



# HOMEOPATHIC TREATMENT OF PAROXYSMAL NOCTURNAL HEMOGLOBINURIA (PNH)

Dr. AK Dwivedi\*, Dr. Vaibhav Chaturvedi<sup>1</sup>, Dr. Kanak Dwivedi (Chaturvedi)<sup>2</sup>

\*Professor and HOD, Department of Physiology and Biochemistry  
SKRP Gujrati Medical College, Indore, India

Director: Advanced Homoeo Health Center & HMR Pvt Ltd Indore  
Member

Scientific Advisory Board (CCRH)

Ministry of Ayush, Govt of India

Email: [drakdindore@gmail.com](mailto:drakdindore@gmail.com)

1. Asst. Professor, Index medical college, Indore
2. Govt. Medical Officer Sanjeevani Clinic Kumhedi, Indore.

## Abstract:

Paroxysmal nocturnal haemoglobinuria (PNH) is a rare clonal blood disorder that manifests with haemolytic anemia, bone marrow failure, and thrombosis. Paroxysmal nocturnal hemoglobinuria (PNH) is a chronic condition that occurs when there are problems with the blood cells in your body. **It is an acquired hematopoietic stem cell disorder** The condition can become severe and, in some cases, fatal. In this paper we have presented how homeopathy can help in curing PNH.

**Keywords:** Homeopathy, Paroxysmal nocturnal haemoglobinuria (PNH), blood disorder, blood cells, pancytopenia, haemoglobin, platelets hypoplastic marrow etc.

## Introduction:

Paroxysmal nocturnal hemoglobinuria (PNH) with pancytopenia & hypoplastic marrow is a rare, acquired, life-threatening disease of the blood. The disease is characterized by destruction of red blood cells, blood clots, and impaired bone marrow function. PNH is strongly linked to aplastic anemia. PNH is an acquired clonal disorder of hematopoietic stem cells and its occurrence is approximately 1–2 per million, with a frequency ranging from 10 to 20 per million.

The particular symptoms and evolution of the disorder vary significantly from one person to another. Some individuals may have mild symptoms that stay stable for many years; others may have severe symptoms that can progress to cause life-threatening complications.

PNH arises because of somatic mutation of a gene (*PIGA*) whose protein product is a glycosyl transferase that is an essential component of the biosynthetic pathway that generates glycosyl phosphatidylinositol (GPI). This moiety serves as the anchoring mechanism for a functionally diverse group of membrane-bound proteins, more than 20 of which are expressed on hematopoietic lineage cells in humans.

PNH is classified into three different categories:

1. Classic PNH
2. PNH in the setting of another specified bone marrow disorder.
3. Subclinical PNH.

There are no home therapies or lifestyle modifications that are suggested to treat PNH, but there are some steps that can be taken to handle the ailment and the symptoms like:

- Hormonal birth control pills to be avoided.
- At high altitudes or during air travel take all necessary precautions to prevent blood clots.
- Try to Reduce stress
- Staying up to date on vaccinations
- Alcohol

#### **Diagnosis:**

- Flow cytometry
- Bone marrow analysis and cytogenetics

The traditional therapy for paroxysmal nocturnal hemoglobinuria includes blood transfusion, anti-thrombosis prophylaxis or allogeneic bone marrow transplantation. The treatment that has recently become available is the complement blockade by the anti-C5 monoclonal antibody eculizumab.

In this paper we have presented how homeopathy can help in curing PNH.

#### **Homeopathic Management of PNH:**

Homeopathy can be used in conjunction with traditional treatment of PNH with pancytopenia & hypoplastic marrow. It is very effective in building up the structure, thus lowering the probability of recurrence. In Homeopathy system of medicine, the medicines preparations are made in such a way that it works on the Immunity of the body and helps in booting it. This basically indicates that the Homeopathic medicine improves the body's ability to fight against the disease. Homeopathy is a natural and gentle system of medicines which make use of small dosages of well-researched medications to improve the body's natural curing procedure.

