

## MANAGEMENT OF DYSLIPIDEMIA WITH HOMOEOPATHY

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**Cite this paper:** Tanwar PR, Singh A, Naik SM. A qualitative study on the psychosocial challenges faced by MRD TB patients. *J Med Res Pub Health* 2024 Jan-March;2(1):111-115. doi: 10.5281/zenodo.13889811.

Received on: 25-10-2023

Accepted on: 25-12-2023

Published on: 01-01-2024

## ABSTRACT

The importance of high serum total cholesterol and high level of low-density lipoprotein cholesterol, as a risk factor for coronary artery diseases is well established. Statin is the first line of treatment for dyslipidemia and there are known side effects of statin therapy. This study reviews the existing information available in Homoeopathy for managing dyslipidemia. In Addition, efforts were made to search authoritative texts of authors, such homoeopathic Materia Medica etc. Medicines commonly used in Materia Medica and Drugs of Indian origin were noted. There are positive leads generate effectiveness/efficacy of Homoeopathy.

**Key words:** Atherosclerosis, Cholesterol, Dyslipidemia, Homoeopathy, Lipid.

## INTRODUCTION

It is the disorder of metabolism of lipoprotein. These lipoproteins contains lipids (mainly triglycerides, cholesterol) surrounded by covering of phospholipid.<sup>1</sup>

Four main types of phospholipids are present in blood, namely chylomicrons, very low density lipoprotein, low density lipoprotein (LDL), high density lipoprotein (HDL).<sup>1</sup> Dyslipidemia commonly characterized by increase plasma level of cholesterol and triglyceride accompanied by

reduce level of HDL.<sup>1</sup> Dyslipidemia is a chief risk factor for Cardiovascular diseases (CVDs) and the major cause of death worldwide.<sup>1</sup>

Dyslipidemia occurs when person has abnormal level of lipids in blood<sup>2</sup> which may be Hyperdyslipidemia or Hypodyslipidemia. Term "dyslipidemia" was introduced in 2006 which means derangements of one or more than one lipoprotein in blood such as triglycerides, low density lipoprotein (LDL) and Cholesterol. Here LDL levels were directly proportionate to risk factor of heart, whereas HDL levels were inversely proportionate to risk factors.<sup>2</sup>

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DOI: [10.5281/zenodo.13889811](https://doi.org/10.5281/zenodo.13889811)



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## CAUSES AND RISK FACTORS

The Majority of patients with dyslipidemia have some combination of genetic predisposition and environmental contribution.<sup>2</sup> There are many causative factors of dyslipidemia ranging from genetic disorder to life style disorders. The cause of dyslipidemia can be categories in primary or secondary.<sup>2</sup>

In primary dyslipidemia there are abnormal level of lipid caused by genetic inherited from one or both parents. It is also known as familial dyslipidemia.

Secondary dyslipidemia is more common, occurs due to various factors including life style or certain medical condition such as alcohol abuse, liver diseases, cigarette smoking, uncontrolled diabetes, poor or high fat intake, lack of exercise, hypothyroidism.<sup>2</sup>

## SIGNS AND SYMPTOMS

Most of people having dyslipidemia are asymptomatic unless it is very severe. It is accidentally diagnosed during a routine blood test or a test for other diseases.<sup>2</sup> Severe form of dyslipidemia can cause coronary artery disease (CAD) and peripheral artery disease (PAD) and some other conditions.<sup>2</sup>

High LDL cholesterol level is associated with coronary artery diseases, which is blockage in the artery of the heart, and peripheral artery diseases, which is blockage in the artery of legs. So both CAD and PAD can causes serious health problem including heart attack and stroke.<sup>2</sup>

Some common symptom of these conditions are given below:

1. Pain in legs when standing or walking.
2. Drawing type of chest pain extending to neck and left arm.
3. Tightness in the chest with difficulty in breathing.
4. In digestion and pyrosis.
5. Anxiety with palpitation in chest.
6. Nausea and vomiting with cold sweating.
7. Swelling of lower extremities & Fainting.

