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## Utility of Boger's pathological approach in treating a case of nephrotic syndrome-evidence based case report

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### Abstract

Homoeopathy is eminent system of Medicine, introduced by Master Samuel Hahnemann in 1796. Till date it is exhibiting its uniqueness with miraculous cures. A diagnosed case of Nephrotic syndrome has visited Homoeopathic OPD, after several unsuccessful treatments from other systems of Medicine. The case was received, analyzed, repertorized properly, and a Homoeopathic medicine ARSENICUM ALBUM was selected by using Boger's Pathological approach. The case showed marked improvement from first day of medication itself and within a week, complaints completely resolved. The case was followed for 4 more years, and no complications were developed.

**Keywords:** Homoeopathy, arsenicum album, 1m potency, nephrotic syndrome

### Introduction

Nephrotic syndrome, a renal disease, is a triad of proteinuria, hypoalbuminaemia and edema. Severe hyperlipidemia is often seen. The edema is pitting type, and dependent, prominently seen periorbitally and peripherally in limbs. Genital edema, Ascites, and Anasarca develops later. There are many causes for Nephrotic syndrome, Minimal change disease is most common cause in children, upto 80% of all cases, and 20% in adults. Investigations include 24 hour urinary protein estimation, serum albumin and cholesterol concentrations. Renal biopsy may be required for histological diagnosis. Treatment includes immunosuppressive drugs, ACE inhibitors, and NSAIDS, which helps to manage the case [5].

Homoeopathy, a unique system of medicine, treats the patient through individual approach in a safe, and quick manner. Each remedy shows peculiar characteristics, which is matched with the symptoms of patient and suitable drug is selected accordingly. Here in this article, a case of Nephrotic syndrome, which was very well managed without complications with Homoeopathic treatment is discussed.

**Case Details:** A 22 months male baby was brought to OPD with complaints of

1. Edematous swelling of both lower limbs, abdomen, and face, from 1 month
2. Fever from 3 days.

Details were given by mother, that baby had puffiness of face with marked swelling of lower eyelids, one month back, which improved on local herbal treatment. Complaints reappeared again after 10 days of herbal treatment, first swelling under lower eyelids developed, followed by swelling of abdomen and extremities. Patient was taken to Nil of Er Hospital, where it was diagnosed as Nephrotic syndrome, after undergoing investigations. The reports confirmed albuminuria, proteinuria, and high serum creatinine levels. With allopathic Rx. patient passed large quantity of urination, which relieved him temporarily. Patient was discharged from hospital on improvement with some medications. Same symptoms again reappeared after 2 weeks, so patient's mother wanted to try Homoeopathy treatment.

The complaints with which patient approached for treatment were swelling of face, abdomen and extremities, scanty urination, lowered frequency of urine, i.e., only twice in a day. There is decreased appetite, increased thirst for small quantities of water, constipation, hard stools passing once in 3 days from the commencement of complaints. Fever from 3 days, with chills < evening time. Patient desires covering. Chilly++. Used allopathic Rx with no relief of fever. Didn't pass stools for 3 days. Child was dull, decreased in activity, noticed from the time patient came to hospital.

**Past History:** Immunization as per schedule, no adherence affects after vaccination. No History of infections, and major Health issues from birth.

**Family History:** Father: known case of convulsions, using allopathic medications.

**Patient as a person:** Appetite: moderate, eats 3 times a day. Desires: boiled eggs and banana. Aversions: apple, curd. Thirst: takes 1.5 to 2 litres per day. Increased thirst for small quantities often, since complaints. Bowels: regular previously. Sweat: sweats while sleeping, on scalp and face. Sleep: refreshing, lies on sides, mostly on right.

**General physical examination:** Moderately built, brown complexion. No signs of pallor, icterus, cyanosis, clubbing and lymphadenopathy. Oedema present in face and lower limbs.

**Vital data:** B.P:130/70 mm of Hg. Pulse rate- 82 beats/min, Heart rate: 82 beats/ min. Respiratory rate: 45 times/ min.

**Systemic examination:** Genitalia- scrotal oedema present. Oedema of lower limbs, pitting type seen.

**Examination of abdomen**

**Inspection:** Distended abdomen, flanks appears full. Symmetrical movement of abdomen with respiration. Skin over abdomen- shiny and stretched over abdomen. No scar, no dilated veins, no visible pulsations. No visible mass. Umbilicus: transversely stretched. Genitalia: scrotal oedema.

**Palpation** of abdomen- tense abdomen. Tenderness over abdomen.

**Percussion:** shifting dullness present, fluid thrill present positive. Dullness of renal angle.

**Auscultation:** Normal bowel sounds.

**Diagnosis:** Nephrotic Syndrome.

**Table 1:** Analysis and evaluation

Symptoms	Analysis	Evaluation
Edema lower limbs	Common	Pathological symptom
Edema –face	Common	Pathological symptom
Edema- eyelids	Common	Pathological symptom
Edema- abdomen	Common	Pathological symptom
Edema- scrotum	Common	Pathological symptom
Urine scanty	Common	Pathological symptom
Thirst increased for small quantities	Uncommon	Physical general symptom
Constipated- hard stools	Uncommon	Physical general symptom
Fever with chills < evening	Uncommon	Physical general symptom
Mind- dullness	Uncommon	Mental general symptom
Mind- inactive/sluggish	Uncommon	Mental general symptom
Desire boiled eggs	Uncommon	Physical general symptom
Desire banana	Uncommon	Physical general symptom
Aversion apple	Uncommon	Physical general symptom
Aversion curd	Uncommon	Physical general symptom
Perspiration of scalp during sleep	Uncommon	Physical general symptom
Perspiration of face during sleep	Uncommon	Physical general symptom

**Bogers totality**

As there are less characteristics, and deeper pathology, Boger’s totality is formulated.

