urine. Urine increased in quantity; pale; phosphatic; Diabetes, with intense burning, unending and unquenchable thirst and great debility. Gangrenous ulcer.

*Calcarea phosphorica*<sup>10,11,12</sup> - Glycosuria when lungs are implicated, diminishing the quantity of urine and lowering its specific gravity; sore aching in bladder, <after urinating. *Carbolicum acidum*<sup>10,11,12</sup>- Irritable bladder in old men with frequent urination at night, the urine containing sugar; albuminuria, urine of high specific gravity; urea abundant. unusual appetite and thirst for stimulants; great languor and profound prostration.

*Cephalandra indica*<sup>10</sup> - Dryness of mouth with great thirst for large quantity of water at a time. Dryness of throat. Profuse urination; weakness and exhaustion after urination; sugar in the urine; diabetes mellitus.

*Coca*<sup>10</sup> - Diabetes, with impotency.

*Curare*<sup>10,11,12</sup>- Diabetes. Clear and frequent urine, with digging crampy pains in kidneys; dry mouth; great thirst; especially evening and at night; sugar urine, with great emaciation; (acute diabetes). Glycosuria with motor paralysis. Reflexes diminished or abolished.

*Gymnema sylvestre*<sup>10</sup> - 'Sugar-killer'- excellent medicine for diabetes mellitus, profuse urination loaded with sugar. After passage of wine patient exclaims, 'this passing of urine in large quantities has made me very weak', copius; specific gravity- high. Burning all over the body; diabetic carbuncle.

*Helonias dioica*<sup>10,11</sup> - Pain in the kidney with albuminous urine. Weariness, languor, desire frequent and urging. Involuntary discharge of urine after the bladder seemed to be emptied. Urine profuse, clear, light coloured; diabetes.

*Insulinum*<sup>10</sup> - An active principal from the pancreas which affects sugar metabolism. Beside the use of Insulin in the treatment of diabetes, restoring the lost ability to oxidize carbohydrate and again storing glycogen in the liver, some use of it homoeopathically has been made by Dr Wm. F. Baker, showing its applicability in acne, carbuncles, erythema with itching eczema. In the gouty, transitory glycosuria when skin manifestations are persistent give three times daily after eating. Given a persistent case of skin irritation, boils or varicose ulceration with polyuria, it is indicated.

*Kalium bromatum*<sup>10,11,12</sup> - Emaciation, paleness, skin cold and dry, pulse rapid and feeble, tongue red and tender, gums spongy and bleeding; appetite voracious; urine pale, frequent, of great density, and loaded with sugar

*Lacticum acidum*<sup>10,11,12</sup> - Frequent pain in kidney. Frequent desire to urinate large quantities day and night; the attempt to retain it causes pain. Excessive thirst; tongue dry, sticky; gastric ailments; debility and emaciation; feels constantly tired and exhausted from slightest exertion

*Lycopus virginicus*<sup>10,11,12</sup>- Drinks large quantities of water; passes nine to eleven quarts of urine a day; fearful thirst, nothing but coldest water would satisfy; copious flow of clear urine of great density. Urine scanty, thick, muddy, oedema of feet; cloudy; Diabetes mellitus and insipidus from some derangement of the central nervous system

*Magnesia sulphurica*<sup>10,11,12</sup> - Gloominess, especially mornings, and disinclination for work; mouth and throat very dry, as if numb, with a sweetish-bitter taste, in the morning, disappearing after breakfast; aversion to all food. The urine passed in the morning copius, bright yellow, soon becomes turbid, and deposits a copious red sediment. Erections with-

out desire for an embrace

**Medorrhinum**<sup>10,11</sup> - A family history of gonorrhoea, aggravation of all symptoms from sunrise to sunset, amelioration at the sea-shore, albuminuria, glandular enlargements, difficulty in mental concentration, impatience are the guiding symptoms to the use of this remedy in Diabetes. Dryness of mouth; Ravenous appetite, immediately after eating. Neuropathy, burning of the palms and the feet, which though cold to touch, are better when uncovered and fanned.

**Moschus**<sup>11,12</sup> - Unquenchable thirst; great emaciation; frequent passage of large quantities of saccharine urine; impotence occasioned by a cold; preceding diabetes. Paralytic condition of the brain; dimness of sight; great dryness of the mouth and putrid taste; prickling in the skin; general exhaustion, with coldness all over.

**Natrum sulphuricum**<sup>10,11,12</sup> - dryness and burning in the eyes; dryness of mouth and throat; great thirst for very cold drinks; voracious appetite, disgust while eating; foetid flatus; increased urination, especially at night; Urine scanty; dark and passed more frequently, has to get up several times at night.

**Phosphoricum acidum**<sup>10,11,12</sup> - Debility is very marked in this remedy, producing a nervous exhaustion. Mental debility first; later physical. Neurogenic glycosuria. Bad effects from grief, anguish, sorrow and care; all the joints feel bruised; very sensitive to fresh air; lassitude and heaviness; dimness of eyes; urgent want to urinate, with scanty emission of urine, paleness of face, heat, and thirst. Irresistible desire to urinate, urine like that which passes in diabetes mellitus.

**Syzygium jambolanum**<sup>10,12</sup> - Diabetes and insipidus; much thirst with profuse flow of wine in every two hours. No other remedy causes in so marked degree the diminution and

disappearance of sugar in the urine. It is capable of reducing the amount of sugar in the urine. old ulcers of the skin; diabetic ulceration.

**Uranium nitricum**<sup>10,11,12</sup> - Diabetes mellitus and insipidus. Glycosuria and increased urine. Albuminuria. Defects of digestion and assimilation; hepatogenic diabetes. Causes sugar to be deposited in the urine. General languor; debility; cold feeling; vertigo; purulent discharge from eye lids and nostrils, with ulceration of cheeks from the acrid discharge; fishy smell of urine; prostration, somnolence, and shivering during the day; restless at night

## CONCLUSION

- DM is gradually engraving the whole world and now-a-days it is one of the most prevalent clinical syndrome. In India we can find the presence of DM in almost every family and place a most common 'lifestyle disorder' in present era. We need a lot of research and documentation work to establish our efficacy in the field of medical science. Still there is no satisfactory treatment or any vaccine in modern system of medicine, they offer only palliative or symptomatic treatment, disease remains in same place.
- From homoeopathic point of view, one diagnoses the disease and so on patient as a whole. If one goes through the 'ORGANON OF MEDICINE' where Dr Hahnemann mention, 'Knowledge of disease, indication'. Homoeopathic treatment based on 'individualisation' and it solely possible through 'C\case taking' meaning thereby we select the 'simillimum' medicine.

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# Management of weeping eczema through individualised homoeopathic medicine: a case report

By Dr Ankita Mittal, Dr Jagdish Prasad, Dr Nitesh Kumar

**ABSTRACT:** Eczema is a chronic skin condition which affects various group of people. It hinders the life of an individual. Weeping eczema is the complication of eczema which affects very less amount of people. A case of 73 years old man suffering from weeping eczema here was treated successfully by a single individualized homoeopathic medicine.

**Keywords:** Weeping eczema, homoeopathy, individualised medicine, *Arsenicum album*

**Abbreviation:** twice a day (BD)

## Introduction:

Weeping eczema is a complication of eczema (dermatitis) that is characterised by fluid-filled blister on the skin. This condition refers to eczema that leaks a clear to straw-coloured fluid. Rarely, the presence of tiny blisters filled with clear fluid is linked to weeping eczema. Eczema that weeps is a consequence of more common eczema, not a different illness. It was formerly thought a form of lichen because of its tendency to remain papules throughout, and the frequent situation of the papules in the hair-follicles. A careful search may reveal several tiny vesicles at the apex of some of these papules, but more often they are blood capped as the result of scratching. Closely aggregated papules may develop into a weeping patch as the result of vesiculation, or they may become scaly, lose their papules character and become a squamous eczema, which is commonly noted on the dorsal surface of body. The eczema and dermatitis are synonymous. They refer to distinctive reaction patterns in the skin, which be either acute or chronic and are due to number of causes.<sup>[1,2]</sup> Atopic dermatitis, contact dermatitis, and seborrheic dermatitis are only a few of the eczema and dermatitis types that affect more than 31 million Americans. Although severity and symptoms can vary, all varieties of eczema can weep. Weeping eczema causes blisters that ooze

fluid, which wets the skin, which causes this type of eczema to damage our body. When the liquid dries, it leaves a yellowish to orange crusty film on the skin. Eczema is particularly prevalent in regions with flexible skin, such as the neck, inside the elbows, and behind the knees. It can manifest itself on any part of the body, including the hands, face, lips, arms, legs, and feet. Weeping eczema symptoms can take many different forms. Blisters or open sores, drainage on the skin, burning, itching, or soreness of the skin, redness, and crusting are common symptoms. Most of the time, people with weeping eczema find that other eczema symptoms, like swelling or dry, itchy skin, are getting worse. Weeping eczema sufferers may also experience weariness, fever, chills, achiness, and swollen lymph nodes, particularly in the armpit, neck, or groin. Importantly, infection can infiltrate the skin and aggravate eczema symptoms when skin is excessively dry, cracked, or inflamed. Weeping eczema can have infection, however that is a different problem. Staphylococcus, a common Bacteria, is the infection that weeping eczema sufferers experience most frequently. If the herpes simplex virus (HSV-1), which also causes It is a type of itching dermatosis characterised by pruritis and chronicity due to antigen and antibody reaction manifesting on skin associated with intra and extracellular oedema. [1,3,4]

The terms eczema and dermatitis are used interchangeably to describe an extremely common type of inflammatory rash. In the developed world, eczema may affect about 10% of population at any one time, with up to 40% experiencing an episode of eczema during their life time. eczema is classified as constitutional or endogenous, and contact or exogenous. It can also be classified according to duration (acute, sub-acute, chronic). Weeping eczema has severe burning and itching and constantly pours moisture from the skin. [5]

## Case report

A 73 years old male patient visited to the Outpatient department of RBTS GOVT. Homoeopathic medical college and hospital, Muzaffarpur on 07.05.2022 having problem of redness, itching with pain and mild swelling on both feet and both hands. There is bloody watery discharge after scratching from the eruption which ameliorated by washing with warm water.

## Details about the problem:

The complaints start for four years ago. During that time, he consulted with dermatologist and diagnosed, as weeping eczema. He took lots of allopathic medicine, but after taking the medicine, the problem was reduced and suffers lots of mental problem with more sleep, lack of appetite. Whenever, he discontinued

the medicine, again eruption started to appear. Now, the complaints are worse day by day. He feels very disappointed to his complaints. On 07.05.2022, he consulted with our college having with the same problem.

**Past illness:**

He was suffering from asthma in the last 5 years. He took conventional medicine. Ten years ago, he suffers from typhoid fever and treated with conventional medicine.

**Family background:**

His father suffered from diabetes and mother suffered from hypertension. Both are treated with conventional medicine. His wife suffers from ringworm and treated with homoeopathy. He had two children without any problem.

**PATIENT DETAILS:**

**Mental aspect:**

The patient was very restless, can't stay in one place. He was very anxious on his health and fastidious in nature; always try to clean the surrounding and room. He feels very anxious, when he was in alone and having fear of death.

**Physical general:**

On enquiry, the physical aspect, his appetite was less. He had desire for cold water, cold drink and sweet. He took 2-3 litre water every day. His stool was regular. No complaints on urine. Sleep was disturbed due to his complaints. Perspiration on whole over the body, even in cold weather.

**General physical examination**

Pulse rate - 82/min.  
Respiratory rate - 18/min.,

Temperature: 98.6°F,  
Height: -154 cm  
Weight: - 55 Kg  
B.P.: -130/80 mm Hg.

-No sign of pallor, cyanosis, icterus, clubbing, lymphadenopathy.

**Local examination**

- Redness,
- heat,
- swelling of skin,
- watery fluid discharge from injured area,
- Severe itching

**Provisional diagnosis:** Weeping eczema<sup>[1]</sup>

**Justification of diagnosis:** Symptomatic

**Analysis and evaluation of symptoms: -**

| S.N. | SYMPTOMS  | ANALYSIS         | EVALUATION | MIASM <sup>[7]</sup> |
|------|---|------------------|------------|----------------------|
|      | Anxiety about health < alone when                 | Mental general   | +++        | Psora                |
|      | Restlessness and nervousness                      | Mental general   | ++         | Psora                |
|      | Fear of death                                     | Mental general   | ++         | Psora                |
|      | Fastidious  | Mental general   | ++         | Psoro-syphilitic     |
|      | Desire for sweet                                  | Physical general | ++         | Psora                |
|      | Desire for cold drink, cold water                 | Physical general | ++         | Syphilis             |
|      | Eruption with bloody discharging<after scratching | Particular       | +++        | Syphilis             |
|      | Eruption -Severe itching and burning              | Particular       | +++        | Psoro-syphilitic     |
|      | Eruption < cold                                   | Particular       | +++        | Psora                |
|      | Itching > by washing warm Water                   | Particular       | ++         | Psora                |

Reportorial sheet [8]: -

This analysis contains 860 remedies and 13 symptoms  
Intensity is considered  
Sum of symptoms (sorted degrees)

|    |      |         |      |       |       |      |      |        |        |         |       |       |        |        |      |
|----|------|---------|------|-------|-------|------|------|--------|--------|---------|-------|-------|--------|--------|------|
|    | ars. | rhus-t. | lyc. | phos. | calc. | sep. | sil. | arg-n. | nux-v. | kall-c. | puls. | lach. | sulph. | nat-c. | hep. |
| 1  | 2    | 3       | 4    | 5     | 6     | 7    | 8    | 9      | 10     | 11      | 12    | 13    | 14     | 15     |      |
| 12 | 9    | 8       | 8    | 8     | 8     | 8    | 7    | 7      | 7      | 7       | 7     | 7     | 7      | 7      | 7    |
| 28 | 15   | 17      | 16   | 15    | 12    | 11   | 16   | 13     | 12     | 12      | 11    | 11    | 10     | 9      |      |

1. Clipboard 1

|   |       |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|-------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1. MIND - ANXIETY - health; about                               | (117) | 1 | 1 | 3 | 2 | 2 | 1 | 1 | 3 | 3 | 2 | 2 | 2 | 1 | 1 | 1 |
| 2. MIND - ANXIETY - alone; when                                 | (38)  | 1 | 3 | 2 | 3 |   | 1 |   | 2 |   | 1 |   |   |   | 1 | 1 |
| 3. MIND - RESTLESSNESS  | (699) | 1 | 3 | 3 | 3 | 1 | 3 | 3 | 3 | 3 | 2 | 2 | 3 | 2 | 3 | 2 |
| 4. MIND - FEAR - death, of                                      | (257) | 1 | 4 | 2 | 2 | 3 | 3 | 1 | 1 | 2 | 3 | 2 | 2 | 2 | 1 | 1 |
| 5. MIND - FASTIDIOUS  | (77)  | 1 | 3 |   | 1 | 1 | 1 | 1 | 1 | 1 | 2 | 2 | 1 | 1 | 1 |   |
| 6. GENERALS - FOOD AND DRINKS - sweets - desire                 | (285) | 1 | 1 | 2 | 3 | 2 | 2 | 2 | 1 | 3 | 1 | 2 | 2 | 1 | 3 | 2 |
| 7. GENERALS - FOOD AND DRINKS - cold drink, cold water - desire | (276) | 1 | 3 | 2 | 2 | 3 | 2 | 2 | 1 | 2 | 1 |   | 1 |   | 1 | 2 |
| 8. SKIN - ERUPTIONS - discharging - bloody - scratching; after  | (8)   | 1 |   | 2 |   | 1 |   |   |   | 1 | 1 |   | 2 |   |   |   |
| 9. SKIN - ERUPTIONS - eczema - discharging                      | (36)  | 1 | 3 | 1 | 1 | 1 | 1 | 1 | 2 |   |   |   | 1 | 1 | 1 | 1 |
| 10. SKIN - ERUPTIONS - eczema - itching                         | (9)   | 1 | 1 | 1 |   |   |   |   |   |   |   |   |   |   |   |   |
| 11. SKIN - ERUPTIONS - eczema - burning; with                   | (4)   | 1 | 2 | 1 |   |   |   |   |   |   |   |   |   |   |   |   |
| 12. SKIN - ERUPTIONS - cold agg.; becoming                      | (3)   | 1 | 3 |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 13. SKIN - ITCHING - warm - bathing - amel.                     | (9)   | 1 | 1 | 1 |   |   |   | 1 |   |   |   |   |   |   |   |   |

Reportorial analysis:

The repertorisation was done using Radar opus (*Synthesis Repertory*).<sup>[8]</sup> Arsenic album covers maximum rubrics at particular level with highest scoring medicine.

Prescription: -

R<sub>x</sub>

*Arsenicum album* 200/1 dose /once a day

Selection of remedy with justification:

In reportorial analysis, *Arsenicum album* covered most of the symptom and highest score. After consulting materia medica,<sup>[10]</sup> *Arsenicum album* was found to be most appropriate for this case covering general including physical and mental picture as well as thermal reaction.

Selection of potency with justification: Based on susceptibility of the

patient.<sup>[7]</sup>

General management <sup>[5]</sup>

The patient was advised –

- to avoid alcohol, chewing tobacco, sweet, egg, fish, sour food during treatment for rapid healing.
- pts. also advised to dressing

Follow up Sheet: -

| Date of visit | Change in symptom  | Prescribed medicine /potency / dose               |
|---------------|--|---|
| 20/ 05/2022   | <ul style="list-style-type: none"> <li>• Improvement in swelling, burning, pain.</li> <li>• Watery fluid discharge decreased from opening.</li> <li>• Exfoliation of skin from surrounding swelling area decreased.</li> </ul> | Rubrum metallicum /BD/For 15 days<br><br>Dressing |



|              |   |  |
|--------------|---|--|
| 04/06/2022   | <ul style="list-style-type: none"> <li>Burning and redness decreased, mild pain, but watery fluid discharge</li> <li>Superficial skin was looking normal</li> </ul> | Rubrum metallicum 1 dram /BD<br>Dressing |
| 16/06/2022   | Better complain with mild<br>Watery fluid discharge with itching  | Rubrum metallicum 1 dram /BD<br>Dressing |
| • 02/07/2022 | Complaint was stand still   | <i>Arsenicum album</i> 200 /6dose /BD    |
| 15/07/2022   | Better complain with no new symptom   | Rubrum metallicum 1 dram /BD             |
| 30/05/2022   | <ul style="list-style-type: none"> <li>No eruption</li> <li>No itching</li> <li>Skin was normal</li> </ul>  | Rubrum metallicum 1 dram /BD             |



BEFORE TREATMENT



DURING TREATMENT



AFTER TREATMENT

## Discussion and Conclusion

Weeping eczema is an atopic dermatitis characterized by pus-filled blisters. These sores “weep” which means the pus may seep out of the blisters and cause wetness. The pus is usually clear or yellow in colour, which eventually dries up on your skin as a crusty layer. The skin is fluid – filled blister which leads to a generalised and prolonged hypersensitivity to allergens or other endogenous factors. In the acute stage oedema of the epidermis progresses to the formation of intraepidermal vesicles, which may & rupture.

Hahnemann mention in aphorism 203, every external symptom of such local symptoms, the object of which is to remove them from the surface of the body, whilst the internal miasmatic disease is left uncured, as, for instance, driving off

the skin the psoric eruption by sorts of ointments. In aphorism 275, The suitability of a medicine for any given case of disease does not depends on its accurate homoeopathic selection alone, but likewise on the proper size, or rather smallness, of the dose. If we give too strong a dose of a medicine which may have been even quit homeopathically chosen for the morbid state before us.<sup>[7]</sup>

This case highlights the role of homoeopathy for rapid healing. The patient had taken allopathic treatment before. On the basis of presenting symptoms and repertorisation, *Arsenicum album* was prescribed. Other similar remedy was Rhus tox. The selected drug *Arsenicum album* covers the following symptoms; anxiety about health; restless and nervousness, fastidious, eruption moist discharge, severe itching & burning and clinical condition Weeping eczema. *Arsenic alb.* useful

for itching, burning, swelling; oedema, eruption, popular, watery, dry, rough scaly; worse cold and scratching. Malignant pustules. Ulcer with offensive discharge. burning and restlessness. Scirrhus. icy coldness of body.<sup>11</sup>

The above case showed the usefulness of homoeopathy in such cases and prevent their complication.

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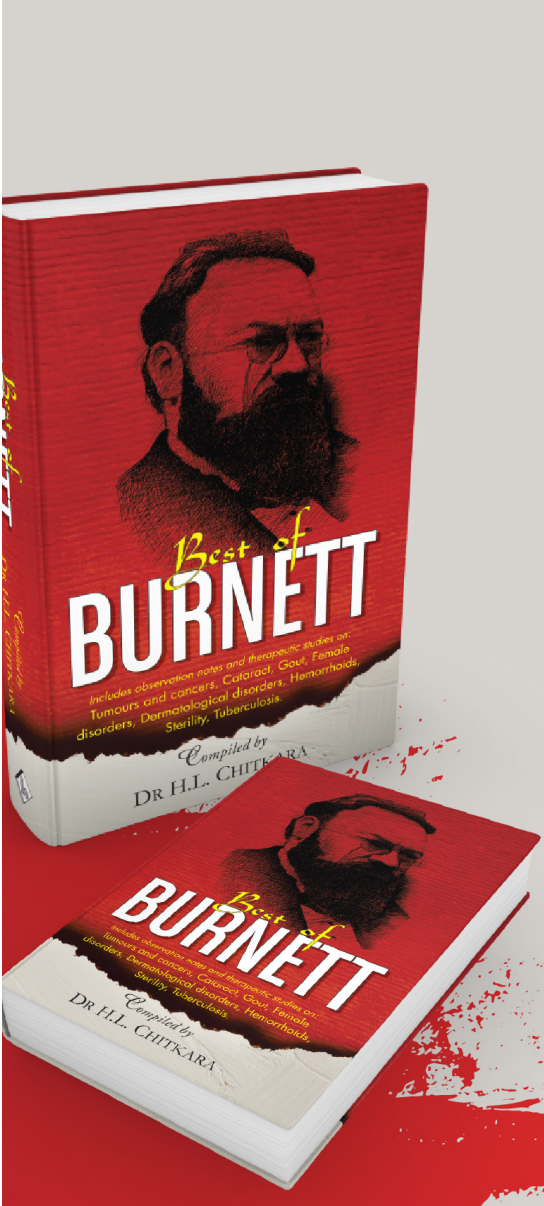
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# Effectiveness of homeopathic therapeutics in management of coxsackie A6 infection - hand foot - mouth disease

By Dr Veena Kulkarni, Dr Manish Arya, Dr Neeraja Kshirsagar

**ABSTRACT:** Homoeopathy is highly efficient to tackle the cases of hand, foot and mouth disease. Along With homoeopathic medicine the complaints like, skin rash/blisters, sore throat and mouth sores/blisters in hand-foot- and- mouth disease is managed in a finest Manner. The best remedies for hand, foot and mouth disease in children are *Rhus toxicodendron*, *Mercurius solubilis*, *Belladonna*, *Hepar sulphuricum*, *Borax veneta*, *Sulphur*, *Graphites*, *Natrum muriaticum*.

**Keywords:** Homoeopathy, "Hand-foot-mouth disease"(HFMD),remedies.

**Abbreviation:** Hand-foot-and-mouth disease (HFMD), years (yrs)

## Introduction:

Hand-foot-and-mouth disease" (HFMD) is an viral infection that usually affects age group 5yrs and below but anyone can get it. Fever with papules and vesicles on the oral mucosa, jands, foot are the most common symptoms. An enterovirus, most often Coxsackie virus A16 or enterovirus 71 is the major cause [1]. The infection hand, foot, and mouth disease (HFMD) is highly contagious. Statistics of 17,574 cases reports of "Hand-foot-and-mouth disease" in Sabah from 2015 to 2019 were drawn from a public health disease observation institution and studied. The mean yearly prevalence of HFMD exists 94.3 per 100,000 individuals, with largest annual spread between 2017 and 2018[2].

## Signs:

The signs and prodrome start to increase 3 to 6 days succeeding the preliminary contagion. This length prevailing referred to be as the propagation length. Once signs and manifestations occurs you may notice some additionally experiences like

- Fever

- Decreased hunger
- Throat pain
- Pain in head
- Impatient
- Feeling unwell(malaise)
- Painful red pustules inside the mouth
- Drooling
- Red rash at the palms and the soles of the feet fever and sore throat are typically the primary signs and symptoms of HFMD. The feature blisters and rashes display up later, typically 1 or 2 days after the fever begins. [3,4]

A clinician can regularly diagnose HFMD absolutely via way of means of acting a bodily exam. They'll take a look at the mouth and frame for the advent of blisters and rashes. The health practitioner can even ask you or your baby approximately different symptoms. The health practitioner can also additionally ask for throat swab or stool sample which may be examined forth contagion. This will help to identify the disease. [4]

## Management:

In maximum cases, the contamination will depart without remedy in 7 to ten days. However, your physician may also suggest Sure remedies to assist ease signs and symptoms till the disorder has run its course. These can include:

- Over the counter ointment for papules.
- Over the counter medication for pains, to all eviate headaches
- Medicated liquid for cough drops for throat pain
- Certain at domestic remedies also can offer all alleviation from HFMD signs and symptoms. The subsequent domestic treatments to assist make blisters much less bothersome:
- Sip on ice cube
- Eat cold food and drinks.
- Ignores our food.
- Ignore highly spiced or over salted foods. Swooshing warm saltwater round inside the mouth can also assist relieve the ache related to mouth blister and throat sores. Do this numerous instances an afternoon or as regularly as needed.[4]



**Prevention:****Good hygiene is the best defense against HFMD.**

- Frequent hands cleaning can significantly lower the chances of developing this infection. Hands should be washed with hot, soapy water.
- Always wash your hands whenever you make use of the toilet, also before having food, and after going out in crowded places.
- Children should also be taught not to put their hands or other objects in or near their mouths.

**It's also significant to frequently sanitize and clean the common areas of your home. Getting the habit of cleaning shared surfaces with soap and water, then with a dilute solution of bleach and water. Also disinfect toys, pacifiers, and other items that may be contaminated with the virus.**

- If you or your child develops manifestations like fever or pain in throat, isolate at home from school or work to avoid contact with other people once the papules and rashes appear. This can avoid passing the disease one to others.[5]

**Complications can include: [6]**

- Dehydration when sores in the mouth make it difficult to swallow fluids.
- Inflammation of the membranes around the brain and spinal cord (viral meningitis).
- Inflammation of the brain (encephalitis).
- Inflammation of the heart muscle (myocarditis).
- Paralysis.

