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Dr. Sithara Perveen

MD Scholar, Department of Case Taking and Repertorisation, Government Homeopathic Medical College, Kozhikode, Kerala, India

Dr. Mansoor Ali KR

Head of the Department, Department of Case Taking and Repertorisation, Government Homeopathic Medical College, Thiruvananthapuram, Kerala, India

Dr. Maya BJ

Head of The Department, Department of Case Taking and Repertorisation, Government Homeopathic Medical College, Kozhikode, Kerala, India

Dr. Nithya T

MD Scholar, Department of Case Taking and Repertorisation, Government Homeopathic Medical College, Kozhikode, Kerala, India

Corresponding Author:

Dr. Sithara Perveen

MD Scholar, Department of Case Taking and Repertorisation, Government Homeopathic Medical College, Kozhikode, Kerala, India

Treatment of hyperuricemia with homeopathic medicine *Lycopodium clavatum*: A case series

Dr. Sithara Perveen, Dr. Mansoor Ali KR, Dr Maya BJ and Dr. Nithya T

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Abstract

Hyperuricemia plays a significant role in the development and pathogenesis of several metabolic and systemic disorders including metabolic syndrome, hypertension, stroke, and atherosclerosis. In the stage of asymptomatic hyperuricemia, people may not experience any symptoms and is prior to the first attack, but the crystals get deposited in and around the joint slowly. Pharmacologic treatment for asymptomatic hyperuricemia carries some risks and is not considered beneficial or cost-effective, and generally is not recommended.

This study was carried out to observe the effects of homeopathic Medicine *Lycopodium clavatum* in managing hyperuricemia. Here details of five cases which was treated with *Lycopodium clavatum* is given. Homeopathic medicine *Lycopodium clavatum* was associated with significant alleviation of hyperuricemia Symptoms along with a decrease in serum uric acid levels, enabling the reduction in the use of conventional medicine.

Keywords: Homeopathy, hyperuricemia, *lycopodium clavatum*, serum uric acid

Introduction

Hyperuricemia is a condition where plasma (or serum) urate concentration is $>420 \mu\text{mol/L}$ (7.0 mg/dL).⁽¹⁾ It can result from increased production or decreased excretion of uric acid. This increased production is mainly due to altered purine metabolism. Uric acid is a weak acid, so it gets ionised easily to form urates. These urates predominate in plasma extracellular fluid and synovial fluid. At a pH of 7.4, 98% of this urate exist as monosodium urate^[1]. When the concentration of uric acid in plasma increases, it gets supersaturated, forming monosodium urate crystals^[1]. Deposition of these crystals results in complications like gouty arthritis, nephrolithiasis, urate nephropathy, uric acid nephropathy etc. Hyperuricemia has also been reported as an independent risk factor for metabolic syndrome, obesity, diabetes, stroke and atherosclerotic disease^[1].

Worldwide, the prevalence of hyperuricemia has increased dramatically in recent decades. From 2006 to 2014, the prevalence of hyperuricemia increased from 19.7% to 25.0% among men and from 20.5% to 24.1% among women^[2].

Pharmacologic treatment for asymptomatic hyperuricemia carries some risks and is not considered beneficial or cost-effective, and generally is not recommended^[3]. There are also many adverse effects and contraindications of these urate lowering agents if used in an acute condition also. Homeopathic treatment for uric acid, on the other hand, has no side effects and is safe to use. These medicines lower the levels of uric acid and also reduce the tendency to hold an excess of uric acid (diathesis). Homeopathic remedies also treat the body's metabolic system which handles purines (proteins that get converted to uric acid)^[4]. Since homeopathy is based on wholistic approach, there are many medicines known to reduce uric acid levels, but homeopathic remedy *Lycopodium clavatum* is well known. It is given as 3 mark remedy in Frederik schroyens synthesis repertory under the rubric uric acid diathesis. This rubric contains medicines from proving's of both classical and contemporary provers. This remedy is used by various homeopathic practitioners all over the world, but there are few studies to show its efficiency in hyperuricemia.

So with the present study, the authors report a series of five hyperuricemia cases treated with the use of homeopathic medicine *Lycopodium clavatum*.

Materials and Methods

All patients were followed up in the IPD/OPD of homeopathic medical college, Kozhikode. Patients with serum uric acid levels above 7 mg/dl will be considered for this case series. Patients were provided with the medicine *Lycopodium clavatum* mentioned in synthesis repertory under the rubric uric acid diathesis, in proper dose and potency by considering only the raised value of serum uric acid level. During follow-up, changes in the serum uric acid level value and symptoms were noted.

Case presentation-

The five cases were considered with serum uric acid levels above 7mg/dl. Subsequently, follow-ups were done in all cases until improvement occurred. The cases are reported according to the criteria set out in the HOMCASE guidelines [5]. The improvement in all cases was evident from the reduction of symptoms with associated reduction in serum uric acid level within a 2–6-month period of treatment. Almost all cases showed a positive outcome of homoeopathic treatment in the cases of hyperuricaemia.

