

Allergic Rhinitis & Sinusitis

This is one of the most common manifestations of the Allergy in the Respiratory system incidence rate is increasing because of very fast industrialization and modern food habits and life styles. People complain that they are suffering from cold for years together. Actually any common cold (Viral) lasts for one week or ten days but symptoms of allergic cold (Rhinitis) resemble common cold (Viral). Characteristic features of allergic rhinitis are (i) Sneezing in bouts like a machine gun, at a time 10-15 or even more. (ii) Continuous watery discharge from nose, patient say "during sever cold my nose waters like a tap" (iii) Partial or total blocking of nose especially during sleep or while awake, when laying down, usually nasal discharges may be thin or thick and whitish but whenever there is a super added infection, that discharge becomes thick, yellow or greenish.

All these symptoms are triggered whenever the person is exposed to an allergen for example Cold air, Dust, ice-creams, Cool drinks, fish, eggs etc.

Allergic sinusitis is also common for people suffering from Allergic Rhinitis, Nasal blocking, headache, heaviness of the head etc.

Allergic symptoms are usually aggravated during certain seasons like winter or rainy. These symptoms get relieved with conventional drugs like Anti-histamines, but recurrence is a rule.

Bronchial Asthma

Bronchial Asthma is one manifestation of allergy, which is increasing rapidly, in both developed and developing countries.

It can start at any age. We are witnessing more and more cases of Asthma because of suppression of nasal and skin allergy. Main symptoms are attacks of breathlessness, wheeze and heaviness of chest, cough, and sputum. This is worse by lying down and feels better by sitting up. During the attack of Asthma, the patient feels that the every breath is the last. Feels relief with expectoration. These symptoms are relieved with conventional Broncho dilators temporarily. Attacks are common in certain seasons like winter or rainy or exposure to smoke or dust or strong smells etc. asthma is more common with family history of some or other type of Allergy. Asthmatic attack I due to certain changes take place in bronchial tubes because of allergic reaction. These are (a) swelling of Bronchial mucus

membrane (b) Plugging of bronchi with mucus secretion (c) Spasm or contraction (Circular fibre) of bronchi.

Broncho dilators and other conventional drugs reverse these acute changes and relieve the attack temporarily. Whenever the person is exposed to Allergens (Causative factors) attack recurs again since the underlying immune sensitivity is not corrected, which can be done only in homeopathic system of medicine.

What is that Homoeopathy can promise to patients suffering from Allergic Diseases?

The founder of Homeopathy Dr. Samuel Hahnemann described about the basic concept of allergy and treatment methods to be applied nearly two hundred years ago. Homeopathy can treat most of the allergic disorders successfully. There are medicines to give immediate relief during the acute attack as well as total cure of the allergic diseases like Bronchitis and Bronchial asthma. These allergic diseases are chronic in nature and they are rooted in the body constitution. So it is taking apparently lot of time in curing allergic diseases permanently. For example, it may take 3 to 4 years in treating case of Bronchial asthma.

Medicines start working as soon as it is taken. Gradually frequency and severity of attacks will be reduced and total Allergic Diseases will be annihilated.

What are the precautions to be taken by persons suffering from Allergic Diseases?

1. Try to avoid exposing yourself to things to which you are Allergic, especially cold air, damp weather, dust, pollen, smoke, strong smells etc.
2. People suffering from allergic cold and asthma have to avoid cold food items like ice creams, cool drinks, fridge water, water Melon, Cucumber, Guava, raw Tamarind, Lemon group of fruits, Custard Apple etc.
3. Don't over indulge in any food item.
4. Avoid chemicals, preservatives, essences, colours in food preparations.
5. People suffering from skin allergy should avoid Brinjal, Fish, and Chicken etc.
6. Take Homeopathic treatment regularly from a qualified and experienced physician, who can understand your psycho-physical nature and plan treatment and give you counseling from time to time.

7. Take the course of treatment completely as per physician's stipulation and don't discontinue after getting just temporary relief.
8. It is found that increased negative emotions like fear, anxiety, tension, anger, enmity, jealous etc. can have impact over the immune system. So optimize your mental stress levels, practice yoga, Pranayama and meditation also may help in maintaining peace of mind and reduce stress levels, ultimately which keeps you away from allergic diseases.

Primary aid: We are suggesting few medicines which can come in to rescue as a primary aid before you approach the physician.

1. Arsenic album – 200 potency is very much useful for relief of nasal allergy (Rhinitis), Sinusitis and also asthmatic attacks.
2. Ipecac – 200 this medicine can be repeated frequently during attack of asthma.
3. Carboveg – 200 this medicine is useful when the person is in acute attack of asthma and grasping for breath

2. OSTEO ARTHRITIS (O.A)

The most common type of joint disease prevalent in our society is Osteo Arthritis. Now a day's people are complaining of knee joint pains even in thirties. O.A is caused by the wear and tear of bones due to aging, joint injury, over weight, Rheumatoid arthritis. It is a progressive disability and degenerative disease of the joint.