**Totality of symptoms**

- Edematous swelling all over body
- Increased thirst for small q of water
- Urine scanty
- Hard stools
- Fever with chills < evening
- Desire boiled eggs
- Desire banana
- Aversion apple
- Aversion curd
- Perspiration of scalp during sleep
- Perspiration of face during sleep
- Mind- dullness
- Mind- inactive/sluggish

**Repertorisation:** Synthesis 9.0 is used for repertorisation.

ars alb This analysis contains 672 remedies and 18 symptoms. Intensity is considered		ars.	apis	rhus-t.	lach.	puls.	lyc.	calc.	phos.	sulph.
Sum of symptoms (sort:deg)		1	2	3	4	5	6	7	8	9
01. EXTREMITIES - SWELLING	1 56	11	11	9	9	9	8	8	8	8
02. FACE - SWELLING - edematous	1 56	24	22	18	16	15	19	18	16	16
03. FACE - SWELLING - Eyes - Around	1 35									
04. ABDOMEN - DROPSY - edema	1 6									
05. MALE GENITALIA/SEX - SWELLING - Scrotum - edematous	1 24									
06. URINE - SCANTY	1 362									
07. STOMACH - THIRST - small quantities, for	1 43									
08. STOMACH - THIRST - small quantities, for - often; and	1 30									
09. STOOL - HARD	1 337									
10. FEVER - EVENING - chilliness, with	1 25									
11. MIND - DULLNESS	1 441									
12. MIND - INACTIVITY	1 43									
13. GENERALS - FOOD and DRINKS - bananas - desire	1 12									
14. GENERALS - FOOD and DRINKS - eggs - desire - boiled - soft boiled	1 6									
15. GENERALS - FOOD and DRINKS - eggs - desire	1 40									
16. GENERALS - FOOD and DRINKS - apples - aversion	1 5									
17. HEAD - PERSPIRATION of scalp - sleep - during	1 20									
18. FACE - PERSPIRATION - sleep - during	1 4									

**Drug selection**

Ars Alb was selected as drug of choice.

**Justification:** Arsenic Album and Apis were 2 remedies came out with high marks and maximum coverage of

symptoms on repertorisation. As the patient is chilly, desires covering and increased thirst, Apis was ruled out, and Ars Alb was selected as similimum. LM Potency o/1 was selected.

**Table 2:** Follow up

Date	Symptoms	Prescription
29.09.16	Puffiness of face, swelling of legs. Urine not passed, bowels not passed.	Ars. Alb 0/1, water dose every 2hrly
30.09.16	Passed urine- 3 times, yellowish in color. Bowels passed. Hard stools passed followed by soft stools. Pedal edema present. Puffiness distension present.	Ars. Alb 0/1, water dose every 2hrly
1.10.16	Puffiness around eyes decreased, passed stools, passed urine 4 times. Pedal edema, present distension of abdomen present.	Ars. Alb 0/1, water dose every 2hrly
2.10.16	Passed urine, passed stools, pedal edema decreased, but still persists. Distension of abdomen decreased	Ars. Alb 0/1, water dose every 2hrly
3.10.16	Feeling better. All symptoms improved.	Ars. Alb 0/1, water dose every 2hrly
4.10.16	Oedema relieved and patient was discharged	



**Fig 1:** Photos before treatment



**Fig 2:** After treatment

**Discussion**

“Pathological approach”, a method of prescription propounded by Boger-Boeninghausen, where there are limited generals in a case. In this type, the action of remedy from its physical and pathological aspect is understood, and prescribed [6]. Dr. W. H. Burt says in book “Physiological Materia Medica”, “Kidneys are powerfully influenced by Arsenicum. Their secretion is diminished, and sometimes entirely suppressed; when tested by heat, urine found loaded with albumen. The microscope shows renal epithelium, fibrin-casts, fat, and blood-corpuscles; and the kidney has all the evidences of fatty degeneration” [3]. This clearly indicates that Arsenicum Album has affinity for Nephrotic Syndrome. Along with this pathology, patient also showed peculiarities of Arsenicum, i.e., increased thirst for small

quantities of water, scanty urine and desires covering. Arsenicum have produced not only restlessness, but also dullness during provings [1]. Allen encyclopedia gives symptoms such as “Indisposition to reply to questions, sad mood, Spirits depressed, much depressed, she is despondent about her condition, Grief” in Arsenicum Album [1]. Based on the above symptom similarity, Arsenicum Album was selected as similimum. LM Potency was used for the case, as it limits aggravations, even with frequent repetition and to give quick relief to patient’s condition. The case is being followed for more than 4 years, patient is doing well without relapses and complications till date.

**Conclusion**

Each drug is to be understand from its physiological and

pathological way, so that, in a case with deep seated pathology where there are limited generals, Bogers pathological approach is useful to get high yielding results.

**Abbreviations Used:** Ars Alb-Arsenicum Album. <- Aggravation, >- Amelioration, ACE- angiotensin converting enzyme, LM potency- 50 Millimal potency, NSAIDS- Non steroidal anti inflammatory drug, OPD- out patient department, Rx- Prescription.

#### **Conflict of Interest**

Not available

#### **Financial Support**

Not available

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