



Role Of Homeopathy In Chronic Disease: A Review

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ABSTRACT

In Chronic disease Homeopathy treat the case from base and from the inner manner. On the basis of homeopathic principle for curing chronic diseases. For rational curing of chronic disease Hahnemann failed to cure them in his time. He also found that there must be another cause than the presenting disease picture. There must be an obstacle which hinders the curing process and relapsing the sufferings. His greatest discovery was chronic disease, he gave the idea of chronic disease in his book named 'The chronic disease their peculiar nature and their Homeopathic cure'.

In this work Hahneman simplify to understand the chronic disease and the fundamental cause that is Miasm and its homeopathic cure. In this book he talked about many conditions about the three Miasm and the indication and their particular treatment. This is the sole of every homeopath, and help to find out the reason behind chronic disease keenly.

Keywords: Chronic disease, Miasm, Psora, Sycosis, Syphilis

INTRODUCTION

To treat a chronic disease, first we have to analyze the constitution of a person as a whole. The way of living moral, intellectual also should be taken into account, as stated by Hahnemann in aphorism. So, to treat a chronic disease, we should take his/her history since birth to until now. As the constitution was defined as an aggregate of hereditary characters, we can investigate in depth the cause of disease. We should found out, the

suppressions, in a person from, since his birth to now. All these factors should be taken into consideration with patience, to treat a chronic disease.

As patient will come to homeopathy by using a number of allopathic medicines, we should rule out how the disease had been suppressed, changed its route, whether the disease had changed its form, nothing but meta schematis, along with his mode of living, from birth to until now. We should investigate in detail, then we should plan the treatment.

MATERIAL AND METHOD

About the epidemiology of chronic diseases

India has the second largest number of diabetics worldwide. According to an estimate, over 74 million Indians were diagnosed with diabetes in 2021 & this is expected to rise to over 124 million by 2045. Type 2 diabetes accounts for over 90% of all diabetic cases in India. ^[1-3]

A recent study by the health ministry indicates that around 101 million people in India, comprising 11.4% of the population have diabetes. Additionally, 136 million people or 15.3% may have pre-diabetes, which can progress to diabetes within five years. This situation is alarming & can be described as a 'diabetes epidemic'. Diabetes affects approximately one in every 11 adults globally^[1-3]

The estimated number of incident cases of cancer in India for the year 2022 was found to be 14, 61, 427. In India one in nine people are likely to develop cancer in his/her life time^[4]

In accordance with the WHO, India accounts for 1/5th of CVD deaths worldwide especially in younger population. The results of Global Burden of Disease Study state age standardized CVD death rate of 272 per 100,000 population in India that is much higher than that of global average of 235^[5]

Prevention of chronic diseases

Many chronic diseases can be prevented, reversed or managed through lifestyle changes, early detection, proper medical care & sticking to treatment plans. The process starts with eating healthy foods, staying active, not smoking, not drinking alcohol too much & in addition to that, regular visit to the doctor & get vaccines are also critical^[1,6]

Here, eating healthy means to eat a balanced diet on regular basis that has fruits & vegetables, whole grains & lean proteins. Avoiding processed foods, sugary drinks, too much salt on a daily basis is essential. ^[1,6]

Regular physical activity like walking, cycling, swimming & maintaining a healthy weight are also important methods of prevention^[1,6]

Quitting smoking is crucial because it increases the risk of chronic diseases such as cancer, heart disease & lung disease.

Regular checkups can detect potential health issues & vaccinations protect against specific diseases & reduce the chances of complications. ^[1,6]

The COVID 19 pandemic has affected our bodies & we have seen increased cases of heart diseases and uncontrolled sugar levels. Similarly, it is crucial not to ignore any symptoms or discomfort & seek medical guidance. Here, heart diseases are critical as some blockages can be asymptomatic or not easily detected by Electro Cardio Grams (ECG) but can lead to heart attacks ^[1,6,7]

Prevention of Diabetes, Heart Diseases & Cancer

Diabetes is one of the most hostile chronic conditions that affects how our body processes sugar. Reduction in chances of Type 2 diabetes can be achieved by eating healthy, maintaining healthy weight & being physically active ^[1,6,8,9]