Onset; progress of disease, severity of symptoms, vary from person to person, depending on their bodily constitution or nature. Changes takes place in O.A are erosion of joint bony surfaces leading to rough bony ends, formation of loose calcium bodies

obstructing the movement and reduction of the joint space. Then effusion and swelling of the entire joint takes place.

O.A usually starts around the age of forty. It is more common in females. It starts early in obese people i.e. having over weight. It is hereditary to some extent.

Usually it starts with pain and stiffness of joints, especially while getting up from the bed or a chair. The most commonly effected joints are knees and hip joints.

Onset of pain is usually gradual and slowly progresses. Pains are usually worse whenever patient over exerts himself by taking long walks, standing for a long time, sitting by folding legs, or climbing steps. Then patient may feel pain even when at rest. Gradually pain and swelling may increase to such an extent, so that it becomes difficult to take few steps. In the beginning of the O.A, patient feels a grating sound while walking or climbing steps. Patient may get some relief by taking rest or applying warmth to the affected joints.

A plane X ray can reveal the extent of the damage and severity of O.A. It is also necessary to assess the general health and rule out diseases like Diabetes mellitus; Hypertension etc. Tests like C.B.P; E.S.R; C.U.E; Blood sugar; are useful in assessing the general health of the person.

HOW TO PREVENT?

Total prevention of the degenerative disease like O.A may not be possible, but it can be postponed to a maximum extent; and severity of the diseases can be minimized if certain measures are taken.

- (1) Inculcate some physical activity from the childhood – Now a days most of the physical activity is avoided, because of availability of modern gadgets for all sorts of works. Right from washing clothes to grinding. We are after automation. "Machine dominates the man". Try to compensate this lacuna by adopting some physical activity like walking; exercises or yoga on a regular basis so that our bones and muscles get strengthened.
- (2) Avoid over weight or obesity by adopting healthy methods of eating and spending some calories on physical activity. Take balanced food.

Once the O.A disease starts, the following measures will help to arrest the disease progress and minimize the suffering.

- Avoid over exertion i.e. physical and mental.
- Don't go for long walks at a stretch.
- Have a regular health check and exclude diseases like Hypertension and Diabetes.

- Don't grow body weight. More over, try to decrease your body weight 10 to 15% below the normal range for your height and age. This measure will reduce lot of burden on your bones and joints as well as cardiovascular system.
- Don't stand for a long time at a stretch (especially women in kitchen)
- Don't squat by folding knees or Padmasan or Vajrasan. Also adopt western commode for defecation.
- Adopt proper postures in sitting standing, walking or lying. Avoid jumping, running, skipping etc.

OSTEOARTHRITIS - HOMOEOPATHIC TREATMANT:

There is nothing like a total cure for degenerative or aging disorders like Osteo Arthritis in any system of medicine. But there are good medicines in Homeopathy for enduring relief and arresting the disease. We adopt holistic approach in the treatment of chronic diseases like Osteo Arthritis. Reveal all the details of pains(OA) to the physician. Reveal not only disease symptoms but all other problems associated with OA and also personal factors, desires, aversions etc. so that physician can understood nature of the body and mind.

Try to approach the doctor when the disease (OA) is in the beginning stage. So that with a treatment course of 1-2 yrs you may get near normalcy and you can avoid all the conventional painkillers and their serious side effects. There are no side effects from prolonged use of Homoeopathic medicines. Moreover, your general health will be improved. Don't read books and take Homoeopathic medicines. Self-medication is of no use in Homoeopathy. It is a difficult and tedious process in selecting the proper Homoeopathic Medicine in a given case.

RHEUMATOID ARTHRITIS

After OA it is the second Rheumatological disorder, commonly prevalent in our society. Now a day we hear people suffering from joint pains at the age of 15-20 yrs. Rheumatoid Arthritis (R.A) is the most common joint disorders occurring in this age group. It is supposed to be an autoimmune disorder, chronic, progressive and crippling in nature. It is more common in females.

It usually starts in the age group of 15-30, starts usually in small joints of fingers. Many joints are involved at once.

It starts with pain and stiffness of many joints especially hand, small joints and worse on getting up in the morning. Then gradually swelling of joints appear, with fever or feverishness; gradually movement in joints get restricted, shape of hand joints become like a spindle. Then deformities take place in all the joints but especially hands and feet, then

knees, shoulders etc. There may be spontaneous relief for some times, but if enough measures are not taken, disease cripples the person. Many conventional drugs give relief of pain while disease progresses.

Disease can be diagnosed clinically basing on symptoms and signs. While investigations like CBP, ESR, CUE, X-RAYS, R.A test can help in confirming the diagnosis and assessing the severity of the medicine.

Don't opt for suppressive or palliative painkillers. There are good medicines in Homoeopathy for psychosomatic, chronic diseases like Rheumatoid Arthritis.

