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A case of hyperlipidemia - A challenge due to modern lifestyle

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Abstract

Since many years the advancements in medical sciences has sufficient data to support relationship that exists between the way a person or a community lives and their risk of acquiring cardio vascular diseases which continues to be an important health problem in the developing nations. To add to it rapid industrialization, environmental stress and urbanization in developing countries pose a major threat for lifestyle disorders. Furthermore, when modest alterations of these lifestyle risk factors along with Homoeopathic Similimum are achievable the health problem can be reversed.

Keywords: Hyperlipidemia, hypertension, cholesterol, triglycerides, lifestyle

Introduction

Hyperlipidemia has been recognized as a risk factor for cardiovascular diseases ^[2]. The United Nations Sustainable Development Goals have called for enhanced early warning, risk reduction, and management of non-communicable chronic diseases, including hyperlipidemia, at national and global levels by 2030 ^[3].

Lipids typically include cholesterol levels, lipoproteins, triglycerides, VLDL, LDL, and HDL ^[4]. Hyperlipidemia is broadly classified as primary and secondary hyperlipidemia. Primary hyperlipidemia develops from a plethora of genetic disorders inherited through birth, while secondary hyperlipidemia originates from an alternate underlying etiology, such as an unhealthy diet, medications or a poor lifestyle regimen.

Case profile

A patient aged 68 years approached with epistaxis and severe hypertension with BP measuring 210/118 mm Hg. Initially to check the nose bleed, medicines prescribed were Arnica 30 and Allium Sativa mother tincture in repetition. On further investigation it was realized that patient suffered from hyperlipidemia with alarmingly high levels of S. Cholesterol, S. Triglycerides and S.VLDL cholesterol. After a thorough case taking and repertorial totality homoeopathic remedy Phosphorus was prescribed. The patient was advised for regular follow ups and lipid profile was examined to analyze the results. After taking homoeopathic medicines for about 5 to 6 months the patient demonstrated gradual improvement in general well-being, along with normalization of lipid levels, supporting the fact that Homoeopathic Medicines are effective in managing cardiovascular risks.

Presenting complaints

- Epistaxis with Post nasal discharge, colour of blood- bright red
- Deep breathing during epistaxis grasping for longer breaths
- Hypertension 210/118 mm Hg
- Headache over the eyes and perspiration

Past history

- Hypertensive since 15 years
- Taking allopathic medicines for the same
- Less severe bouts of Epistaxis once or twice in summers

Mental generals

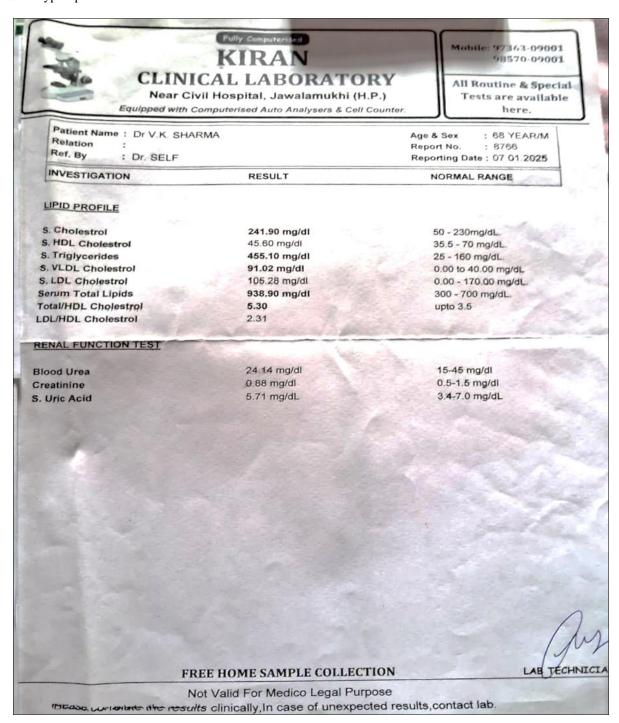
- Anxiety regarding health
- During Epistaxis wanted to be accompanied by everyone

Physical generals

Perspiration - present during epistaxis, Thirst - ++, Appetite- good, Desire - for cold water

Clinical findings Weight: 75 kgs, BP: 210/118 mm Hg, Pulse: 92/ min

Diagnosis: Hyperlipidemia





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Patient Name: Dr V K SHARMA

Relation Ref. By : Dr.

