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Homoeopathic approach on non-communicable diseases

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Abstract

Now a day's Non-communicable diseases are a major issue among the whole world. Noncommunicable diseases (NCDs), also known as chronic diseases, tend to be of long duration and are the result of a combination of genetic, physiological, environmental and behaviors factors. NCDs disproportionately affect people in low- and middle-income countries where more than three quarters of global NCD deaths occur.

Keywords: Non-communicable diseases, homoeopathy, organon of medicine

Introduction

Current scenario of Non-communicable diseases: - Non-communicable diseases (NCDs) kill around 40 million people each year, that is around 70% of all deaths globally. Cardiovascular diseases that include heart attacks and stroke account for 17.7 million deaths every year, making it the most lethal disease globally. Cancer kills around 8.8 million people each year, followed by respiratory diseases that claim around 3.9 million lives annually and diabetes that has an annual morbidity rate of 1.6 million. These four groups of diseases are the most common causes of death among all NCDs. Figure 1 depicts the top 10 causes of death globally.

Causes

The causes of NCDs can be divided into three broad categories: modifiable behavioural risk factors, non-modifiable risk factors and metabolic risk factors.

Modifiable behavioural risk factors: Behavioural risk factors such as excessive use of alcohol, bad food habits, eating and smoking tobacco, physical inactivity, wrong body posture and disturbed biological clock increase the likelihood of NCDs. The modern occupational setting (desk jobs) and the stress related to work is also being seen as a potent risk factor for NCDs.

According to the WHO, more than 7 million people die each year due to the use of tobacco and the fatality rate is projected to increase markedly in the years to come. Excessive use of sodium in the diet causes 4.1 million deaths per year while alcohol intake leads to around 1.65 million deaths due to NCDs. A simple lack of physical activity has been claiming 1.6 million lives annually.

Non-modifiable risk factors: Risk factors that cannot be controlled or modified by the application of an intervention can be called non-modifiable risk factors and include:

- a. Age
- b. Race
- c. Gender
- d. Genetics

Metabolic risk factors: Metabolic risk factors lead to four major changes in the metabolic systems that increase the possibility of NCDs:

1. Increased blood pressure
2. Obesity
3. Increased blood glucose levels or hyperglycaemia
4. Increased levels of fat in the blood or hyperlipidaemia

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Increased blood pressure is the leading metabolic risk factor globally with 19% of the global deaths attributed to it, followed by obesity and hyperglycaemia.

Four Major Lifestyle Diseases

CVD

Cardiovascular diseases are a group of disorders of the heart and blood vessels and may include:

- A. Ischaemic heart disease
- B. Stroke
- C. Peripheral arterial disease
- D. Congenital heart disease

Diabetes

Diabetes is a metabolism disorder that affects the way the body uses food for energy and physical growth. There are 4 types of diabetes: Type 1, Type 2, Gestational, and Pre-Diabetes (Impaired Glucose Tolerance). Type 2 is the most common diabetes in the world and is caused by modifiable behavioural risk factors.

Cancer

Cancer affects different parts of the body and is characterised by a rapid creation of abnormal cells in that part and can invade other parts of the body as well. More than 7 million people die of cancer each year and 30% of those diseases are attributed to lifestyle choices.

Chronic Respiratory Diseases

Some of the most under-diagnosed conditions, chronic respiratory diseases (CRD) are a potent cause of death globally with 90% of the deaths taking place in low-income countries. Chronic obstructive pulmonary disease (COPD) and asthma are the two main types of CRDs.

Prevention & Control

1. Avoid excessive mental & physical strain by modifying life style.
2. Low salt diet and low fat intake.
3. Avoid alcoholism.
4. No smoking.
5. Regular exercise.
6. Create awareness in community

Homoeopathic view

The concept 'law of similars' was enunciated by Hippocrates, the father of medicine and Paracelsus, but it took Dr. Hahnemann to establish this law on a scientific footing despite the fact that he lived in an age when modern laboratory methods were almost unknown.

People who take constitutional homeopathic medicines which are given on basis of complete physical and mental makeup of the person significantly delay lifestyle disorders like diabetes, obesity and hypertension.