It may take few years, like 3-4yrs for cure of R.A. Don't get frustrated whenever there are fluctuations during weather change or stressful period.

Reveal all the symptoms of R.A as well as associated sufferings, symptoms, modalities; Try to tell some thing about your nature, any emotional disturbances, desires, tastes, etc.

You can take physiotherapy along with Homoeopathic medication in order to improve blood circulation and avoid deformities of joints.

Try to avoid emotional upsets and mental stress to the maximum extent.

Primary aid for Osteo arthritis & Rheumatoid arthritis:

1. Rhustox – 1m: It can be used for relief of pain in OA and RA, it's also work as a muscle relaxant.
2. Arnica – 200 can be repeated from any musculoskeletal pain even resulted from the injury.
3. Ruta-200 It helps to reduce the inflammation of the bone surface ,it works as a wonderful anti-inflammatory drug without side effects

3.PSORIASIS

Psoriasis is a chronic invertebrate skin problem which is on the rise in our population. Causative factors and disease process is poorly understood by the medical world. It is considered to be an **autoimmune disease**, i.e. where our immune system starts attacking our own body tissues. It is also said to be a psychosomatic illness. Psychological factors-emotional distress, like prolonged anxiety, worry, grief, anger, tension causes physical illness, leading to psychosomatic disease. Psoriasis can start at any age, incidence is equal in both sexes. Psoriasis is characterized by dry, well

circumscribed, silvery, scaling papules and plaques of various sizes. Psoriasis varies in severity from 1 to 2 lesions to a wide spread dermatosis with disabling arthritis.

Thick scaling is probably due to increased cellular proliferation in the epidermis. A family history of psoriasis is common and usually reflects genetic factors.

Its onset is usually gradual. Psoriasis usually involves the scalp, limbs, the back, and the buttocks. The lesions are sharply demarcated. Itching is not a feature of psoriasis, but some times severe itching and burning is found in some cases. It is usually **diagnosed clinically**, but some times skin biopsy helps in diagnosis.

All the external applications may relieve the uneasiness, dryness, but problem rebounces. **Homeopathic treatment is of immense value in such chronic invertebrate problems like psoriasis.** It is not only skin symptom, but all other health factors, past and family history is to be considered in prescribing. Constitutional features like desires, aversions, tolerance to food and weather condition, their personality traits, psychosocial factors etc., are to be understood for proper prescribing. Superficial symptomatic treatment will be of a limited value in Homeopathy.

For complete cure of chronic cases like psoriasis it may take 4 – 5 years duration. Fluctuation may be found in the beginning of the treatment. But it is far better form of treatment than life long suppressive treatment.

Don't apply any creams, lotions or ointment while taking Homeopathic treatment. Try to avoid unusual level of psychological stress.

Primary aid:

1. Arsenic iod – 200 can be used as a primary remedy to reduce the irritation and scaling .

4.SPONDYLOSIS

Now a day's we find many people with neck collar and lumbar belts. These people have spine problem called as spondylosis.

It is a degenerative disease of the vertebral column. Calcification of ligaments; roughening of articular surfaces; reduction of inter vertebral, space, degeneration and softening of inter vertebral discs which act as shock absorbers. Some times the damaged inter vertebral disc presses on spinal nerves giving rise to pains. We also find rigidity or spasm of neck muscles. Cause is not clearly known, probably it is to some extent heredity; and obesity, mental tensions, may increase or aggravate the problem.

If these changes take place at cervical spine (neck) we call it as cervical spondylosis. If it happens in lumbar area we call it as lumbar spondylosis.

Symptoms of cervical spondylosis are: Neck pain; usually drawing in nature; rigidity or tightness of the neck muscles, difficulty in turning the head or bending upward or downwards; pain tingling or numbness along hands from shoulders to fingers; some times pain in chest or back (thoracic area); Also patients get giddiness or vertigo (reeling sensation) while turning the head. Some times patients do get frequent headaches especially backside (occipital). Gradually pain and rigidity of cervical spine increases to such an extent that person feels difficulty even to turn his head and look to sides. to do that entire person has to turn. Spine becomes like a bamboo stick. They get relief of pain and rigidity with conventional painkillers and anti-inflammatory drugs for a short while only.

In lumbar spondylosis patients complain of low backache and stiffness especially on getting up from bed or chair. Sometimes they get pain along the one or both the legs while sitting or lying or moving. This happens due to pressure on nerve roots. We call it as the sciatica.

If pressure is too much on spinal nerves, and care is not taken in time it can lead to paralysis of limbs also.

CARE TO BE TAKEN:

Don't neglect chronic low back pain or neck pain by simply consuming painkillers. Approach the physician and try to find out the cause and take measures accordingly. Mere palliation or relief of pain may strengthen the disease process.