**Homoeopathic approach:**

Homoeopathy plays a very impor-

tant role in treating HFMD. The gentle and correct action of homoeopathic medicines will help reduce fever and blisters and allow the patient to recover quickly. It also helps reduce mouth ulcers. There are many medicines in homoeopathy for HFMD infection. Some are listed below [9- 14]

**1. Rhus toxicodendron–**

*Rhus toxicodendron* works properly in instances of hand – foot – and – mouth sickness with blisters which might be itchy. The blisters can be full of clear water, yellow fluid or milky fluid. The pores and skin surrounding the blisters is markedly red. Itching in blisters receives worse after middle of the night in maximum instances in which *Rhus toxicodendron* is needed. The blisters also are sore to touch.

**2. Mercurius solubilis -**

*Mercurius solubilis* is one of the main remedies for foot and mouth disease in the hands. In this case, the mouth sores can be very severe and the person is very sensitive to heat and cold. You may have a fever before the blisters appear and you can alternate between being too hot from sweat and being cold at night; too hot or too cold generally makes the patient worse; Blisters tend to be more painful at night; One of the characteristic symptoms of Mercury is a tendency to drool or have too much saliva in the patient's breath, which can be quite uncomfortable with pus visible on the tonsil.

**3. Belladonna-**

For managing sore throat, *Belladonna* is a pinnacle grade medication for dealing with grievance of sore throat in hand – foot – and – mouth disease. Belladonna is ready from a plant named deadly nightshade of the herbal order Solanaceae. In instances desiring Belladonna, there may be ache and pain inside the

throat. The throat is red, inflamed. Dryness in throat attended with a heated sensation arises. Swallowing is relatively painful, even of liquids. Lump sensation is felt inside the throat. Fever with marked warmth inside the body seems with the above symptoms.

**4. Hepar sulphuricum-**

For sore throat with pain extending to ear, Hepar sulphuricum is eminent, remedy for instances of hand –foot–and–mouth ailment with a sore throat while soreness of throat extends to ear. Pain inside the throat is there on swallowing or coughing. The throat is uncooked with enlarged reddish follicles. A plug of mucus is felt inside the throat. Fever with chills accompanies the above symptoms.

**5. Borax veneta-**

For mouth sores, *Borax veneta* is the most indicated medication for the management of mouth sores in hand-foot-mouth disease. The wounds are painful and tender in cases that need borax. Wounds may tend to bleed. Bleeding can result from sores from eating or touching. The mucous membrane of the mouth is very red and there may be a feeling of warmth in the mouth. The mouth is also dry.

**6. Sulphur –**

For treating skin rash, *Sulphur* is a useful remedy for treating pore and skin rash in hand – foot – and – mouth disease. The rash can be itchy. Itching has a tendency to worsen in twilight and night time. Scratching pores and skin rash can also additionally result in bleeding. Burning seems in pores and skin rash on rubbing and the pores and skin can be painful too. In a few instances requiring *Sulphur*, blisters can also additionally seem in conjunction with the pores and skin rash.

## 7. Graphites–

For skin rash with dry skin, *Graphites* is an powerful remedy to deal with pore sand skin rash with dry pores and skin in instances of hand – foot – and – mouth disease. Affected pores and skin may be very hard and can be cracked too. Skin is rough and sore. *Graphites* is likewise a important remedy to deal with blisters at the pores and skin with oozing of obvious and sticky, glutinous, honey-like discharges.

## 8. Natrum muriaticum–

For treating skin blisters, *Natrum muriaticum* is quite taken into consideration for treating pores and skin blisters in instances of hand–foot–and–mouth disease. Blisters comprise watery fluid in which *Natrum Muriaticum* is indicated. The fluid is clear. Pricking, stinging sensation at the pores and skin canal so

additionally seem.

### Conclusion:

“Hand -foot-and-mouth disease” being highly contagious disease affecting children predominantly rarely adults. The clinic ian must be aware of HFMD and be familiar with signs and symptoms of this disease. This article gives a clear idea about epidemiology, incubation period, prevalence of disease along with its management through conventional medicine and preventive majors for the same. Also few homoeopathic remedies indicated for HFMD are being listed like *Rhus toxicodendron*, *Mercurius solubilis*, *Belladonna*, *Hepar sulphuricum*, *Borax veneta*, *Sulphur*,

*Graphites*, and *Natrum muriaticum* along with therapeutic descriptions. With selection of remedies on the basis of symptom similarity can successfully manage the case. Homoeopathy can help not only in treating but also in improving the immunity and supports to fight the viral infection. Abort the course of disease, relieve the pain and suffering heal faster. By giving homoeopathic medicine, the patient can be treated gently, harmless and protect patient from various infections during the epidemics- as it improves overall immunity along with cure.

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# Scope of homoeopathy in the treatment of rheumatoid arthritis

By Dr Sanjiv Kumar Singh

**ABSTRACT:** Rheumatoid arthritis is a severe auto-immune condition that damages the lining of the joints and causes cartilage to deteriorate and bulge. Rheumatoid arthritis limits a person's ability to move normally and causes pain, impairment, and difficulty in the joints. The most prevalent rheumatic disease is rheumatoid arthritis, and the use of dubious medications to treat it has been limited. This shows that osteoarthritis must be safely and effectively treated. Because homoeopathy adheres to the law similia similibus curentur and treats the person as a whole by performing individualisation and choosing constitutional medicine, there is a lot of room for treating this illness with homoeopathy. This is because homoeopathy stops the recurrence of auto-immune diseases like rheumatoid arthritis, psoriasis, and others without causing additional suffering or side effects.

**Abbreviations:** Rheumatoid arthritis (RA), immunoglobulin M (IgM), human leukocyte antigen (HLA), erythrocyte sedimentation rate (ESR), rheumatoid arthritis disease activity index (RADAI), 50 millesimal (LM), C-reactive protein (CRP), not applicable (NA)

## Introduction:

Rheumatoid arthritis (RA) is one of the most prevalent autoimmune diseases that affects about 1-2% of the world population. Women are more likely to get affected than men.<sup>1</sup> It causes persistent inflammation of the joints which is spurred on by the body's own immune system destroying connective tissues when certain unfavourable factors are present. The host cells' presence of particular proteins like HLA DR4 results in the development of antibodies (IgM) against connective tissue. As a result, the tissues around the joints and joints themselves experience chronic inflammation.<sup>2</sup> The onset of the disease is insidious, beginning with prodromal of fatigue, weakness, joint stiffness, vague Arthralgia and myalgias followed by pain and swelling of joints usually in a Symmetrical pattern especially involving joints of hands, wrist and feet.<sup>3</sup>

Despite a growing interest in uncovering the basic mechanisms of arthritis, medical treatment remains symptomatic, involving nonsteroidal anti-inflammatory drugs, analgesics, and antirheumatic drugs aimed at the modification of select-

ed aspects of its pathophysiology. Current medical treatments do not consistently halt the long-term progression of these diseases, and surgery may still be needed to restore mechanical function in the large joint.<sup>4</sup> Rheumatic disease sufferers frequently look for alternative treatments, homoeopathy being among the most popular.

## EPIDEMIOLOGY

RA affects 30 people out of every 10,000 people. Ages 40 to 60 are when the incidence is at its highest. The prevalence rate is 1%, and three to five times as many women as men are affected.<sup>1,5</sup>

## AETIOLOGY

This illness is believed to be caused by auto-immunity.

## PATHOPHYSIOLOGY

- Pathogenesis involves multiple factors, including both genetic and environmental influences.
- Immune cells and soluble inflammatory mediators play a crucial role in the pathogenesis, although the relative contribution of individual

components remains uncertain.

- Proliferation of cells in the synovial layer of the joint, together with infiltration by various cell populations, as orchestrated by cytokines, chemokines, growth factors, and hormones, produces a locally invasive pannus that is capable of invading and ultimately destroying cartilage, bone, and surrounding soft tissues.

## CLINICAL FEATURES

- Signs and symptoms may vary in severity, there may be periods of flare up alternating with the period of remission. The diagnosis of RA is primarily Clinical.
- RA presents as symmetrical polyarthritis affecting the small joints of the hands and feet.
- The onset is most often insidious but can be episodic or acute.
- Inflamed joints become swollen, painful, and stiff. Synovial fluid may accumulate, causing an effusion.
- Joint pain is usually more prominent and more persistent than in osteoarthritis,



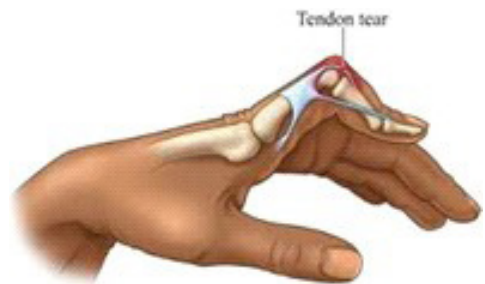
# SUBJECTIVE

- occurring at rest, at night, and on activity. Prolonged early morning stiffness is also a key diagnostic feature suggestive of inflammatory disease.
- In addition to causing peripheral symptoms, RA may also involve the cervical spine, causing pain in the neck and occipital headache.
- Pain may also occur as a result of temporomandibular joint disease.
- The uncontrolled disease eventually results in inflammation spreading beyond the synovium of the joint to other nearby structures, including the tenosynovium of tendons, ligaments, other soft-tissue structures, and bone. Subcutaneous nodules can occur in more severe diseases and are associated with a worse prognosis.
- Extra-articular features are common and may involve multiple organs, including the skin, eyes, lungs, and blood vessels.

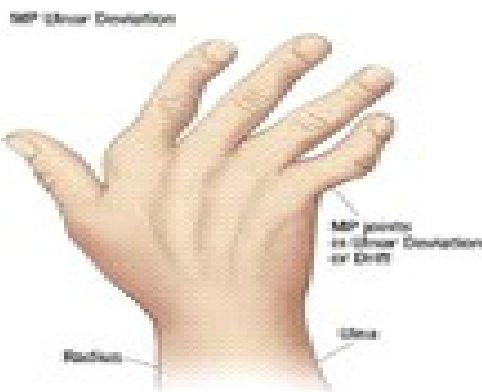
## DEFORMITIES



Swan neck deformity



Boutonniere Deformity



Ulnar Drift



Piano Key Deformity



Hallux Valgus Deformity



Rheumatoid nodules

**NON-ARTICULAR CLINICAL FEATURES**

**A. Soft tissue surrounding joints: -**

1. Rheumatoid nodules are found in about 20% of cases. They are most often felt on the ulnar surface of the forearm below the elbow. Patients with nodules are usually seropositive.
2. Bursitis: The olecranon and other bursae may be swollen
3. Teno-synovitis: Particularly affecting the flexor tendon in the palm of the hand.
4. Muscle wasting around the affected joint.

**B. The eyes**

1. The commonest eye problem in RA is secondary Sjogren's syndrome in 15% of cases (Kerato-conjunctivitis sicca), a dry mouth (xerostomia) and RA
2. Scleritis may occur, causing a painful red eye.

**C. The nervous system:**

1. Carpal tunnel syndrome is the commonest
2. Poly neuropathy occurs rarely causing glove and stoking sensory loss and sometimes motor weakness

**D. The spleen, lymph nodes and blood:**

1. Palpable lymph nodes are common, usually in the

- distribution of the affected joint.
2. The spleen may be enlarged. RA with splenomegaly and neutropenic is known as Felty's syndrome
  3. Anaemia: Usually normochromic and normocytic anaemia is seen
  4. Thrombocytosis may occur.

**E. The lungs:**

1. Pleural effusion: commonest, the fluid has a high protein and low sugar content
2. Rheumatoid nodules in the lungs can be up to 3 cm in diameter.
3. Small airway disease is commoner in a patient with RA smoke than in normal people who do not smoke.

**F. The heart**

A pericardial rub is often heard in patients with RA.

**G. The kidneys:**

RA is a common cause of amyloidosis affecting the kidney. It usually presents as proteinuria and may go on to renal failure or to nephritic syndrome.<sup>6,7,8</sup>

**DIAGNOSTIC APPROACHES**

1. **Clinical criteria** for RA have been present for at least 6 weeks. The joints feel hot, swollen and tender to touch, generalised

lymphadenopathy may also be present.

**2. Laboratory investigation: -**

-WBC Count increased, Rheumatoid factor positive, ESR High, Antinuclear test positive, Thrombocytosis, Mild normocytic anaemia.  
-Arthrocentesis of synovial fluid: - Straw coloured with increased neutrophils.

**3. Radiology: -** Sequence of change is- Periarticular osteopenia with soft tissue swelling, loss of joint space, erosions at joint margins, and deformities such as a subluxation or complete dislocation of affected joints.

**4. Synovial biopsy: -** Villus formation with thickening of synovial layer and infiltration with abnormal cells. (rheumatoid pattern).

**Differential diagnosis: -**

1. Infectious arthritis: - Presenting with pain and tenderness caused by virus (rubella, rhinovirus type-7, Echovirus, E-B virus, hepatitis C), bacterial (mycoplasma, lyme disease).
2. Crystal arthropathies: - Gout and calcium pyrophosphate dihydrate deposition disease.
3. B27-associated arthropathies, usually present as oligoarthropathy. (psoriatic, reactive and enterohepatic)<sup>10,11</sup>

**FEW RESEARCH STUDIES/CASE REPORTS FOR EVIDENCE-BASED MEDICINE (TABLE):**

| Authors | Trial/Type of study | No. of participants | Statistical analysis | Outcome Assessment Scale | Comment |
|---------|---------------------|---------------------|----------------------|--------------------------|---------|
|         |                     |                     |                      |                          |         |

|                      |                                    |    |                |  |   |
|----------------------|------------------------------------|----|----------------|--|---|
| Priyanka et al, 2022 | Pilot study                        | 40 | Paired t- test | Disease activity score 28                                      | Statistically significant values were found that are favouring the individualised homoeopathic treatment                          |
| Kundu et al, 2020    | An Open, Observational study       | 50 | Paired t- test | DAS28 and RA-DAI (Rheumatoid Arthritis Disease Activity Index) | Statistically significant reductions in both DAS28 score and RADA I score over 4 months of individualised homoeopathic treatment. |
| Shah et al, 2019     | Multi-centric, observational study | 91 | -              | -  | Homoeopathic medicines are useful in  |
| Gupta et al, 2012    | Case reports                       | NA | NA             | NA   | Miasmatic individualised homoeopathic medicines   |
|                      |                                    |    |                |  | showed improvement in the symptomatology of RA patients   |



Priyanka et al, (2022) have conducted a pilot study on the efficacy of individualized homeopathic medicines for pain management and treatment of rheumatoid arthritis. In this study total of 40 patients were participated and given homeopathic medicines in centesimal potencies and sometimes mother tinctures, LM potencies were also prescribed according to the symptom severity of the patients and follow-ups were done every 15 days for 6 months for 16 patients only. The study showed that individualised homeopathic medicines are beneficial in reducing the DAS28 score. It reduces inflammation of joints as indicated by lowering CRP values and thus reduces joint tenderness, swelling and redness which facilitate movement.<sup>12</sup>

Kundu et al, (2020) have conducted an open, observational study to evaluate the possible role of homeopathic treatment in RA by determining changes in the severity of complaints and quality of life. From this study, it is evident that individualised homeopathic medicines can significantly reduce the signs and symptoms of rheumatoid arthritis patients.<sup>13</sup>

Shah et al, (2019) conducted a multicentric, observational study to evaluate the role of *Rhus toxicodendron* in its various attenuations on patients with rheumatic disorders. This study showed the efficacy of homeopathic medicine *Rhus toxicodendron* in its various potencies showed favourable results in RA patients.<sup>14</sup>

Gupta et al,(2012) in the case reports of the 'HOMOEOPATHIC APPROACH IN THE TREATMENT OF RHEUMATISM THROUGH CASE STUDIES' have mentioned that homeopathic medicines, showed improvement after administration of homeopathic remedies selected on the basis of repertorisation through RADAR (version 9) using *Synthesis repertory*.<sup>15</sup>

## HOMOEOPATHIC APPROACH FOR RHEUMATOID ARTHRITIS

In homeopathy, there is no such thing as a prescription for a specific diagnostic entity. According to the homeopathic medical approach, sickness only manifests as abnormal functions and sensations when there is a changed state of life and mind. A homeopathic doctor views a patient's entire set of morbid symptoms and functions as the disease. The actual and only imaginable portrait of the disease is made up of all of its symptoms.

The totality of symptoms should be considered in the treatment of a patient, which is the only guide of the homeopathic treatment.

## FEW RUBRICS FOR RHEUMATOID ARTHRITIS:

### Extremities-pain rheumatic

*Abrot., acon., act-sp., aesc. agar. alumn., am-m., ant-t., apis., arg-m., Arn., ars-i., Ars.,*

*Aur-m-n., aur., Bad., bap., bell., Benz-ac., Bry., cact., calc-p., calc-s., calc., camph.,*

*cann-s., caps., carb-ac., carb-s., carb-v., card-m., caul., Caust.,cedr.,Cham.,Chel., chin-*

*a., chin., cimic., clem., Colch., coloc., corn., crot c.,crot-h., crot t., cupr., dig., dulc.,*

*elaps., eup-per., eupho., ferr ar., ferrp., ferr., Form., gels., grat., guai., ham., hell., hep.,*

*hydr., ign., kali-ar., kali-bi., kali-c., kali-chl., Kali-i., kali-p., kali-s., Kalm., lac-c.,*

*lach., lact-ac., led., Lyc., mag-c., mag-p., mag-s., Med., meph., merc-i-f., merc-i-r.,*

*merc-sul., merc., mez., mill., mur-ac., Nat-a., nit-ac., nux-m., nux-v., ol an., pall., petr.,*

*ph-ac., phos., Phyt., plat., psor., Puls., ran-b., Rhod., Rhust., ruta., salac., Sang., Sars.,*

*sec., sep., sil., spig., squil.,stann.,*

*stel., stict., Sulph., syph., tarent., ter., teucr., thuj.,*

**valer., verat., viol-t., zinc.** [2]

right to left : Lyc. left to right : Lach., naj., *rhus-t.*

acute: *Acon., ant-c., ars., asc-c., bell., Bry., calc-s., caul., cham. chel., chin-s., chin.,*

**cimic., Colch., dulc., glon., ign., kali-bi., kalm., lacc., lach., Merc., nuxv., puls., rhod.,**

**Rhus-t., sal-ac., sang., verat. alternating with gastric, symptoms : Kali-bi.**

**chest affection: Led.**

**diarrhoea : Cimic., dulc., kali-bi.**

**dyspnoea : Guai.**

**eruptions : Crot-t.,staph.**

**haemorrhoids : Abrot.**

**pain in heart : Benz-ac.**

pulmonary troubles : Kali-bi. cold, after a: *Acon., arn., bry., calc-p., calc., coloc., dulc., gels., guai., merc., nit-ac., ph-ac.,*

*rhus-t., sulph. amel. : Guai., lac-c., Led., Puls., Sec.*

becoming: *Ph-ac., Rhus-t.*

weather : *Ars., Bry., Calc-p., carb-v., colch., dulc., kali-bi.,*

*kalm., nit-ac., nux-v., ph-ac., phos., puls., rhod., Rhus-t., sul-ac., tub.*

diarrhoea checked : *Abrot.*

chronic, in : *Nat-s.*

**following : Kali-bi.**

drive him out of bed : *Cham., ferr., lac-c., led., Merc., sulph., verat. eruptions, acute, after : Dulc.*

gonorrhoea, after suppressed : *Clem., con., cop., crot-h., daph., alm., lyc., Med., phyt., puls., sars., sep., sulph., Thuj.*

injured parts : *Caust.*

mercury, abuse of : *Arg-m., arn.,*

# SUBJECTIVE

asaf., bell., calc., carb-v., cham., Chin., Guai., Hep., kali-i., lach., lyc., mez., nit-ac., ph-ac., phyt., pod., puls., rhod., Sars., sulph.,

valer. overheated and exertion from : Zinc. perspiration, with : Form., Merc., sulph., til.

**spring** : Colch.  
suppressed hæmorrhoids : Abrot.

## syphilitic:

Benz-ac., fl-ac., kali-bi., Kali-i., kalm., merc., nit-ac., phyt.

**warm weather, in** : Colch., kali-bi.  
**first warm days**: Bry.  
**in places least covered by flesh** : Sang extending, upward : Kalm., Led. to lower limbs : Kali-c.  
**Weather**: Bryo, Calc-p, Rhus-t Drive him out of bed: Cham, Merc  
**Gonorrhoea after suppressed**: Medo, Thuj Mercury abuse of: Chin, Guaj, Hep, Sarc. Perspiration with: Form-ac, Merc Syphilitic: Kali-i  
Weather cold: Bryo, Calc-P Rhus-t  
Worm weather in: Colch

Extending upward: Led Sitting: Valer

Thunderstorm agg: Med, Rhus-t

Touch agg: Chel

Walking on amel: Rhus-t

Wandering, sifting: Amn-m, Carb-s, Kali-s, Lac-c, Puls Warmth agg; Sec Amel: Ars, Kali-bi, Kali-p, Mag-p, Rhus-t, Sil Of bed agg: Merc Amel: Ars, Rhus-t

Wet weather agg: Calc, Colch, Merc, Puls, Rhod, Rhus-t Verat

Pain joint rheumatic:  
Aur, bry, Calc-p, Caust, Colch, Fer-p, Form, Iod, Kali-bi, Lyco, Rhus-t, Spig  
Gonorrhoea after suppressed: Med, Thuj Sour wine, after: Ant-c

Wandering: Aur, Kali-bi, Lac-can,

Puls Warmth agg: Led, Puls

Amel: Ars

Warmth of bed agg: Led

Pain upper limb,rheumatic: Bryo, Calc-p, Colch, Ferr, Merc, Rhus-t, Sang

Shoulder, rheumatic: Colc, Ferr, Med, Rhod, Rhus-t, Sulph

Upper arm, rheumatic: Ferr, Rhus-t, Sang

Wrist, rheumatic: Ruta, Rhus-t.

Pain, Hand, Rheumatic: Caul, Colch, Rhus-t

Fingers, rheumatic: Caul

Pain lower limb, rheumatic: Led

Hip, rheumatic: Colch, Rhus-t

Knee, rheumatic: Bryo, Calc, Kali-c, Rhus-t.

Foot, rheumatic: Hep, Led.

Heel, rheumatic: Rhod

Toes, rheumatic: Aur

Arthritic nodosities:-abrot.,agn,ant-t, A P I S, a r n, a u r, B E N Z - A C, bry.,CALC,CALC- FL,calc-p,calc-s,carb an ,caust, cic ,clem, colch ,dig ,elaps,fago, form,GRAPH,gua,hep,iod,kali-I,kalis, LED,LITH,LYCO,mang,meny ,nat m,nux.v,plb,puls ,ranb, rhod ,rhust,sab, sil ,staph ,sulph ,sal ac, urt.u..

## THERAPEUTICS FOR RHEUMATOID ARTHRITIS

**Arnica montana**– used in chronic arthritis when patient complaints of soreness and bruised sensation in joints. Pain worse from touch, everything on which they lie feels very hard. Rheumatism begins from lower limbs and then extend

upwards .

**Belladonna** – Indicated in the acute stage of arthritis. When there is sudden redness, swelling with severe throbbing pain in joints. Joints very hot to touch , looks red .Worse in cold better ,by warmth

**Bryonia alba**– one of the common remedy prescribed in RA. Patient's complaints of severe stitching type of pain in small joints, swollen, hot, red joints. Every spot is painful on pressure. Relieved by complete rest. least movements aggravates the patient

Rhus toxicodendron – useful for rheumatoid arthritis when there is severe pain and stiffness which is worse in the morning , cold , first movement makes the pain unbearable , patient feels better by continuously moving around , warmth relieves the pain . Patient becomes restless with the pain .tearing type of pains in tendons, ligaments.

**Rhododendron ferrugineum** – Rheumatism worse before a storm is a guiding symptom of this remedy. Rheumatic tearing pain especially on right side. Pain worse at rest.

**Ruta graveolens** – Arthritis with great stiffness worse from cold and damp weather also from over use of joints

**Ledum palustre** – Painful swelling of joints relieved by cold application, worse from warmth usual affected areas are ankles, feet, rheumatism which begins from feet and extend upwards.

**Calcarea carbonica** – Arthritis with nodosities in the affected joints. Pain and stiffness of joints aggravated by damp weather. Patients is easily fatigued from slightest exertion along with chilliness and laziness is an indication for the remedy.

**Calcarea flourica** – Indicated in swollen joint, with hard nodosities

with the history of injury to joints. Pains better by warmth and motion.

**Pulsatilla nigricans**– Indicated when the pain changes its place from one joint to another and also if the pain is not localised. Symptoms tend to worse in warmth, heat . better from cold application , fresh air

**Dulcamara** – Pain and stiffness in joint worse from damp weather. Rheumatic affections after acute skin affection.

**Colchicum autumnale** – Arthritis worse in warm wet weather. Worse from change of climate, commonly affects the small joints of hands and fingers slightest motion aggravates the pain.

**Caulophyllum thalictroides**– Arthritis commonly in females. Affecting the small joints especially the hands, fingers, toes,ankles. Pain and stiffness alternates from one joint to another.

**Guaiaecum officinale**– Rheumatism of small joints especially the wrist and fingers worse from warmth better from cold application

**Kalium carbonicum** – Extremely stiff and painful joints in the early morning

**Causticum** – Rheumatic pains better by warmth especially heat of bed, restless legs at night. patient has unsteady gait

**Aurum metallicum** – Is indicated when the patient complains of wandering pain especially at night.tearing pains in joints at night especially

indicated when there is deformity of joints .

**Medorrhinum**- Intense burning heat, beginning in nape of the neck and extending down to the spine. Burning of hands and feet, wants them uncovered and fanned. Insatiable craving for liquor, for salts, for sweets, ice, acid, orange, green fruit. Weakness of the memory, cannot remember names. Intense restless and fidgety legs and feet.

## Conclusion

Homoeopathy works best when patients are treated individually based on their unique symptoms in accordance with homoeopathic principles. Early diagnosis increases the patient's chance of recovery. However, most patients visit extremely late, after abnormalities have already developed and all systems have been severely compromised. Curing such illnesses might not be achievable. However, the disease's progression may be completely under control. Only if you are treated constitutionally and anti-miasmatically, this is conceivable.

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# Homoeopathic therapeutic approach with rare remedies in rheumatoid arthritis

By Anuj Kumar

**ABSTRACT:** Rheumatoid arthritis is a chronic, inflammatory, autoimmune disease that primarily affects the joints. The RA patient may experience severe disability, joint deterioration, the onset of co-morbidities, decreased quality of life, and premature mortality when it is left uncontrolled. Very often homoeopathic physicians prescribe polychrest drugs based on totality of symptoms. But sometimes it is difficult to find one drug which can cover the totality, due to paucity of characteristic symptom or due to suppression of complaints or due to advance pathological changes. In this situation, one needs to prescribe a drug based on present signs and symptoms and here rare remedies play a great role in treatment of RA patients. Rare medicines are having very few symptoms but they have much therapeutic value.