At our clinic **Advanced Homoeo Health Centre & HMR Pvt Ltd Indore** we are treating following patients of different age group:

Sr. No.	Age Group	Number of Patients
2	Adults 11 to 55 years	14
4	Elderly personnel's 56 years and above	16

Homeopathic medicines which we are prescribing to for the individuals suffering from PNH with pancytopenia & hypoplastic marrow at our **Advanced Homoeo Health Centre & HMR Pvt Ltd Indore** are as follows:

These medicines are prescribed to patients based on their symptoms and on the basis of Investigation reports. The dosages and potency depend on the extent to which they are suffering.

During treatment of these patients, we observed that the patients got lot of relief in their sufferings.

Sr. No.	Name of Medicine	Purpose
1	<b>Natrum Mur</b>	Great emaciation with palpitation Vertigo & headache For Anaemia with weight loss.
2	<b>Ferrum Met</b>	Extreme Paleness of face lips & mucous membrane Headache hammering , beating & pulsating Hemorrhagic diathesis Menses too early too profuse & long lasting
3	<b>Cinchona</b>	Face pale Hippocratic Eyes sunken & surrounded by blue margins Hemorrhage from mouth nose bowels uterus Disposition to hemorrhage from every orifice of the body In cases where the cause is blood loss Intermittent fever Headache as if skull would burst, intense throbbing
4	<b>Nit-acid</b>	Ulcers easily bleeding Hemorrhage from bowels after miscarriage or post partum. blood is bright profuse or dark

		Lancinating tearing pain after stool  Patients suffering from chronic diseases
5	<b>Phosphorus</b>	Hemorrhagic diathesis  Small wounds bleed profusely  A weak empty all gone sensation in head chest & abdomen  when the predominant symptom is that of weakness, exhaustion or prostration
6	<b>eupatorium</b> Perfoliatum	Bruised feeling as if broken  Fever with bone pain  For low platelets  After dengue fever  Cachexia
7	<b>Some Other Medicines:</b> Arsenic Album , Ferrum Phos , Kali Arsenicosum, Hamamelis, Calc Phos, Amon Carb, Alumina etc	

**CONCLUSION:**

Paroxysmal Nocturnal Hemoglobinuria (PNH) with pancytopenia & hypoplastic marrow has no widely available cure, but homeopathic treatment can help relieve symptoms and lessen complications as observed in our homeopathic research centre during the treatment of patients suffering from Paroxysmal Nocturnal Hemoglobinuria (PNH).

**REFERENCES:**

1. Harrison's Principal of Internal Medicines 17th Edition
2. Davidsons Principal & practice of Medicines
3. J.T. KENT, REPERTORY Of Homoeopathic M.M.
4. Dr. S. K. Dubey, Text Book Of Material Medica
5. DR. N.M. CHOUDHARI, A Study On Materia Medica

6. DR. WILLIAM BOERICKE, Pocket Manual of Homoeopathic Materia Medica & Repertory.
7. DR. H.C. ALLEN, Keynotes & Characteristics with Comparisons Of Some Leading Remedies of The Materia Medica With Bowel Nosodes, 8th Edition.
8. DR. PAMEETA UNIYAL, Materia Medica For Students.
9. DR. RITU KINRA, Materia Medica For Students.
10. Hillmen P, Young NS, Schubert J, et al. The complement inhibitor eculizumab in paroxysmal nocturnal hemoglobinuria. *N Engl J Med.* 2006;355:1233-1243.
11. Parker C, Omine M, Richards S, et al. Diagnosis and management of paroxysmal nocturnal hemoglobinuria. *Blood.* 2005;106:3699-3709.
12. Nishimura J, Kanakura Y, Ware RE, et al. Clinical course and flow cytometric analysis of paroxysmal nocturnal hemoglobinuria in the United States and Japan. *Medicine (Baltimore)* 2004; 83:193.
13. Rosse WF. Paroxysmal nocturnal hemoglobinuria as a molecular disease. *Medicine.* 1997; 76(2): 63- 93.
14. Ricklin D, Barratt-Due A, Mollnes TE. Complement in clinical medicine: Clinical trials, case reports and therapy monitoring. *Mol Immunol.* 2017; 89: 10- 21.
15. Sutherland DR, Keeney M, Illingworth A. Practical guidelines for the high-sensitivity detection and monitoring of paroxysmal nocturnal hemoglobinuria clones by flow cytometry. *Cytometry B Clin Cytom.* 2012; 82(4): 195- 208.