Avoid obesity or over weight especially abdominal obesity or fatness. Adopt proper postures while constantly sitting before the computer; or while standing. Sleeping bed should be firm and even. Be cautious while bending neck or back, or while lifting weights or rising. Avoid sudden jerky movements. Avoid mental tensions to the extent possible.

SPONDYLOSIS – HOMOEOPATHIC TREATMENT:

Homoeopathy relieve from pain and stiffness and also can completely cure the spondylotic process if the treatment is started at an early stage. For an enduring relief or cure it takes time from 2 – 4yrs; but it certainly happens. Reveal all the symptoms, without any inhibition. Bear fluctuation in pain for some times especially during weather changes and emotional disturbances. You can use physiotherapy along with Homoeopathic medicines.

Primary aid:

1. Rhustox – 1m can be used for relief of pain and stiffness for both lumbar and cervical Spondylosis.
2. Bryonia – 1m can be used for the relief of pain and giddiness.

5.POLYCYSTIC OVAREAN DISEASE (PCOD)

1. This is another intriguing problem faced by many girls in our society and incidence is increasing steadily. PCOD poses many health problems if it is not intervened in time. Girls menstruate irregularly i.e. once in 2-6 months and bleeding is also pronged unduly, sometimes few weeks to few months also.

Ovum is not released regularly, instead many follicles mature and multiple cysts are formed, but ovum is not released. So, PCOD becomes a major cause for infertility (inability to conceive the pregnancy) now days. Let us try to observe main characteristics of this problem in order to suspect and investigate.

1. Irregular menstruation: Girls menstruate once in 2 to 6 months or sometimes 1yr.They menstruate regularly only under the influence of hormonal supplementation. Once hormone supplementation is stopped, menstruation stops again. These cycles of hormonal supplementation goes on.
2. Girls become obese (over weight) grossly and it becomes resistant to all the measures dieting exercises, medication etc. In turn this stubborn obesity can lead to many tendencies like Diabetes, Hypertension, Cardiac problems, Renal disorders, Arthritis, Thyroid problems etc.
3. Hirsutism: Excess, unwanted hair growth like beard, upper lip hair is a common feature in PCOD.
4. The diagnosis of PCOD: Diagnosis can be confirmed by Hormonal assessment and ultra sound scanning of abdomen

They get anovulatory menstrual cycles as long as they take hormones; menses get irregular once they stop consuming hormones. They suffer from many side effects from prolonged administration of hormones. This PCOD problem can be solved on a permanent basis in Homoeopathic system of medicine in a very natural way. Proper study of the individual case and planning of constitutional treatment is mandatory in order to obtain good results. Reveal all of your problems to the physician free and frankly. Person's physical and psychic nature is to be studied in order to plan the treatment in Homoeopathy. Even though it takes 2-4yrs of treatment to solve the PCOD problem totally it is quiet efficient and without side effects. Hormonal balance can be established in a very natural way without supplementing hormones artificially. Our neuro endocrinal system can be tuned to normalcy through proper homoeopathic treatment.

UTERINE FIBROIDS

Uterine fibroid is a very common and one of the most harmless (benign) tumors of the uterus. It is also called as the myoma in the medical language. This is a relatively harmless growth from the uterine muscle. The incidence of uterine fibroid has increased many folds in these days, probably because of successful suppression of infections with powerful antibiotics and easy access to diagnostic techniques like ultrasonography. Many women are subjected to hysterectomies (removal of the uterus) because of harmless fibroid and mostly for other than medical reasons. Fibroids hardly affect health in a large percentage of cases. They are found accidentally in ultrasonography of the abdomen in a routine health checkup. People are threatened that if they are not operated they will get cancer or other dangerous illness, which doesn't hold true in 99% of the cases. In fact, Hysterectomy (removal of the uterus) may lead to suppression of disease force and may cause many lifelong crippling disorders. Women should try to retain the uterus to the maximum extent. They should not think that once pregnancy and child birth is over, and the uterus is a waste organ and its disorders are new sense to the body. It is a wrong thinking on the part of common man as well as medical profession.

Homoeopathy has a significant role in treating people with fibroid uterus and saving from removal of the uterus and thereby protecting general health of women.

Size of the fibroids varies from few mm to few inches sometimes weighing up to few pounds. Numbers of fibroids in a single uterus vary from single to as many as 200.

Symptoms of Fibroid Uterus: Many a times small fibroids do not give rise to any symptoms. They are detected accidentally in a Gynec examination or ultrasound scan of the abdomen. Symptoms depend on location and size of the tumor (fibroid)

1. Heaviness of the lower abdomen: Woman may feel heaviness of lower abdomen if fibroids size is large enough.
2. The most common and frequent problem women face in this disease is increased Menstrual bleeding and reduced inter menstrual period. Increased bleeding may lead to Anemia (blood less ness) and weakness.
3. Pain in abdomen: Pain abdomen is not a common symptom in uterine fibroid. Pain is severe and sudden if there is torsion (twist) of the fibroid. Pain is also severe when there is red degeneration in the fibroid.
4. Pain or Bleeding after sexual intercourse.
5. Increased frequency of urination or retention of urination.