**Keywords:** Homoeopathy, Rheumatoid arthritis, Polychrest, Rare remedies

**Abbreviations:** rheumatoid arthritis (RA), non-steroidal anti-inflammatory drugs (NSAIDs), disease modifying anti-rheumatic drugs (DMARDs)

## Introduction:

Rheumatoid arthritis is a chronic progressive, disabling, multisystem disease which is characterised by pain, swelling and stiffness of the joints. RA has a worldwide prevalence of approximately 1% among adults<sup>[1]</sup>. In inflammatory reaction, increased cellularity of synovial tissue and joint damage are the pathological hallmarks of RA. The characteristic feature of rheumatoid arthritis is polyarticular symmetrical pain in small joints of hands and wrists, morning stiffness lasting for over an hour usually involving peripheral joints. Commonly involved joints are the wrists, proximal interphalangeal joints, metacarpophalangeal joints and distal interphalangeal joints. The onset is usually insidious and often accompanied with some generalised features such as weakness, fatigue, malaise, loss of appetite, anxiety, depression, helplessness, and loss of confidence in chronic cases of RA. Signs and symptoms may vary in severity, there may be period of flare up alternating with the period of remission.

Conventional management of rheumatoid arthritis (RA) includes administration of non-steroidal

anti-inflammatory drugs (NSAIDs), disease modifying anti-rheumatic drugs (DMARDs) which has its own adverse effects on excessive consumption.

Gastric ulcers, bleeding and perforation are the most common adverse reactions associated with excessive consumption of NSAIDs. The homoeopathic remedies, on the other hand, improve the general well being, improve the Quality of life in patients along with reducing pain and disability and limits the need of analgesics and DMARDs in RA. Homoeopathic remedies improve the quality of life of patients with RA by reducing intensity of pain, limiting disability and reducing disease activity, thus causing improvement in general and disease condition in particular. Homoeopathic remedy is effective in managing all the symptoms of RA and also plays an important role in preventing relapse of the condition and improving the general health of the patients<sup>[2]</sup>. Many of the drugs are present in the material medica for RA, which are well proved and commonly called polychrests. Under these many of the rare and less proved drugs remain unused in the vast field of clinical practise. Rare medicines are having very few symptoms but they have much therapeutic value. A probable

list of following rare remedies for treatment of rheumatoid arthritis are given below<sup>[3,4,5,6,7]</sup>:

- **ARBUTUS ANDRACHNE:** A remedy for eczema associated with gouty and rheumatic symptoms. Arthritis; especially larger joints. Lumbago; symptoms shift from skin to joints.
- **AGNUS CASTUS:** In rheumatism of hands and feet, swelling of small joints, in those of debauched habits who are prematurely old. Swelling of finger joints, tearing pain, arthritic nodes.
- **AMMONIUM BENZOICUM:** Pain across the sacrum. Fluid in great toe joint.
- **AMMONIUM BROMIDUM:** Sensation in right shoulder as if pressed by a weight. Sensation like a cord, causing limping and pain in legs.
- **ASARUM EUROPEUM:** In

any form of rheumatism when there is peculiar sensitiveness to the sound of scratching or even thought of it. Severe rheumatic tearing stitches in knee. Stiff neck with thirst in early morning associated with excessive sensibility of all the nerves, great weakness and prostration.

- **ASCLEPIAS SYRICATA:** Acute articular rheumatism attacking great joints of the body with swelling of the joints when associated with peculiar headache; arthritic pain with swelling of knee joint. Associated symptoms are scanty urine, uraemia.
- **ASPARAGUS OFFICINALIS:** Rheumatic condition with functional cardiac troubles together with parenchymatous diseases of the kidney; arthritic pains between the scapula, in region of right axilla, on tip of left shoulder.
- **DAPHNE ODORA:** Rheumatic pain following suppressed gonorrhoea. Rheumatic conditions manifesting skin conditions, as well as the bone pain. Rheumatic stiffness in muscles of left thigh above knee. Ball of right great toe swollen and very painful. The pain suddenly shoots into the body and then changes again. Sharp shooting pains first one place then another, constantly shifting.
- **DIGITALIS PUPPUREA:** Endocardial rheumatism or the effects of rheumatism on the valves of the heart; arthritic nodes in finger joints. Irregular pulse in rheumatic troubles.

- **CUBEBA:** Acute gonorrhoeal rheumatism when it attacks the wrist. Acute deep-seated pain in wrists, quickly followed by redness and swelling; stiffness of wrists and thickening around joint.
- **ELATERIUM:** Sharp shooting pains in left axilla near the intersection of the pectoralis muscle. Painful muscular and neuralgic conditions, especially following scarlet fever or great loss of fluids from excessive diarrhoea.
- **FORMICA RUFA:** Sudden rheumatic pain darting from side to side. Old chronic conditions with great weakness of mind and body. Rheumatism appearing mostly in joints, with restlessness. Rheumatic pain in right elbow and wrist.
- **GLONOINUM:** Rheumatic troubles following contusions, especially affecting the back. Rheumatic pains in fingers of left hand.
- **GRINDELIA ROBUSTA:** Rheumatic troubles of the eye resulting from exposure to cold or metastases from some other parts. Intense pain running directly back to the brain.
- **HAMAMELIS VIRGINICA:** Rheumatic conditions of the left scapula. Sore pain down cervical vertebra. Concomitant symptoms are passive venous haemorrhage with great weakness.
- **HELONIAS :** Weak delicate women with muscular rheumatism of the back and hips, when associated with

the menstrual and uterine trouble. It has done excellent work in diabetes mellitus when rheumatic symptoms appear.

- **HYDRASTIS:** Rheumatic troubles, with aching pain constantly shifting from side to side and associated with chronic inflamed liver. Rheumatic pain in elbow, forearm, right shoulder and first finger of left hand.
- **INDIGO:** Rheumatism of the nerves and joints, accompanied by slight fever and great debility. Indescribable pain extending from the middle of thigh to knee, in bone with impossibility of sitting in a chair.
- **INDIUM METALLICUM:** Rheumatic drawing across shoulders up to head. Sleepiness, nausea and horribly offensive smell of urine after standing a short time are concomitant symptoms.
- **INULA:** Stitches and tearing pain in right shoulder and wrist. Spasmodic sticking beneath bend of right knee.
- **ODOFORUM:** Rheumatism of flexor muscles of legs. Rheumatic pain in both gastrocnemii. Pain along right side of dorsal vertebra.
- **IODIUM:** In cases of acute septic articular rheumatism it is of great remedy. Chronic articular rheumatism, with the nightly pains but no swelling of joints. Rheumatic stitch like pain in small of back. Great emaciation, great weakness and prostration; ravenous hunger

and thirst for large quantities of water.

- **JACARANDA CAROBA:** Gonorrhoeal rheumatism; rheumatic pain in right knee, disappearing on motion; rheumatic pain in left arm in morning.
- **JACEA:** Left upper and right lower limbs are most affected. Stitching pain in the intercostals muscles and about the joints, associated with the milk-crust eruption.
- **LACHNANTHES:** Stiffness of the neck, head drawn to one side; pain in neck as if dislocated. It is indicated if it is accompanied with the characteristic loquacity.
- **MANGANUM:** Chronic rheumatism with the anaemia and the wandering, shifting pains going from joint to joint.
- **MARUM VARUM:** Rheumatic conditions, especially in the bones and joints of arms; drawing and tearing pain with rheumatic lameness of upper arm. Concomitant symptoms are ingrowing toe nails.
- **MEPHITIS:** Shifting rheumatic pains with urgent desire to urinate; rheumatic pains in back with frequent passing of clear urine. Rheumatic pains from hips to feet; arthritic pains in heel. Fidgety in legs and arms; rheumatic wandering pains in limbs associated with much pressure and urging to urinate.
- **NAJA:** Articular rheumatism with severe pain in heart extending to shoulder, neck

and arm with intense anxiety. Rheumatic drawing pains in all limbs especially shoulder joints.

- **NICOLLUM:** Intense cracking in the cervical vertebra. Rheumatic pains from elbows and knees going downward to the hands and feet.
- **OLEUM JECORIS ASELLI:** Chronic arthritis of ankle joints. Rheumatic pains in elderly people. Erratic pains in joints. Rheumatism of long standing, unable to sit up. Whole body affected but more markedly in lower limbs. Concomitant symptoms are hoarseness, weakness, emaciation, voracious appetite.
- **OSMIUM:** Pulsating stinging pain inside right shoulder. Drawing pains inside of right forearm. Aching in left metacarpal and phalangeal joint of thumb. Pains in bones and joints of right foot.
- **OXALICUM ACIDUM:** Articular rheumatism where pains are confined to a small area. Rheumatic pericarditis; endocarditis of rheumatic origin. Arthritic pains in fingers which are flexed.
- **PLECTRANTHUS:** Sudden shifting of pains and the peculiar one sided sweating. Sweat on right foot and left dry. Drawing tearing pain in joints of upper arms, forearms and fingers, especially right.
- **STICTA PULMONARIA:** Inflammatory rheumatism with redness. Rheumatic inflammation of right ankle joint, swollen and painful. In

rheumatism of joints having large amount of serous fluid, raising the patella.

- **STELLARIA MEDIA:** It is a useful remedy acting very promptly in cases of rheumatism. The excruciating pain comes on very rapidly with soreness of the part to touch, stiffness of the joints, aggravation of the pain by motion
- **STILLINGIA:** Large rheumatic node upon the olecranon. Periosteal affections of the malar bones, extending across the face; chronic periosteal rheumatic states, as a result of syphilis or mercurialization.
- **STRONTIANA CARBONICA:** Rheumatic pains deep in limbs, especially after sprains of either recent or older date. Tearing rheumatic pains in shoulders and arms, especially joints.
- **USTILAGO MAYDIS:** Rheumatic trouble of metacarpal and metatarsal bones and phalanges; severe rheumatic pains in lumbar region. Rheumatic drawing pains in finger joints, especially second joint of right forefinger associated with hypertrophy or loss of nails.
- **VALERIANA OFFICINALIS:** In cases of rheumatic affection of belly of muscle associated with over sensitiveness of all the senses.
- **VISCUM ALBUM:** It is a great anti-arthritis and anti-rheumatic remedy. Great sensitiveness of limbs with tearing, shooting pains from above downward, with sleeplessness and prostration. It follows well after



aconite in acute rheumatism.

- **VIOLA ODORATA:** It is one of the great remedy for rheumatism of right side. Acute articular rheumatism of the wrist, hands, ankles and feet of the right side with no febrile symptoms.

### Conclusion :

Rare remedies are less proven medicine and very few symptoms are available, from different sources a cumulative picture of medicine to be prepared and matched with the symptoms of the patient. These remedies are very specific in their

action and provides fastest possible recovery. Although rheumatoid arthritis can be effectively managed by homoeopathic rare remedies, sufficient evidence needs to be produced in order to justify the efficacy and superiority of these remedies

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# Role of homoeopathy in lifestyle disorders

By Dr Nihal Kumar

## ABSTRACT:

**Background:** Lifestyle disorders are defined as diseases linked with the way people live their life. This is commonly caused by lack of physical activity and unhealthy eating as well as alcohol, drug and smoking abuse. Undue tension, mental stress / anxiety, late night or inadequate sleep also play a big role in this.

Homoeopathy is an important modality which can help in curing lifestyle disorders and play a significant role in delaying the occurrence of lifestyle diseases and also in management of the same. Homoeopathy treats patients through a holistic approach and considers individualistic characteristic of one person along with the disease symptoms. Homoeopathic medicines are prescribed on the basis of symptom similarity of THE DRUG and THE PATIENT. This needs an extensive interaction between the Doctor and the Patient which we call CASE TAKING. If a correct homoeopathic medicine is selected considering physical and mental makeup of the person, it significantly delays the lifestyle disorders.

**Aims and objectives:** To see the applied aspect of homoeopathy in lifestyle disorder.

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

**Result:** This study revealed the applied aspect of lifestyle disorder by literature review.

**Conclusion:** The applied aspect of homoeopathy in cases of lifestyle has a vast area of study. Specific work related to particular age groups and specific medicine needs to be carried out. The lifestyle disorder has many possibilities in field of homoeopathy.

**Keywords:** lifestyle disorder, homoeopathy, stress, obesity.

**Abbreviations:** WHO – World Health Organization, LDL – low density lipoprotein, WBC's – white blood cells

## Introduction:

Over the past few decades, lifestyle disorders have been on a mercurial rise. Sedentary lifestyle, amalgamated with unhealthy eating habits has been the wrecker in chief. Lack of proper awareness has made the situation even worse. The mad and competitive rush to reach the pinnacle has serious health implications. Almost every second individual suffer from some kind of lifestyle disorders. Unhealthy and stressful lifestyle has resulted in increased incidences of obesity and diabetes (Type II). Lifestyle disorders usually are chronic in nature that may last for a lifetime if appropriate measures are not taken on time. Homoeopathy is an effective and natural way of treating such disorders. Homoeopathy works in healing the whole body as a whole; it treats

all the factors that trigger a cause for such disorders. Homoeopathy strengthens the immune mechanism of the individual, maintains the hormone levels and restores the harmonious functioning of all the systems together making the individual less vulnerable to such diseases.<sup>1</sup>

### AIMS and OBJECTIVES

1. To see the applied aspect of homoeopathy in lifestyle disorder.

### REVIEW OF LITERATURE

WHO defines lifestyle disorders as the aggregation of personal decisions (i.e., over which the individual has control) that can be said to contribute to, or cause, illness or death. A disease associated with the way a person or group of people

live.

Lifestyle means a pattern of individual practices and personal behavioural choices or in a simpler way we can describe lifestyle as "the way people live", i.e., day to day habits of an individual.<sup>2</sup>

### Lifestyle diseases or disorders

The diseases which primarily arises from the abnormal lifestyle of a person are grouped under the term lifestyle diseases or disorders. Adopting an unhealthy lifestyle pattern leads to increase in both physical and mental diseases. Lifestyle diseases too have become an epidemic and causes much greater public threat than any other epidemic.

It is seen that almost every 2nd individual suffers from some kind of lifestyle diseases. Unfortunately,

these lifestyle diseases are no longer restricted to people in their forties and fifties but has affecting the young adult zone and children as well.<sup>3</sup>

### **Incidence and causes of lifestyle disorders**

It is in practice that more than 30% of Indians over 30 years of age or even below 30 are suffering from one or more lifestyle diseases. In our day-to-day life it is seen that, there are always deadlines, office or work pressure, family pressure, due date and many other priorities. Thus, due to this continuous busy schedule and tension our mind and body are exhausted and we do not usually get the required rest. The risk of developing lifestyle disorder depends on various factors including the kind of work one does, the environment where the person lives, the type of food he consumes and various unavoidable stressful situations.

The World health organisation identifies following as major risk factors for developing lifestyle disorders.<sup>3</sup>

- Improper diet
- Stress
- Lack of physical activity
- Disturbed biological clock
- Alcoholism
- Smoking

### **IMPACT OF TECHNOLOGY ON HEALTH**

Present or current scenario of technological advancements, globalisation, consumerism, substance abuse, disturbed family life, stress, competitive working pattern have a severe impact on the health of an individual.

When we consider each of the lifestyle diseases in our daily practise, one can see a huge number of populations are restricted to

their gadgets (cell phones, laptops, computers) and hence are always in their comfort zone. They are usually unaware about how harmful the use of technology is and how it is having a negative impact on their daily life. They are only aware of its adverse effects when their body starts showing the symptoms.<sup>4</sup>

### **Let us see how some of the factors which are affecting health.**

Prolonged use of laptops, cell phones, computers, continuous watching of television, may lead to spondylosis causing neck pain along with pain in the spine, trapezitis, tendinitis, trigger thumb, carpal tunnel syndrome, sciatica, strain on eyes, along with headache, fatigue, exhaustion, etc.

Prolong standing or wrong sitting posture gives strain on the backbone and causes chronic back pain. Also, sitting for long induces continuous pressure on posterior aspect of thighs and hips which are largest muscle group of our body and almost centrally located this obliterates blood vessel on a very significant region of body thus disturbing the blood flow and circulatory pressure and pattern giving rise to engorged vessels in ano-rectal region and coccygodynia due to pressure on tissue and lack of circulation causing damage around coccyx. Not only this the circulatory disturbance of this scale due to pressure on significantly large part of body for prolonged period of time also gives rise to low tissue perfusion of blood in the dependent part that are compressed due to pressure in sitting posture, so then there is compensatory increase blood pressure to make sufficient tissue perfusion of blood where ever the blood vessels are compressed due to seated posture and mechanical pressure compression, this leads to high blood pressure.<sup>5</sup>

Radiations generated by cell phones,

and heat generated by laptop have adverse effect on the fertility. People working against the biological clock, working continuously on computers causing insomnia, and gastric disturbances. Not to mention the addiction and psychological stress produced due to social sites and unhealth mind again leads to unhealthy body.<sup>5</sup>

### **SOME COMMON TYPES OF LIFESTYLE DISORDERS**

It is usually seen that the onset of lifestyle disorders is insidious, it may take years to develop one. But once these disorders are detected there has to be a total vigilance in the way of life along with proper medication and treatment for the same. In present generation Stress tops the chart of causation of many diseases like obesity, diabetes, hypertension, cancers, etc.

Not that stress was never present in our ancestors in the past, but it was combated with stress busters like spending time with family and friends, exercising, meditation, etc., in present generation mankind had distanced self from all this stress busters and are more influenced by technology.<sup>6,7</sup>

### **Common lifestyle disorders INSULIN RESISTANCE and METABOLIC SYNDROME**

Imbalance in energy utilisation and storage, as a result of disturbances in multiple physiological functioning, especially insulin resistance considered as a major contributing factor which results into metabolic syndrome which presents itself with collection of signs like hyperglycaemia, central obesity hypertension, dyslipidaemia – high triglycerides and low HDL.

Lifestyle factors like Stress, disturbed chronobiology, improper diet, frequent consumption of sugar sweetened beverages, alcoholism substance abuse or psychotropic and certain other long-term medications, sedentary life, and definitely genetics



play a major role in development of metabolic syndrome.<sup>6,7</sup>

## **OBESITY**

India has been ranked as second highest nation to have huge number of obese individuals. Obesity is a very fatal condition which makes an individual more vulnerable to lifestyle disorders. Obesity is one of the important disorders caused due to sedentary <sup>lifestyle</sup>, unhealthy eating habits, reduced physical activity, stressful life, etc.<sup>6,7</sup>

## **DIABETES MELLITUS**

Diabetes mellitus is a metabolic disorder. It is a complex condition in which the blood sugar levels are raised for a long period of time either because of inadequacy of insulin production or lack of body cell responses to insulin. Diabetes is also a result of age, stress, sedentary lifestyle, obesity, etc.<sup>6,7</sup>

## **HYPERTENSION**

Hypertension is a term used for a condition of body in which the blood pressure is higher than the normal. It's one of the common lifestyle disorders. Various causes related to hypertension mainly stress, sedentary lifestyle, increased salt intake.

Basically, hypertension in most of the cases is a compensatory mechanism of the body which is brought in place by body to counter reduced tissue perfusion of blood caused due to obesity lack of exercise and wrong postures where circulation is obliterated of a larger area due to pressure for long period like sitting in almost same posture for long or lying in almost same posture for long; Or in posture where dependent parts are not moved for a longer period of time causing difficulty in circulation due gravity like standing for prolonged period or hanging limbs for prolonged period of time. Salt restriction, regular exercise, proper diet, decrease stress help to manage hypertension.<sup>6,7</sup>

## **CARDIOVASCULAR DISEASES**

Any abnormality or irregularity which affects the heart muscles and blood vessel walls can be referred to as heart disease. Elevated level of cholesterol and triglycerides are major markers for heart diseases. There is a huge number of populations in India who suffer from cardiovascular diseases. Again, it is one of the lifestyle disorder sedentary habits, stress, increased level of cholesterol, improper diet is some of the reasons for cardiovascular diseases.<sup>6,7</sup>

## **CARCINOMAS**

Due to stressful lifestyle, we lead, there is decrease in immunity of our body, WBC's lose their power to fight the viruses that enter our body. There may be an irregular cell growth which can be concluded as carcinoma when diagnosed appropriately.<sup>6,7</sup>

## **RESPIRATORY DISEASES**

In present practice we notice a huge number of populations suffering from recurrent respiratory tract infections. It may be worsened due to continuous influence to body to obnoxious agents, may be occupational harmful chemical exposures, prolong use of antihistamines anticold cough medicines, habit of smoking has a very severe impact on health which leads to various respiratory diseases.<sup>6,7</sup>

## **AUTOIMMUNE COMPLAINTS**

Due to sedentary lifestyle, decreased physical activity, obesity and improper diet many other causes lead to various joint complaints like arthritis, rheumatoid arthritis, gout etc.<sup>6,7</sup>

## **DEPRESSION AND ANXIETY**

Stress and anxiety trigger a number of lifestyle disorders. Continuous worry stress, family tensions, work pressure, health concerns,

unemployment, love failures have a direct impact on the mental or emotional health of the person. Continuous stress worry leads to anxiety neurosis and depression. Along with the above-mentioned lifestyle disorders there are various other diseases which directly or indirectly have an impact on the health of an individual due to lifestyle.<sup>6,7</sup>

## **ROLE OF HOMOEOPATHY IN LIFESTYLE DISEASES OR DISORDERS.**

Homoeopathy plays a very significant role in the management of lifestyle disorders. Lifestyle disorders are a threat to the socio-economic aspect of nation globally and appropriate actions for their management are the need for the moment. Management of lifestyle diseases include proper diagnosis and treatment for the same.<sup>8,9,10,11,12</sup>

## **Homoeopathic view of disease and health:**

Disease = Dis + ease

Disease is Mother Nature's response to our indulgence and our unmitigated efforts to self-destruct through over-indulgence. Disease is nature's way of slowing us down.

Health is a joyous journey back to harmony of Body + Mind + Spirit.

Homoeopathy has a major role to play in the management of present-day lifestyle diseases. Homoeopathy medicines strengthens the immunity of the body to fight against pathogens. They act on much deeper level both at physical and emotional health. Homoeopathy is a complete system of medicine discovered by a German physician, Dr Samuel Hahnemann.<sup>8,9,10,11,12</sup>

Dr Hahnemann highlights the importance of healthy lifestyle. He has advised to remove all influences which hinder cure. According to him hinderances to the cure of chronic diseases are excessive hardships, labouring, grief, hunger, poverty, sudden death of loved ones, etc. He

advised to avoid sedentary life that interferes with health.<sup>8,9,10,11,12</sup>

In case of lifestyle disorders Homoeopathic management include a detailed individualised study of the patient. A constitutional medicine is selected based on individualised approach. A holistic approach towards each case really helps to give wonderful results.<sup>8,9,10,11,12</sup>

### Some rubrics related to lifestyle disorder in different repertories Rubrics related to sedentary lifestyle in different repertory:<sup>13</sup>

#### a) In Boericke repertory

MODALITIES - Aggravation - Sedentary habits: (9) acon. aloë am-c. anac. arg-n. bry. con. *Nux-v.* sep. ABDOMEN - Anus, rectum - Prolapsus ani - with - piles, in alcoholics, leading sedentary life: (1) aesc-g. NERVOUS SYSTEM - Nervous affections - From - tobacco, in sedentary persons; dyspepsia, right prosopalgia: (1) sep. ABDOMEN - Haemorrhoids - Aggravations - from - alcoholic abuse, in sedentary persons: (2) aesc-g. *nux-v.* STOMACH - Indigestion dyspepsia - Cause - Sedentary life: (1) *nux-v.*

#### b) In Boenninghausen's repertory

HEAD - Internal - aggravation - sedentary living: (2) *Acon.* **NUX-V.** STOOL - Aggravation and amelioration - sedentary living agg.: (6) **BRY.** lyc. **NUX-V.** op. *Plat.* **SULPH.** CONDITIONS OF AGGRAVATION AND AMELIORATION IN GENERAL - Sedentary

occupations: (1) **NUX-V.** STOMACH - Digestion - weak - sedentary living: (5) bry. calc. **NUX-V.** sep. *Sulph.*

#### c) Clarke J. Clinical repertory

Temperaments - sedentary: Temperaments - sedentary - women: (1) am-c. Temperaments - sedentary - habits, persons of: (13) acon. alum. anac. calc. cocc. con. nat-m. *nux-v.* petr. sep. sil. sulph. ter. Temperaments - women - sedentary: (1) am-c. Temperaments - sedentary - literary men, sick and chilly: (1) asar. Temperaments - habits, sedentary: (15) acon. alum. am-c. anac. asar. calc. cocc. con. nat-m. *nux-v.* petr. sep. sil. sulph. ter. Temperaments - men - literary, sedentary, who are sick and chilly: (1) asar. Temperaments - literary men - sedentary, sick and chilly: (1) asar. Temperaments - chronic - ailments of - sedentary persons: (1) alum. Causation - sedentary habits: (1) aloë Temperaments - sedentary - persons, chronic ailments of: (1) alum. Temperaments - life - sedentary, persons who lead a: (1) *nux-v.*

#### d) Kent repertory:

RECTUM - CONSTIPATION - sedentary habits, from : (10) aloë *Ambr.* *Bry.* *Lyc.* **NUX-V.** *Op.* **PLAT.** *Podo.* *Sep.* *Sulph.* MIND - ANXIETY - sedentary employment, from: (2) *Ars.* graph.

#### e) Phatak's repertory

S - Sedentary living - agg: (4) aloë asar. **NUX-V.** *Sulph.*

S - Sedentary living: M - Menses - copious, profuse, excessive - women young, in - sedentary habits, of: (1) coloc. S - Sedentary living - burning, spots, from: (1) ran-b.