Heart disease is a leading cause of death. We all can protect our hearts by knowing what can hurt the heart. These are high blood pressure, high cholesterol, obesity & smoking. Regular visits to the doctor to monitor blood pressure, cholesterol levels, high homo-cysteine level, other risk factors are like heart disease can be addressed through Electro Cardio Grams (ECG), Cardiac Profile, Computerised Tomography (CT) calcium score & stress tests helps detect heart problems at an early stage. ^[1,6,8,9]

Cancer can affect many parts of our body. Family history can increase chances of getting cancer that can be reduced with antly reduce the risk of cacerrisk reduction. By getting screened regularly for cancer early detection can become easier. Not smoking & avoiding second hand smoke significantly reduce the risk of cancer. Maintaining a healthy weight through a balanced diet & regular exercise reduces the risk of breast, colorectal & kidney cancer. ^[1,6,8,9]

Chronic diseases can be challenging but we all can make a difference. By making healthy choices & receiving regular checkups these chronic diseases can be prevented & the population can prevent these diseases while enjoying better health with longer quality of life. ^[1,6,8,9]

Homeopathic approach

A study shows that there is complex interplay between chronic diseases and mental health thus needing a holistic approach to management in chronic diseases addressing both physical and psychological factors. This

is where homeopathy chips in to play an active role. As already mentioned above, all Homeopathic medicine has physical and mental symptoms as the drugs are proved on human beings. Given below are Homeopathic medicines that are primarily from four sources. These are H.C.Allen's Key notes, Robin Murphy's Materia Medica. These four text books are used to teach homeopathic students who become qualified homeopaths later. The treatment plans for these chronic disorders mentioned above are given below. ^[10]

The issues like chronic diseases & related disorders can be resolved through the Universal Health Coverage (UHC) where the AYUSH systems like homeopathy can play an active role. The network of private, public and corporate system can come handy here. The network of private, public and corporate systems like homeopathy can play a vital role to achieve UHC in India as reinforced by a published article on the issue of UHC.^[11,12]

HOMEOPATHIC TREATMENT PROTOCOL

- In the first portion of this section, the specific medicines that have been found to be therapeutically helpful over two & half centuries have been discussed. These drugs have been serving the humanity since the discovery of the Homeopathic therapeutic system in 1790.^[10]
- Besides these, there are 'n' numbers of medicines besides the list mentioned above. Under chronic disorders, homeopathy has medicines that are prescribed on the basis of generalities. These are the symptoms or factors that affect the individual as a whole. While describing these symptoms, the individual starts with the word 'I'. As the article deals with chronic disorders, the broad component of generalities & the related particulars fall in the purview of the article.
- These are chronic cases which usually are on medications for long and subsequently these cases became resistant to treatment post the chronicity of the trio mentioned in the article. Each homeopath should remember that exercise and diet are the main stay of the treatment. A prescription of exercise of 45 minutes of brisk walking per day and the Indian diet of Sattvic, Tamsik and Rajasik as mentioned in the prognosis coupled with care section are a must along with the homeopathic medicines.^[8,13]
- The treatment plan is on the lines of the physiology, pathology and symptom pattern of the chronic disease affected patients as mentioned above.
- The first approach is the miasmatic approach. In homeopathic system of medicine, miasms are disease causing fundamental dynamic influences that are infectious in nature.
- Miasmatically, if the patient has aggravation of complains in morning & evening, anti psorics are to be prescribed to prevent chronicity in nature.e.g. aggravation during morning & evening the drug is 'Sulphur'. If at night, anti-Syphilitics like 'Syphilinum' & if during forenoon, noon, afternoon, anti Sycotics like 'Thuja' are to be prescribed.
- There are two types of diabetes, one is diabetes mellitus & the other is diabetes insipidus. Here, both the types are discussed.^[9]