6. Some people may have flatulence (gases), Bloating of abdomen, constipation and heaviness of abdomen.
7. Sometimes uterine fibroids may cause infertility and miscarriage (Abortion).
8. During pregnancy fibroids tend to grow due to the increased circulating oestrogens from the fetus and placenta.

How Fibroid is diagnosed by medical people:

1. Gynaecologist may detect during manual examination.
2. The clear cut way to make the diagnosis of uterine fibroids is by ultrasound scanning of the abdomen. Its size, number, location etc can be viewed clearly by trained sonologist.

Treatment of the fibroids:

1. Cause of fibroids is not known in conventional medical system.
2. The treatment remains is removal (surgery) of fibroids or uterus is the only mode of treatment in conventional medical science.
3. After the age fertility of usually Gynaecologist prefer removal of the uterus.
4. They don't believe in after effects of hysterectomy (Uterus removal). They think that once diseased organ is removed, disease is eradicated from the person, but it is not true.
5. Fibroid is also a kind of tumor; means over growth or excess proliferation of cells in the body.
6. This tendency of excess cell division results from repeated suppression of various kinds of infection either by local application or internal administration of powerful antibiotics.
7. Repeated suppression of infections and inflammations leads to tumor tendency (sycosis).
8. This fibroid tumor is one of the safest expression of tumor tendency in the body.
9. If fibroid uterus is removed this tumor tendency is expressed elsewhere in the body, which will be more vital (important) organ than the uterus, which can endanger the life of the person.
10. This is the sole reason why homeopathic doctors save the organ like uterus.
11. The only exceptional indication for surgery (hysterectomy) can be red degeneration of the fibrous bleeding in to fibroid, severe infection and fibroid become a bag of pus; torsion of fibroid (twisting of the fibroid) very large fibroids weighing 1kg or more, cause various pressure symptoms and uncontrolled bleeding, etc if these complication are not there, homeopathy is the best mode of treatment.
12. Under correct homeopathic treatment growth of fibroids will be stopped, regression of tumors start within few months, symptoms like prolonged menstrual bleeding can be controlled.

13. Small fibroids may disappear; large fibroids may become small and regress to some extent and remain passive and asymptomatic.
14. For relief or cure it may take 1-3 yrs of treatment in homeopathy, while under the treatment for fibroids patients also improve their general health.
15. After the menopause (45 yrs) fibroids tend to regress some and remain harmless & passive.
16. It was observed by many clinicians that if uterus is removed at a young age just because of harmless tumors like fibroid, women face many health problems like thinning of bones (osteomalacia or osteoporosis) early onset of osteoarthritis, spondylosis, disc problems etc.
17. It is necessary to avoid removal of uterus to the maximum extent, homoeopath can help in this process. 90% fibroid cases are curable with homoeopathic treatment.

Primary aid:

1. Sabina – 200 can be used for relief of uterine bleeding.

6. Hypertension or high blood pressure

At least every 3rd person is becoming hypertensive after the age of forty. Certain (normal) pressure is exerted on the blood vessels, while the blood is to reach tissues and organs. This is normal pressure, which has 2 components, i.e. systolic and Diastolic. E.g. 120/80 one average normal. However systolic pressure varies from 110-140 and diastolic pressure varies from 70-90 according to age and several other factors. If the blood pressure goes above these levels, (ie 140/90) we may fairly call the person Hypertensive or having high blood pressure. Blood pressure is measured by an instrument known as the sphygmo-manometer

Causative factors of Hypertension:

- 1) Thickening** of blood vessels. i.e. Atherosclerosis but varies from person to person.
- 2) Obesity:** over weight of the body. Each one-kilogram of body weight adds substantial load on the circulation and the Heart. (Refer. Obesity guidelines of CVS Homoeo clinic)
- 3) Psycho-social factors:** Mechanization of human life, commercialization in every field, and unusual competitive environment puts each of us

under unusual stress and strain. We do struggle every minute for our survival and growth. Which makes us highly emotional and imbalanced psychologically. These emotional factors like Anger, Irritability, fear, sense of insecurity, jealousies, hostility, are playing a major role in causing hypertension and other cardiac diseases.

- 4) Food Habits:** Fast foods, ready-made foods, rich in fats, oils, spices, western food, salty, smoked foods, take us fast to end of the life. Our traditional Indian food is sufficient to keep us fit and healthy. (Refer to CVS guidelines of diet and nutrition).
- 5) Tobacco:** Smoking or chewing is quite harmful to blood vessels and heart. It increases Blood Pressure and Heart diseases.
- 6) Alcohol:** Any amount of alcohol intake is harmful to heart and circulating system.
- 7) Drugs:** continuous use of certain drugs like anti-inflammatory drugs, steroids, also oral contraceptives can cause hypertension. (take these drugs only under the supervision of your physician)
- 8) Certain disease conditions** of other organs like. Tumors in adrenal glands, kidney disorders, obstruction in renal vessels. Lung disorders also can cause high blood pressure, which is called as secondary hypertension. (If high blood pressure is found in healthy and young adults below 30-35 one must consult the expert and rule out diseases of other vital organs like kidney).

