

CHRONIC FATIGUE SYNDROME AND ITS HOMOEOPATHIC APPROACH

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ABSTRACT

Chronic Fatigue Syndrome, as the name suggests, refers to a constant feeling of being tired physically and mentally, almost like the body's vital systems are switched off or are working on a low battery. It is also known as myalgic encephalomyelitis. Recently a new term has been introduced to denote this syndrome called Systemic Exertional Intolerance Disease. 75-80% of people with the condition are female. Approximately 25% of people with CFS experience severe symptoms, leaving them housebound or bedbound. Studies estimate between 0.4-1% of the population have CFS. This research shows the effectiveness of homoeopathic remedies in the treatment of chronic fatigue syndrome.

KEYWORDS: Fatigue syndrome, myalgic encephalomyelitis, Systemic Exertional Intolerance Disease.

Scope of future research

This study is showing the cases of chronic fatigue syndrome in the age group 15 years to 60 years. The study shows the, causes, symptoms, risk factors and also the remedies which are most effective in these cases.

Research outcomes

CFS affects men, women and children of all ages, ethnicities, and socioeconomic backgrounds. 75-80% of people with the condition are female. Approximately 25% of people

with CFS experience severe symptoms, leaving them housebound or bedbound. Studies estimate between 0.4-1% of the population have ME/CFS. In Australia, this means up to 250,000 people are living with CFS. There is no doubt that CFS have a significant economic impact, but the cost of therapy both to the health care system and people with CFS must be balanced against the cost of untreated disease conditions, as well as the cost of ongoing or repeated investigations and treatment modalities. Homeopathy not only cures CFS from its root without any complications, but is also a very cost effective path which gives the good impact on the economic-status.

INTRODUCTION

A chronic fatigue syndrome is a disorder that causes the body to feel tired and exhausted all of the time. Some people with this disorder never have more than two or three hours of continuous sleep at night, while others may fall asleep after only a few minutes. It varies in severity from one person to the other. In severe cases, people with this syndrome can only work or attend school for a few hours per day before needing to rest again and recover. Some people may have mild symptoms that they don't even know anything's wrong with them until they're diagnosed by their doctor. It is diagnosed when extreme tiredness remains for minimum six months that decreases the ability to do daily routine activities and is unexplained by any underlying medical condition.

Causes of chronic fatigue syndrome

The cause of chronic fatigue syndrome is still unknown but few possible causes are as follows

- **Genetics-** Chronic fatigue syndrome appears to run in some families, so some people may be born with a higher likelihood of developing the disorder.
- **Infections-** Some people develop chronic fatigue syndrome symptoms after getting better from a viral or bacterial infection.
- **Physical or emotional trauma-** Some people report that they experienced an injury, surgery or significant emotional stress shortly before their symptoms began.
- **Problems with energy usage-** Some people with chronic fatigue syndrome have problems converting the body's fuel, primarily fats and sugars, into energy.
- **Lifestyle factors-** Includes

Use of alcohol or drugs

Excess physical activity

Jet lag

Lack of physical activity

Lack of sleep

Medications, such as antihistamines, cough medicine

Unhealthy eating habits

Symptoms of chronic fatigue syndrome

- Fatigue: Most common symptom is abnormal exhaustion after any form of exertion lasting more than 24 hours and worsening of other symptoms.
- Un refreshing sleep- makes patient wake up tired even after period of rest and experience excessive daytime sleepiness
- Widespread muscle and joint pain
- Sore throat
- Headaches
- Cognitive difficulties,
- Difficulty in concentration
- Sore throat
- Depressed feelings and mood swings
- Dizziness
- Brain fog (Feeling like one is in a mental fog)
- Difficulty maintaining an upright position, balance problems or fainting
- Allergies or sensitivities to foods, odors, chemicals, medications or noise
- Irritable bowel syndrome-like symptoms such as bloating, stomach pain, constipation, diarrhea and nausea
- Chills and night sweats
- Visual disturbances (Sensitivity to light, blurring, eye pain)

Risk factors

Factors that may increase your risk of chronic fatigue syndrome include:

- **Age-** Chronic fatigue syndrome can occur at any age, but it most commonly affects young to middle-aged adults.
- **Sex-** Women are diagnosed with chronic fatigue syndrome much more often than men, but it may be that women are simply more likely to report their symptoms to a doctor.
- **Recent infection** such as cold, flu, or stomach bug

- **Family history** of CFS
- **Other medical problems**- People who have a history of other complex medical problems, such as fibromyalgia or postural orthostatic tachycardia syndrome, may be more likely to develop chronic fatigue syndrome.