: 68 Yrs/M Age & Sex : 10046 Report No. Reporting Date: 09.05.2025

NORMAL RANGE INVESTIGATION RESULT

BIOCHEMISTRY

0.5-1.5 mg/dl 1.19 mg/dl Creatinine

LIPID PROFILE

210.90 mg/dl S. Cholestrol 43.00 ma/dl S. HDL Cholestrol 153.40 mg/dl S. Triglycerides 30.68 mg/dl S. VLDL Cholestrol 137.22 mg/dl S. LDL Cholestrol 575.20 mg/dl Serum Total Lipids Total/HDL Cholestrol 4.90 3.19 LDL/HDL Cholestrol

50 - 230mg/dL. 35.5 - 70 mg/dL. 25 - 160 mg/dL. 0.00 to 40.00 mg/dL 0.00 - 170.00 mg/dL. 300 - 700 mg/dL.

upto 3.5



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Patient Name: Dr V.K SHARMA Relation

Ref. By

: Dr. DR SUMI SHARMA

Age & Sex : 68 Yrs/M : 10951 Reporting Date: 28.07.2025

INVESTIGATION RESULT NORMAL RANGE

BIOCHEMISTRY

Glucose (Fasting) 101.20 mg/dL 70-110 mg/dL

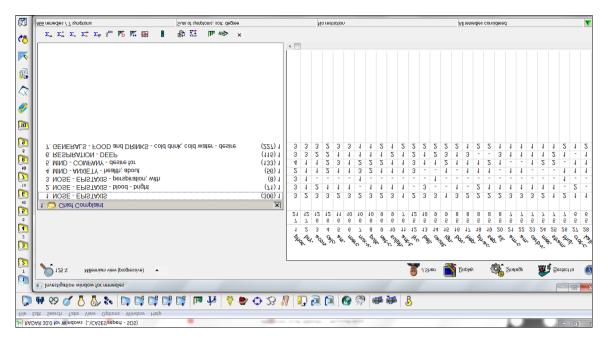
LIPID PROFILE

S. Cholestrol 199.90 mg/dl 50 - 230mg/dL. S. HDL Cholestrol 42.40 mg/dl 35.5 - 70 mg/dL. S. Triglycerides 147.30 mg/dl 25 - 160 mg/dL. S. VLDL Cholestrol 29.46 mg/dl 0.00 to 40.00 mg/dL S. LDL Cholestrol 128.04 mg/dl 0.00 - 170.00 mg/dL. Serum Total Lipids 547.10 mg/dl 300 - 700 mg/dL. Total/HDL Cholestrol 4.71 upto 3.5 LDL/HDL Cholestrol 3.02

RENAL FUNCTION TEST

Blood Urea 23.42 mg/dl 15-45 mg/dl Creatinine 0.73 mg/dl 0.5-1.5 mg/dl S. Uric Acid 5.96 mg/dL 3.4-7.0 mg/dL

Repertorial totality on first visit



Prescription as on 7.1.25

- 1. PHOS 30 x TDS x 7 days
- 2. PLO 30 x TDS x 7 days

Follow up with dates

S. No.	Date	Symptoms and BP	Prescription
1.	15.1.25	Better, BP -180/100 mmHg	Phos 30 x BD X 15 days
			PLO 30 x BD x 15 days
2.	1.2.25	No Epistaxis, BP 170/96mmHg	Phos 30 x BD X 1 month
			PLO 30 x BD x 1 month
3.	3.3.25	Better, BP 164/94 mmHg	Repeat x 2 months
4	10.5.25	Much improvement, BP 156/90 mmHg	Phos 200 x 1 dose
4.			PLO 30 x BD x 2 months
5.	29.7.25	Much improved, BP 140/86 mmHg	PLO 30 x BD x 1 month

Discussion

Phosphorus was prescribed based on the repertorial totality and generals of patient. Potency selection was according to recommendation of Boricke's Materia Medica.

Hyperlipidemia, being a chronic and progressive disorder, requires timely diagnosis and correct therapeutic

intervention. Along with Homoeopathic medication necessary management includes dietary regulations and lifestyle modifications. This case demonstrated a gradual reduction in cholesterol levels, laying the importance of homoeopathy in addressing lifestyle-related disorders.

Patient's perspective of treatment

J. VK Sherma, aged 68, had a severe nose bleeding in the month of Jenuary, 2025 and had a blood pressure or 210/118 at that time. I contacted Dr. Sumi Sharma who advised me to go for Lipid Profile Test.

J. was put on Homoeofathic medicines by Dr. Sumi and my condition improved and the parameters which were earlier exceptionally high, started coming to normal within few months.

Descriptions

(VK Sharma)

Jovelamukhi
8 Sept. 2025

Written consent of patient: Was taken

Conclusion

This case report highlights the effectiveness of individualized homoeopathic treatment in managing and treating Hyperlipidemia. Unlike conventional therapy, which requires lifelong medication, homoeopathy aims to treat the root cause by considering the patient's physical and mental history. The selected remedy, Phosphorus demonstrates that Homoeopathy, when prescribed according to the principle of similimum, was able to bring down the levels of cholesterol and triglycerides in 4 -5 months time. Along with this modifiable changes were made in the patient's lifestyle which brought about an improvement in this case.

Conflict of interest: None Source of funding: None

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