Case reports

Case 1

A 62-year-old male was suffering from pain in the right foot along with pain in his toes and fingers for the past 1 year and increased for 3 weeks, which gets aggravated in the morning on rising and at night. He is constipated usually with frequent urging. The patient had a history of vessel wall disease and had done angioplasty. On examination, there were no findings and the investigation showed raised serum uric acid level of 10 mg/dl and all other investigations were normal.

Medical history and follow-up from 15 November 2021 to 28 January 2022, and the patient were treated with *Lycopodium clavatum* 1M.

Case 2

A 32-year-old male patient was suffering from pain in both the elbow joint, inter-phalangeal joint, left shoulder joint, and bilateral wrist joints for the past 2-3 years. His pain was aggravated by physical exertion, cold exposure, and

pressure and ameliorated by massage and hot application. He usually prefers hot drinks and food and his sweat is increased on his palms and soles. He also has increased sensitivity to cold (chilly). On examination, there were no findings and the investigation showed normal ESR, R.A factor but raised serum uric acid level of 7.5mg/dl. He was treated with *Lycopodium clavatum* 200.

Case 3

A 59-year-old male patient complained of pain in the left foot which developed suddenly one day. He gets on and off attacks since 6 months. The pain was aggravated by the least motion and ameliorated by heat. The patient was thermally chilly and had a moderate appetite. He has a desire for sweets and had a moderate thirst. He is also known diabetic and hypertensive since 2 years. On examination, there was slight swelling of the foot. Investigations showed a normal x-ray of foot, but raised serum uric acid level of 8.1mg/dl. He was treated with lycopodium 200.

Case 4

A 26-year-old male patient was suffering from pain in all joints of body, which is aggravated since 3 weeks. Complaints get aggravated from loss of sleep, drinking tea, coffee. Among physical generals, the patient had a moderate appetite and prefer warm food, desired vegetables, fish and meat and unsatisfactory, constipated stool. On examination, there was no findings. Investigations showed normal ESR and RA Factor, but raised serum uric acid level 8.1mg/dl. He was treated with lycopodium 1M.

Case 5

A 62-year-old male patient complained of pain and burning in the sole of the foot since 7months. The pain was aggravated by motion and in the morning but ameliorated by rest. The patient was thermally hot and is thirstless. He has increased perspiration whole over the body. He is also hypertensive for 10-12 years. On examination, there was a no findings. Investigations showed normal ESR and x-ray seems to be normal. There is raised serum uric acid level of 7.6mg/dl. He was treated with lycopodium 1M.

Table I: Case details and follow up of five cases of hyperuricemia.

Cases	Case no-1		Case no-2		Case no-3		Case no-4		Case no-5	
	Entry value.	After treatment value.	Entry value.	After treatment value.	Entry value.	After treatment value	Entry value.	After treatment value	Entry value	After treatment value
Serum uric acid level.	10 mg/dl.	7.8 mg/dl	7.5 mg/dl.	4.7 mg/dl.	8.1 mg/dl	6.4 mg/dl.	7.9 mg/dl.	6.8 mg/dl	7.6 mg/dl.	4.2 mg/dl.
Date.	15/11 (2021)	28/1 (2022)	2/11 (2021)	22/1 (2022)	9/9 (2021)	1/12 (2021)	2/1 (2021)	15/2 (2022)	20/2 (2022)	2/4 (2022)
Dose.	1M		200		200		1M		1M	

Discussion

Although asymptomatic hyperuricemia often continues for many years without progression, but crystals remain in the joint during these intervals and further deposition may continue silently. Finally this may lead to persistent attacks, chronic pain, and, in some patients, joint damage [6].

In this present scenario, only a few studies have been conducted in homeopathy regarding hyperuricemia. In Homoeopathy, we select medicines considering the Uric acid diathesis. So, we can manage hyperuricemia in its incipient stage itself and prevent its further complication.

Homeopathic remedies also treat the body's metabolic system which handles purines (proteins that get converted to uric acid) [7].

Studies have shown a positive role of homoeopathic medicine in treating and improving the quality of life. Studies and case reports shows that that *Lycopodium* is more frequently indicated remedy among other remedies in managing hyperuricemia [8, 9]. However, a small number of trials performed to date for a firm conclusion.

Lycopodium is not used frequently by homoeopathic practitioners. Using this medicine, we got excellent results

in hyperuricemia providing better quality of life. With this case series, we want to show the efficacy of homeopathic medicine *Lycopodium clavatum* in providing some relief or alleviating symptoms of the patient along with reduction in uric acid levels, without any side effects.

Case series as in present study, may present a trend, but cannot definitely prove a relation between drug and disease as a trend. All these should be proved with large scale, randomised controlled trials

Result

Homeopathic medicine *Lycopodium clavatum* was associated with significant alleviation of hyperuricemia. Symptoms along with decrease in serum uric acid levels, enabling the reduction in use of conventional medicine. Homeopathic management has adequate potential in not only reducing the serum uric acid in gout but also a significant role in improving the well-being, activity and quality of life of patients with gout, without any adverse effects. This prospective observational study, though preliminary, revealed a positive treatment effect of homeopathic medicines in gout. The results presented in this study to be interpreted with caution and further be experimented in randomised placebo-controlled design with enhanced methodological rigor and longer follow-up.

Informed consent

The consent to publish the information is obtained from the patients in the study.

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Conflict of Interest

Not available

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Not available

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