#### f) Synthesis repertory

STOMACH - SLOW DIGESTION - sedentary living: (5) bry. calc. *Nux-v.* sep. sulph. STOMACH - INDIGESTION - sedentary life; from: (1) *nux-v.* GENERALS - PAIN - Spots; in - sedentary living; from: (1) ran-b. GENERALS - WEAKNESS - sedentary habits agg. - women; in: (1) helon. RECTUM - HEMORRHOIDS - sedentary persons; in: (2) aesc-g. *nux-v.* RECTUM - CONSTIPATION - sedentary habits agg.: (14) aloë alum. *Ambr.* *Bry.* hydr. *Lyc.* nat-m. **NUX-V.** *Op.* **PLAT.** *Podo.* *Sep.* *Sulph.* thuj. GENERALS - SEDENTARY HABITS: (29) acon. aloë alum. am-c. anac. arg-n. ars. asar. bell. *Bry.* Calc. Caps. cocc. coloc. con. guar. hydrog. *Lyc.* nat-m. **NUX-V.** petr. *Puls.* rhus-t. sep. sil. staph. sulph. ter. GENERALS - SEDENTARY HABITS - women; in - obese: (1) am-c. SLEEP-SLEEPINESS-sedentary habits, in persons of: (1) *Gels.* GENERALS - SEDENTARY HABITS - women; in: (2) am-c. coloc. STOOL - SEDENTARY HABITS AGG.: (6) **BRY.** lyc. **NUX-V.** op. plat. *Sulph.* GENERALS - PAIN - Spots; in - sedentary living; from - burning: (1) ran-b. HEAD - SEDENTARY HABITS AGG.: (2) acon. *Nux-v.* HEAD - PAIN - chronic - sedentary habits; from: (4) anac. *Arg-n.* bry. *Nux-v.*

GENERALS-NEUROLOGICAL COMPLAINTS - tobacco; from - sedentary habits; in persons with: (1) sep. RECTUM - PROLAPSUS - drunkards leading sedentary life; in: (1) aesc-g. GENERALS - WEAKNESS - sedentary habits agg.: (3) helon. nux-v. sulph.

## PREVENTION OF LIFESTYLE DISORDER

A healthy lifestyle should be adopted to combat life style disorders.<sup>14</sup>

### Health rests on three pillars

1. DIET
2. EXERCISE
3. REST

If any one of above three is disturbed the health will fall<sup>14</sup>

### PROPER DIET

There is a well-known proverb in ayurveda that says" If your diet is not proper, no medicines will work And if diet is proper, then no medicines will be required."

Diet rich in fibre and nutrients, fresh fruits, vegetables should be a regular part of meal. Avoid skipping meals., junk food, fatty food, aerated drinks as they do no good but just harm the body in many ways.<sup>14</sup>

### ADEQUATE EXERCISE

Exercise helps improve circulation and secrete ample of anabolic hormones thus wash off metabolites and other harmful substances from body.

The root cause of most of the lifestyle disorders is obesity. It is really important to maintain a ideal body weight. Regular exercise, brisk walk, yoga helps to combat many diseases<sup>14</sup>

### REST TO MIND AND BODY

### Stress management

Proper hormone flow depends much on balanced mind as its optimal balance is dependent on a very delicate Hypothalamic-Pituitary-Hormonal Axis. Which is much dependent on psychological wellbeing and vice-a-versa.

Proper guidance and counselling to combat stress. Involve in recreational activities which help to relieve stress. Practice yoga, music therapy, maintain a balance between work and family., proper balanced food with adequate sleep.<sup>14</sup>

### Adequate sleep

Most of the hormones and other repair mediators within body are secreted most abundantly during and deeper the sleep better the repair work in body. Continuous and undisturbed sleep of 7 to 8 hours helps to solve many health issues.<sup>14</sup>

### MATERIALS and METHODS

The project work was done following the books and websites

### OBSERVATIONS

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

### DISCUSSION

The applied aspect of homoeopathy in cases of lifestyle has a vast area of study. Specific work related to particular age groups and specific medicine needs to be carried out. The lifestyle disorder has many possibilities in field of homoeopathy.

### SUMMARY

The lifestyle disorder in homoeopathy is a subject which more needs clinical orientation

from the homoeopathic view point. 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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# Nomophobia and its treatment in homoeopathy

By Dr Vandana Gupta

**ABSTRACT:** NOMOPHOBIA is a psychical stage where an addicted human has a fear or fright of being disengaged from their digital phone.

The locution NOMOPHOBIA narrated in the DSM-IV, was classified as “a phobia of a specific/tangible thing”.

several psychical elements such as self-doubt, low confidence, and extroverted disposition are involved in this problem. The patient used to connect regularly to cell phones.

The thrust of this problem is expanding day by day worldwide. Also, Other psychical problems such as fear to be social, and fit for terror can increase NOMOPHOBIC features. that is very hard to find out if a patient becomes NOMOPHOBIC as a result of dependency on phones or any type of fit of terror or panic disorder presenting with NOMOPHOBIC features.

Since that type of disorder is well treated in homoeopathy, it will be the right way to treat nomophobia.

**Keywords:** Homoeopathy, nomophobia, homoeopathy, miasma, repertoire.

**Abbreviations:** DSM - Diagnostic and Statistical Manual of Mental Disorders, TRAI - Telecom Regulatory Authority of India, QDMP/TMPD - mobile phone addiction questionnaire/test of mobile phone addiction

## Introduction:

**N**OMOPHOBIA is a psychical stage where an addicted human has a fear or fright of being disengaged from their digital phone.<sup>[1]</sup>

We are attached to each other with phones, providing us with a kind of security.<sup>[2]</sup>

However, the term “phobia” is a misnomer, as it mostly appears as a type of anxiety disorder.<sup>[3]</sup>

It is a kind of “overconnectedness syndrome” because constant use to mobile phones does not lead to face-to-face interaction. Another terminology is similar. This is called “technophobia”. It’s similar to how people avoid face-to-face interconnection and remain introverted, regardless of other people. They become depressed later in life.<sup>[4]</sup>

The exact cause of nomophobia is unknown.

The phone immediately satisfies and communicates immediately, the patient gets used to it.

This is not a known bug; People do not know about this disease yet. It is new, there is no modification on it. Patients with anxiety and panic disorders were more affected by nomophobia.

NOMOPHOBIA may also act as a substitute for other diseases. So, we have to be very prudent regarding its diagnosis. Some mental disorders can also cause NOMOPHOBIA and vice versa.

The complexity of this condition is very challenging for the patient’s family members as well as for the doctor because NOMOPHOBIA shares common clinical symptoms with other problems. Therefore, NOMOPHOBIA should be diagnosed by exclusion. We need to stay in the real world more than the virtual world. We need to re-establish face-to-face connections among the people. So, we need to limit the use of our cell phones rather than ban them because we cannot escape the force of technological advancement. The survey reported that most teenagers expressed anxiety when they do not use their cell phones, they

kept thinking about their phones. Researchers have proposed certain psychological predictors for suspecting nomophobia in a person, which are: “self-negative views, younger age, low esteem, high extroversion/introversion, impulsivity, and a sense of urgency and seeking”.<sup>[5]</sup>

According to a study, 61% of people check their phones in the morning after waking up.<sup>[6]</sup> In a study conducted among undergraduate students in health services, almost 77% of students checked their cell phones more than 35 times per day.<sup>[7]</sup>

Another study claimed that 50% of nomophobics never switch off their mobile phones.<sup>[8]</sup>

The researchers evaluated many such psychological factors which are happening to the patient due to mobile use.<sup>[6]</sup>

## SIGNS AND SYMPTOMS

The signs and symptoms seen in a NOMOPHOBIC patient are-

- Anxiety
- Apprehension

- Respiratory alterations like dyspnoea, and coughing.
- Irritability
- Laziness
- Trembling
- Perspiration
- Agitation
- Absorbed in thoughts.
- Disorientation
- Tachycardia
- Confusion
- Slow mental development in children

**TREATMENT AND MANAGEMENT: -**

**Level 1**

**Policy and law**

There is no restriction on the use of mobile phones in India. One person can use multiple phones. It adds energy to the already existing problem of NOMOPHOBIA. The Telecom Regulatory Authority of India (TRAI) should play an active role by creating a policy/law that a “settings-based approach” should be followed to restrict mobile phones between people. A LAW may be formulated under this law. a minimum upper age limit should be set for mobile use. It will help a lot to reduce the situation.

**Values**

Parents should motivate their children to participate in outdoor games and religious festivals. It will give them more chances to interact face to face.

**Education**

Parents must be aware of such psychological problems as NOMOPHOBIA. School authorities should appoint counsellors and health team personnel to educate and deal with such cases.

Cell phone restrictions are strictly enforced in many schools/colleges.

Encouraging social activities  
The energy of young people needs to be channelled creatively. Mechanisms can be designed to engage them in physical activities, outings, social interactions, etc.

**Level 2 and level 3**

**Prevention of NOMOPHOBIA**

A NOMOPHOBIC person should be identified using a “setting-based” approach by their colleagues/supervisors. They may be referred for on-site counselling. This way you can reduce the risk of NOMOPHOBIA.

Medical treatment of acute health problems and treating symptoms: Currently, treatment modalities are very limited because the concept of the disease is relatively new. However, treatment modalities such as cognitive-behavioural therapy combined with pharmacological interventions show promising results. The drugs, tranlycypromine and clonazepam, are becoming quite successful in treating the signs and symptoms of nomophobia.<sup>[9]</sup> Cognitive behavioural therapy appears to be very useful because it reinforces autonomous behavior that is independent of techno-dependency. However, this treatment approach is not supported by any randomized control trial.

A mobile phone dependence study among medical graduates was conducted by Dixit *et al.* About 56% of students replied they feel secure when their phone is in their pocket.<sup>[10]</sup>

Another promising treatment modality has emerged as the “reality approach”. In this therapy, the patient is encouraged to focus on other behaviours (gardening, painting, playing, etc.) than using cell phones. Medications such as benzodiazepines and antidepressants (in normal doses) are sometimes used

in severe cases to control symptoms. A combination of tranlycypromine and clonazepam has been used quite successfully to treat cases of nomophobia. Although these drugs are formulated for anxiety disorders and not directly for nomophobia.<sup>[9]</sup> We must remember that NOMOPHOBIA should be diagnosed by exclusion and therefore we must be very careful in investigating, identifying, and treating any hidden pre-existing mental disorders if any. Certain validated psychometric scales are available for the diagnosis of nomophobia, among which the “mobile phone addiction questionnaire/test of mobile phone addiction (QDMP/TMPD)” scale is popularly used.

**Levels 4 and 5**

**Mental Health Services:**

This is of paramount importance in rehabilitation as a person goes through phases of anxiety and depression. After addressing the person’s immediate health and safety needs, a psychosocial assessment using existing psychometric instruments should be recommended. Psychological rehabilitation of addicts needs to be ensured through counselling and parental care. Caregiving should be provided by supportive and invulnerable parents/caregivers. Counsellors must emphasise anxiety and stress management skills in patients and teach parents about these skills.

**Miasmatic background: -**

With this problem, the patient will suffer psychologically. His behavior has changed and he suffers from anxiety and panic attacks. Nomophobia is a type of addiction; addiction is an uncontrolled desire, so we will consider it a syphilitic miasma.

**Repertory: -**

In the repertory, one can find many rubrics related to the symptoms of nomophobia. Some repertoires are

stated below:

Mind - sensitive - also noise - phone ringing = *ozone*

Dreams - memory - weakness of memory – a person with whom he is on the phone; he does not remember knowing = *Bungarus-fa*.

Dreams - phone = *Latrodactus-h, irid-m, gallon-h*.

Dreams - Phones - Picking up the phone = *Galeocerdo*

Generals- ailments from- mobile phone = *Bellis p*<sup>[11]</sup>

In homoeopathy, there is no specific treatment for nomophobia and no specific cure for nomophobia. But a patient who has symptoms of any kind, whatever medicine comes, will give to the patient.

### Homoeopathic remedies:

There is no particular remedy for nomophobia.

Whatever kind of problem the patient is suffering with, the problem that will come, they will be prescribed a simillimum medicine and the management will tell them how to use the phone less. If the patient has anxiety about the phone, then treatment related to anxiety will be done. The patient will be counseled.

### Conclusion

Earlier people were more social, they used to have direct interactions with each other. But now the environment has changed, and people are becoming dependent on them by using technology.

People do not interact directly with each other, they stay connected on social sites like facebook, twitter, instagram, and whatsapp, and this is the reason why he started living more on phone.

NOMOPHOBIA can put a financial strain on a family due to using excessive amounts of data, which is

also costly.<sup>[12]</sup>

Most Indian studies<sup>[13,14,15]</sup> on nomophobia have been conducted on adults and are limited by small sample sizes and variability in the tools employed. India is one of the largest markets for smartphones, and adolescents are major consumers.

Excessive mobile phone use by adolescents may be associated with internet addiction<sup>[16]</sup> which can lower life quality in adolescents.

Nowadays people are not paying much attention to their families due to urbanization and nuclear families. and working mothers give phones to their children so that these children get busy and now this recruitment has become more common and due to this the mental development of children is not being done properly. They become irritated, and obstinate by nature, and do not involve themselves in any physical activities.

Today, after college, most children are usually away from home for education or employment. The excessive use of cell phones by parents and their children is a way to gain a mutual sense of security and social control through cell phones.

Nomophobiac prefer virtual interactions and avoid face-to-face interactions. As a result, they have their phone within reach even when they sleep (the phone stays on 24x7). Some of them often look at the phone screen so as not to miss any notification, which is called a “ring”. These all are factors that make people depend on phones remarkably and they developed nomophobia.

In homoeopathy, we can cure these patients who are suffering from this phobia, and we can prevent this problem from developing.

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# A case of polycystic ovarian syndrome cured by constitutional remedy

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

**ABSTRACT:** PCOS is a hormonal-related disease. It is mostly found in patients in the child-bearing age group. Women suffering from PCOS may have uneven or prolonged menses and amenorrhea. In these women, unneeded male hormones (androgen) are found.

In this article, there is a case of 21 years female who was suffering from PCOS. She was treated within 6 months with a single constitutional homeopathic medicine *SEPIA OFFICINALIS* 200, *SEPIA OFFICINALIS* 1M with repetition as per requirement.

**Method** – A detailed case taking was done and PCOS was diagnosed based on clinical examination, physical examination, and ultrasonography report.

A constitutional homeopathic remedy was prescribed based on complete symptoms with aid of repertorization.

**Result-** The patient recovered remarkably with homeopathic therapy.

**Keywords:** Constitutional homeopathic medicine, polycystic ovarian disease, *Sepia officinalis*.

**Abbreviations:** Congenital adrenal hyperplasia (CAH), polycystic ovarian syndrome (PCOS), transvaginal sonography (TVS), luteinizing hormone (LH), follicle stimulating hormone (FSH), ultrasonography (USG), outpatient department (OPD), TDS – thrice a day

## Introduction:

This condition is also called Stein Leventhal Syndrome. [1] Polycystic ovary disease is a hormone-related disorder. Females who are suffering from PCOS have more androgen levels.[2] Patients who suffer from this disease usually have uneven menses or none at all.[3] It's associated with a higher rate of depression and anxiety [4]. There are many causes of this disease, which is made from the male hormone of the ovary. Mostly these symptoms occur =

Anovulation, high androgen levels, multiple cysts.

There are other causes, some are listed below: -

CAH, thyroid dysfunction, elevated prolactin, Cushing's syndrome

The incidence of the disease is 5-4 percent, it mostly occurs in infertile ladies. Multiple cysts in ovaries can be seen in 20% of healthy women. And this disease occurs in 20-30 percent of the childbearing age group.

## Clinical signs:

1. weight gain increases rapidly
2. Menses problems --- May be oligomenorrhea, amenorrhea, or DUB and infertility.
3. facial acne
4. excessive growth of unwanted hair
5. Acanthosis nigricans. In this problem, the skin is thickened and pigmented. The most commonly affected areas are the back of the neck, inner thighs, groin, and armpits.
5. HAIR-AN syndrome< hyperandrogenism, insulin resistance, and acanthosis nigricans>.

## DIAGNOSIS CRITERIA:-

Rotterdam criteria----

According to the Rotterdam consensus, polycystic ovarian syndrome (PCOS) is defined by the presence of two of three of the following criteria: oligo-anovulation, hyperandrogenism, and polycystic ovaries ( $\geq 12$  follicles measuring 2-9 mm in diameter, and/or an ovarian volume  $> 10$  mL in at least one ovary)<sup>[5]</sup>

## Investigations: -

**Sonography** – TVS is particularly used in obese patients.

The ovaries increased in volume ( $> 10$  cm<sup>3</sup>) and also increased in number ( $> 12$ ) of peripherally arranged cysts (2–9 mm) observed.

Serum values: – LH level is increased and their ratio is LH: FSH  $> 2:1$ .

- The level of estrone and estradiol is significantly increased.

- SHBG level is decreased.

- Hyperandrogenism – is mainly from the ovaries, but less from the adrenal glands.

---elevated the level of Androstenedione.

- Elevated serum testosterone ( $> 150$  ng/dL) and DHEA-S may be mildly increased.

- Insulin resistance (IR): Elevated fasting insulin levels is  $> 25$   $\mu$ IU/ml and a fasting glucose/insulin ratio  $< 4.5$  suggest IR (50%).

Serum insulin response levels  $> 300$   $\mu$ IU/mL 2 h after a glucose (75 g) load are indicative of the severity of Insulin resistance.

•

**Laparoscopy** – B/L multiple cysts in ovaries are characteristic of PCOS.

Pathology:

Typically, the ovary’s size is enlarged. The stroma is elevated. The capsule is reinforced and has a pearly white color.

The presence of multiple (> 12) follicular cysts about 2–9 mm in diameter is clustered around the cortex.<sup>[6]</sup>

Environmental factors have been shown to play a role in the pathogenesis of PCOS.

Several studies have been done to look at the role of socioeconomic status (SES) and unhealthy behaviors, including smoking, poor diet, and lack of exercise.<sup>[7]</sup>

There is a cure for PCOS in homoeopathy. Its treatment consists of choosing a constitutional homoeopathic medicine capable of acting on the ovaries and the patient’s entire entity. There are many homoeopathic remedies capable of affecting this condition if chosen after clearly understanding the constitution, disposition, and miasmatic background if any.<sup>[8]</sup>

Lack of realization and lifestyle changes are believed to be the main factor leading to this disease. Nowadays PCOS become the most common problem affecting young girls and women of reproductive age.

In India, PCOS affects nearly 40% of

females. But only 60% of women apply for treatment in hospitals when they find out that they have infertility.<sup>[9]</sup>

PCOS have found a lot of points that are either genetic or environmental but most of them are genetic.<sup>[10]</sup>

To be sure whether it is genetic or environmental, all this will be known from the twin and familial clustering study.<sup>[11,12]</sup>

**CASE HISTORY: -**

A case of 21 years female suffering from PCOS reported here was treated successfully within 6 months by a constitutional homoeopathic medicine *SEPIA OFFICINALIS* 200, *SEPIA OFFICINALIS* 1M with repetition as per requirement.

The improvement was relevant to the regularity of the menstrual cycle and also from ultrasonography (USG) reports.

**History of present complaints** : - The patient was suffering from PCOS diagnosed on 08/09/2021 by ultrasonography. There was a history of infertility. The patient did not conceive till now. There was primary infertility.

The patient was suffering from backache in the scapula region for 2 years. Backache was aggravated by sitting and in winter. There was a burning sensation in the back region. Backache was ameliorated

by lying on the back and walking. There was a history of infertility. The patient married 5 years ago. The patient was suffering from irregular menses and thin and offensive leucorrhoea after menses.

**Physical generals :-**

She had good appetite but less thirst. She loved to eat spicy food. Her stool was changeable, sometimes normal and sometimes hard. She had aversion from oily fatty food which causing nausea. Her sleep was disturbed, there was anxiety which causes sleeplessness. Thermally, she was chilly. There was burning during micturition.

The patient was suffering from hirsutism

**Menstrual history: -** Irregular menses comes after an 8-10 days gap, scanty menses, dark red.

**Leucorrhoea: -** After menses, offensive and thin.

**Mental generals : -** Suppressed anger, aversion to work, consolation aggravation, and the stress of not having a child.

**DIAGNOSIS :-**

Diagnosis was based on clinical symptoms, physical examination of the patient and according to Rotterdam criteria<sup>[5]</sup> of PCOS. Irregular menses with primary infertility.

ICD-10 = E28.2<sup>[13]</sup>

**CASE ANALYSIS AND EVALUATION OF SYMPTOMS: -**

| TYPE OF SYMPTOMS | SYMPTOMS                 | IN-TENSITY | MIAS-MATIC ANALYSIS <sup>[14]</sup> |
|------------------|--------------------------|------------|-------------------------------------|
| Mental General   | Anger suppressed.        | 3          | Psoric                              |
| Mental General   | Consolation aggravation. | 2          | Psoric                              |

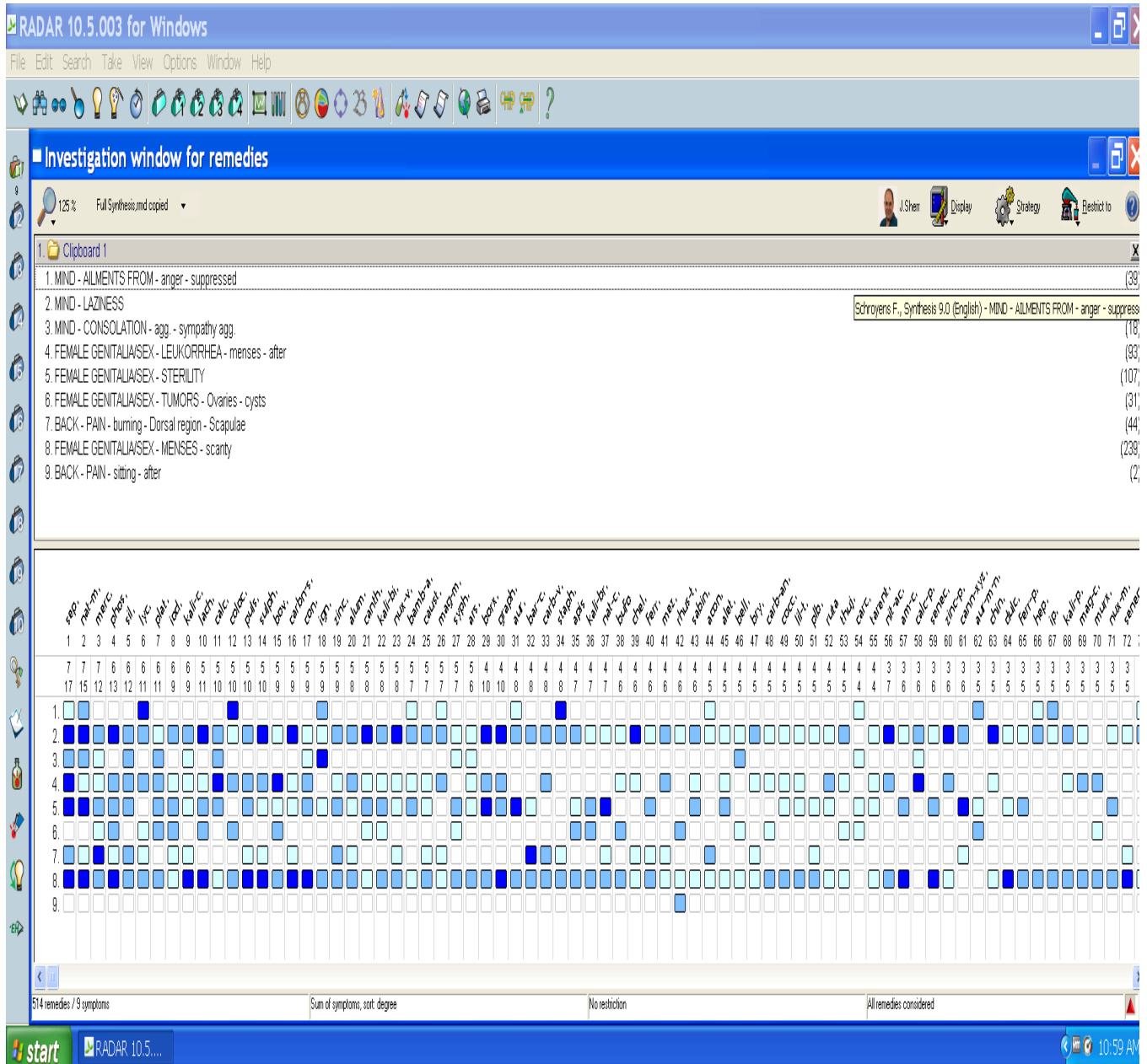
|                            |  |   |                   |
|----------------------------|--|---|-------------------|
| <b>Mental General</b>      | Aversion to do work, not interested in doing housework.      | 3 | <b>Psoric</b>     |
| <b>Physical General</b>    | Leucorrhoea after menses, leucorrhoea is thin and offensive. | 2 | <b>Syphilitic</b> |
| <b>Particular</b>          | Back pain in the scapula region with burning.                | 3 | <b>Psoric</b>     |
| <b>Particular</b>          | Back pain aggravated by sitting position.                    | 2 | <b>Psoric</b>     |
| <b>Particular</b>          | Multiple cysts in bilateral ovaries.                         | 3 | <b>Sycotic</b>    |
| <b>Particular Generals</b> | Infertility in a patient not conceiving pregnancy.           | 2 | <b>Sycotic</b>    |
| <b>Physical general</b>    | Scanty menses  | 3 | <b>Sycotic</b>    |

REPERTORIAL TOTALITY[14]:-

| TOTALITY OF SYMPTOMS: -   | RUBRICS   |
|---|---|
| 1. Anger suppressed.  | 1. MIND-AILMENTS FROM-anger-suppressed              |
| 2. Consolation aggravation.                                     | 2. MIND-CONSOLATION-agg-sympathy agg                |
| 3. Aversion to do work, not interested in doing housework.      | 3. MIND-LAZINESS                                    |
| 4. Leucorrhoea after menses, leucorrhoea is thin and offensive. | 4. FEMALE GENITALIA/SEX-LEUKORRHEA-menses-after-agg |
| 5. Back pain in the scapula region with burning.                | 5. BACK-PAIN-DORSAL REGION-SCAPULAE-burning         |
| 6. Back pain aggravated by sitting position.                    | 6. BACK-PAIN-sitting-agg                            |
| 7. Multiple cysts in bilateral ovaries.                         | 7. FEMALE GENITALIA/SEX-TUMORS- ovaries-cysts       |
| 8. Infertility in a patient not conceiving pregnancy.           | 8. FEMALE GENITALIA/SEX-STERILITY                   |
| 9. Scanty menses  | 9. FEMALE GENITALIA/SEX-MENSES-scanty               |



REPERTORISATION: -



This repertorisation was done by Synthesis repertory using RADAR 10.0 software.[15]

REPERTORIAL ANALYSIS: -

1. *Sepia officinalis*---17/7
2. *Natrum muriaticum*----15/7
3. *Mercurius corrosivus*---12/7
4. *Phosphorus* -13/6

5. *Silicea terra*----12/6

SELECTION OF THE REMEDY AND POTENCY:-

The reportorial result showed that *sepia* covered maximum symp-

toms with the highest gradation. Therefore, an individualised single constitutional remedy, *SEPIA* was selected based on the totality symptoms covered in *Materia medica* books such as *Allen's keynote*<sup>[16]</sup> and *Boericke Materia medica*<sup>[17]</sup>. All symp-

toms are covered by sepia, although the patient was chilly so here, I have prescribed sepia 1M to the patient. High potency was selected based on

the mental picture of the patient. as per guidelines from the 245 aphorism in *Organon of Medicine 6<sup>th</sup> edition*, higher potency was selected

based on strong mental characteristics in the case.<sup>[18]</sup> The medicinal dose was only repeated when its action was ceased.<sup>[19]</sup>

### Follow-up: -

After 4 months of regular treatment, the patient improved very much. She reported with USG. In USG, PCOD is cured.

| DATE | RESPONSE   | PRESCRIPTION  |
|------|--|---|
|      | Backache relieved  | <i>Rubrum met 200 /3dose Sac lac 30/tds</i>           |
|      | Her menses started coming on regular time.   | <i>Rubrum met 200 /3dose<br/>Sac lac 30/tds</i>       |
|      | Backache relieved. leukorrhoea is decreased  | <i>Sepia officinalis 1M /3dose<br/>Sac lac 30/TDS</i> |
|      | Improved. menses come on a regular date.   | <i>Rubrum met 200 /3dose<br/>Sac lac 30/TDS</i>       |
|      | Improved. USG Report showed normal slightly enlarged ovaries. The size of the ovaries decreased. | <i>Rubrum met 200 /3dose<br/>Sac lac 30/TDS</i>       |
|      | Improved   | <i>Rubrum met 200 /3dose<br/>Sac lac 30/TDS</i>       |

### DISCUSSION AND CONCLUSION: -

PCOS accounts for up to 70% of infertility in couples seeking treatment<sup>[20,21]</sup>. Poor lifestyle, diet, or any infectious negotiators increase the risk of PCOS.<sup>[22]</sup> There is currently no cure for PCOS.