Q. What are the symptoms of Hypertension?

Usually starts after the age of forty. Many a times there may not be any signs and symptoms of high blood pressure. In such cases it is found in routine checkups only. Usual symptoms are

- 1) Easy tiredness or exhaustion.
- 2) A kind of tension - irritability and anger expressed on near and dear.
- 3) Disturbed sleep\change in sleep pattern.
- 4) Frequent headaches especially back of the head and vertex on getting up from sleep and exertion.
- 5) Giddiness or vertigo or reeling sensation.
- 6) Frequent episodes of bleeding from nose.

7) A sudden rise of hypertension can lead to cloudiness of consciousness, delirium, or even some times comatose state.

Note: Many a times hypertensive patients say that, they can understand that their blood pressure is raised, by a kind of uneasy and tense feeling. They avoid going for checkup by the reason that they have no uneasiness or tension. This is a quiet misleading method. A person can have blood pressure raised, still not having any feeling. They must go for periodical checkup as per their physician's guidelines.

Q. What are the complications of hypertension if left untreated or neglected?

Hypertension is not a disease by it self. But it is a way can lead to number of diseases or complications. It is a silent killer, if unchecked. Uncontrolled hypertension can lead to :

- 1) Heart problems like coronary heart disease or Heart Attacks.
- 2) Cerebral stroke and hemiplegia (one sided paralysis or cerebral hemorrhage and sudden death.
- 3) Renal failure or kidney failure.
- 4) Eye problems like Retinal detachment or vitreal hemorrhages etc.

TREATMENT OF HYPERTENSION

- 1) Causes of hypertension in each person differ. Analysis is to be made in each person and contributing factors are to be traced out. Those factors must be avoided to the extent possible. (Measures to be taken will be discussed along with coronary Heart Disease).
- 2) It is possible to cure Hypertension, provided, patients change their life styles accordingly. Medication for 2-4 years can solve the problems, they need not continue medication for the life time, unlike the conventional medicine.
- 3) Homoeopathic physician needs to study individual\personal factors, like food habits, environmental adaptation, emotional and intellectual built, psycho social factors, past illness, family history, life situation etc. along with the study of disease and its pathogenesis. So, respond to your physician in giving the history, and don't hesitate to reveal all the problems and conditions pertaining to you.

- 4) If you are already on conventional hypertension drugs, you can safely switch over to Homoeopathic mode of treatment and taper your drugs gradually as per the physicians guidelines.
- 5) Reduce salt intake, stop smoking, avoid Alcohol, go for regular walks, and regulate your emotions.

CARONARY ARTERY DISEASES/HEART ATTACKS

Q. What is coronary artery Disease?

Heart needs continuous and sufficient blood supply for its flaw less functioning. Blood supply to the heart is carried out by two coronary arteries, which start from the biggest blood vessel called as the Aorta.

Coronary Artery Disease is a condition, which results in the narrowing of coronary arteries, the blood vessels, which supply blood to the heart muscle. This narrowed artery at times gets further narrowed, compromising blood supply to a particular portion of heart and leads to a certain symptoms at that particular time. The condition in which part of the heart receives reduced blood supply is known as coronary artery disease (CAD), also known as Ischaemic Heart Disease (IHD).

“It is to be appreciated that the narrowing of the coronary arteries is only the effect of the disease and not the disease it self”. The narrowing may be occurring gradually over decades and by it self does not cause any symptoms. But added to this for some reason if a sudden obstruction occurs in the artery it leads to various symptoms ranging from mild chest pain (Angina) to shock and collapse (cardiac arrest), depending on the suddenness with which obstruction occurs and the extent of the sudden obstruction. This is also known as heart attack in common terms.

Q. What are the causative and contributing factors of coronary Artery Disease? Or Heart attacks?

“The heart cannot be treated in isolation, independent of the whole man of whom it forms only a part”. All the factors which affect the human being should have an affect on the heart, in fact these factors would have an effect on all the organs of the body, but much more so on the heart, because it is the only organ in the body which beats 100, 000 times per day nonstop from birth to death.

MIND (Psychosocial factors):

As the cosmic force (vital force) is all pervading, so the mind pervades through out body. Every organ and every cell has got a mind of its own. In different organs it manifests differently. In the brain it manifests as intellect and in heart it manifests as emotion.

“The mind has a great influence on the behavior and functioning of the heart. The heart responds to the emotions through changes in the rate rhythm and its performance as a pump”.