## MANAGEMENT

Lipid-lowering therapies have a key role in the line of treatment for primary and secondary prevention of cardiovascular diseases (CVDs).<sup>2</sup>

**Non-Medicinal Management:** Diet, exercise and lifestyle modification are central to management in all the cases.

### Dietary counseling:

Should reduce intake of saturated and trans-unsaturated fat.

Should reduce intake of cholesterol.

Increase consumption of cardio protective food such as vegetables, fish, pulses, legums etc.

Increase food containing lipid lowering nutrients such as n-3 fatty acids, dietary fibres.

Responds of dietary management gradually appears within 3 to 4 weeks.

### Medicinal Management of dyslipidemia

#### Allopathic management

Lipid lowering medicines in combination form is given to balance the deranged quantity of lipid in blood.

### Homoeopathic management

Homoeopathic treatment focuses on the patient as a person as well as his pathological condition. Homoeopathic medicines for dyslipidemia are selected after a full analysis, evaluation and individualization of the case. Some of homoeopathic medicine having high therapeutic value for dyslipidemia are discussed here.

**Allium Sativum:** Arterial Hypotension. Reduce high blood pressure caused due to high cholesterol (Vasodilatory Properties). Leaping beats of the heart.<sup>3</sup>

**Arsenicum Album:** Palpitation, pain, dyspnea, faintness. Irritable heart in smokers and Tobacco-chewers. Pulse more rapid in morning. Dilatation. Cyanosis. Fatty degeneration. Angina pectoris with pain in neck and occiput. Violent and insupportable throbbing of the heart, chiefly when lying on the back. Irregular beatings of the heart, sometimes with anguish. Cramps in the heart. Heart-beats irritable. Palpitation with anguish, cannot lie on back; going upstairs. Palpitation and trembling weakness after stool; must lie down. Palpitation after suppressed herpes or foot-sweat. Hydropericardium. Praecordial anxiety, oppression in region, slow with weak pulse.<sup>4,5</sup>

**Aurum Metallicum:** Sensation as if the heart stopped beating for two or three seconds, immediately followed by tumultuous rebound, with sinking at the epigastrium palpitation. Pulse rapid, feeble, irregular. Hypertrophy. High Blood Pressure Valvular Lesions of arteriosclerotic nature. Anxious palpitation of the heart from congestion of the chest. Beatings of the heart, irregular, or by fits, sometimes with anguish and oppression of the chest pain in heart region extending

down left arm to fingers. Floundering heart. When walking the heart seems to shake as if it were loose. Sensation as if the heart still, Palpitation compels him to stop. Aortic Disease, Violent Palpitation; at Puberty. Carotids and temporal arteries throb visibly, feels loose on walking. Heart bruised, sore agg. suppressed foot sweat. Fatty degeneration. Stitches immediately over; in region deep inspiration. Burning with pricking, drawing cutting type of pain.<sup>6,7</sup>

**Baryta Muratica:** Arterio-Sclerosis. Hypertension and Vascular Degeneration. Increased Tension of Pulse. Throbbing of the heart accelerated. Palpitation of the heart. Heart beats irregular, pulse scarcely perceptible.<sup>8</sup>

**Cactus Grandiflorus:** Endocarditis with mitral insufficiency together with violent and rapid action. Acts best in the incipiency of cardiac incompetence. Heart weakness of arterio-sclerosis. Tobacco heart. Violent palpitation; worse lying on left side, at approach of menses. Angina pectoris, with suffocation, cold sweat, and ever-present iron hand feeling. Pain in apex, shooting down left arm. Palpitation, with vertigo; dyspnoea, flatulence. Constriction; very acute pains and stitches in heart; pulse feeble, irregular, quick, without strength. Endocardial murmurs, excessive impulse, increased Paecordial dullness, enlarged ventricle.