Don't eat high-energy food.<sup>[23]</sup> Mental tension, improper diet, and sedentary life are the most occurring factor worldwide.<sup>[24]</sup>

Studies in homoeopathy have shown a positive role, but these studies primarily evaluated menstrual irregularities and PCOD

using ultrasonography.

Hyperandrogenism and the effect of lifestyle modification were not evaluated and statistical rigor was also lacking.<sup>[25]</sup> Due consideration has been given to all these aspects while drafting this protocol.<sup>[26]</sup> Despite the increasing incidence of this syndrome, limited research has been conducted that covers the full spectrum of PCOS.<sup>[27]</sup>

The patient was taking allopathic treatment and there was no relief so the patient came to the OPD SNHMC on the date 20/01/2022. She had earlier taken a course of ocp for treating this condition, to which she did not respond favourably.

All symptoms are covered by sepia, although the patient was chilly, so here, *Sepia officinalis* 1M was prescribed to the patient. After prescribing medicine patient is improved so much. Her menstruation has become regular and leucorrhoea is also improved.

Ultrasonography (USG) showed a normal result.

This patient was successfully cured and followed up regularly.

## BEFORE TREATMENT

Reg. No. : BRH/US/43

**DR. AMIT DIAGNOSTIC CENTRE**

**Dr. Amit Mishra**  
 MBBS, MD Radiodiagnosis  
 Formerly at Sharda Hospital & Medical College, G.Noida  
 Ex-Asst. Professor, Hind Institute of Medical Sciences, Lucknow

**Dr. Garima Sharma**  
 MBBS, DNB Radiodiagnosis  
 Formerly at Fortis Hospital, Noida  
 Ganga Hospital, Coimbatore

Patient Name :- Mrs. SANGEETA VERMA      Date:- 08/09/2021  
 Age :- 21 yr      Gender:- Female  
 Referred by :- Dr. PRAGYA TRIPATHI M.B.B.S.,D.G.O.(OBSTETRICS &GYNECOLOGY)

**TRANSVAGINAL ULTRASOUND PELVIS**

UTERUS: is anteverted and normal in size measuring~ 6.93 x 3.54 x 2.80 cm. Myometrium appears normal with no obvious intramural lesion.

*Endometrium* is central and echogenic, measuring ~ 3.3 mm in thickness.

*Cervix* appears normal.

**OVARIES AND ADNEXA:** Both ovaries are bulky in size and show multiple peripherally arranged sub-centimetric follicles with central hyperechoic stroma.

**RIGHT OVARY**

- Right ovary measures: 3.4 x 2.8 x 2.3 cm (volume~ 12.30 cc). No evidence of any cyst or mass seen in the ovary.
- Approx 12 follicles of 2-5 mm and 4 follicles of 5-8 mm size are noted.

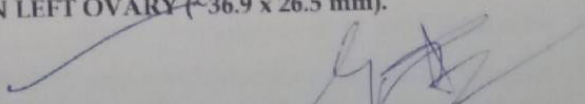
**LEFT OVARY**

- It shows a simple follicular cyst, measuring ~ 36.9 x 26.5 mm.
- Left ovary measures: 5.1 x 4.2 x 3.3 cm (volume~ 38.10 cc).
- Approx 14 follicles of 2-5 mm and 1 follicle of 5-8 mm size are noted.

*Pouch of Douglas:* Clear.

**IMPRESSION:**

- POLYCYSTIC OVARIAN MORPHOLOGY.
- SIMPLE FOLLICULAR CYST IN LEFT OVARY (36.9 x 26.5 mm).

  
 Dr. Garima Sharma  
 M.B.B.S., D.N.B.(Radiodiagnosis)



**AFTER TREATMENT**



**VERMA ULTRASOUND CENTRE**

Near : Kumar Picture Palace, Hospital Chauraha  
Kanoongopura, Bahraich-271801, Ph. 238594

**Dr. Ramesh Verma**

M.B.B.S., M.D., Radiodiagnosis  
K.G.M.C.(Uo.)  
Reg.No. 039583

NAME :- SANGEETA AGE/SEX:- 22Y/F

PID:- 2232

**(U/S STUDY OF WHOLE ABDOMEN)**

**LIVER** :- Liver is normal in size & echogenicity is normal . There is no focal lesion seen. Intrahepatic portal radicles are not dilated . Portal vein is normal in size .  
**BILIARY SYSTEM** :- Intra-hepatic bile ducts are not dilated .  
 C.B.D. is normal in size & lumen is echofree .  
 Gall bladder is normal in size . Lumen is echofree . Wall is 2mm in thickness. There is no abnormal collection or growth seen in G.B.fossa .  
**PANCREAS** :- Pancreas is normal in size & echotexture . Pancreatic duct is not dilated . There is no focal lesion seen in parenchyma .  
**AORTA & PARA AORTIC AREA** :- Aorta & I.V.C. is normal in size . Para-aortic area is clear .  
**SPLEEN** :- Spleen is normal in size & have normal echotexture . There is no focal lesion seen  
**KIDNEY** :- Both kidney are normal in size . Cortical echogenicity is normal . Cortico-medullary differentiation is normal . Collecting system is not dilated . There is no calculus seen .  
**URETER** :- Upper part of both ureters are not dilated .  
**BOWEL LOOPS** :- There is no abnormally dilated or thickened bowel loop seen .  
**URINARY BLADDER** :- It is normal in size . Lumen is echofree . Wall is smooth & regular  
**UTERUS** :- Uterus is normal in size (68/22MM). Myometrium have normal echotexture . Endometrium is normal in thickness & mid line.  
**OVARY & ADENEXA** :- Both ovary are slightly enlarge in size . Both adenexal region are clear. (RO35/21MM & LO38/20MM)  
**CUL-DE SAC** :- Clear.

IMPRESSION:- SLIGHTLY ENLARGE BOTH OVARY

ADV:- Clinical correlation & further investigation.

Monday, March 28, 2022

RADIOLOGIST  
DR. RAMESH VERMA  
M.D.(R&D)

Note

- (1) This report is not valid for medico-legal purpose. यह रिपोर्ट मेडिको-लीगल केस के लिए मान्य नहीं है।
- (2) If the concern physician is not satisfied with this report, re-examination done free of cost or charges will be refund to the patient on recommendation of Doctor. अगर सम्बन्धित चिकित्सक इस रिपोर्ट से संतुष्ट नहीं है तो रोग का परीक्षण पुनः मुफ्त किया जायेगा, या चिकित्सक द्वारा लिखे जाने पर फीस वापस की जायेगी।

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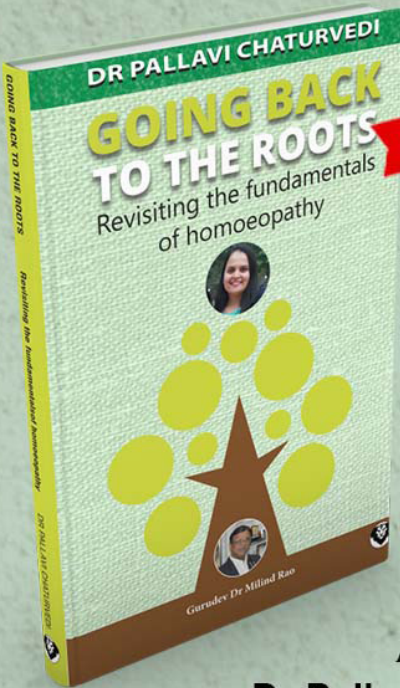
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# Managing post-covid anxiety with homoeopathy: a case report

By Dr Shyambhavi Chaudhary, Dr Varun Chaudhary, Dr Shipra Singh

**ABSTRACT:** Before the time of COVID-19, life style or expectation from the life was to earn for quality of life, to go out and to meet different peoples to make the body mentally and physically healthy. But all of the sudden there was burst out of COVID-19 cases in all the world which lead to complete lockdown of the life, from the life and to the life, but this was the time when peoples were having family time so for short duration it was assumed that staying at home could be the better option for safety purpose weather to go out but when the duration of lockdown was continued for long duration people were getting restless because of high mortality rate, and in those condition when most of the people were affected from this disease and oneself who was suffering from the disease that must have developed some own ideas regarding his life expectancy or developed his own area of thought. The most common symptoms or thought come across after this phase of life was anxiety, depression, post traumatic symptoms, suicidal thoughts, etc. in the COVID-19 phase homoeopathy had proved its action the cases of COVID-19, in all the stages, like- pre COVID as prophylaxis, During COVID as treatment, post COVID as healer.

**Keywords:** Post covid, anxiety, depression, post traumatic, prophylaxis.

**Abbreviations:** COVID – coronavirus disease, TDS – thrice a day

## Introduction:

In post COVID phase, one male patient reported to the clinic aged 43 years with depression after COVID from last 45 days, he was found COVID positive on 10 November 2020, along with 4 members of his family, everyone recovered within 15 days but he took more time to recover during COVID he took allopathy treatment for 32 days and also got admitted in the hospital for 6 days then gradually he found relief in all those complaint, but his family members were noticing him from last 4-5 weeks that he has developed lots of fear from many things like, he don't want to go outside of his house on the other hand he don't want to stay at home, fear of closed space can't go to the washroom if the gate is locked. After taking treatment from my clinic it took around 3 weeks to relief his complaints which were hampering him the most, at the start of treatment, Hamilton anxiety rating scale was used(1) to assess the level of improvement, and by the end of this treatment scale shows marked improvement in the patient.

## H/o Present Complaints

Patient was apparently well 1 year back, on November 2020 he found himself COVID positive with difficulty in breathing and suffocating feeling symptoms were getting worse day by day and the oxygen saturation level was decreasing continuously, then on 5th day oxygen saturation was 81% he got admitted to the hospital where he was under observation with maintained oxygen saturation at 96%, after 32 days he was discharged from hospital. But even after recovering from COVID -19, he feels suffocative due to dry cough whenever he was in closed space and feels anxiety too, due to fear of being alone now his family members are realizing that he developed many fears with other mental symptoms.

## Mentals

- Anxiety while sleeping, cannot sleep properly due to anxiety
- Changeable mood not constant with same mood, quick changes in mood
- Fear of death with weeping disposition, constant fear of

everything always fearful.

- Fear of close space cannot stay alone.

## Family History

- Mother and his son both were COVID positive at the same time when he was COVID positive, they both don't have any symptoms of post COVID.

## Patient as a person:

- Thirst: thirstless no desire to drink. Small quantity of water at long interval
- Thermal reaction: Chilly+++
- Urine: weakness after passing urine, and deep respiration.
- Sleep: cannot sleep properly due to anxiety.
- Others: generalised weakness

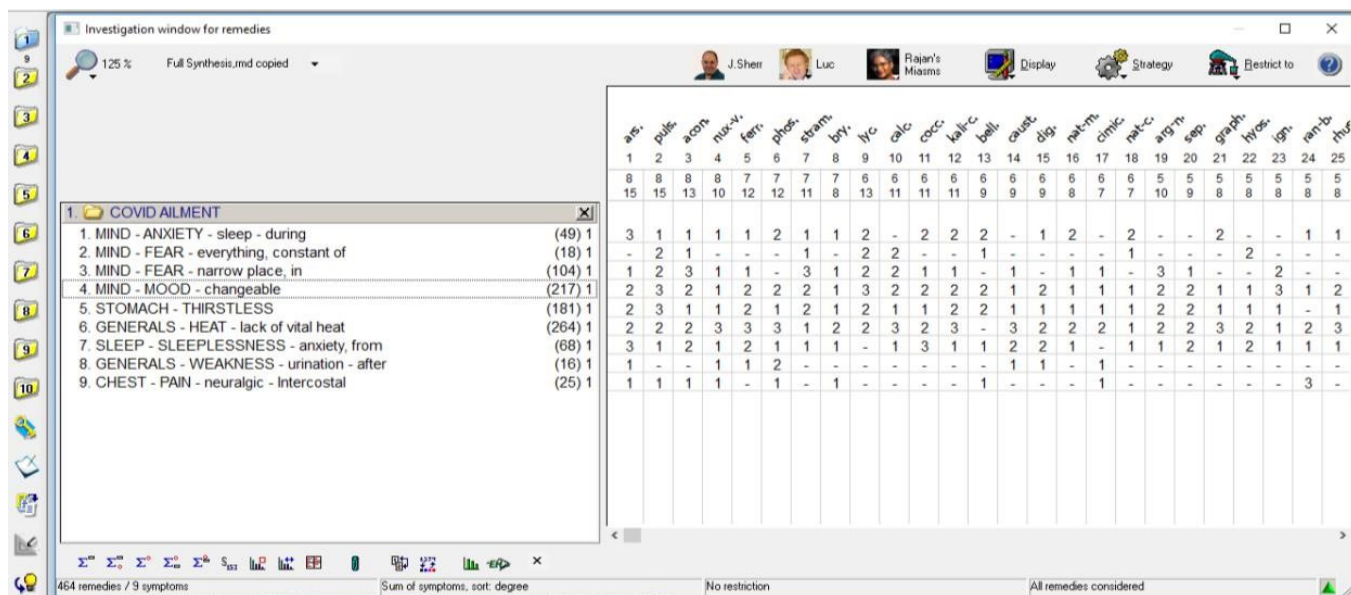
## On examination:

- Respiratory system: bilaterally, chest clear, no added sound, neuralgic pain in intercostal region especially on right side.



- Other system: nothing abnormal detected
- Analysis and evaluation of symptoms:
- Anxiety while sleeping, cannot sleep properly due to anxiety
- Changeable mood not constant with same mood, quick changes in mood
- Fear of death with weeping disposition • Fear of close space cannot stay alone.
- Sleep: cannot sleep properly due to anxiety
- Generalised weakness < urination after
- Neuralgic pain in intercostal region

Figure:1 (2)



**Prescription: 04/02/2021**

R<sub>x</sub>

*Pulsatilla nigricans* 0/1 TDS for 15 days.

Prescribed on the basis of present totality and repertorial analysis result.

Symptoms indicating *Pulsatilla nigricans* <sup>(2)</sup>:

- Anxiety during sleep
- Fear of everything especially from narrow spaces
- Thermal reaction: chilly
- Constant change in mental state
- Thirstless with dryness of mouth
- Due to fear always wanted to stay with family members, feels better with someone.

For potency selection<sup>(3)</sup>, as the master Hahnemann, in aphorism no. 270 footnote of *Organon of medicine* 5<sup>th</sup> and 6<sup>th</sup> edition, has mentioned the powerful and mildest way to administer the medicine with maximum effect and minimum aggravation; so the 50 millesimal potency is chosen for the administration of the medicine.

**Table 1: Follow up:**

| Date     | Symptoms                           | Prescription  |
|----------|------------------------------------|---|
| 19/02/21 | General condition of patient same. | <ul style="list-style-type: none"> <li>• <i>Pulsatilla nigricans</i> 0/1 TDS For 15 days</li> </ul> |
| 08/03/21 | Anxiety decreased.                 | <ul style="list-style-type: none"> <li>• <i>Pulsatilla nigricans</i> 0/2 TDS For 30 Days</li> </ul> |



|          |   |   |
|----------|---|---|
| 13/04/21 | Weakness and anxiety better.<br>But chest pain not relieved much. | <ul style="list-style-type: none"> <li><i>Pulsatilla nigricans</i> 0/3 TDS For 30 Days</li> </ul> |
| 10/05/21 | Less fearful than before when alone or in closed spaces.          | <ul style="list-style-type: none"> <li><i>Pulsatilla nigricans</i> 0/4 TDS For 30 Days</li> </ul> |
| 11/06/21 | Chest much better . Fear and anxiety much relieved                | <ul style="list-style-type: none"> <li><i>Pulsatilla nigricans</i> 0/5 TDS For 30 Days</li> </ul> |
| 16/07/21 | General condition better. Pain in chest also relieved             | <ul style="list-style-type: none"> <li>S/L TDS For 30 Days</li> </ul>                             |
| 16/08/21 | Patient as a whole felt better.                                   | <ul style="list-style-type: none"> <li>S/L TDS For 30 Days</li> </ul>                             |

Scale score, pre- and post-treatment :-

**PRE-TREATMENT SCORE (Hamilton Anxiety Rating Scale) - 23 (on 04/02/21)**

PATIENT NAME [REDACTED] AGE/SEX - 42 years/Male

Hamilton Anxiety Rating Scale (HAM-A)

Below is a list of phrases that describe certain feelings that people have. Rate the phrases by finding the answer which best describes the extent to which he/she has these conditions. Select one of the five responses for each of the fourteen questions.

0 = Not present, 1 = Mild, 2 = Moderate, 3 = Severe, 4 = Very severe.

|   |  |
|---|--|
| <p><b>1 Anxiety mood</b> ☐☐☐☐☐<br/>Worries, anticipation of the worst, fearful anticipation, irritability</p> <p><b>2 Tension</b> ☐☐☐☐☐<br/>Feelings of tension, irritability, muscle response, moved to tears easily, trembling, feelings of restlessness, inability to relax.</p> <p><b>3 Fear</b> ☐☐☐☐☐<br/>Of death, of convales, of being left alone, of storms, of traffic, of crowds.</p> <p><b>4 Insomnia</b> ☐☐☐☐☐<br/>Difficulty in falling asleep, broken sleep, unsatisfying sleep and fatigue on waking, dreams, nightmares, night terrors.</p> <p><b>5 Intellectual</b> ☐☐☐☐☐<br/>Difficulty in concentration, poor memory.</p> <p><b>6 Depressed mood</b> ☐☐☐☐☐<br/>Loss of interest, lack of pleasure in hobbies, depression, early waking, diurnal crying.</p> <p><b>7 Somatic (muscular)</b> ☐☐☐☐☐<br/>Pain and aches, twitching, stiffness, myoclonic jerks, grinding of teeth, unsteady voice, increased muscular tone.</p> | <p><b>8 Somatic (sensory)</b> ☐☐☐☐☐<br/>Tinnitus, starting of nose, hot and cold flashes, feelings of weakness, prickling sensation.</p> <p><b>9 Cardiovascular symptoms</b> ☐☐☐☐☐<br/>Tachycardia, palpitations, pain in chest, throbbing of vessels, feeling hot, missing beat.</p> <p><b>10 Respiratory symptoms</b> ☐☐☐☐☐<br/>Pressure or constriction in chest, choking feelings, sighing, dyspnea.</p> <p><b>11 Gastrointestinal symptoms</b> ☐☐☐☐☐<br/>Difficulty in swallowing, wind abdominal pain, burning sensations, abdominal fullness, nausea, vomiting, flatulency, belching, loss of weight, constipation.</p> <p><b>12 Genitourinary symptoms</b> ☐☐☐☐☐<br/>Frequency of micturition, urgency of micturition, uraemias, micturitis, development of triglytic pressure equivalent, loss of libido, impotence.</p> <p><b>13 Autonomic symptoms</b> ☐☐☐☐☐<br/>Dry mouth, flushing, pale, tenderness to touch, pallidus, senon headache, ringing of ear.</p> <p><b>14 Behavior at interview</b> ☐☐☐☐☐<br/>Fidgeting, restlessness or pacing, tremor of hands, forward lean, crossed legs, sighing or rapid respiration, facial pallor, sweating, etc.</p> |
|---|--|

*[Signature]*  
4/2/21

**POST-TREATMENT SCORE (Hamilton Anxiety Rating Scale) -06 (on 16/18/21)**

PATIENT NAME [REDACTED] AGE/SEX - 42 years/Male

Hamilton Anxiety Rating Scale (HAM-A)

Below is a list of phrases that describe certain feelings that people have. Rate the patients by finding the answer which best describes the extent to which he/she has these conditions. Select one of the five responses for each of the fourteen questions.

0 = Not present, 1 = Mild, 2 = Moderate, 3 = Severe, 4 = Very severe.

|  |  |
|--|--|
| <p><b>1 Anxiety mood</b> ☐☐☐☐☐<br/>Worries, anticipation of the worst, fearful anticipation, irritability.</p> <p><b>2 Tension</b> ☐☐☐☐☐<br/>Feelings of tension, irritability, muscle response, moved to tears easily, trembling, feelings of restlessness, inability to relax.</p> <p><b>3 Fear</b> ☐☐☐☐☐<br/>Of death, of convales, of being left alone, of storms, of traffic, of crowds.</p> <p><b>4 Insomnia</b> ☐☐☐☐☐<br/>Difficulty in falling asleep, broken sleep, unsatisfying sleep and fatigue on waking, dreams, nightmares, night terrors.</p> <p><b>5 Intellectual</b> ☐☐☐☐☐<br/>Difficulty in concentration, poor memory.</p> <p><b>6 Depressed mood</b> ☐☐☐☐☐<br/>Loss of interest, lack of pleasure in hobbies, depression, early waking, diurnal crying.</p> <p><b>7 Somatic (muscular)</b> ☐☐☐☐☐<br/>Pain and aches, twitching, stiffness, myoclonic jerks, grinding of teeth, unsteady voice, increased muscular tone.</p> | <p><b>8 Somatic (sensory)</b> ☐☐☐☐☐<br/>Tinnitus, starting of nose, hot and cold flashes, feelings of weakness, prickling sensation.</p> <p><b>9 Cardiovascular symptoms</b> ☐☐☐☐☐<br/>Tachycardia, palpitations, pain in chest, throbbing of vessels, feeling hot, missing beat.</p> <p><b>10 Respiratory symptoms</b> ☐☐☐☐☐<br/>Pressure or constriction in chest, choking feelings, sighing, dyspnea.</p> <p><b>11 Gastrointestinal symptoms</b> ☐☐☐☐☐<br/>Difficulty in swallowing, wind abdominal pain, burning sensations, abdominal fullness, nausea, vomiting, flatulency, belching, loss of weight, constipation.</p> <p><b>12 Genitourinary symptoms</b> ☐☐☐☐☐<br/>Frequency of micturition, urgency of micturition, uraemias, micturitis, development of triglytic pressure equivalent, loss of libido, impotence.</p> <p><b>13 Autonomic symptoms</b> ☐☐☐☐☐<br/>Dry mouth, flushing, pale, tenderness to touch, pallidus, senon headache, ringing of ear.</p> <p><b>14 Behavior at interview</b> ☐☐☐☐☐<br/>Fidgeting, restlessness or pacing, tremor of hands, forward lean, crossed legs, sighing or rapid respiration, facial pallor, sweating, etc.</p> |
|--|--|

*[Signature]*  
16/18/21

**Discussion and conclusion:**

COVID-19 pandemic is altering human race in a manner which no one could have foreseen, it affected people in different ways depending on particular situations and unique contexts, yet within this individual uniqueness, people are collectively

experiencing exhaustion, annoyance, and the feeling of not being in control over their own lives. World Health Organization (WHO) has recognized that current crisis is generating stress in population. So as the above mentioned case denotes a similar kind of situation of a patient, who had developed different kind of mental and physical problems

during his post covid phase which are nearly unexplained to him. After a thorough case taking and repertorial analysis of symptoms , the top most remedy came to be Arsenic album. But to the best of our knowledge of homoeopathic materia medica, we have chosen Pulsatilla nigricans, which is the second-best remedy for the case. As Pulsatilla

nigricans is covering all the major symptoms of the patient on mental as well as the physical sphere. The body built and constitution of the patient also suggests for Pulsatilla.

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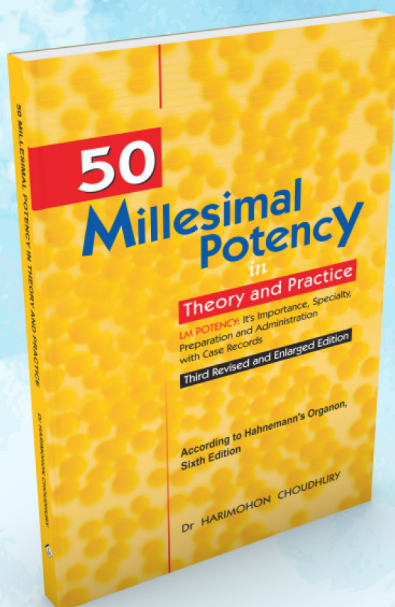
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# Role of homoeopathy in lifestyle disorders

By Dr Goutam Das

**ABSTRACT:** This article deals with the understanding of the *Lifestyle disorders*, on the light of the teaching of our *Organon of Medicine and Homoeopathic Philosophy* that, its types, causes, general management and homoeopathic therapeutics are also expressed in this article.

**Keywords:** Lifestyles–normal–deviation–homoeopathic interpretation–homoeopathic therapeutics–cases with homoeopathic management.

## Introduction:

Lifestyle disorders are those types of complaints associated with the way of living of a person's lifestyle or a group of people who lives immoral, aristocratic, unnatural, artificial life; or causes due to their lifestyle-hazards for bread and butter, environmental pollution in air, water, soil; bad habits, addiction, and thus ultimately suffering from Lifestyle diseases.

So many diseases, now-days are associated with life style changes like coronary heart disease, obesity, lung cancer, drug addiction, etc. But all lifestyle factors are not harmful.