Diagnostic criteria

Guidelines proposed by the United States Institute of Medicine define the fatigue associated with chronic fatigue syndrome as being:

- So severe that it interferes with the ability to engage in pre-illness activities.
- Of new or definite onset.
- Not substantially alleviated by rest.
- Worsened by physical, mental or emotional exertion.

To meet the Institute of Medicine's diagnostic criteria for chronic fatigue syndrome, a person would also need to experience at least one of these two symptoms

- Difficulties with memory, focus and concentration.
- Dizziness that worsens with moving from lying down or sitting to standing.

These symptoms must last for at least six months and occur at least half the time at moderate, substantial or severe intensity.

Complications of chronic fatigue syndrome

Complications of Chronic Fatigue Syndrome can be cognitive impairment and many other symptoms. However, many of the complications are not life-threatening; they can be treated which is great news for those who suffer from Chronic Fatigue Syndrome.

- Depression
- Social isolation
- Lifestyle restrictions
- Increased work absences

Complementary and Alternative therapies

Eating a healthy diet and using herbs as recommended may help reduce the debilitating symptoms of CFS, and may improve overall energy. Counseling, support groups, meditation, yoga, and progressive muscle relaxation are stress management techniques that may help as well.

Lifestyle

- Save your energy
- Get regular exercise
- Reduce stress

Nutrition and Supplements

Avoid refined foods, sugar, caffeine, alcohol, and saturated fats. Eat more fresh vegetables, legumes, whole grains, protein, and essential fatty acids found in nuts, seeds, and cold-water fish.

Homoeopathic remedies

Anacardium - Mentally tired like students and thinkers. Anacardium is the remedy for mental fatigue from higher studies. It is useful fatigue of literary persons.

Arnica mon- If physically tired Arnica is effective. Arnica is prescribed when fatigue on account of over use of muscles and brain. The limbs and body ache as if beaten. It removes fatigue of the brain and also of body.

Arsenic album -Arsenic Album is one of the best Homeopathic medicine for fatigue who feels like lying down all the time due to excessive fatigue. Standing, walking and the slightest exertion result in fatigue and lying down provides some relief to the person. Even a little exertion leads to utmost lack of strength and weakness. Such persons also hesitate and have fear exerting because they anticipate exhaustion as a result. Apart from disabling fatigue, anxiety may also show its presence in extreme levels.

Coca-Coca is prescribed when fatigue occurs from journey and travelling, especially during hot weather.

Coffea cruda –Coffea Cruda is a natural medicine to manage sleep issues. It is a top remedy to manage sleeplessness. Persons needing it have a lot of thoughts and ideas in mind at night that keeps them awake. It is also indicated for restless sleep and frequent waking from sleep. Its use is also considered when a person is able to sleep only specifically till 3:00 am after which no sleep occurs.

Conium mac- Conium is an excellent remedy for increased fatigue, weakness especially in morning time and from walking. Sexual excesses are also noted here. Depressed state of mind with an aversion to do any work and a desire for loneliness also are marked symptoms.

Gelsemium - Extreme drowsiness accompanying fatigue. The person complains of sleepiness throughout the day with disabling fatigue. Along with drowsiness and fatigue, heaviness in head may also be felt. A few persons experience dizziness and vertigo due to extreme fatigue and a tired feeling. Muscle weakness and pain also show their impact in such patients. The muscle pain is mostly present in neck, shoulders, back, hips and legs. The patient may also experience trembling and weakness in limbs.

Ginseng- Ginseng is a specific remedy for general fatigue.

Ignatia – Ignatia is a prominent natural homeopathic remedy to deal with depression in chronic fatigue syndrome. It is best suited when there is sadness along with weeping spells. Consolation worsens the complaint. Next there may be desire to remain alone, aversion to meet people and go out of home. At times there are mood swings.