**Calcarea Carbonica:** Palpitation at night and after eating. Palpitation with feeling of coldness. Sometimes with anxiety and trembling movements of the heart. Shootings, pressure, and contraction in the region of the heart. Pricking shootings in the muscles of the chest.<sup>4</sup> Anxious dread of heart disease. Nervous palpitation, dyspnoea and headache, worse on ascending, after eating, at night; with anguish; inclination to take deep breaths; vertigo; cold lower extremities. Copious menstruation.<sup>6</sup> Painful pressure, anxiety.

Stitches which prevent breathing and leave aching.

**Crataegus Oxyacantha:** Cardiac dropsy. Fatty degeneration. Aortic disease. Extreme dyspnoea least exertion, without much increase of pulse. Pain in region of heart and under left clavicle. Heart muscles seem flabby. Valvular murmurs, angina pectoris. Cutaneous chilliness, blueness of fingers and toes; all aggravated by exertion or excitement. Sustains heart in infectious diseases. Faintness and collapse. Heart failure in hypertrophy and valvular disease. 4 Heart collapse in typhoid and heart dropsy. Weak, with oppression, stitches and insomnia.

**Crotalus Horridus:** Action feeble, pulse tremulous. Palpitation, especially at menstrual period. Trembling feeling in the heart (apoplexy). Much pain in heart, through left shoulder-blade and down left arm. Palpitation with sore pain in and about heart; feelings as if heart tumbled over. Heart tender when lying on left side. Pulse hardly perceptible. phlebitis; varicosis; varicocele. Heart Weak, trembles; loose, turns over. palpitation during menses. Heart tender when lying on left side. palpitation, with sensation as if the heart tumbles about. feeble action. Tenderness in morning when lying on left side.

**Glonoinum (Glonoina):** Laborious action. Fluttering. Palpitation with dyspnoea. Cannot go uphill Any exertion brings on rush of blood to heart and fainting spells. Throbbing in the whole body to finger-tip. Violent action of the heart, distinct pulsation over the whole body especially in back of neck and head. Excessive throbbing of heart; pulse rapid and forceful; throbbing in vessels of neck, pulsating headache. stooping causes pain in cardiac region; blood rushes to heart and mounts to head; stitches from heart to back; worse lying on left side; better on right side; must have head high. cerebral or alternate congestion of the heart.

Heaviness and disagreeable feeling. heat, weakness in praecordia.

**Odium:** Heart Feels squeezed. Myocarditis. painful compression around heart. Feels as if Squeezed By an iron hand followed by great weakness and faintness. palpitation from least exertion. Great precordial anxiety, obliging him to constantly change his position. Tachycardia. Feeling of vibration or purring over heart. pulsation in large arterial trunks. pressure in region, rapid action. precordial anxiety causing constant change of posterior.

**Kaliun Carbonicum:** Sensation as if heart were suspended. Palpitation and burning in heart region. weak, rapid, pulse; intermits, due to digestive disturbance. Threatened heart failure. Burning in heart region. Heart pains extend to left scapula. violent palpitation shakes the whole body: throbbing extending to tips of fingers and toes. Cardiac degenerations. Arrhythmia. 5 pulse; small, soft, variable; intermittent or dicrotic. Seems to hang by a thread. Heart Beats intermits; action irregular, tumultuous weak; stitches through to scapula. sticking in precordial region, burning in region, intermittent beats of heart.

**Lachesis Mutus:** Palpitation with fainting spells especially during climacteric. Constricted feeling causing palpitation with anxiety. Heart feels too large for the cavity; can be a no pressure on throat or chest. Restless, trembling, anxiety about the heart. Heart; weaks; turns over or too big as if, or as if hanging by a thread. Rheumatism of heart, late stage. As if heart were too large for the chest; horrible smothering feelings about the heart awakens from sleep and compels him to leave the bed; dread of going to sleep again; cannot bear pressure on throat; numbness of left arm. hydropericardium and hydrothorax; urine dark, almost black and offensive. palpitation: day and night; worse when walking and lying on left side; at approach of menses. Heart Feels too large

for the cavity; can bear no pressure on throat or chest.8cramp like pain in precordial region, causing palpitation with anxiety. pressure about heart during fever, constrictor of heart.

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