- The lead author has picked up the drugs that are mentioned in capital letters under diabetes. These are the drugs that act in high sugar levels thereby preventing neuropathy. This neuropathy leads to heart attack. The drugs are Bovista, Helonias, Phosphorus, phosphoric Acid, Tarentula, Terebinth & Uranium Nitricum. The drugs for diabetes insipidus are 'Abroma' in mother tincture 7 'Acid Phos' in potencies^[14]
- Besides the potency medicines, the mother tinctures of Indian drugs can also be prescribed. Under heart & diabetes, the major drugs are Sepia & Sulphur.^[14]
- There is one constitutional medicine mentioned under heart & it covers palpitation & the drug is Lachesis^[14]
- Besides, the specific drugs for diabetes like Arsenic Bromide, Alloxan, Phaseolus, Phlorizin can also be prescribed.^[3]
- Whenever heart attacks occur, emergency medicines like Latrodectus, Glonoin, Haematoxylon, Natrum Iod & Zinc Iod are also to be prescribed. The classic combination of Carbo Veg & Aconite can also be prescribed. Another classic example is the combination of Cactus, Crataegus & Glonoine mother tinctures can be used. The point is that the diabetic & heart patients should carry these emergency medicines with them.^[3]
- Another preventive & curative medicine is the bowel nosode 'Dysentery Compound' which is also a heart nosode^[3]
- For cancer, along with the antimiasmatic prescribing, medicines like 'Carcinisin', 'Scirrhinum', 'Aqua pura' & 'Carcinoma Foubister' & 'Oxygenium' can be prescribed.
- Three types of cancer have been discussed through the data from NFHS as mentioned above. These are breast, cervix & oral cancer.
- For breast cancer, drugs like 'Astreias Rubens', 'Phytolaca Berry', 'Ferrum Iod', 'Phellandrium', 'Carbo Animals', 'Conium', 'Hydrastis' 7 'Plumbum Iod' can be prescribed. 'Trifolium pratense' in mother tincture can be prescribed before the cancer tumor bursts out.
- For cervical cancer, drugs like 'Iodum', 'Syphilinum', 'Sepia', 'Carbo Animals' 7 'Abroma Radix', 'Antim Mur', & 'Sempervivum Tectorum' can be prescribed.
- For oral cancer drugs like 'Mere Cor', 'Kali Mur', 'Borax', 'Carbo Animalis' & 'Cundurango' can be prescribed. Dr. B.N. Chakravarty of Kolkata mentions 'Atista Indica-Q' for oral cancer. He also mentions the drug relieves pains of throat cancer as well.
- For pains of cancer, 'Euphorbium', 'Oxygenium' can be prescribed. To prevent metastasis, 'Cundurango' & 'Viscum Album' in mother tincture can be prescribed.

Miasm as steps towards better Health

As stated by Hahneman, we have to see which miasm was predominant in a disease, should start our prescription with that antimiasmatic remedy.

Should treat the miasm in, like a petals in a flower, should remove the miasm, like that in a disease.

With these anti miasmatic remedies in chronic diseases, a person's physical quality of life index will be increased. Many diseases can be cured by treating them with patience and skill.

By treating pregnant mother's we can prevent the chronic diseases for generations.

With Homeopathy, we can create healthier generations by treating pregnant mothers

CONCLUSION

By treating these chronic diseases we can prevent dangerous consequences of suppression of diseases. We can save the person to live his life in a better way with health. The physicians high and only mission is to restore the sick to health to cure as it is termed. So physicians mission is to restore a person completely to health.

Health means, not to single part, or organ whole of the person should consider all his living while treating him. So that we can found out the cause. If we remove the cause, effect will be subsided.

So, always treat the cause not the effect. Physician should treat the disease perse, not the end products of disease, structural changes of the disease. Physician should consider the person, as a whole mentally and physically . should consider all his emotions, anger, grief jealousy etc. Should consider how these had affected him in his disease.

By doing in depth investigation of chronic diseases, we can treat them very aptly and an give a soothing relief to a patient.

Homeopathy is safe, more economical and individualized to any living creatures. It's practice is within Energy Medicine, Art of Holistic Healing . Where each client is treated as an unique soul and being.

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