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## Parkinsonism and homoeopathic approach

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### Abstract

Parkinson's disease, also known as movement disorder, is a disorder of the basal ganglia that causes disturbances in movement and posture but no major paralysis. It has been suggested that oxidative stress plays a significant part in the pathogenesis of disease. Levodopa replacement therapy and dopamine therapy continue to be the cornerstones of Parkinson's disease treatment. Although levodopa and dopamine therapy, in particular, have the ability to improve motor symptoms, motor complications and other non-dopaminergic symptoms continue to be Parkinson's disease worst enemies in terms of therapy options. We can help Parkinson's patients by using therapeutics and homoeopathic principles to avoid motor complications and treat non-dopaminergic symptoms.

**Keywords:** Dopamine, nervous system, tremor, paralysis

### Introduction

Parkinson's disease is a nervous system degenerative condition that primarily affects dopamine-secreting neurons in the substantia nigra. The area of the brain that controls typical bodily motions is affected by this neurodegenerative condition. Along with the nigrostriatal tract, the olfactory center, lower brain stem, thalamus, and cerebral cortex are also affected by Parkinson's disease. Norepinephrine, the primary chemical messenger of the sympathetic nervous system, which regulates many bodily processes like heart rate and blood pressure, is also lost in people with Parkinson's disease. Some of the Parkinson's disease non-movement symptoms, such as fatigue, irregular blood pressure, slower digestion, and a sharp drop in blood pressure when rising from a sitting or lying posture, may be explained by the loss of norepinephrine.

### Risk factors

- Genetic predisposition
- Environmental Factors: Parkinson's disease prevalence can rise as a result of exposure to toxins, metals, pollutants, and pesticide chemicals.
- Age: Increases above 60 years
- Gender: Males are more likely than women to contract this disease.
- Trauma: It becomes more common as a result of head trauma from car accidents or collisions in athletics.

### Signs and Symptoms

- **Bradykinesia:** Parkinson's disease causes slowed physical movement in the upper and lower extremities, making basic chores difficult and time-consuming. Patients' steps become shorter as they walk; they have trouble getting out of bed or chairs. When they attempt to walk, their feet may drag.
- **Tremor:** Shaking typically starts in one limb, typically at the hand, arm, or digits.
- **Muscular rigidity:** Any portion of the body can experience muscular stiffness, which may be painful and restrict the patient's range of motion.
- **Automatic movement impairment:** Patients have less ability to make unconscious movements while walking, such as smiling, blinking their eyes, or swinging their limbs.
- **Unstable posture and loss of Balance:** Parkinson's disease frequently causes unstable equilibrium and stooping postures.
- **Slurred speech:** Patients pause when speaking. Speech loses its normal inflections and becomes more monotonous.

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- **Dystonia:** Patients are unable to move or make typical facial expressions because of the tightness and rigidity in their muscles, which cause excruciating cramping. Dystonia is a type of painful, uncontrollable muscular spasm.
- **Writing inefficient:** Parkinson's disease patients find it difficult to write on paper, and their writing may look smaller.
- **Insomnia:** An excessive amount of daytime sleepiness comes from poor quality sleep at night. Uncontrollable movement during slumber is a problem for some patients.
- **Neural pain:** There may occasionally be unpleasant feelings like burning or numbness.
- **Anosmia:** The patients' perception of smell is altered or lost in an unpleasant way.
- **Urinary incontinence:** Patients are forced to get up frequently during the night to urinate, or they pass urine unintentionally.
- Excessive sweating, Erectile dysfunction, Anxiety, Depression, Dysphagia, Dementia, Impulsive behaviour, Psychosis, Thought blocking etc are the other features of Parkinson's disease.

Parkinson's disease signs and progression rates vary from person to person. The disease's early signs appear steadily and subtly. For instance, individuals might experience mild tremors or struggle to get up from a chair. They might observe that their voice is too quiet or that their writing is sluggish, cramped, or small. The first people to observe changes in someone with early parkinson's disease may be friends or family members. They might notice that the person's face is lifeless and expressionless or that an arm or leg is not being moved regularly. Parkinson's disease patients frequently acquire a parkinsonian gait, which includes a propensity to lean forward, take short, quick steps, and lessen arm swinging. Additionally, they might struggle to start or maintain action.

**Diagnosis:** There are presently no blood or laboratory tests available to identify Parkinson's disease in non-genetic cases. Typically it is diagnosed by conducting a neurological examination and by obtaining a patient's medical history. Lewy bodies, unique clumps of the protein alpha-synuclein, are found in numerous brain cells of Parkinson's disease patients.

#### Homoeopathic approach

Homeopathy treats the patient as a whole individual. Following a thorough individualizing examination and case analysis that takes into account the patient's medical background, physical and mental constitution, and other factors, homeopathic medicines are chosen. When treating chronic conditions, a miasmatic propensity is frequently taken into consideration.