The mind begins to play its role right from the moment the brain and the heart develop in the womb stage of life. While the heart of fetus begins to react to the thought disturbances in the mind of the pregnant mother, the mind of the fetus begins to react to the disturbance, in the environment surrounding the body of the pregnant mother right from the moment of the conception. This would result in various congenital abnormalities. (In born errors). When the heart of the fetus develops, it reacts by increasing its rate as a sequel to emotional disturbances. Indian seers (Rishis) knew about this fact thousands of years ago itself and handed over to us the tradition of sending a pregnant girl to her parental place very early in pregnancy. The scientific basis for this is that pregnant girl in her parental home is not only surrounded by an affectionate and pleasant atmosphere, but emotionally feels happy and secure under the loving care of the parents. In fact the womb stage of a human beings life is the most crucial one.

The foundation of coronary artery disease thus is laid when one is in the mother’s womb itself.

Every human being is exposed to the stress in varying amounts in his life. Yet all do not develop symptoms of coronary artery disease. The reason is the inherent different capabilities to cope with the stressful situation. “ALL HUMAN BEINGS ARE ALIKE ANATOMICALLY, BUT NO TWO HUMAN BEINGS ARE ALIKE CONSTITUTIONALLY”.

Negative emotions like fear, anxiety, anger, sadness, jealous, inimity, hostility can have very bad effect on heart and vessels and its functioning. At the same time positive emotions like happiness, contented ness, bravery, sympathy can have positive impact on health of the heart and human beings.

STRESSFUL HUMAN LIFE:

There is a universal agreement that the stress of modern life is the main culprit today. Struggle for existence has become intense at various levels.

The struggle is not only to advance one self professionally, socially and economically but also to outmaneuver others. The struggle is not just for earning enough to lead a decent life, but it is a struggle to earn as much as possible in as little a time as possible. With rapidly changing human values the inter human relationship has become purely business like. All these factors make life very stressful. This is accompanied by a sense of insecurity and fear of the unknown consequently the situation is taking a heavy toll on the functioning of the heart through development of coronary heart (Artery) disease.

GENETIC PREDISPOSITION: Persons with family history of coronary Heart Disease are more prone to get this problem than other people. People with family history of coronary heart disease should avoid risk factors like smoking, alcohol, high consumption of fats, and sedentary life.

LACK OF PHYSICAL EXERCISE: People are becoming averse to physical exercise and exertion especially educated and urbanized one need to have a minimum amount of body movement for a good circulation and fitness. Exercise also strengthens the heart muscle and improves efficiency of heart functioning and also protects against the effects of psychological stress.

SMOKING: People who smoke have a higher incidence and risk of dying from heart attacks than the non-smokers. The toxic substances in tobacco are absorbed into the blood and cause damage to the inner lining of the coronary arteries. One study revealed that smoking could reduce life span by 18 years. Each cigarette smoke reduces life span by 5 minutes.

EATING HABITS: Excessive consumption of fatty food contributes to the development of coronary heart disease. It was observed that excessive animal fat, and western diet like pizzas, cakes, hamburger etc. increases risk of getting heart problems. (For detailed diet instructions see CVS diet guidelines).

ALCOHOL DRINKING: Contrary to the claims of some people that alcohol in moderate quantities protects the heart, alcohol in any quantity taken regularly could cause damage to the heart muscle.

ENVIRONMENTAL POLLUTION: Nuclear radiation, X-Rays, pesticides, insecticides, cigarette smoke, exhaust fumes, are a few environmental agents which increase free radicals in the body and damage heart muscle.

OBESITY: Over weight people develop coronary artery disease more frequently than the non-obese. Reduction of over weight will eliminate one of the major risk factors.

HYPERTENSION: Persistent high blood pressure injures the inner lining of the coronary artery and leads to further thickening of the blood vessel. Which causes insufficient blood supply to the heart muscle and develop heart attacks.

DIABETES: Uncontrolled diabetes (Blood Sugar) increases risk of getting coronary Heart Disease probably by altered fat metabolism and thickening of blood vessels.

Q. *What are the symptoms of heart attack?*

Symptoms of heart attack vary widely from person to person.

1. The first and foremost symptom is PAIN.

- a) It may occur behind the breast bone or across the whole or front of the chest.
- b) It may radiate into the jaws, down the left arm commonly and/or right arm, also in to fingers.
- c) Pain also may radiate to throat, jaws, back, between shoulder blades or upper abdomen.
- d) Pain may be felt as heaviness in the chest, burning, aching, or constriction.
- e) It may occur during physical exertion forcing the patient to stop it ie it incapacitates the person at once.
- f) It may occur after a heavy meal or walking up against a cold wind.
- g) It may be triggered after a heated argument or mental excitement like a fit of anger or fear.
- h) anginal pain is due to temporary insufficient supply of blood to a part of the heart and lasts only for 3-5 minutes.
- i) Pain occurring due to extreme reduction of blood flow to the Heart and leading to myocardial infarction (death of heart muscle) usually persists for many hours. Symptoms associated with pain in the chest.

a) SWEATING: Very profuse sweating all over the body to the extent of wetting all the cloths.

b) Breathless ness (Dyspnea)

- c) **Fainting** or sinking sensation or collapsing.
- d) **Vomiting** and some times a motion.
- e) **Confusion**, extreme anxiety, fear, and some times they feel they are dying.
- f) **Loss of consciousness.**
- f) **Silent heart attack:** Some people especially diabetics, get heart attacks without prominent pain. They suddenly collapse with profuse sweating and shock.