'Individuals and their health cannot be understood solely by looking inside their bodies and brain. One must also look inside their communities, their networks, their workplace, their families and even the trajectories of their life'.<sup>[1]</sup>

Many factors combine together to affect the health of individuals and communities. Healthy person is determined by their circumstances and environment; such as where we live, state of our environment, genetics, our income status, education and interpersonal relationship with friends, neighbours, family member all have considerable impacts on our health.<sup>[2]</sup>

Lifestyle disorders means not only changes in **diet and regimen**, here we try to discuss **the normal growth and development of the life** from

*zygote to baby, childhood, adulthood, old age till death, how the life survived, adjust, adopt in its environments and what types of disharmonies, deviations of life force are precipitations upon the body and mind as 'alter state of disposition and mind of the patient'* are our main subject to discussion here.

## Causes of lifestyle disorders:

There are two causes **external cause** means *error diet and regimen* as well the social attributes like working place and living environments and the **internal cause** means *the insult, the indigestion or miss-interoperation of facts as a reaction of the life force which precipitated layer by layer upon the body and mind*.

## Concept of life:

Life is an ongoing process where living things are a part in between the period of conception and death of an organism. An entity that has been born has to die.

Biologically, life have five characteristics can exhibit all or at least once phenomena during their existence.

1. Growth and development, in concept of maturity.
2. Metabolism, absorption, excretion.
3. Motion, either itself or internal.
4. Reproduction to create similar yet separate from itself.
5. Response to stimuli of its surrounding environment and react accordingly in harmony.<sup>[3]</sup>

## Life and environment:

The healthy condition of man to be considered in respect to healthy environment, as environment is the media for growth and development as well as survival of all life forms of this Universe. A healthy environment is favourable for maintaining the healthy state of a man; similarly unfavourable environment may affect the health of man and his susceptibility.

There are two types of environment; internal means every tissue, organ, system and their harmonious functioning in healthy state. Other is external means three components physical, biological and psychological.<sup>[4]</sup>

## Lifestyle disorders and homoeopathy:

The study of **life and its way of living include in the lifestyle disorders**; we have had to know the *normal physiology, anatomy, biological needs, normal psychological development* where the '**id**' (the biological urge) must be satisfied by the **ego** and the **super-ego** (socially excitable way); and that will be taking as normalcy when it becomes **rational, liberal and flexible as per the community, religious, age, sex, country, local society etc.** Any *insult or indigestion of the life force relates adjustment towards adaptation in the specific environment is recognised as disharmony of life force which are precipitated upon the body and mind as 'alter state of disposition and mind of the patient'*.



We must know the things the *mischievous movement of life force how it becomes insult and adjust in individual as disharmony and such similar power of the medicine to produce it.*

**Dr. Samuel Hahnemann** says in Introduction of his Organon of Medicine that with the *civilization of mankind ... the occasions of diseases and the necessity for medical aid increased in equal proportion, whether for physical or moral causes.* [5] Hence, lifestyle disorder is the *gift of modern civilization* to our society, and also the *misuses of the gift of science.*

### *Lifestyle disorders and Homoeopathic Therapeutics:*

Each and every patient and every medicine have had their own peculiar nature of sickness and that is to be learned; to clearly perceive in each individual case of the Lifestyle disorders, as *the knowledge of the disease indication and in each individual medicine specific for each case, as the knowledge of medicinal power, for their treatment respectively.* There are so many Homoeopathic medicines may be needed in lifestyle disorders like *Nux vomica, Kali carbonica, Lachesis mutus, Medorrhinum, Thuja occidentalis, Fluoricum acidum, Ignatia amara, Staphysagria, Magnesia carbonica, Tuberculinum, etc.* when indicated individually. A few remedies in the treatment of lifestyle disorders with indications include:

*Nux vomica* has a *love of power and an ability to acquire power and exercise it with confidence.* He is a powerful individual, except those are exhausted themselves. He is more at home with power, cannot be happy without it. His nature to rule and does so with assurance and also often with magnanimity. [6]

*Nux vomica* person becomes ruled by his 'Ambition'. His intelligence is pragmatic and efficient, rather than philosophical or intellectual. He thought that any challenge can over-come by

sheer effort. To over-come his limitation and to keep-up his work-pressure, he uses stimulates; that leads to gastric and nervous disorders; irritable to slight stress; intolerable to contradiction; his autonomic nervous system became exhausted, he became never satisfied, feel disturbed by his surroundings and 'ineffectual urges' developed as symptoms in all over the personality of the patient. [7]

*Kalium carbonicum*, Patient is upright and proper. His mind maintains an ironic control over behaviour and emotions. Mind is systemic, proper and routine oriented. May appear to be devoid of motions due to controlled expression, but is quite sensitive emotionally and feel things quite strongly, trained to ignore the problems until they have taken a serious stage. This exaggerated mental control drives the symptoms expression more characteristically into the solar plexus – a state of anxiety, fear and apprehension felt in the stomach. *Kalium carbonicum* Patient maintain tight control over expressing his sensitivity and for this reason he develops sleeplessness – sleep is a time where mental controls are naturally relaxed, something which is difficult for him and the patient develops extreme sleeplessness. [8]

### *Lifestyle disorder and homoeopathic management:*

How homoeopathy manages lifestyle disorders can be understand by the discussion of following cases:

**Case-1:** A young girl, 18 years age came with a complain having constipation for six months, tried many physicians and laxatives. Now, the question is why was she constipated so much? She was going school and nothing was wrong.

I looked into her eyes and the pupil which was supposed to be round was not round at all. In the 12 O'clock position was a sign of grief (oval in shape). She was suffering from grief but she would not tell – a silent grief. The ailment was possibly due to silent

*grief.* In a girl of 18, what can be, a sweetheart and that she cannot tell about it to her parents, or is opposed by them? So, I ask to the girl, "I think you have grief connected with your sweetheart." She began to cry and the mother said, "Yes, that is so but she would not tell me earlier." This was the cause of the constipation. One dose of *Ignatia* and she was cured at once. (Since that time there has been no trouble though I had arranged with the parents and the daughter how to manage the situation so that it can be accepted). [9]

**Case-2:** It could be a secretary whom the boss is every day criticizing and fault finding, so she come every day already trembling and says all day she is constipated, because she is always under fear. So, this is interesting – ailment from fright and silent or suppressed anger. *Staphysagria* of course the medicine (full name *Delphinium staphysagria*, the plant can be rose or blue), has symptoms indignation, angry feeling that you cannot express. [10]

**Case-3:** Case of one morning: Patient was a janitor of the conservatory music – a very stout man who likes to eat well, always sitting in his chair, taking telephone call for different plays, piano or anything like that. This man is loved by everybody because he was a very jolly and nice man and he had a friend, a very dear friend. He was beginning his work only at 9 O'clock, very morning at 8 O'clock sharp he was going to the lake, ten minutes just walk and taking his boat and rowing for half an hour or so with his friend. One was paddling and other telling some story. And the friend was always very punctual.

One morning at 8 O'clock, the friend was not there, so he took the phone at 5 minutes after 8, and when he hears his friend's wife on the telephone, he said, "This is terrible, you know. Charles is very laze; he is a bad boy. I hate him. He was always very regular", and so

on any you know, he began quarrelling over the phone.

Of course, the lady could not answer a word. He was talking himself all the time, but after a while he stopped and said, "What is the matter?" She said, "You know, my dear friend, you will not see him again." "What? I will not see him! He must come up at once." Because he died in the night," she said. Now, *he put the telephone down and he began to hear in his right ear a terrible burning, so heard that he could not answer the telephone, so strong it was.*

He tried everything, (massage, hot and cold injections, it was impossible to cure). He said, "What is life going to be? I have lost my friend, and now I am almost crazing with noise". It was a hard case for homoeopathy, like other case mental symptoms, general symptoms and so on, and there is another etiological symptom. If you know, after a grief or after a sudden indignation, or after anger or after an emotion somebody has been sick, (you are dealing with the mind. We are not dealing with lower animals, but with human being, who can tell you their feelings).

So, I gave him the remedy for *ailment from indignation and grief. At this time, it was silent grief, he could not weep, and the only remedy fitted him, because he was never thirsty, was Gelsemium sempervirens 10M, one dose,*

two days after no noise in his ear.

*Gelsemium sempervirens* for grief, silent grief, combined with indignation, because he was indignant that his friend did not come in time.<sup>[11]</sup>

**Case-4: Obesity with asthma:** A young girl aged 14<sup>th</sup> years having body weight 65 kg., myxoedematous with a history of something had happened in her school was not able to describe. Her teacher had come at her with a pen and the girl had becoming more and more obese. Every gland specialist and had taken every treatment with no result. She was always tired, coming from school and go to bed.

Always search that which are so peculiar, so extraordinary that lead you the remedy, the cardinal or the pilot symptom. The girl saying, "Ah, yes, I have also a kind of wheezing breathing and sometimes a little asthmatic but with this difficult breathing I am always better while lying flat."

With difficult breathing people would like to sit and breath but this girl was just the contrary. We like contraries, this is not normal. What is the matter? She was very chilly, liked warm around her, was not very clean, foul body smelling and one dose of *Psorinum 10M*.

And, since that time she has already emaciated many kilograms, sleeping normally, energetic, coming from school not feel tired, no fear for

going school, like to study and go to play outside. *That is the law of Homoeopathy.*<sup>[12]</sup>

## Conclusion:

For the benefit of our society ... the moderate way of living should be as natural as possible with the knowledge of morality and rationality; preserving and by maintaining symbiotic relationship with our Ecosystem ... along with the simplification of our hereditary stress by individual constitutional homoeopathic treatment ..., we may control and minimise the Lifestyle disorders from our LIFE.

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# Scope of homoeopathy in autoimmune disorders

By Dr Shambhu Nath Prasad Yadav

**ABSTRACT:** Autoimmune disorders result from a breakdown of immunologic tolerance leading to an immune response against self-molecules. In most instances the events that initiate the immune response to self-molecules are unknown, but a number of studies suggest associations with environmental and genetic factors and certain types of infections. Approximately 3% of the populations are currently suffer from autoimmune diseases, many with symptoms of multiple disorders.

Among many factors the environment where we live is packed with various harmful agents like bacteria, virus, allergy inducing particles (antigens), chemicals, dusts, pollutants etc. Every moment they are entering inside our body either through the air that we breathe or foods or drinks that we take or through skin by contact plays great role in breaking the immune system.

Factors like the patient's psychological and emotional symptoms are also playing role in contributing to break the immunity. Therefore, it is necessary to dives deep into the patient's symptoms in all ways. Since it is a trustworthy natural process of treatment, a lot of people around the world vest their trust on this very pattern of medication when it comes to autoimmune diseases.

Homoeopathy has a prospective role of treatment in the autoimmune disease as because homoeopathy treatment is not only based on the disease symptoms alone but the person's psychological and emotional symptoms are also taken care of. Every individual has its own trigger factors either in his psychological level or emotional level or physical level or genetic level. Homoeopathy treatment finds the thread of root cause of the triggers factors and treat accordingly, thus helps to bring back the equilibrium of the body's immune system in a natural way to normal state thus may help to cure the autoimmune diseases.

**Keywords:** *Homoeopathy, autoimmune disorders*

**Abbreviations:** ADs – autoimmune disorders

## **Introduction:**

In the past few decades, the incidence of autoimmune diseases has risen tremendously owing not only to the genetic predisposition but also to several other factors in play. Autoimmune diseases may be triggered or exacerbated by infections, stress, and various other environmental contributors. Environmental factors, especially air pollution, affect the immunological health of individuals who are genetically predisposed to develop autoimmune diseases. A total of 18% of healthy individuals had subclinical autoimmunity. In addition, the prevalence of elevated inflammatory markers was high<sup>1</sup>.

Autoimmune disorders result from a breakdown of immunologic tolerance leading to an immune response against self-molecules. In most instances, the events that initiate the immune response to self-

molecules are unknown, but a number of studies suggest associations with environmental and genetic factors and certain types of infections. Approximately 3% of the populations are currently suffering from autoimmune diseases, many with symptoms of multiple disorders. This may be an underestimate, as epidemiologic studies are not available for some of the less common diseases. In addition, there are suggestions that a number of common health problems such as atherosclerosis and inflammatory bowel disease may have an autoimmune component. Women have a significantly higher risk of developing an autoimmune disease than men, as > 75% of those suffering from autoimmune diseases are female. Young, post pubescent women have been shown to be approximately 10 times more susceptible than men to developing autoimmune disease. Although the underlying mechanisms for this pre-

disposition are currently being investigated, it is known that females and castrated males produce much higher levels of oestrogen and reduced levels of testosterone, and it is well documented that oestrogen and oestrogen like chemicals may alter the immune response. Much of the evidence supporting a role for oestrogen in the development of autoimmune diseases comes from animal models rather than human studies. In autoimmune prone mice, oestrogen administration greatly enhances mortality in both males and females. Testosterone is found in much higher levels in sexually functionally males<sup>2</sup>.

Among many factors the environment where we live is packed with various harmful agents like bacteria, virus, allergy inducing particles (antigens), chemicals, dusts, pollutants, etc. Every moment they are entering inside our body either through



the air that we breathe or foods or drinks that we take or through skin by contact plays great role in breaking the immune system. Sometimes our immune system get confused to recognize between our own cell and outer foreign particles and start attacking our own cells thinking of foreign particle by which some health issues are developed. This is called autoimmune disease. There are as many as 80 types of autoimmune diseases<sup>2</sup>.

Factors like the patient's psychological and emotional symptoms are also playing role in contributing to break the immunity. . Therefore, it is necessary to dives deep into the patient's symptoms in all ways. Since it is a trustworthy natural process of treatment, a lot of people around the world vest their trust on this very pattern of medication when it comes to autoimmune diseases

## CAUSATION FOR THE AUTOIMMUNE DISEASES

In medical science, it does not have any specific cause why it occurs. But there certain factors that may responsible for developing autoimmune diseases. Many clinical surveys say that the environmental factor plays a major role in developing various autoimmune diseases. Now a days our environment has changed a lot. Everywhere there is pollution. The air, water, foods all are polluted. 50 years ago there were not so many types of autoimmune diseases. The atmosphere was not so polluted like the present age. During those times, people were eating healthy foods not much of adulterated foods. The air was clean not so much polluted like present day. So as the science and technology develops, side by side brings lots of negative things. The pollution level rises. The ozone level is gradually decreasing in the air. The water level is gradually decreasing. There has been a lot of changes in the atmosphere in comparison to the past few decade's years back. Not only in the external

world is the changes marked inside us.

Our stress level has increased a lot. Our thought process has changed a lot. Our work style has changed a lot. Our mind setup has changed a lot. Our perception towards a subject has been changed a lot. The positiveness and positive attitude has been decreased a lot. Our anxiety, fear, stress, level has increased in compare to past age. The attitude of a person has changed. Anger, irritability, greedy, intolerance attitude has been increased. Physical activities have reduced a lot.

In fact the whole thing have been changed from external world to our internal world drastically in the course of time. But our body, our organs, our cells are same as millions year back, working the same function like before. The changing of environment, the changing of emotional level, the changing of psychological level putting tremendous negative impact on our body, in our cells specifically in our immune endocrine system. So our innocent simple reacting immune system has been disturbed and acting abnormally as a result so many autoimmune diseases are creating and destroying the human society. This is the real threat now in the medical science to cure the autoimmune disease as because there is no treatment has been discovered to cure an autoimmune disease except managing the symptoms for temporarily basis. We can summarize causative factors may be due to one or others combined impact.

1. Family or personal history of autoimmune diseases
2. Higher oestrogen levels are to stimulate the immune system.
3. Bacterial and viral infections and illnesses. Virus such as the Epstein- Barr virus triggers the onset of an autoimmune disease.
4. Toxic metal exposure

5. Toxic chemical exposure
6. Poor diet is an important factor in autoimmunity because poor nutrition compromises the immune system
7. A major stressful life event and the development of an autoimmune disease six to twelve months later.

## SCOPE OF HOMOEOPATHIC TREATMENT

The reliability of homoeopathic principles (similia, globality of cure and use of high dilutions of 'natural' medicines) and their possible scientific bases can be assessed using various theoretical and experimental approaches. Evidences shows that substances prepared according to the homoeopathic method have some effects on the immune system and inflammation. Classical experimental approach to immunology based on the laboratory, animal and clinical experiments, typical of academic medicine and the current international scientific literature, has been able to understand only some of the aspects of homoeopathy<sup>3</sup>.

The current situation is that there are few and rather small groups are working on laboratory models for homoeopathy. Regarding the interpretation of data in view of the simile principle, it has been observed that there are different levels of similarity and that the laboratory data give support to this principle, but have not yet yielded the ultimate answer to the action mechanism of homoeopathy. The present state of physico-chemical knowledge does not allow definite conclusions in favour or against the existence of specific physical states of highly diluted homoeopathic remedy. Evidence of the biological activity in vitro of highly diluted-dynamized solutions is slowly accumulating, with some conflicting reports<sup>3</sup>.

In this regard, homoeopathy has a prospective role of treatment in the autoimmune disease as because ho-

moeopathy treatment is not only based on the disease symptoms alone but the person's psychological and emotional symptoms are also taken care of. Every individual has its own trigger factors either in his psychological level or emotional level or physical level or genetic level. Homoeopathy treatment finds the thread of root cause of the triggers factors and treat accordingly, thus helps to bring back the equilibrium of the body's immune system in a natural way to normal state thus may help to cure the autoimmune diseases.

For example, a person having psychological trauma in past life like death of any of his/her nearest or dearest ones, and that makes him/her to a depressive state and in the course of time develops irritability, and after a few years develops psoriasis. So, a homoeopath takes the detailed symptoms not only about the psoriasis symptoms of the person but his/her past life event of any psychological trauma and his/her present irritability nature and basing on all those symptoms the medicine is choose and if given can able to cure the disease. So there are not same set of medicines for a particular disease which can be repeated

for every patient.

Concept of totality of symptoms in homoeopathy presents a great scope for management of immune disorder cases. In this respect the symptoms representing as General becomes quite relevant. Generalities and mental chapters in Homoeopathic repertories present wide coverage to represent the totality concept. Beside the particular symptoms which are characteristic to patient will make the patient's portrait more visible for the indication of the medicine.

But at the same time the general management therapy whatever is required for the patient should be kept continued along with homoeopathic treatment.

### Conclusion:

Every disease is intrinsic and general in homoeopathy, pertains to the patient as a whole and must be treated internally. The concept of ADs is interesting for the homoeopath in the sense that all ADs cases need a holistic approach in treatment and homoeopathy meets that integrated modality

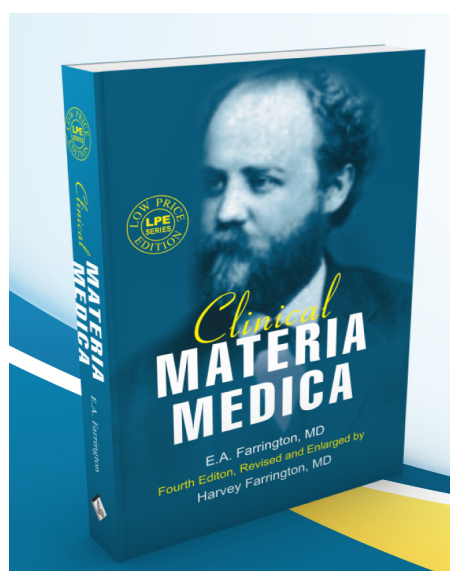
comprising of mental and physical consortium, the genetic milieu and the massive influx of environmental variables that constantly exerts its influence over the fragile immune system that is confused and has become haywire.

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# Snakes and spiders in the homoeopathy

By Dr T. Rishi Sai Krishna

**ABSTRACT:** Animals on this planet possess some distinctive characteristics in order to survive. They rely completely on their skill to feed and multiply. "Spiders and snakes" are no such exception in the world who do fight for their survival. Common to animal remedies is a "conflict" which has its basis in a split within the self. There are two different sides to such personalities, the animal sides and human sides. The main problem for animal remedies from the conflict, they are usually affected by disappointment in love and performance from being looked down upon from being attacked. Among animal remedies different group and classes e.g. snakes, insects, mammals etc will represent its own characteristic features. In here we study the utility and importance of these species in relevant to homoeopathy.

**Keywords:** Ophidia ; spider ; homoeopathy ; mind ; aggravation ; amelioration. **Abbreviations:** ADs – auto-immune disorders

## ANIMAL KINGDOM:

Animal kingdom is the one of the sources in the preparation of the medicines. The method of preparation is same as that of the plant kingdom. Here, the only difference lies in the source of medicine which is either living or dried whole animal; different parts; secretions; etc. Medicines are also prepared from the milk & venoms of poisonous animals. All the preparations are entirely are done by following the rules in the pharmacopeia.

Examples of medicines prepared from animals are *Blatta orientalis* prepared from Indian cockroach; *Tarentula hispanica* prepared from poison of spider; *Naja tripudians* prepared from cobra posion; etc.

These are common traits of animal remedies -

- (1) Victim and Aggressor
- (2) Threat to life
- (3) Attention seeking behavior/ attractiveness
- (4) Competition
- (5) Split within
- (6) Hierarchy
- (7) Need to belongs to a group
- (8) Sexuality <sup>(1)</sup>

## OPHIDIA GROUP - INTRODUCTION:

In the animal kingdom one of the large families contributing various drugs to the Homoeopathy is Ophidia group. The snake is one of the most ancient and most grandiose mythological characters. The early leader of Greek medicine, Aesculapius is still cherished in medical circles- his staff, encircled by a serpent. So serpent continues to be the symbol of medicine. It is a force, which is wrapped around the tree of life in the story of paradise but also to life's healing forces in the staff of Aesculapius. (1)

Here in this article we study the most used Snakes remedies in homoeopathic with their mind symptoms profoundly.

## CHARACTERISTICS OF OPHIDIA GROUP :

**Constitution:** Haemorrhagic, skin shows purple or mottled appearance. They are very much restless people. Face is sickly, pale, anxious, bloated, dark, red or bluish.

**Miasm:** Syphilitic and tubercular background

**Temperament:** Melancholic

**Diathesis:** Haemorrhagic

**Thermal relation:** All ophidians are hot patients (except *Elaps corallinus* and *Naja tripudians* which are chilly)

**Sphere of Action:** Nerves esp. pneumogastric and spinal accessory, cellular tissues, skin, circulation, cardiovascular diseases , brain, liver, glands, throat, muscles, etc.

**Ailments from:** fright, jealousy, alcoholism, onanism, loss of vital fluids, suppressed menses, physical trauma. Bad effects of poisons, long lasting grief, disappointed love, vexation, summer and spring.<sup>(2)</sup>

## IMPORTANT HOMOEOPATHIC REMEDIES OF THE SNAKE GROUP :

1. LACHESIS TRIGONOCEPHALUS – Surukuku snake  
Lachesis decomposes the blood, rendering it more fluid; hence a haemorrhagic tendency is marked. Purpura, septic states, diphtheria, and other low forms of disease, when the system is thoroughly poisoned and the prostration is profound. Delirium tremens with much trembling and confusion. Very important during the climacteric and for patients of a melancholic disposition. Ill effects of suppressed discharges.

**Mind -** Great loquacity. Amative. Sad in the morning; no desire to mix with the world. Restless and uneasy;



does not wish to attend to business; wants to be off somewhere all the time. Jealous (Hyos). Mental labor best performed at night. Euthanasia. Suspicious; nightly delusion of fire. Religious insanity (Verat; Stram). Derangement of the time sense.

Modalities - Worse, after sleep, (Kalibich). Lachesis sleeps into aggravation; ailments that come on during sleep (Calc); left side, in the spring, warm bath, pressure or constriction, hot drinks. Closing eyes. Better, appearance of discharges, warm applications.(4)

#### 2. NAJA TRIPUDIANS – Cobra venom

Causes no haemorrhage but only oedema, hence the victims of this reptile frequently bear very little sign of external injury a small scratch or puncture being the only indication where the fangs have worked their havoc. Very susceptible to cold. With heart symptoms, pain in forehead and temples. Diseases, primarily depending upon degeneration of motor cells. Control of sphincters lost.

Mind - Broods constantly over imaginary troubles. Suicidal insanity (Aur). Depressed. Aversion to talking. Blurred speech. Melancholy. Dreads to be left alone. Fear of rain<sup>3+</sup>.

Modalities.--Worse, from use of stimulants; better, from walking or riding in open air.

#### 3. ELAPS CORRALLINUS – Coral snake

Has very marked black discharges. Cold things disagree. Desire for sweetened buttermilk. Right-sided paralysis. Must have oscillatory motion. Rheumatic constitutions. Ear, nose and throat symptoms important.

Aversion to light<sup>3+</sup>

Mind - Depressed; imagines he hears someone talking; dreads to be

left alone. Fear of rain. Can speak, but cannot understand speech. Fears apoplexy.

Sleep - Dreams about dead persons.

Modalities - Worse eating fruit; cold drinks; wet weather.

#### 4. CROTALUS HORRIDUS – Rattlesnake

Has a profound trophic action on old age nutritional troubles.

Its venom Decreases the rate of coagulation of blood. Hemorrhagic diathesis. Acts as a sedative. Its side affinity is more on right side. Right sided paralysis.

Mind – weeping mood ; clouded perception and memory ; impatient. Loquacious, with desire to escape. Sadness. Delusions of cerebral decay.

Nose – Epistaxis , blood black.

Modalities – Worse , right side , open air , evening and morning and in spring , coming on of warm weather.

#### 5. BOTHROPS LANCIOLATUS – Yellow viper

Its venom is most coagulating, (also Lachesis). We should expect to find under these remedies the symptomatology of thrombosis, also thrombotic phenomena, as hemiplegia, aphasia, inability to articulate. Haemorrhagic constitutions; septic states. Great lassitude and sluggishness; haemorrhages from every orifice of the body; black spots. Hemiplegia with aphasia.

Stomach - Epigastric distress. Black vomiting. Intense haematemesis.

6. VIPERA BERUS – German viper  
Viper poisoning causes a temporary increase in reflexes, a paraplegia of the lower extremities extending upwards. Has special action on kidneys and induces haematuria. Cardiac dropsy.

Face - Excessively swollen. Lips and tongue swollen

Enlargement of liver. Ailments of menopause. Å'dema of glottis. Polyneuritis, polio-myelitis.(3)

### SPIDER GROUP - INTRODUCTION :

Spiders belong to the order ARANEIDA, Spiders are found all over the world in the deep seas, tall mountains, in forests, in deserts so it is called a cosmopolitan creature. Spider does not have any bone, any wing and shell. The Tarentula belongs to the species of wolf – spider, lycosa. The venomous nature of the Tarentula has an unusual history. It received its name from the town Tarento, from where every year it migrates to the other parts. The first case of tarentism was reported in 1370. The symptoms appeared in every part of the body varying from pain and swelling to palpitation and vomiting with delirium.<sup>(2)</sup>

### **CHARACTERISTICS OF THE SPIDER GROUP:**

Constitution: Restless and nervous hypersensitive people. Suited for those who are quick and agile, having colorful personalities. People with artistic traits and very active.

