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Role of homoeopathic organopathic drugs in preventing cardiovascular diseases

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Abstract

Human body working under continuous high blood pressure for a long time is tend to exhibit adverse effects upon the vital organs it hosts. This condition may start with small usual symptoms like profuse sweating, congestive headache, pricking type of retrosternal pains, and sometimes fluctuations in blood pressure. Talking about the prevention of cardiovascular diseases through the aid of homoeopathy; a deal in organopathic drugs, have taken the race ahead.

Keywords: High blood pressure, homoeopathy, organopathic drugs, cardiovascular diseases

Introduction

Specific Homoeopathic remedies having specific action on the specific organs has been termed as Homoeopathic Organopathic drugs. This organopathy is referred to as sibling of homoeopathy. This was first introduced by Rademacher, a physician practicing in Germany in the 19th century. He followed the footsteps of Paracelsus, who proposed the idea of Doctrine of Signature for therapeutic use. Rademacher was one who distinguished between “universal remedies” and parenthesis”. He felt the need to treat individual parts. He stressed that if an affection lies primarily in a specific organ then that should be treated first, with superficial case taking focusing majorly upon an affected organ and complaints arising from it. James Compton Burnett, a fine diagnostician practicing in England in the late 19th century amplified the work of organ prescribing. He gave his credit of organ prescribing in the names of Rademacher and Paracelsus. Some French homoeopaths like Nebel, Vannier, Julian had contributed to same, with a bit of different approach.

Indications of using organopathic drugs in the treatment must be known for prescription. Firstly, the symptomatology must revolve around a particular dysfunctional or a weakened organ. Secondly, as organ weakness is the primary obstacle to recovery, then it should be dealt first. Thirdly, this weakened link must be rectified before and provide the basis for action of Constitutional drug. Fourthly, judicious application of organopathic drugs is necessary. Fifthly, it should be considered in advanced pathology, and lastly, to detoxify and tone up the weak organ.

Burnett focused on organopathic case taking, when Hahnemannian case taking could not come nearer to finding similimum. Fundamental focus was on the relation between the organ remedies, its action and range of impact. Whilst, the other was on posology including the lower potency or mother tincture. Before the usage of organopathic drugs in the treatment, one must have full knowledge of physiology and pathology.

Cardiovascular diseases are a group of disorders related to heart and its supplying blood vessels. They are the leading causes of death globally. A wide array of problems arise within it, leading to many cardiovascular problems.

Four entities – coronary artery disease (CAD), cerebrovascular disease, aortic atherosclerosis and peripheral artery disease (PAD) summarize the cardiovascular diseases. Symptoms like, angina, hot flushes, profuse perspiration, dyspnoea, dizziness, fatigue, chest pressure and many more contribute to cardiovascular diseases. Risk factors such as episodes of high blood pressure, hyperlipidemia, tobacco abuse, type 2 diabetes mellitus, lack of physical activity, excessive weight, high sodium, sugar, fat diet, alcohol consumption, familial history of heart disease could contribute to it. Depending upon the pathology and the condition of heart, the treatment is finalized with therapy and medicines.

Homoeopathy plays vital role in the treatment of cardiovascular diseases. Homoeopathy heals holistically, as per constitutional basis of prescription.

Homoeopathic Organopathic drugs also contribute a lot in the judicious treatment and prevention of cardiovascular diseases. A set of useful homoeopathic remedies constitute to organopathic drugs.

Adonis Vernalis: It has adonidin alkaloid that acts as a potential cardiac tonic and diuretic. It stimulates the function of heart muscles, regulating the cardiac output and heart rate. One of the valuable remedies in cardiac dropsy. Weak heart, slow pulse, and anasarca are the key features of this remedy.

Amyl Nitrosum: Derived from non-homoeopathic medicine, amyl nitrosum is used as arterioles and capillary dilator. Advisable in spasmodic conditions of blood vessels giving rise to angina pectoris, epileptic seizure, asthmatic paroxysms.

Crataegus oxycantha: Often prescribed in heart diseases arising from rheumatic conditions. Advisable in starting stages of weak action of muscles of heart. Cardiac dropsy on least exertion with extreme dyspnea is seen.

Convallaria Majalis: It is a heart remedy, in cases of sinking sensation of heart, as if the heart has stopped breathing. Rapid and irregular pulse felt, with condition of angina pectoris. Tobacco heart, extreme orthopnoea are seen.

Latrodectus Mactans: Praecordial region as the centre of action of the drug; as constriction of chest muscles are felt here. Pain is radiated from chest to shoulder and back.

Cactus grandifloras: Works on circular muscles of heart, as it promotes contraction. All hollow organs are its seat of action. Violent pain as if tight iron-band. Enlarged ventricles, low blood pressure, increased praecordial dullness, endocardial murmurs can be some of the key factors for prescription.

Digitalis purpurea: The common name is Foxglove opposite of Gelsemium, Mitral diseases. Heart would stop its action on any sort of movement. Pulse are weak. Cardiac failure from fevers are distinguishable. Hypertrophy and dilatation with cardiac dropsy are some of the salient features.

Strophanthus hispidus: Increased systole and diminished pulse with stitching type of cardiac pains at apex of heart. Mitral regurgitation, mitral bruits, arteriosclerosis are seen. Chronic degeneration of fatty tissues of heart with breathing arrest and nervous palpitation present.

Kalmia Latifolia: Violent palpitations felt in chest with extreme shooting pain on leaning forward towards shoulder-blade. Weak, slow, fluttering pulse are the characteristics. Tobacco heart, rheumatic metastasis and gouty heart diseases are the present. Neuralgic pains and pressure wrap up the area around heart.

Gelsemium: Slow, soft, pulse, accelerated on motion. The person has necessary feeling of constant motion to survive,

and heart to work. All complaints are accompanied via dullness, dizziness and drowsiness.

Spartium Scoparium

The other name is Broom is indicated in water-logged cases, unable to lie down. Spartein sulphate strengthens the heart tissue, reducing the blood pressure. It stimulates the action of vagus nerve, that in turn regulates myocardium, regulating both blood pressure and pulse rate.

Summary of a case

A 36-year-old female patient visited to OPD with presenting complaints of palpitations, anxiety, profuse sweating, coldness and stiffness of whole body with generalized oedema; concomitant with trembling of hands. The ECG showed ST-segment elevation and tachycardia; and echocardiography suggested of Rheumatic Heart Disease. The BP was measured 170/110 mmHg. The prescription measured Crataegus Oxycantha 0/1 for 6 months with no allopathic medications. The patient followed up with relief in every above mentioned symptoms and ST-depression was observed.

Conclusion

Organopathic medicine is the use of a localized, specific, targeted similimum; we use the totality of the symptoms of the organ, tissue or function with its modalities to choose a remedy. These are complementary techniques based on sound understanding of physiology and pathology.

Organopathy implies that a defect in an organ should be corrected, by removing the impairing influence. The appropriate remedy is the agent employed to stimulate repair within that organ. Burnett's methodology is one that complements Hahnemannian philosophy. Hence these medicines will help us in advanced pathological and difficult cardiovascular cases where transient relief is necessary.

Conflict of Interest

No conflict of interest.

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