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Sudden Cardiac Death (SCD): Challenges and homoeopathic prevention

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Abstract

It has been found that the occurrence of sudden cardiac death (SCD) in the common people is 1 in a 1,000. Subsequently survival rates of the patients discharging from the hospital are very modest, initially prevention the best way of reduction in SCD in the community. Sudden cardiac death (SCD) causes substantial challenges in progressive medical investigations and forensic pathology. The human heart is a well-built organ in the thoracic cavity, somewhat left of the centre. In this paper we have discussed SCD and some of the Homeopathic remedies which can be used for its prevention.

Keywords: Sudden Cardiac Death (SCD), Forensic pathology, homeopathic remedies, human heart etc.

Introduction

SCD is termed as a surprising demise not concerning to an extracardiac cause, generally inside 1 h of warning sign onset, or inside 24 h of last being seen in good physical condition. Death happens when the heart pauses beating or is not beating adequately to uphold perfusion and life. Individuals who have experienced sudden cardiac arrest (SCA) have a greater risk of SCD^[1].

The frequent risk factors for SCA and SCD, as discovered in population-based analyses, incorporate risk features for ASCVD, left ventricular hypertrophy, and cardiac transmission irregularities^[2].

SCD's cardiac triggers are put into the following sets:^[3]

- Coronary Artery-Connected Reasons.
- Primary Arrhythmogenic Sicknesses.
- Myocardiopathies.
- Heart Collapse.
- Valvular Heart Syndromes.
- Hereditary Heart Syndromes.

Indicators and warning sign for SCA involve the following:^[1]

- Chest pain, tenderness, stiffness, stress associated to physical hard work.
- Extreme hard work and mysterious dyspnoea, tiredness, or shivers accompanying with work out.
- Early detection of a heart murmur.
- Higher systemic blood pressure.

The differential diagnoses of SCA and SCD include the following:^[6]

- Dilated cardiomyopathy.
- Intense myocardial infarction.
- Auriculoventricular cell block.
- HCM.
- Idiopathic ventricular fibrillation.
- SQTS.

Observations

SCD is a serious public healthiness problem, accounting for 6-20% of total death worldwide. The most prevalent challenges include.

Diagnostic complexities

Declining autopsy rates, shortage of skilled pathologists, and inaccurate death certificates hinder accurate diagnosis.

Epidemiological insights: ^[5]

SCD rates peak in the 50-60 age group, with a male-to-female ratio of 10:1. Coronary artery disease is the primary cardiac pathology (56.86% of cases).

Critical observations

Most sudden deaths occur within 6 hours of symptom onset, with myocardial infarction being the most common cause identified in autopsies. Arrhythmic mechanisms account for 93% of cardiac sudden deaths.

Emerging challenges: ^[4]

Limited understanding of antecedent factors, difficulty detecting subtle cardiac changes, and the need for advanced histological examination.

Homoeopathic Medicines in Preventing SCD

Homoeopathic medicines offer a promising approach to preventing SCD. May help mitigate risk factors and promote cardiovascular health. However, further research is necessary to explore the efficacy of homoeopathic medicines in preventing SCD.

Homeopathic Remedies for prevention of SCD: ^[6-16]

Sr. No.	Medicine	Role
1	Arnica montana	for cardiac inflammation
2	Digitalis purpurea	for heart rhythm regulation
3	Lachesis mutus	for cardiovascular health
4	Nux vomica	for cardiac symptoms

Conclusion

Appropriate identification of cardiac syndrome is regularly the missing link in the sequence. The timely detection of the problems plays a crucial role in the avoidance of SCD. There are lot of remedies in homeopathy which van be very effective in the prevention of SCD.

Conflict of Interest

Not available

Financial Support

Not available

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