Q. What are immediate steps to be taken once the heart attack is suspected?

- 1) Call your family doctor immediately.
- 2) Make arrangements (with doctor's coordination) to shift the patient to the hospital, preferably to the intensive coronary care unit (ICCU).
- 3) Start giving Homoeopathic Medicines Aconite 200 and Arnica 30 alternately once in 10-15 minutes. 10-15 doses each medicine as a primary aid till the doctor arrives. .
- 4) All the ancillary methods like oxygen inhalation, Iv fluids on life line, continuous monitoring of the heart function, defibrillation etc are to be utilized while administering homeopathic medicines.

Cardiopulmonary rescuing measures should be immediately taken up in the case of cardiac arrest, (where patient can't be shifted to) the hospital like

- Cardiac massage &
- Mouth to mouth breathing.

Q. What are long term measures to be taken in order to prevent coronary heart disease, to avoid recurrence, (also for control of hypertension)?

Once a person gets out of the crisis (heart attack), he must take all the necessary measures to prevent recurrence other wise another lethal heart attack can follow at any time.

1. Avoid all the causative and contributing factors of heart diseases.

- a) control your body weight
- b) Have regular bodily exercises like yoga, or walking.

- c) Adopt healthy dietary habits.(See CVS guidelines for diet)
- d) Reduce salt intake in your diet. It is number one culprit of various health hazards like hypertension, heart diseases, obesity etc.
- e) Stop tobacco smoking.
- f) Stop drinking alcohol.
- g) Don't take drugs like painkillers, anti-inflammatory drugs, steroids, hormones and herbal medicines without physician's guidance.

h) Adopt principles of Mental Hygiene:

(See CVS guide lines for mental health)

- Inculcate positive attitudes and positive thinking right from the childhood.
- Inculcate positive emotions like happiness (Ananda), contentedness, sympathy, bravery, kindness, and self-confidence.
- Avoid negative emotions like anger, fear, timidity, greediness, short-temperedness, too much proudness, jealousies, inimity, hostility, sadness, etc.
- Unbalanced emotions can lead to various health problems. (Psychosomatic disorders) including hypertension and heart attacks.
- Practice yoga, pranayama and meditation for peace and happiness. One can find peace and happiness within rather than in external things like luxuries, properties, or people.
- Develop capacity for attachment and detachment (equanimity). Adopt the attitude of "do your duty and forget about the result".Contrary to this most of the time we worry about the result, and never do our duty correctly.

2. Homoeopathic Treatment for prevention of recurrence of heart attacks:

- a) Follow treatment with a well qualified Homoeopathic physician for a period of 3-4 years. In order to prevent further heart attacks and other complications.
- b) Give all the information regarding your health problems, desires, aversions, habits, your weather adaptability, family history, past illness, etc in order to treat you constitutionally and plan treatment properly.

c) Homoeopathic system of medicine adopts wholistic approach in the treatment method i.e. **“TREAT THE PATIENT AND NOT THE DISEASE”** isolatedly.

d) Homoeopathic system of medicine has got good remedial agents for treatment and prevention of Hypertension and coronary heart diseases.

Medicines reduce emotional disturbances and its effects on body, reduces cholesterol and helps in dissolving the clot and reducing thickness of blood vessels, and strengthens heart musculature. Homoeo medicines also help in revascularization of myocardium.

e) 90% of Bypass surgeries can be avoided, if treatment is planned and implemented properly. All the investigative procedures like ECG, Echocardiogram, perfusion tests, Angiograms can be utilized to the advantage of the patients.

***Some information regarding Surgical procedures like Bypass-surgery, Angioplasty, and stent.**

1. All these methods concentrated on ‘block’ which is already compensated by nature adequately through collateral vessels.
2. All these procedures are adhoc and palliative, with temporary benefit.
3. By themselves alone without the aid of drugs, change in habits, life style, attitudes, they are not beneficial, and if these life styles and attitudinal changes etc. were adopted earlier the patient would not have need any surgical procedure at all.
4. They do not prevent recurrence of the disease in the same vessel.
5. All these procedures do not prevent occurrence of disease in other vessels.

Primary aid:

1. Latro ductus Mactans – 30 can be taken for instant relief of chest pain (angina), this medicine can be utilized like sorbitrate.

2. Arnica – 200 can be repeated to dissolve the clot and improve the coronary blood supply during the attack.