Miasm: Tubercular and Syphilitic

Temperament: Restless, nervous and irritable.

Diathesis: Tubercular

Thermal relationship: Chilly, very sensitive to cold.

Sphere of Action: Mind, Blood, Skin, CNS, Peripheral Nerves, Head, Heart, Extremities, Reproductive Organs

Ailments from: Noise, motion, grief, stooping, closing eyes, sound, riding,

washing, sea-traveling, fright, sepsis, disappointed love.<sup>(2)</sup>

## IMPORTANT HOMOEOPATHIC REMEDIES OF SPIDER GROUP :

### 1. ARANEA DIADEM – Spider papal cross

All symptoms of Aranea are characterized by periodicity, and coldness, and great susceptibility to dampness. It is the remedy for the constitution favourable to malarial poisoning, where every damp day or place favours chilliness. Patient feels cold to the very bones. Coldness not relieved by anything.

Hydrogenoid Constitution, i.e, Abnormal sensitiveness to damp and cold, inability to live near fresh water, lakes, rivers, etc, or in damp, chilly places (Nat. Sulph. Thuja).

Fever - Coldness, with pain in long bones, and feeling of stone in abdomen at the same hour daily. Chilly day and night; always worse during rain.

Modalities - Worse, damp weather; late in afternoon, and at midnight. Better, smoking tobacco.<sup>(3)</sup>

### 2. TARENTULA HISPANICA – Spanish spider

Remarkable nervous phenomena; hysteria with chlorosis; chorea, dysmenorrhoea, spinal irritability. Bladder tenesmus. Constriction sensations. Formication; Extreme restlessness; must keep in constant motion even though walking aggravates. Hysterical epilepsy. Intense sexual excitement<sup>3+</sup>.

Mind - Sudden alteration of mood. Foxy. Destructive impulses; moral relaxation. Must constantly busy herself or walk. Sensitive to music. Averse to company, but wants some one present. Ungrateful, discontented.

Head - Intense pain, as if thousands of needles were pricking into brain. Vertigo. Wants hair brushed or head

rubbed.

Male - Sexual excitement; lasciviousness reaching almost to insanity; seminal emissions.

Modalities - Worse, motion, contract, noise. Better, in open air, music, bright colors, rubbing affected parts. Worse, seeming others in trouble.

### 3. TARANTULA CUBENSIS – Cuban spider

A toxæmic medicine, septic conditions. Diphtheria. Adapted to the most severe types of inflammation and pain, early and persistent prostration. Various forms of malignant suppuration. Purplish hue and burning, stinging pains. Bubo. It is the remedy for pain of death; soothes the last struggles.

Restless feet. Intermittent septic chills. Bubonic plague.

Modalities.--Better, smoking. Worse, night

### 4. THERIDION CURASSAVICUM – West Indian orange spider

Nervous hyperaesthesia. Has affinity for the tubercular diathesis. Sensitive to noise; it penetrates the body, especially teeth. Noises seem to strike on painful spots over the body.

Mind - Restless; finds pleasure in nothing. Time passes too quickly.

Stomach - Seasickness. Nausea and vomiting when closing eyes and on motion (Tabac).

Modalities - Worse, touch; pressure; on shipboard; riding in carriage; closing eyes; jar; noise, coitus; left side.

### 5. LATRODECTUS MACTANS – American black widow

The bite produces tetanic effects that last several days. A picture of Angina pectoris is presented by the action of the drug. The praecordial re-

gion seems to be the center of attack. Constriction of chest muscles, with radiation to shoulders and back.

Chest - Violent, precordial pain extending to the axilla and down the arm and forearm to fingers, with numbness of the extremity. Pulse feeble and rapid. Sinking sensation.

Extremities - Pain in left arm, feels paralyzed.

### 6. MYGALE LASIODORA – Black Cuban spider

Weakness, palpitation, nervousness, fear, like other spider preparations. Chorea is the principal therapeutic field of this. Sexual symptoms are important.

Face - Twitching of facial muscles. Mouth and eyes open in rapid succession. Hot and flushed. Tongue dry and parched; put out with difficulty.

Modalities - Better, during sleep. Worse, in morning.<sup>(3)</sup>

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# Acne vulgaris cured with homoeopathic medicine– an evidence-based case report

By Dr Anuj Kumar



**ABSTRACT:** Acne vulgaris is a common inflammatory skin disorder of the pilosebaceous unit. Acne vulgaris is a common skin disorder affecting societies worldwide and results in major health care costs and significant morbidity to severely affected individuals. Nowadays, most of the people use to take alternating mode of treatment but it only palliates the symptoms, on the other hand homoeopathic mode of treatment will provide curative result. The selection of remedy is based upon the theory of individualization and symptom similarity by using holistic approach. Here is a case from the ongoing treatment of acne vulgaris undergoing prescription *Arnica montana*. The case was followed up regularly at every month for about 10 months, result is disappearance of acne vulgaris which is evident from the photographs.

**Keywords:** acne vulgaris, homoeopathy, *Arnica montana*, individualisation

## INTRODUCTION:

Acne vulgaris is a chronic inflammatory disease of the pilosebaceous unit resulting from androgen-induced increased sebum production, follicular hyperkeratinisation, inflammation, and bacterial colonisation of hair follicles. Acne vulgaris is one of the most common skin diseases and affects mostly adolescents and young adults without gender difference. It predominantly affects body areas rich in of pilosebaceous glands such as the cheeks, nose, forehead and chin. It is also present on the upper part of the chest, shoulder and back and occasionally seen on the thighs and buttocks. It is usually bilaterally symmetrical. Acne is characterised by different types of lesions. The clinical lesions are non-inflammatory (closed and open comedones) and inflammatory lesions (papules, pustules and nodules). In severe acne, nodules may extend over areas and may be remarkably deep with very little surface involvement in between these nodules, sinus formation may also occur, with devastating cosmetic effects. The deeper inflammatory lesions are often associated with scarring. Facial scarring, usually pitted is a common sequel of acne. Sebaceous activity is predominantly dependent on androgenic sex

hormones of gonadal or adrenal origin. Acne can also be triggered or worsened by, for example, ultraviolet radiation and other environmental factors, hereditary factor, premenstrual flare, dietary factors, smoking, psychogenic stress and the sedentary lifestyle. Patients with acne usually need oral antibiotics combined with topical therapies. It is commonly used by therapy, although its use is limited by adverse effects, teratogenicity and other side-effects. Person suffering from acne vulgaris had significantly more depressive symptoms, more feelings of uselessness, depression, and anxiety and lower self-worth than those without acne[1],[2],[3].

## HOMOEOPATHIC MIASMATIC APPROACH:

In case of homoeopathic treatment, emphasis should be made on prescribing a constitutional and deep acting remedies. The skin is the mirror or the reflector of the internal stress, the internal dynamis of human being. There are important steps in dermatological diagnosis such as morphological diagnosis, clinical diagnosis, etiological diagnosis. The full history of the skin lesions can be taken more constructively after the general medical and dermatological history. The acne should never be

tackled with superficial, long-acting remedies. Instead, deep acting constitutional remedies should be prescribed on the basis of totality of the symptoms. Patient should be strictly advised not to apply any local medicaments on acne[2],[3].

## HOMOEOPATHIC THERAPEUTICS UNDERSTANDING of miasmatic predominance in cases of Acne Vulgaris mentioned below:-

All skin eruptions are either expressions of miasmatic action. Acne vulgaris or symptoms related to this mainly cover all the three chronic miasms, i.e. psora, syphilis, sycosis[3].



| Psoric   | Sycotic  | Syphilitic   |
|--|--|--|
| Simple acne; Papules;                          | Acne painful.  | Hard acne  |
| Dry eruption; scratching temporarily relieves. | Skin symptoms aggravated by meat.                      | Skin symptoms aggravated by warmth and in summer season. |
| Anaemic, pale appearance of face.              | Flat and red vesicular eruption; wine coloured patches | Copper colour of eruption.                               |
| Dry, dirty, unwashed appearance of skin        | Skin symptoms aggravated in wet, humid weather.        | Grayish, greasy and old looking appearance of skin.      |

### Case report :

The reported case is of 14 years old, hindu male, belonging to a middle socio-economic family who came to my clinic on 15/02/2021 with the complaints as follows:

Patient had presented with acne vulgaris on both sides of face.

### Past treatment history:

The patient took various treatments for the above complaints prior to this visit but got no specific relief instead the complaints got worse so, he

opted for homoeopathic treatment as last hope of cure.

### Past history:

Chickenpox in childhood

Family history: The patient's grandfather had diabetes mellitus and father had pulmonary tuberculosis.

### Mental general:

He was bit dull than average; answer slowly; fear of crowd and public place.

### Physical general:

Patient had aversion to milk and meat. He was constipated with offensive urine. There is offensive odour with rotten egg like taste from mouth.

### General examination:

He was lean thin with earthy complexion, weight 40 kgs., height 147 cms.; blood pressure measuring 110/80 mm of Hg, pulse rate of 74/minute and respiratory rate 16/minute. On physical examination acne is present on both sides of face.

### Analysis and evaluation of symptoms with miasmatic analysis[3]:

| S. No. | Symptoms                         | Analysis       | Evaluation | Miasmatic analysis |
|--------|----------------------------------|----------------|------------|--------------------|
| 1.     | Answering slowly                 | Mental general | ++         | Sycosis            |
| 2.     | Fear of crowd and public place   | Mental general | ++         | Psora              |
| 3.     | Offensive odour from mouth       | Mental general | ++         | Syphilis           |
| 4.     | Taste of mouth like rotten eggs  | Mental general | ++         | Syphilis           |
| 5.     | Aversion to milk                 | Mental general | ++         | Sycosis            |
| 6.     | Aversion to meat                 | Mental general | ++         | Sycosis            |
| 7.     | Acne of symmetrical distribution | Mental general | ++         | Psora              |
| 8.     | Painful acne                     | Mental general | ++         | Sycosis            |

Repertorial sheet:

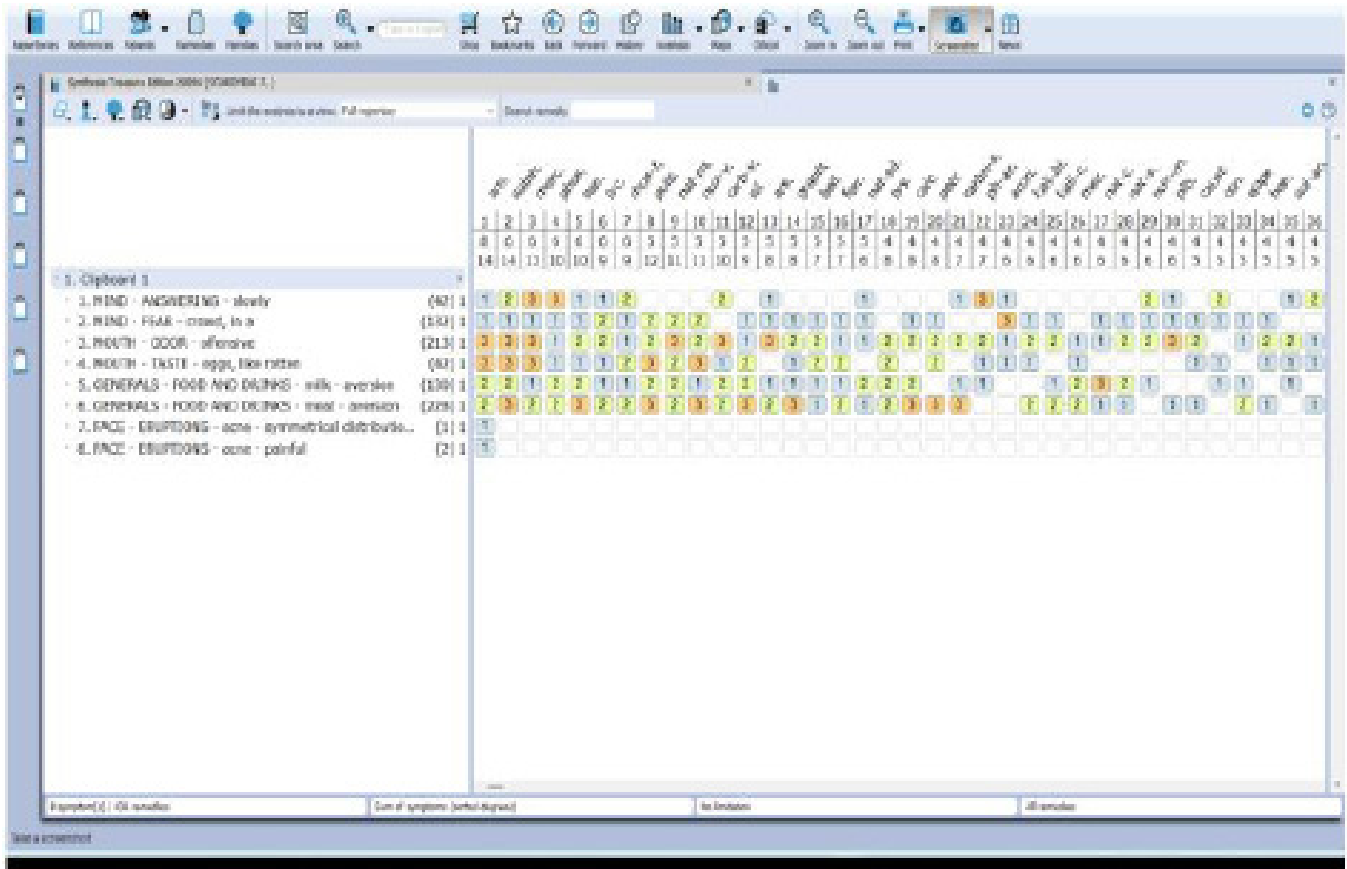


Figure: Repertorisation form *Synthesis repertory* using RADAR software.

**Repertorial Analysis:**

1. *Arnica montana*- 14/8
2. *Sulphur*- 14/6
3. *Mercurius solubilis*- 13/6
4. *Phosphorus*- 10/6
5. *Sepia officinalis* - 10/6

**Prescription:**

Repertorisation was done with the help of *Synthesis Repertory* from RADAR 10.0 version[4].The repertorial result showed that *Arnica montana* covered maximum symptoms with highest gradation. Therefore individualised single

constitutional remedy *Arnica Montana* was selected on the basis of totality of symptoms, miasmatic analysis and in consultation with the materia medica[5],[6],[7]. Treatment was done periodically with single medicine *Arnica montana* with increasing higher potencies (30, 200). Potency changes and repetition were done, on the basis of homoeopathic principles and the 2nd prescription of Kentian philosophy[8]. Follow-up of the patients was assessed monthly. Improvement was found in no new acne and disappearance of acne spots, as well as in other symptoms. The patient was followed with relief of the symptoms and no complication was noted during this period.

**Management plan-**

Use of cosmetics are to be avoided or restricted as a routine as they may act as hindrance in the way to cure.

## Follow up:

| Date       | Changes in signs and symptoms  | Prescription   |
|------------|--|--|
| 22/02/2021 | Acne on face; hard, painful  | <i>Rubrum</i> 30/thrice a day for 1 month                                    |
| 19/03/2021 | Slightly improved  | <i>Rubrum</i> 30/thrice a day for 1 month                                    |
| 16/04/2021 | Acne further improved  | <i>Rubrum</i> 30/thrice a day for 1 month                                    |
| 24/05/2021 | No further improvement.  | <i>Rubrum</i> 30/thrice a day for 1 month                                    |
| 15/06/2021 | Standstill condition after progressive improvement for about 2 months  | <i>Arnica montana</i> 200/1dose<br><i>Rubrum</i> 30/thrice a day for 1 month |
| 20/07/2021 | Improving  | <i>Rubrum</i> 30/thrice a day for 1 month                                    |
| 23/08/2021 | Acne improved ; no more new eruption   | <i>Rubrum</i> 30/thrice a day for 1 month                                    |
| 21/09/2021 | Acne completely disappeared; no new eruption   | <i>Rubrum</i> 30/thrice a day for 1 month                                    |
| 18/10/2021 | No acne anywhere on face. The patient is still under our observation to take care of the possibility of any relapse in future. | <i>Rubrum</i> 30/thrice a day for 1 month                                    |





## Conclusion:

Homoeopathy is one of the safest modes of treatment of skin problems, including Acne vulgaris. In homoeopathy, the patient is treated as a whole not by the name of the disease. Each and every case is treated on the basis of individuality of the patient by annihilating the disease from root rather than suppression of the disease symptom. The most important thing to be always kept in our mind that the patient should be treated with internal medicine only, not by any kind of external application merely or along with the internal medicine. Homoeopathic medicine can cure the skin diseases

naturally, permanently and gently, and in the above case with the help of homoeopathic medicine, Acne vulgaris was completely cured without any scar or any side effects.

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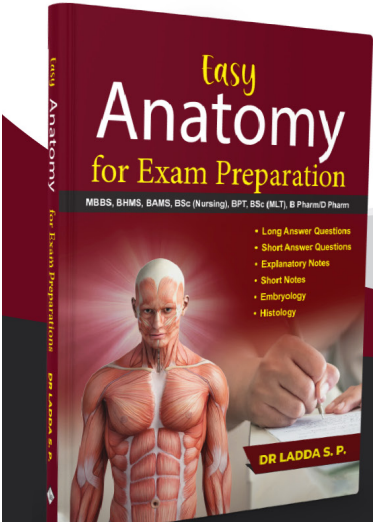
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# Easy Anatomy

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# Individualised homoeopathic treatment in autoimmune diseases: a case report of psoriasis

By Dr Navin Kumar Singh, Dr Tamara Afroza



**ABSTRACT:** Introduction: Psoriasis is a common, chronic, inflammatory skin disease with a spectrum of clinical attribute which results from the interplay of genetic, environmental, and immunological constituent. Many decades of clinical and basic research on psoriasis have explained many of the pathogenic mechanisms underlying disease and have covered the way to effective targeted therapies. Here, review of this case study shows progress and identify future directions of homeopathic treatment of autoimmune skin diseases that are supported by a more integrative research approach and aim at further improving the patients' life.

A 60-years-old man was brought for homoeopathic treatment of psoriatic skin lesion in multiple part of body with the hope to avoid steroidal application as well as any excess medicinal intervention. After full case taking, case analysis and proper individualisation, a single homoeopathic medicine was prescribed. After 6 months of the treatment, the patient was relieved of his presenting symptoms which gave disappearance of all skin lesions and general improvement of his health followed by no further reappearance of skin lesions for next 2.5 years.

**Conclusion:** This article provides a clinically useful review of a case with evidence about how an individualised homoeopathic medicine treated an autoimmune skin disorder successfully. It also provides a reference for clinicians treating cases of psoriasis.

**Keywords:** Psoriasis, autoimmune disease, homoeopathy, case report

## INTRODUCTION:

Psoriasis is a chronic proliferative and inflammatory condition of the skin.[1]It is usually characterized by erythematous plaques covered with silvery scales, particularly over the extensor surfaces, scalp, and lumbosacral region.[2] Joints and eyes are also seen to be affected on this disorder.The eye is involved in about 10% of patients, mostly women.In general, the eye is rarely involved alone; it is almost always associated with skin features. [2]Among several subtypes of psoriasis,the plaque type is the most common and presents on the trunk, extremities, and scalp. Close examination of the plaques usually reveals white silvery scales. Psoriasis has no cure and the disease ebbs and flows with flareups.Many patients with psoriasis can develop depression as they lead a poor quality of life.[1] Clinical manifestation of skin lesions was provisionally diagnosed as psoriasis by physician and was confirmed by Grattage test which gave a positive auspitz

sign.It has been seen repeatedly in clinical cases that if homoeopathic medicines have been selected and given by following homoeopathic principles, psoriasis can be treated fairly successfully. In the below described case, it is clear that individualised simillimum remedy can enable a fairly quick recovery.

## CASE PRESENTATION

### Patient information

A 60-year-old man, fair complexion, moderate build.

### Case history

Patient presented with reddish patchy skin eruption on nape of neck,both leg(lateral tibial side) and over the both elbow region since 3 month. He has experienced with repeated episodes of similar suffering 1 year ago for two times.The patient applied steroidal ointments as medication.The patient appeared to have a good hygiene level. Based on his daughter's narration, the patient was very impatient in nature, felt restless until his assigned task

was done.He liked to stay very taintless, in organised manner at home and also desired for company.The patient had craving for cold drinks with large thirst but take only a little water at a time.

### Clinical findings with confirmed diagnosis:

Grattage test was done which gave a positive auspitz sign.So it is a case of Psoriasis.

Differential diagnosis:<sup>[2]</sup>

|  | Background  | Vessel types         | Vessel arrangement  | Scales   | Additional features  |
|--|---|----------------------|---|--|--|
| <b>Psoriasis</b>                       | Reddish-pinkish<br>Whitish (due to hyperkeratotic scales) | Dotted               | Regular   | Whitish-grayish  |  |
| <b>Dermatitis</b>                      | Skin coloured-pinkish                                     | Dotted               | Scattered/patchy  | Yellowish  | Irregularly distributed dot blood haemorrhages due to traumatization                       |
| <b>Tinea corporis</b>                  | Reddish   | Dotted               | Peripheral  | White and rough; peripheral; moth-eaten pattern; tend to peel outwards |  |
| <b>Pityriasis rubra pilaris</b>        | Dark red/yellowish red                                    | Linear and/or dotted | Scattered   | Yellowish-whitish; follicular  | Perifollicular yellow-orange halos, follicular plugs, central hair                         |
| <b>Squamous cell carcinoma in situ</b> | Pinkish   | Glomerular or dotted | Regularly in center, may organize in lines at the periphery | Yellowish white scales   | Peripheral actinic keratosis areas may help (white and wide follicular openings, rosettes) |

Physician’s observation:

The patient was restless, anxious while communicating with physician and was repeatedly expressing fear about the future of his son.

Analysis and evaluation of symptoms

| Mental generals  | Physical generals                             | Particulars   |
|--|---|---|
| 1. Restless.<br>2. Impatient.<br>3. Desire for company.<br>4. Anxiety about future.<br>5. Anxious.<br>6. Fastidious. | 1. Chilly patient.<br>2. Craving cold drinks. | 1. Reddish scaly eruption<br>2. Repeated eruptions. |



## Totally of symptoms

1. Impatient.
2. Restless.
3. Desire for company.

4. Fearful about future.
5. Anxious.
6. Fastidious.
7. Profuse thirst.
8. Chilly patient.

9. Craving for cold drinks.
10. Reddish scaly eruptions.
11. Gastric trouble occasionally.
12. Disturbed sleep.

## Miasmatic analysis

The mental and physical characteristic symptoms indicates that the sycotic and psoric miasms are dominant. [4]

## Repertorisation (Homopath Zomeo)

As the case presented with prominent mental and physical general symptoms, the Kent repertory was selected for repertorisation with the help of Homopath Zomeo.[5] (Fig. 1)

| ptoms: 9  | Remedies: 273 | Show Repertorisation Tools |      |       |     | Remedy List | Record | Re     |
|---|---------------|----------------------------|------|-------|-----|-------------|--------|--------|
| Remedy Name   | Ars           | Calc                       | Phos | Nux-v | Bry | Kali-c      | Rhus-t | Tarent |
| <b>Totally</b>                                      | 19            | 17                         | 17   | 16    | 14  | 14          | 14     | 13     |
| <b>Symptoms Covered</b>                             | 7             | 7                          | 6    | 8     | 6   | 6           | 6      | 7      |
| Kingdom   |               |                            |      |       |     |             |        |        |
| [Kent] [Mind]Impatience:                            | 2             | 2                          |      | 3     | 2   | 2           | 2      | 1      |
| [Kent] [Mind]Delirium:Restless:                     |               |                            |      |       |     |             |        |        |
| [Kent] [Mind]Company:Desire for:                    | 3             | 2                          | 3    | 2     | 1   | 3           |        | 1      |
| [Kent] [Mind]Anxiety:Future,about:                  |               | 3                          | 3    | 2     | 3   | 1           | 2      | 1      |
| [Kent] [Mind]Restlessness,nervousness:Anxious,etc.: | 3             | 2                          | 2    | 1     | 2   | 3           | 2      | 3      |
| [Kent] [Mind]Fastidious:                            | 2             |                            |      | 2     |     |             |        |        |
| [Kent] [Stomach]Thirst:                             | 3             | 3                          | 3    | 2     | 3   | 2           | 3      | 3      |
| [Kent] [Generalities]Heat:Vital,lack of:            | 3             | 3                          | 3    | 3     |     | 3           | 3      | 2      |
| [Kent] [Stomach]Desires:Cold drinks:                | 3             | 2                          | 3    | 1     | 3   |             | 2      | 2      |

Fig-1

## Therapeutic intervention Treatment plan

- Individualised homoeopathic medicine with proper dose and potency by following homoeopathic laws and principles.<sup>[6,7,8]</sup>

## Prescription

Repertorisation was done considering the mental generals and the uncommon, peculiar symptoms, all of which indicate the remedy *Arsenicum album*.

## Differentiation of top three indicating remedy from repertorisation

Though top three medicines were well indicating for the case but the highest ranking remedy got selected because of it's most similarity with the individual patient with peculiar mental characteristic. Symptoms like desire for company, anxiety about the future, nervousness, restlessness are well covered by *Calcarea carbonicum* and *Phosphorus* remedy also but finally mental symptom fastidious takes charge over these two remedy by *Arsenicum album* remedy so here

final selection of the remedy is *ARSENICUM ALBUM*.