#### Reportorial view

**Boericke Repertory:** Nervous system: Paralysis-Agitans

**Synthesis Repertory:** Generals-Paralysis agitans

#### BBCR Repertory

Sensation and complaints in general-paralysis-agitans

**Murphy's Repertory:** Diseases-Parkinsons disease

#### Complete Repertory

Parkinson-morbus

Generalities-Paralysis

Generalities-Trembling-intension tremor

#### Causticum

Patients with excessive stiffness benefit from it the most. The muscles become extremely rigid as a result of their hardening. The muscles in the back and lower extremities are also very rigid. Such patients struggle greatly to keep their equilibrium while walking. They move slowly but are prone to falling. The great difficulty in rising from a sitting or lying posture is another distinguishing characteristic for the use of Causticum in Parkinson's disease patients. The patient may also feel discomfort in their extremities, which is relieved by warm treatments. Hand trembling is a very prevalent sign. Constipation, frequent urination, nocturia, orthostatic hypotension, vague muscle pain, depression, anxiety, sleep disturbances, and other non-motor symptoms are also prevalent in Parkinson's disease. Although levodopa therapy is still regarded as one of the most successful treatments, it only temporarily alleviates the disease's effects on motor function by replacing the DA that has been lost and does not treat the cause of the disease or its other non-motor symptoms. Therefore, using homoeopathic medicines to support the survival of dopaminergic neurons and also help the cognitive disturbances, sleep disturbances, anxiety, etc. is a hopeful method for treating disease.

#### Rhus tox

Lower extremity paralysis, where it has proven to be very helpful. Nervous fevers that induce paralysis. There is a lot of leg stiffness, dragging gait, and it is especially suitable for chronic cases with restlessness.

#### Gelsemium

It exhibits excellent results in the treatment of neurological disorders. Patients who are anxious and sensitive and who quickly become excited by sudden emotions or fears benefit greatly from taking Gelsemium Sempervirens. The patients shake their hands erratically, as well as their legs or tongues. The excessive weakness that goes along with the shaking is made worse by the abrupt mental excitement. The sufferer is constantly worn out, uninspired, and sleepy. Muscle synchronization is reduced, and the person's willpower is not used by the muscles. These people have a very sluggish gait and have trouble keeping their equilibrium while walking. Patients who experience speaking slurring may also find great benefit from the homeopathic remedy Gelsemium Sempervirens. The patient doesn't long for liquids at all.

#### Plumbum metallicum

Patients with severe Bradykinesia or lack of movement due to Parkinson's disease can benefit greatly from this natural remedy. The muscles of the body in these individuals move very slowly and sluggishly. All of the labor is completed very slowly by the patient. The wasting or emaciation of the affected musculature always goes hand in hand with the sluggishness. The intellect also seems to move slowly. The affected person's perception slows down, and their comprehension and recall also deteriorate. When walking, there is imbalance, which causes tottering. The palms begin to tremble as well. The muscles in the hands are wasting

away and the palms continue to be cold. Additionally, the visage has an expressionless, blank appearance.

### **Zincum metallicum**

The use of this medication is advised for the treatment of hand trembling. One key sign of its use is the continuous movement of feet. It strengthens the weakened nerves.

### **Merc-sol**

There is a significant amount of hand trembling. Saliva drooling from the mouth can be effectively managed in Parkinson's disease patients by this remedy. There may also be tongue trembling and trouble speaking. It comes with an unpleasant stench coming from the lips. The majority of complaints get worse at night. All of the patients who need this medication sweat a lot, and the sweat has a strong stench. Another distinguishing characteristic is extreme sensitivity to hot and cold conditions.

### **Argentum nitricum**

Hand trembling and a loss of equilibrium while walking. Due to poor balance and an erratic gait, the patient continues falling. The muscles in the back of the lower thigh become stiff and hardened due to the rigidity of the calf muscles, making walking even more painful. Also observed in patients is a unique sweet tooth.

**Agaricus:** Muscle stiffness, jerking, and trembling; itching of the skin around the affected areas; and excessive sensitivity of the spine. refuses to be touched. Strong indicators include jerking and shaking. During slumber, twitching and chorea stop. Lower limb paralysis combined with spasmodic symptoms in the arms. Legs become numb when crossed. Palpitations are followed by paralytic pain in the left limb. hip discomfort and generalized stiffness.

**Lathyrus:** Upper extremity tremor and lower limb paralysis and weakness. Legs have the impression of being weighty and hard. has the impression that the floor is uneven and must keep looking down to control his steps. has an impact on the lateral and anterior spinal columns. doesn't cause any discomfort. Reflexes always got quicker. Infantile paralysis and lateral sclerosis. Nude finger ends. trembling, wobbly posture. excessive limb rigidity and spastic gait. Knees bump into each other as you move. Legs cannot be spread or crossed while seated. Lame and stiff legs.

**Heloderma:** Trembling of extremities. Feeling drained, extremely frightened and feeble, fainting, and numb. Ataxia, Ocular opacities are apparent, Depressed, and Feeling like falling over to the right. Sensation as if walking through sponge. Lifts feet higher than normal and presses heel down firmly when walking. Muscle and limb aches are relieved by stretching.

### **Scopolaminum bromhydricum**

Agitated paralysis, tremors, phthisis-related dry cough, uraemia, mania chorea, and sleeplessness.

### **Duboisia myoporoides**

Loss of motor control causes him to stumble and feel as if he is walking on empty space.

Weakness, paralysis, and trembling. Primarily affects the upper respiratory passages, eyes, and nervous system.

### **Conclusion**

In Parkinson's disease Dopamine levels in the human brain decline. dopamine functions as a hormone and it is critical for mobility and coordination. This dopamine decline does not occur suddenly and requires months or years to become apparent.

Individuals are treated holistically in homeopathy. This implies that in addition to treating the patient's pathological condition, homeopathy treats the patient as a whole individual. It means that when you begin our Parkinson's disease therapy, your symptoms will be relieved and your overall health will also improve.

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### **Conflict of Interest**

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#### **How to Cite This Article**

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