This is especially significant in cases with a family history of hypertension, dyslipidemia and diabetes. Diagnosed cases of hypertension can be well managed with homeopathic remedies provided medicine is prescribed on the constitutional totality of the person and not specific disease-

based symptoms, the reason being that homeopathy is an individualistic based medical therapy where each patient is given a different remedy depending on his or her constitution.

The benefit of homeopathy is that when a person takes the right remedy not only does the disease being targeted is cured, but the overall immunity of the person is also boosted and their tendency to any other disease they are susceptible to, also reduces.

Patients become less prone to diseases and infections and their stress management improves drastically, in the sense the triggers which increase the stress will no longer cause stress and people remain healthier and stress free.

Homeopathic medicines act at a much deeper level both at the physical and mental plane so as to bring a balance of the person's physical and emotional health. Homeopathy also gives good positive results when administered as an adjunct to conventional medicine or any other line of therapy in complicated or late stages of these diseases where conventional medicine doesn't have the complete key.

In view with organon of medicine

Organon of medicine – Chronic miasms (204-209) in the Aphorism 208 stated that "the age of the patient, his mode of living and diet, his occupation, his domestic position, his social relations and so forth must next be taken into consideration, in order to ascertain whether these things have tended to increase his malady, or in how far they may favour or hinder the treatment. In like manner the state of his disposition and mind must be attended to, to learn whether that present any obstacle to the treatment, or requires to be directed, encouraged or modified.

Case management (245-263) in the Aphorism 261 stated that "the most appropriate regimen during the employment of medicine in chronic diseases consists in the removal of such obstacles to recovery, and in supplying where necessary the reverse: innocent moral and intellectual recreation, active exercise in the open air in almost all kinds of weather (daily walks, slight manual labor), suitable, nutritious, unmedicinal food and drink, etc".

Therapeutic Approach

There are some remedies which are very specific for above described conditions

1. Plumbum Iodatum:- used for "arterio-sclerosis".
2. Allium Sativum:- Has a vaso-dilatory properties. Arterial hypotension begins usually in 30-45 minutes.
3. Vanadium Metallicum:- A remedy for degenerative conditions of arteries.
4. Terminalia Arjuna:- Diseases of heart, both functional and organic.; angina pectoris, suffocation.
5. Syzygium Jambolanum:- A most useful remedy in diabetes mellitus.
6. Uranium Nitricum:- A remedy for glycosuria and increased urine. Excessive thirst, nausea vomiting, excessive appetite, diabetes mellitus and insipidus.
7. Phosphoric acidum:- urine frequent, profuse, watery, milky. Diabetes. Frequent urination at night.
8. Phaseolus Nanus:- Diabetic urine. A decoction of the

- shells as a drink for diabetes.
9. *Lycopus Virginicus*:- Rapid heart action of smokers. Heart's action tumultuous, rapid. Profuse flow of limpid, watery urine, especially when heart is most irritable; also scanty urine. Diabetes.
 10. *Aspidosperma*:- The digitalis of lungs. Removes temporary obstruction to the oxidation of the blood by stimulating respiratory centres, increasing oxidation and excretion of carbonic acid.

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Summary

1. Homoeopathy has the great potential in treatment of Non communicable diseases and can be safely applied along with other essential medicines.
2. Prevention and control of many of the NCD can be done with great efficacy and safety
3. While planning the organization of health services, the goal should be to shift the centre of gravity of chronic care delivery progressively towards the base of the health care pyramid by including the Homoeopathic system of Medicine.
4. By strengthening the capacity for care by self, family, community, paramedic, and by encouraging guidelines based practice and a rational referral-follow-up pattern which obviates the need for frequent revisits to secondary and tertiary care providers. Referral system for the Homoeopathy for NCD should be prioritized.

Conclusion

Homoeopathy play the vital role on the treatment of non-communicable diseases. The basic needs of the person is to makes the life healthy and happy. Homoeopathic treatment effects the man's internally and individualise each person by his/her constitution. In homoeopathic science we treat the patient, not the disease. But more research is needed in this topic to make & show good results in the upcoming years.

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