## Follow-up and Outcomes

### Follow-up criteria:-

1. Changes in skin lesion.
2. Recurrence of the complaints.
3. Improvement in physical and mental health indicators: appetite, stool, thirst, and sleep.

| Date       | Symptoms   | Prescription  |
|------------|--|---|
| 11/12/2019 | Chief complaints(Fig-2a,3a,4a,5a)  | <i>Arsenicum album 30</i><br>Single dose  |
| 09/01/2020 | Improvement started.<br>Redness of skin lesion reduced.  | Rubrum metallicum 30 for next 1 month   |
| 11/02/2020 | Redness and scaling of skin lesion improved.   | Rubrum metallicum 30 for next 1 month   |
| 10/03/2020 | Further improvement seen.  | Rubrum metallicum 30 for next 1 month   |
| 11/04/2020 | Little lesion remained.  | Rubrum metallicum 30 for next 1 month   |
| 14/05/2020 | Complete disappearance of scaly skin lesion.only dark spot remained in some area as healing sign.(Fig-2b,3b,4b,5b)   | Rubrum metallicum 30 for next 6 months. Advised to report if complaints return.   |
| 30/12/2020 | <ol style="list-style-type: none"> <li>1) No recurrence of the complaints; further improvement of patient.</li> <li>2) Sleeps well now.</li> <li>3) He was passing normal stool almost regularly.</li> <li>4) Appetite, thirst, sleep, and all other generalities improved.</li> <li>5) Normal appearance of skin(Fig. 3)</li> <li>6) The patient's restlessness and anxiety had reduced according to his daughter.</li> </ol> | No medicine; advised to report immediately if complaint returns. He was also advised to visit the physician at every 3 month interval so that any reappearance of the complaints can be noted down. |
| 28/03/2021 | No recurrence of the complaints; further improvement of patient.   | No medicine   |
| 30/06/2021 | No recurrence of the complaints; further improvement of patient.   | No medicine   |

BEFORE AND AFTER TREATMENT PICTURE OF THE PATIENT:



Fig-2a Lesions on nape of neck(Present)

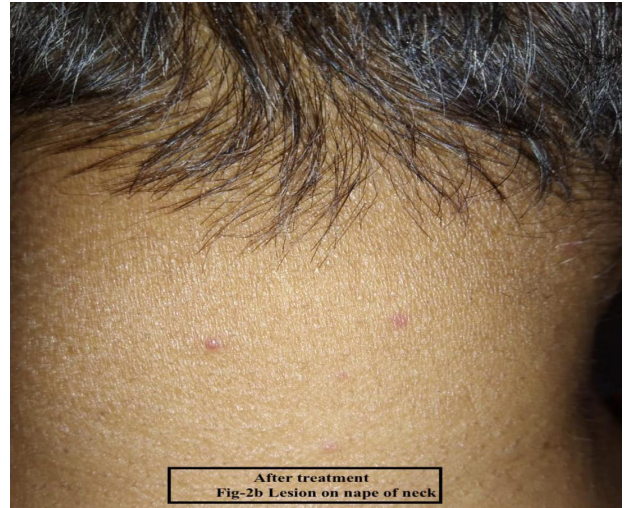


Fig-2b Lesions on nape of neck(Disappeared)



Fig-3a Lesions on both elbow (Present)



Fig-3b Lesions on both elbow(Disappeared)





Fig-4a Lesions on left leg(Present)



Fig-4b Lesions on left leg(Disappeared)



Fig-5a Lesions on right leg(Present)



Fig-5b Lesions on right leg(Disappeared)



## CONCLUSION:

The treatment of psoriasis in modern medicine is very limited and provides very short term relief with some side effect. This case report suggested that Homoeopathy can be used as effective therapy for the management of chronic psoriasis.

**CONFLICT OF INTEREST:** None.

## CONSENT OF THE PATIENT:

Taken from Patient with signature for the purpose of sharing pictures.

**ACKNOWLEDGEMENT:** The Calcutta Homeopathic Medical College and Hospital.

## DISCUSSION

### Why individualisation is the option of choice?

It is described in §153 of organon of medicine, that it is the most striking, singular, uncommon, peculiar, or characteristic symptoms of the disease that are to be kept chiefly and most solely in view; it is for analogues to these that we must search through the lists of medicinal symp-

toms<sup>[6]</sup>.

For this particular case, some very striking characteristic symptoms of the patient could be co-related with the medicinal symptoms of *Arsenicum album* like fastidiousness, restlessness, impatient, anxious and fearful about future, chilly patient, profuse thirst.

The homoeopathic dose must be given in a dose so small that it would not produce a severe aggravation of the already existing symptoms.<sup>[8]</sup> The success of homoeopathic treatment depends to a great extent on the correct selection of the potency and the requisite potency should be selected through the susceptibility of the patient.<sup>[9,10]</sup> In this particular

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# Therapeutic usefulness of snake and spider venoms in homoeopathic treatment

By Dr Shweta Patel and Dr Srabani Pal

**ABSTRACT:** Snake and spider are capable of producing venoms and use their venoms as a defense mechanism against predators and by which they immobilize their prey by blocking the cardiovascular, respiratory, and/or nervous systems. Once injected into the body the targeted physiological systems are blocked or stimulated by peptide toxins at a molecular level. Venom's pharmaceutical properties have made it valuable both as pharmacological tools and as leads for drug development. It contains a huge variety of molecules affecting vital physiological systems, and these life-threatening toxins can be turned into a source of life-saving therapeutics.

**Keywords:** venoms, spiders, doctrine of signature, araneida, ophidia, theraphosidae, haemorrhages, paralysis.

## INTRODUCTION:

In the animal kingdom, one of the large families contributing various drugs to homoeopathy is the ophidian group. The ophidian group contains snakes proper. The snake is one of the most ancient and most grandiose mythological characters. The snakes have been playing great role in medical history and Hindu philosophy since ages. <sup>1</sup>

## DISTRIBUTION

There are more than 2600 species of snakes in the world. Of these, about 216 species are found in India, of which 52 are poisonous. Most of the snakes are non – poisonous and harmless, only a few are poisonous. The poisonous snakes are cobras, vipers, kraits, coral snakes and sea snakes. <sup>1</sup>

## DOCTRINE OF SIGNATURE

- Snake is extremely sensitive to heat, so it lives in deep burrows, where it is cooler, the patient of ophidian group is worse from warmth, by hot drinks, in sun and in summer.
- The snake is more ferocious and poisonous when hungry, the patient of ophidian group is, aggravated by fasting and ameliorated after eating.

- Snakes are poisonous, when we say the mind is poisoned. It means that there is jealousy and suspicion, suspicion and jealousy are the characteristic symptoms of the patients.
- The snake coils itself from left to right, symptoms of the ophidian group proceed from left to right (except *Crotalus horridus* and *Elaps corallinus* as they are right sided).
- Immediately after snakebite, the blood is let out from that site as a therapeutic measure to limit the extent of damage, general relief from bleeding and any other discharges.
- The snake is very sensitive to touch and vibrations; the patient is aggravated by touch and slight sound.
- The snakes can swallow relatively large creatures easily. Due to pressure created by solids in the throat it can easily swallow the solids, patient can swallow solids easily.
- The stools of the snakes are black and offensive; the discharges in ophidian group are dark and offensive. <sup>1</sup>

## COMMON CHARACTERISTICS OF OPHIDIA

### I.Paralysis

Features of typical bulbar paralysis occur in *Naja tripudians*. The paralysis of Ophidia group occur in right side as well as left side.

### Right side

- Crotalus horridus*
- Crotalus cascavella* right sided hemiplegia. It is complementary to *Lachesis mutus* as it completes the curative action.)
- Elaps corallinus*
- Bothrops lanceolatus*-hemiplegia with aphonia <sup>2</sup>

### Left side

- Lachesis mutus* has left sided paralysis especially from apoplexy. There will be extensive paralysis *Naja tripudians*: Bulbar paralysis, sphincter control will be lost. *Vipera berus*: Paraplegia of lower extremities, resembling acute ascending paralysis of Landry. *Bangarus fasciatus*: Acute polioencephalitis and myelitis. <sup>2</sup>

### II. Constriction of throat – larynx and sphincters

- Lachesis mutus*: Constriction of throat, larynx and abdomen, with intolerance to least touch or pressure, especially on neck. There'll be constriction in rectum. Anus will feel tight. There will be dysphagia for liquids as in *Bothrops*.
- Cenchrus contortrix*: There'll be constriction as in *Lachesis* with the neces

sity for having the clothes loose. There will be vivid dreams. Like *Arsenic alb*, there'll be dyspnoea; Mental and physical restlessness; Thirst for small quantities of water.

(iii) *Elaps corallinus*: There'll be constriction of pharynx. Food and drinks are suddenly arrested and "fall heavily into stomach."

(iv) *Crotalus horridus*: There'll be spasms. The patient is not able to swallow any solid substances. There'll be an intolerance to clothing around stomach.

(v) *Vipera berus*: Tears his clothes open due to violent congestion in chest. There'll be "Cardiac anguish with violent, chest pains."

(vi) *Naja tripudians*: Grasping throat with a sense of choking. There will be asthmatic constriction in evening.

(vii) *Bothrops lanceolatus*- There will be constriction in throat with difficulty in swallowing, especially towards liquids.<sup>2</sup>

### III. Haemorrhages of dark, non-coagulable decomposed black blood oozing from all orifices of the body with ecchymosed.

(i) *Lachesis mutus*: Oozing of dark, decomposed blood, purpura with intense prostration, epistaxis, bleeding gums. There will be haemorrhages from bowels like charred straw, black particles. There will be a general relief by menstrual flow.

(ii) *Crotalus horridus*: Dark non-coagulating blood; haemorrhagic diathesis; retinal haemorrhages. Blood oozes from ears. There'll be epistaxis where the blood will be black and stringy; persistent haemorrhages; intestinal haemorrhage; bloody urine; purpura haemorrhagica; bloody sweat.

(iii) *Elaps corallinus*: Epistaxis; Haemorrhages from lungs as black ink. Watery haemorrhage with pain in the apex of right lung. There will be cough with expectoration of black blood. Menstrual bleeding is black. In typhoid fevers when ulcers have eaten into tissues, there'll be the discharge of black blood.

(iv) *Bothrops lanceolatus*: Haemorrhages from all orifices, leading to

hemiplegic aphasia and dysarthria; conjunctival and retinal haemorrhage; bloody stools.

(v) *Vipera berus*-Persistent epistaxis; affects especially the veins.<sup>2</sup>

### IV. Inflammations and fevers of low destructive type

Eg: gangrene, cellulitis, malignant ulcerations, diphtheria and typhoid etc.

(i) *Lachesis mutus*; Septic states, diphtheria and other low forms of diseases with profound prostration.

There'll be boils, carbuncles and ulcers with bluish purple surroundings; pyaemia, dissecting wounds, bedsores with black edges. bluish or blackish swellings.

(ii) *Crotalus horridus*: Low septic states; carbuncles; malignant scarlatina; yellow fever, plague, cholera etc. Boils, carbuncles and eruptions are surrounded by purplish, mottled skin, and oedema; lymphangitis; septicaemia.

(iii) *Bothrops lanceolatus*: Cold, swollen skin with haemorrhagic infiltrations; gangrene; lymphatics swollen; Anthrax; m. erysipelas.

(iv) *Vipera berus*: Lymphangioma, boils, carbuncles with burning sensation, relieved by elevating parts. Skin peels off in large plaques.<sup>2</sup>

### (v).Nerves, specially affected by snake poisons

(I) Vagus nerve

(ii) Spinal accessory nerve, so characteristically, one gets symptoms of larynx, respiration and heart.

Ophidia medicines cause choking constrictive sensation due to pneumogastric nerve irritation.

Weak heart, cold feet and trembling.

All the medicines have dyspnoea and cardiac symptoms<sup>2</sup>

### VI. Yellow staining or colour of skin

Most marked in *Crotalus horridus*, less in *Lachesis mutus* and *Vipera communis* and *Vipera torva*.

### VII. Action on heart-Produce palpitation, dyspnoea and valvular lesions.

(i) *Naja tripudians*: Heart rhythm is regular,. There's a well marked frontal and temporal headache with the cardiac symptoms. Patient is always gasping for breath.

(ii) *Lachesis mutus*: Indicated in the of rheumatic heart diseases. Palpitation with fainting spells especially during the climacteric period; Cyanosis.

(iii) *Crotalus horridus*: Palpitation, especially during menses. Heart's actions feeble.

(iv) *Vipera berus*-Cardiac dropsy<sup>2</sup>

### VIII. Appearance of face

Sickly, pale, anxious, bloated swollen, dark red or bluish, especially in *Lachesis mutus*, *Bothrops lanceolatus*, *Vipera berus*. The face is yellow in *Lachesis mutus* and *Crotalus horridus*.

### IX . Alteration of spinal reflexes-

Dimness of vision, excitability of brain or spinal cord resulting in mental restlessness and physical sensitiveness

Torpidity, numbness twitching and formication.

### X. Initial anxiety, mental excitability and over sensitiveness

Hallucinations and fear, followed by nervous depression which varies from debility to confusion, stupor, delirium and paralysis.<sup>2</sup>

### XI. Periodicity:

*Vipera berus*: Symptoms return annually for years

*Toxicophis*: Pain and fever return annually, sometimes changing location with disappearance of the first symptoms.

*Lachesis mutus*: Complaints, especially the intermittent fever, returning in every spring.

### XII. Swelling

(i) *Crotalus horridus*: Excessive swelling is the characteristic feature

(ii) *Toxicophis*: Oedematous swelling

(iii) *Naja tripudians*: No haemorrhage; only oedema.

### XIII Climacteric ailments:

(1) *Lachesis mutus*: Haemorrhages, haemorrhoids; hot flushes, hot perspiration; burning in vertex, headache at or after menopause.



(ii) *Crotalus horridus*: Intense flushings and drenching perspiration.

Profound anaemia. Prolonged metrorrhagia; dark offensive fluid; faintness and sinking at stomach.

(iii) *Vipera berus*: Climacteric ailments.<sup>2</sup>

#### XIV. Mental Symptoms:

(i) Fear of rain: Elaps, Naja

(ii) Dreams of dead persons: Elaps, Cro talus horridus, Crotalus cascavella

(iii) Dreads to be left alone: Elaps, Naja

#### XV. Action on liver –

*Hepatomegaly and Jaundice*

(i) *Lachesis mutus*- Liver regions sensitive. Can't tolerate clothing around waist

(ii) *Crotalus horridus*- Haemolytic jaundice; yellow conjunctiva and skin

(iii) *Vipera berus*: Violent pain. Enlarged liver with jaundice and fever pains extend to shoulder and hip<sup>2</sup>

#### XVI. Sleep aggravation

(i) *Lachesis mutus*: As soon as the patient falls asleep, breathing stops

(ii) *Crotalus horridus*: Sleeps into his symptoms

(iii) *Naja tripudians*: Suffocative spells after sleeping

#### XVII. Dysarthria:

(i) *Bothrops lanceolatus*: Hemiplegia with aphasia; in ability to articulate without any affect tion to tongue.

(ii) *Vipera berus*: Speech is difficult

(iii) *Naja tripudians*: Blurred speech (bulbar paralysis)<sup>2</sup>

#### SPIDER GROUP

Spiders belong to the order Araneida, a member of a group of arachnids characterized by having six pairs of appendages, including four pairs of legs and two main body parts attached by a narrow stalk.

Spiders are found all over the world in the deep seas, tall mountains, in forests, in deserts. So it is called a cosmopolitan creature. It can survive in every kind of terrain that is in air, water and on the ground

wherever food is available.<sup>1</sup>

The *Tarentula hispanica* belongs to the species of wolf spider, lycosa. It is common in Italy, Spain and in southern part of Europe. The venomous nature of the tarentula has an unusual history. It received its name from the town Tarento, from where every year it migrates to the other parts.

The first case of tarentism was reported in 1370. The symptoms appeared in every part of the body varying from pain and swelling to the palpitation and vomiting with delirium followed by melancholis, depression and ending in death.<sup>1</sup>

#### SPIDER VENOMS

A few spiders are toxic to humans. The venom of the black widow spider and others of the Latrodectus genus acts as a painful nerve poison. The bite of brown recluse and others of the Loxosceles genus may cause localised tissue death. Other venomous spiders include the mygalomorph funnel weaver of southeastern Australia and some members of family Theraphosidae(Tarentula) of the south America. In north America, Cheiracanthium mildei is responsible for the site of the bite to become necrotic occasionally.<sup>1</sup>

#### DOCTRINE OF SIGNATURE

1. Spider has eight legs surrounding the whole body and in constant motion; the patients are always restless.
2. The spider captures its prey in a very cunning and deceptively woven web. The patients are cunning and deceptive in their behaviour.
3. The action of the poison of the spider is very violent. The complaints of the patients are also violent.
4. The male spider is known to dance during the mating season

to attract the females. The patients desires to dance which relieves his complaints.<sup>1</sup>

#### COMMON CHARACTERISTIC FEATURES

##### 1. Periodicity

- Most of the spider remedies produce marked periodicity of complaints, so they are important remedies for intermittent ever
- *Tarentula hispanica* – complaints recur at the same period annually or at the same hour every day or every other day
- *Tarentula cubensis* – intermittent fever aggravated evening troubles occur at the same hour every day
- *Aranea diadema*– chill occurring at same hour every day or every other day
- *Araneorum tela* – periodical disease in broken down persons. Periodic headache with extreme nervous erythrim and obstinate intermittent<sup>3</sup>

##### 2- Side affinity

- *Aranea diadema* – right sided (right trifascia) nerve and right chest)
  - *Mygate lasi* – right sided
  - *Theridion curassivicum*– left sided
  - *Tarentula hispanica* – left sided affections but many symptoms then alternate to right and then to back
  - *Tarentula cubensis* – left sided
  - *Trombidium* – left sided
  - *Laterodectus mactans* – left sided
  - *Latrodactus kalipo*-left sided<sup>3</sup>
3. **Chilliness and coldness – Almost alt spider remedies are chilly or cold**

- *Aranea diadema* – great sensitiveness to cold or damp air. Extreme chilliness, chill as if bones are made of ice. Coldness with pain in long bones, any amount of covering gives no warmth.
- *Aranearum tela*- obstinate and continuous chilliness with intermittent fever
- *Latrodectus mactans*- chilliness with icy coldness of extremities, skin icy cold like marble even in fever
- *Tarentula-hispanica* – chilly/yet desire for and is ameliorated in open air

## Exception-

- *Aranea scinencia* – intolerance of warm weather, all symptoms are aggravated in warm weather. Indolence, weakness and prostration *Latrodectus mactans* – severe prostration, but patient cannot lie still due to restlessness *Tarentula cubensis* – easy and persistent prostration in septic conditions and diphtheria<sup>3</sup>

## 4. Sexual complaints like increased desire nymphomania and chordee

- *Tarentula hispanica*- nymphomania and increased desire in both sexes.
- *Mygale*- violent painful erection and chordee
- *Theridion curassavicum*- sexual desire decreased, weak erection during coition, hysteria during puberty and climaxis
- *Later-kattpo*- itching of prepuce
- *Aranea diadema*- menses early,<sup>3</sup>

## 5. Angina pectoris

- *Latrodectus mactans*- violent pains in chest radiating to neck and shoulders and to left arm and fingers- Screams with pains as if

*he will lose his breath and die*  
*Tarentula hispanica*- *angina pectoris* ameliorated in open air, constrictive feeling in chest

## 6. Chorea and convulsions.

- *Mygale lassidora*- twitching of fascial muscles with hot and flushed face. Constant motion of whole body, uncontrollable movements of hands and legs which stops only during sleep
- *Tarentula hispanica*- violent involuntary movements of different parts of body, chorea of right arm and left leg
- *Tarentula cubensis* – left sided chorea<sup>3</sup>

## 7. Lymphangitis

- *Latrodectus hasseili*- malignant conditions with pyemia. Great edema of the neighborhood of wound
- *Lafcero-kalipo* -affected area is scarlet red with stinging and burning pains
- *Mygale lassidora* – redness along the course of lymphatics with anxiety and twitching of limbs. Local inflammation from foot to knee
- leaving large violet spot which changed in a few hours to green, red to blue discoloration along the course of lymphatics
- *Tarentula hispanica* – affects the lymphatic leading to congestion cellulites and lymphadenitis<sup>3</sup>

## 8. Sleep disorders – almost all spiders disturbs sleep except *Aranea scinencia* and *Aranearum tela* which has very much disposition to sleep

- *Aranea diadema* – restlessness and frequent waking with sensation of enlargement and heaviness of arm as if arms and hands were enormously swollen
- *Latrodectus hasselti*

– sleeplessness in malignant septic conditions ^ Tar cub-sleep prevented by harsh cough

- *Tarentula hispanica* -sleeplessness awakens with weeping arid is cross
  - *Theridion curassavicum*- late sleep in morning; bites tongue in sleep<sup>3</sup>
- ## 9. Palpitation and changes in circulation:
- almost all spiders produces rapidity of pulse rate
- *Theridion*- rapid pulse in morning
  - *Mygale*- palpitation and rapid pulse
  - *Latrodectus mactans*- very rapid pulse 130-140/min too rapid to count and too thready to be felt especially in angina
  - *Tarentula hisp*- trembling and tremulousness of hearts from a bad news- Pulse hard and irregular

**Exception** – *Aranearum teia* – reduces pulse rate

- *Laterodactas katipo*-almost pulse less/ very slow about 12-14/min<sup>3</sup>

## 10. Fear apprehension and anxiety-

- almost all spiders have great fear of death *Lat-mact* – extreme anxiety, feels she will lose her reason and die, fear of death especially in -angina, *Lact kalipo*- Anxious and extreme pallor
- *Mygale*- fear of death
  - *Thendion*- despondent want of self confidence, great inclination to be startled
  - *Taren-hisp* – fear when outside her usual surroundings. Fear of death and of impending calamity
  - *Aranea diadema*- fear of death<sup>3</sup>

## 11. Restlessness

- *Taren.hisp* – never sits at one place, always in motion although

motion does not relieve.

- Lat.mact- restlessness and prostration with angina pectoris
- Mygaie.lass- restlessness, constant motion of hands and feet.
- Tarenbuia cub – restless feet
- Therid- restless/ busy starts, desire to occupy himself<sup>3</sup>

## 12. Twitching of muscles and other nervous symptoms

- Aranea diad- numbness of parts supplied by ulnar nerve
- Aranea scinencia – constant twitching of tower eyelids
- Araneorum tela- numbness of hands and legs
- Lat-katipo – twitching of muscles ,nervous twitching all over with spasm of masseeter muscles
- Tanhisp – twitching of muscles/ nerves highly strung restless and hyperesthesia of skin eye and fingertips
- Theridion-hypersensitiveness, every shrill sound and reverberation penetrates the whole body especially teeth
- Mygate- twitching and contraction of fascia. muscles » Scorpio-tetanus and strabismus
- Lafc-haseltf- paralysis of lower limbs<sup>3</sup>

## 13. Depression and sadness – depression is a feature of many spider remedies.

- Tar.hisp-depression with prostration. Melancholy with quick change of mood and becomes cheerful Longs for death
- Mygate-sad alt day, depressed with anxious expression
- Theridion – depression with headache and weep
- Lat-katipo-nervous depression<sup>3</sup>

## 14. Septic conditions

Tarentula.cuben- malignant septic conditions/ carbuncles, boils/anthrax, abscess etc with atrocious burning pains. A good remedy for plague Tat. hasseli \_ septic states with pain and pyeamia

## 15. Amelioration by smoking

Aranea diad\_ pain in right trifascial nerve is ameliorated by smoking in open air. Headache relieved by smoking in openair

## 16.Hysteria

Tarentula.hisp – foxy cunning manipulative in nature, complaints more when somebody observes her. Feigns sickness airways in motion Theridion<sup>3</sup>

## 18. Intercostals neuralgia

Aranea diadema – sever intractable pains along nerves aggravated damp weather and has marked periodicity

Theridion – pain in upper part of chest and apex of right lung with tendency to

pthisis

## 18.1rritability, anger and excitement.

- Tar.hisp – irritable and anger from contradiction
- Mygale-excitement about business
- Thehdion-excitement aggravated at night
- Lat mactans-screams with excitement<sup>3</sup>

## 19. Affections of bones caries and necrosis

Theridion- caries and necrosis of bones. Pain In all bones as if broken Aranea diadema – pain in tendoachilles, periostitis of os calcis, necrosis and

- bones feels aand if made of ice<sup>3</sup>

## 20. Haemorrhagic tendency

Aranea diadema – haemoptysis

in anemic subjects. Hemorrhage from uterus and lungs. Latmactans – haemorrhage, black blood , non coagulable<sup>3</sup>

## Conclusion

Hence, venom's pharmaceutical properties have made it valuable both as pharmacological tools and as leads for drug development. It contains a huge variety of molecules affecting vital physiological systems, and these life-threatening toxins can be turned into a source of life-saving therapeutics.

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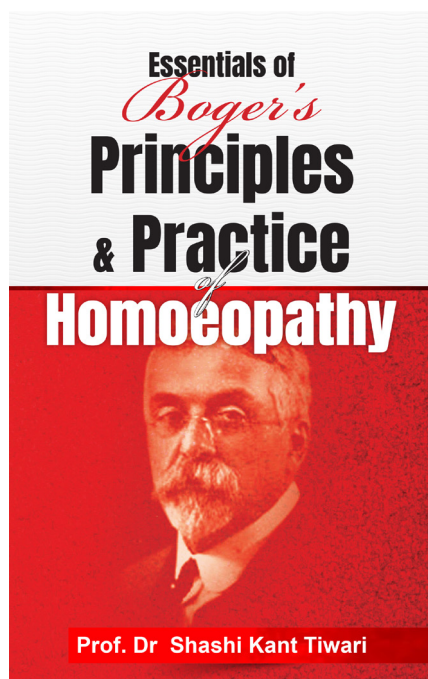


# Essentials of Boger's Principles and Practice of Homoeopathy

*Dr Shashi Kant Tiwari*

**Reviewed by:**

Dr Rita Chakraborty



The best book can remain undiscovered until and unless, we are inquisitive to know about it. I have heard about Robert Bannan's collective writings on Boger's Analysis but never had the chance to access it. As "*Essentials of Boger's Principles and Practice of Homoeopathy*" contains all the collections of his articles, writings, lectures and discussions, this book can be the eye opener for many in the homoeopathic fraternity. This book has got 66 chapters. Most of the chapter presents a new vision which was hardly known before.

The followers can thoroughly accomplish this debuted with the pride that "I know Boger's concept thoroughly". The meat of the book is far more focused on Boger's ideas and opinions which were rarely known by the homoeopathic profession before. Each chapter has its own novelty focus and variety which was never known before. Especially the chapter on "Case Analysis" which demands greater attention for practical tips. Chapter 20 "Finding the Similimum with the help of family anamnesis according to a method by

Boger" is very helpful and valuable in practice.

The title of the speaks for itself, in its contribution to highlight Boger's principles. It has been an excellent compilation by Dr Shashi Kant Tiwari to the field of Homoeopathy which will best presentation especially to under graduates and post graduates for their understanding as well as their examination purposes.

Dr Shashi Kant Tiwari was my Principal, HOD and guide. He is renowned for his learning and practice hand has been called Hahnemann of Mangalore. It is only possible for him to compile such master piece. All the books written by him are useful asset for the homoeopaths. It is indeed my great honour and pride to work with him. is to take the general homoeopathic remedy. Potency selection is something which still puts physician in confusion while prescribing. He has discussed most popular way of high

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