



HOMOEOPATHY AND METABOLIC SYNDROME

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Abstract:

In day-to-day life the lifestyle is changing faster than ever before. A greater part of the mechanical work has been taken over by sedentary habits and lifestyle. These changes may lead to the condition such as Metabolic Syndrome (Met S) which is currently designed to predict coronary heart disease (CHD) or other forms of cardiovascular disease (CVD) or type 2 diabetes (T2D).¹ Homoeopathy in such chronic and lifestyle disorders not only reduces the risk of morbidity but also treats the person with individuality. It is a holistic approach, bringing a better chance of fighting such disorders.

Keywords: Metabolic Syndrome, Homoeopathy, Rubrics, Hypertension, Diabetes, Obesity.

Introduction:

Metabolic Syndrome is defined by a condition of a coexistence of type 2 diabetes, hypertension, dyslipidemia and obesity including increase waist circumference and waist hip ratio which consequently lead to the atherosclerotic cardiovascular diseases, morbidity and mortality.²

“According to the NCEP ATP III criteria, the diagnosis of metabolic syndrome can be made when three or more of the following conditions are found:

- waist circumference for men >102 cm and >88 cm in women
- fasting glucose 110 mg/dl (6.1 mmol/l)
- systolic blood pressure greater than 130 mmHg or diastolic blood pressure greater than 85 mmHg,
- fasting triglycerides >150 mg/dl (1.7 mmol/l), and HDL cholesterol.”³

Obesity: Obesity in India is found to be in approximately 135 million of the general population in which the urban population along with a higher socio-economic status are more likely to be obese.⁴ The BMI is measured as weight in kilograms divided by height in meters squared. This plays the major role in classifying the population by the following criteria:

Mean BMI values were comparable for the two sexes but the prevalence of obesity ($BMI \geq 25 \text{ kg/m}^2$) may be marginally higher in women than men. Thus, an alarming high number of men and women are obese. In a broad term, the mean Waist Circumference and Waist Hip Ratio values for men can be slightly higher than women yet the prevalence of abdominal obesity is said to be higher among women based on Waist

Circumference as well as Waist Hip Ratio. Though, the overall age for mean Systolic Blood Pressure and mean Diastolic Blood Pressure as well as the prevalence of hypertension is observed higher among men compared to women in India.

Hypertension: Overall prevalence for hypertension in India is approximately 29.8%. but there have been significant differences in hypertension prevalence between rural 27.6% and urban parts 32%. Regional estimation for the prevalence of hypertension can be as follows: 14.5% for rural north, 31.7% for east, 18.1% for west, and 21.1% for south India; and 28.8%, 34.5%, 35.8%, and 31.8% for urban north, east, west, and south India, respectively.⁴ The mean age for hypertension is predominant in males than females. But in the recent times the prevalence of Met S has increased with increased incidence of diabetes in females; although, almost constant prevalence has been observed in the males⁵. There has been an observable increase of in the dyslipidemia and hypertension in type 2 diabetic patients. One of the contributing reasons of increased prevalence of diabetes is the steep increase in dyslipidemia and hypertension. A close association between age and occurrence of Met S may also be correlated.⁶

Diabetes: The prevalence of T2DM shows a wide range from 1.9% to 25.2%. Women generally have a higher lifetime risk of 64.6% than men 55.5% across the lifespan. There is a lifetime risk observed to be highest among obese Indians. A higher diabetes-free life expectancy can be achieved at lower levels of BMI.⁷ This condition may also indirectly related to higher waist circumference, waist hip ratio and body mass index where the prevalence of abdominal obesity using waist circumference is higher than that with waist-to-hip ratio.⁸

Lipids: An estimated high total and low-density lipoprotein cholesterol (TC and LDL-C), low high-density lipoprotein cholesterol (HDL-C) and high triglycerides (TG) are likely to describe dyslipidemia with a prevalence varying from about 20% to 35%.⁹

Metabolic syndrome- The prevalence of Met S in India is said to be observed to be from 11% to 41% among the vast country having numerous socio-cultural varieties.¹⁰ Thus with the ever increasing morbidity and mortality due to Met S, it is very crucial to understand the complications and take better step to change the sedentary habit to more active lifestyle.

RUBRICS FOUND IN DIFFERENT REPERTORIES:

1. Kent's Repertory:

GENERALITIES- OBESITY
URINE- SUGAR
GENERALITIES- PULSE-WEAK

2. Boericke's Repertory:

URINARY SYSTEM- URINE- DIABETES, SUGAR
GENERALITIES- OBESITY
CIRCULATORY SYSTEM- ARTERIES- ATHEROMA OF ARTERIES(ATHEROSCLEROSIS)

3. Murphy's Repertory:

DISEASE- HYPERTENSION, HIGH BLOOD PRESSURE
URINE- SUGAR IN URINE
DISEASE- ARTERIOSCLEROSIS
DISEASE- OBESITY

4. Phatak's Repertory:

D- DIABETES MELLITUS
O- OBESITY
B- BLOOD PRESSURE- HIGH

5. Complete Repertory:

HEART AND CIRCULATION- ARTERIOSCLEROSIS
 CLINICAL- HYPERSTENSION
 CLINICAL- DIABETES MELLITUS
 GENERALITIES- OBESITY

6. Therapeutic Pocket Book:

URINE- GLYCOSURIA
 CIRCULATION- BLOOD VESSEL- INFLAMMATION

COMMON MEDICINES FOR METABOLIC SYNDROME FROM CONCERNED RUBRICS:

- 1. CALCAREA CARB:** Constitutional remedy for reducing fat. Sweat on scalp which wets the pillow when sleeping. Heart weak, palpitation with feeling of coldness, with restless oppression of chest. Urine dark, foul odor.
- 2. PLUMBUM MET:** Diabetes mellitus with constipation, albumin and cast in urine. Hypertension and arteriosclerosis, wiry pulse, chronic nephritis. Hypertension with constipation and timidity. Chronic lead poisoning produces a perfect picture of glycosuria and of morbus birghtii and hearing considered it one of the most important drugs in this form of disease.
- 3. PHOSPHOROUS:** Diabetes in tubercular or gouty diathesis patients, restlessness and dryness of mouth. Quantity of urine passed about 4-5 pints in 24 hours. Thirst for cold water. Glycosuria with pthisis, urine profuse, pale, turbid, like curdled milk with brick dust sediments.
- 4. ARSENIC ALBUM:** Brittle scaly skin, dryness of mouth, tongue and trachea with unquenchable thirst, loss of appetite and constipation. Restless with puffiness of eyes and swelling of the feet.
- 5. AURUM MET:** Obesity with fatty degeneration of heart. Angina pectoris due to chronic rheumatism. Heart seems to shake on movement and palpitation which compels him to stop. Fear of death. Complaints due to suppressed anger or resentment.
- 6. BARYTA MUR:** Heart remedy when large blood vessels and aorta are involved. Severe headache worse when lying down. Increase tension of pulse. Thickening of arteries with cardiac dilatation and bronchial affection on old person.
- 7. LYCOPODIUM:** Thirst and hunger constant but worse at night. Palpitation at night and cannot lie at left side. Sensation as if the circulation stood still.
- 8. NATRUM MUR:** Diabetes in gouty persons with dryness of skin all over body, passing urine every hour. Reduces blood pressure where craving for salt is present and patients who worry a lot with suppressed anger.
- 9. LACHESIS:** Heart remedy for high blood pressure. Patient is worse on waking, sleeps into an aggravation. Cannot bear tight clothes. Violent urging to urinate, with copious discharge.

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