



International Journal of Homoeopathic Sciences

E-ISSN: 2616-4493

P-ISSN: 2616-4485

IJHS 2019; 3(1): 74-75

Received: 11-11-2018

Accepted: 15-12-2018

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Parkinson disease and Homeopathic Zinc

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Abstract

Research work proves that zinc supplements improve Parkinson disorder. Combing this clinical update with our homeopathic principles we can rationally approach to the use of Zincum met in the treatment of Parkinson disease. This article is petite attempt to correlate the dynamicity of homeopathic zinc metal in the management in the age old known cases of paralysis Agitans.

Keywords: Element zinc, Parkinsonism, Zincum metallicum, Repertorial analysis

Introduction

Parkinson's disease (PD) was first described by Dr. James Parkinson in 1817 as a "shaking palsy" which was previously known as "Paralysis agitans" ^[1]. It is a disorder of the extrapyramidal system, which includes motor structures of the basal ganglia (nigrostriatal dopaminergic system) and is characterized by chronic, progressive neurodegenerative changes ^[2]. Loss of dopaminergic function causes subsequent clinical features of resting tremor, bradykinesia, rigidity and loss of postural reflexes ^[1]. The histopathological features include the loss of pigmented dopaminergic neurons and the presence of Lewy bodies ^[3].

Parkinson and Zinc

A meta-analysis report showed that the serum Zinc levels were significantly lower in PD patients compared with healthy controls ^[4]. Zinc is an essential trace element in the human body and is abundantly in the hippocampus and cerebral cortex. Zinc deprivation results in changes in behaviour, learning, memory, and emotional stability. Disturbance of Zinc homeostasis has been found to be associated with the pathogenesis of many neurodegenerative disorders in central nervous system, such as PD, Alzheimer's disease and amyotrophic lateral sclerosis ^[5, 6]. Recently, it has been found that Zinc ions directly binds to the peptide fragments from the Parkinson's disease gene ^[7] and hence it's absence causes complete unfolding of the protein and loss of its activity ^[8].

Parkinson, Zinc and Homeopathy

Some thirty elements (which includes Zinc), more or less present in the human body which are absolutely recognized that to be essential for the physical construction. Psoric conditions are largely functional, manifest pre-eminently upon the nervous and emotional plane and may be considered as a deficiency of these elements either quantitatively or qualitatively ^[9]. Zincum metallicum is one such homeopathic drug prepared by the trituration of the metal itself ^[10]. In a study on rat model it was found that Zincum metallicum may be helpful in slowing down injury in Parkinsonism and could be a beneficial drug for the prevention of PD. The primary outcome measures were the behavior activities (locomotor, distance travel, stereoevent) which were found to be decreased whereas the rest time was increased in lesion group animals as compared to the sham group ^[11]. From reportorial analysis (consulting mainly the clinical repertory) it was revealed that Zincum met comes under the list of first four drugs for PD ^[12].

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Table 1: Reportorial analysis

Normal Repertorisation		Totally Symptoms Covered										
		Merc	Gels	Plb	Zinc	Kali-br	Arg-n	Hyos	Agar	Rhus-t	Tarent	Phys
[C] [Generalities]Paralysis:Agitans:	5	6	5	5	5	4	5	4	4	4	5	4
[BG] [Supplimentary references]Paralysis etc.:Agitans:	2	2		1		2		2	1		1	1
[CL] [Clinical]Paralysis:Agitans:		2	2		2		2			2	2	2
[KT] [Generalities]Paralysis agitans:	3	2	2	3	2		2		3	2		
[BN] [Sensation and complaints in general]Paralysis:Agitans:	2	1	3	2	2	3	1	2		2	1	2
[PH] [Phatak A-Z]Paralysis:Agitans:	3	2	1	1	1	2	1	2	1		1	

The indications for Zincum met in PD are - Violent trembling (twitching) of the whole body especially after emotions, Chorea from suppressed eruptions, Convulsions with pale face and no heat, Trembling of hands while writing during menses, Lameness, weakness, trembling and twitching of various muscles, Feet in continued motion- cannot keep still, Aggravation form touch, between 5-7 pm., after dinner, fright, grief and anger, Amelioration after eating and discharges^[10].

In modern medicine, Parkinsonism is usually controlled by Anticholinergic drugs, but these can have nasty negative effects. From homoeopathic point of view, combination of the L-dopa (conventional medicine used by allopaths for PD) and homoeopathic remedy is exclusively compatible and often beneficial. In early stage homoeopathy can be used to stabilize the disease and delay its deterioration. For patients who are already taking L-dopa, homoeopathy can be prescribed for side effects like digestive troubles (nausea and vomiting), low blood pressure, restlessness, drowsiness, cardiac arrhythmias etc.^[13]. The sole objective is to help the patient to diminish the dose of anti-cholinergic drugs or to reduce their intensity of tremors or to help in their rigidity or stiffness.

Conclusion

The prevalence of Parkinson’s disease appears to be lower in Asia when compared to the Western world. It may be related to the ubiquitous use of alternative medicines (herbal medicines, health supplement foods, homeopathy, acupuncture etc.) in Eastern healthcare. Countries like Korea, China, India, and Japan have long embraced and incorporated alternative natural traditional medicine into modern management of conditions such as PD. Integrated approach along with our potentised dynamic homeopathic remedies may not cure the incurable PD but definitely lessen the complications and progress of the malady.

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