Kaliphos - Kali Phos is a very beneficial where the slightest mental or physical exertion leads to extreme fatigue. For such persons, even a little work seems to be a very huge task. This is because of the consequent lethargic and fatigue condition it produces. Extreme prostration, weakness and tired feeling ensue from a little exertion. The person feels worn out as if all the energy has been drained out. Apart from lassitude and exhaustion, the person also complains of a weak memory. Forgetfulness accompanies a weak and impaired memory. Forgetfulness is noticeable while speaking or writing. Stressed mind and worries accompanying Chronic Fatigue are also effectively cured by Homeopathic medicine Kali Phos.

Phosphoric acid- Phosphoric Acid is a Homeopathic remedy of great help when mental and physical weakness with dullness and impaired memory are marked symptoms. The person seems confused and has difficulty in comprehending. Memory weakness is extreme and a person is unable to find the exact words while writing or talking.

Picric acid- Picric Acid is the Homeopathic remedy that is prescribed when mental debility with extremely weak memory advancing to complete loss is the main symptom of Chronic Fatigue Symptom. The person is not capable of thinking of or indulging in any kind of mental

exertion. Studying or reading a little result in extreme fatigue. Headache also accompanies mental fatigue. Along with mental fatigue, muscle weakness and heaviness in whole body may also be present.

Onosmodium - Onosmodium is an ideal Homeopathic remedy for Chronic Fatigue patients who have head or vision complaints along with exhaustion. The eye complaints may be of varying characters, including eye pain or blurring of vision, or straining and weakness of eyes. The head complaints may be described as heaviness or pain in head. The headache may be noted in front, back or sides of head. Confusion, decreased concentrating power and memory weakness also come under the sphere for this Homoeopathic medicine use. Along with head or eye complaints, the foremost symptom of extreme weariness and tiredness is always present.

Sarcocollum acidum- SarcocollumAcidum is the top Homeopathic remedy for Chronic Fatigue patients who have the feeling of utmost fatigue in morning time. Such persons wake up feeling exhausted in the morning and the fatigue continues throughout the day. The whole body feels powerless. Along with a tired feeling, there is also muscle weakness. The person needing SarcocollumAcidum usually complains of tiredness and weariness from doing simple activities. Even writing on a small piece of paper or going up and down the stairs seems to drain out all the bodily energy and leaves the person highly exhausted. The person also has sleeplessness at night.

Selenium- Selenium ia an ideal Homeopathic medicines for patients of Chronic Fatigue who suffer from extreme prostration from sexual indulgence. For using Selenium, the marked symptoms are excessive weakness both in physical and mental spheres with sexual excesses and seminal losses.

Sterculia- Fatigue due to any cause. This remedy gives power to sustain prolonged physical exertion without taking food and without taking food and without the feeling of fatigue.

Zincum metallicum- The Zincum picture is one of weakness with restlessness and depression. The memory is poor and the patient is lethargic, irritable and hypersensitive especially to noise; restless legs accompanied by muscular twitching are also common features. Numbness and coldness and strange sensations in arms and legs are also common. All symptoms are worse from alcohol.

Recognition of past research

1. Ling JY, Shen L, Liu Q, Wang LY. Impacts on chronic fatigue syndrome of qi deficiency syndrome and T cell subgroups in patients treated with acupuncture at selective time. *Zhongguo Zhen Jiu*, 2013; 33(12): 1061-4.
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MATERIAL AND METHODS

Place of Study: The Project was conducted at Suryansh Arogyashala, Faculty of Homeopathic Science at Jayoti Vidyapeeth Women's University Jaipur.

RESULT AND DISCUSSION

The overall result of this study is encouraging and reveals that homeopathic medicines have a promising effect and prove to be efficacious. Reportorial analysis is a very useful tool in homeopathy for treating these cases. Homeopathy is always known to be a safe and a good option for such conditions.

CONCLUSION

This article shows that chronic fatigue syndrome is a disease which lacks diagnosis and gets associated with some other disease conditions. CFS should be diagnosed by clinicians and can be treated well with homoeopathic remedies as per the symptoms similarity.

Integration and Correlation with ancient indian literature

Reports of illness that fit the description of chronic fatigue syndrome go back as far as 1750, when Sir Richard Manningham reported a syndrome called febricula, meaning "little fever." Papers published by medical journals such as *The Lancet* and the *British Medical Journal* also refer to the likelihood that historical figures such as Florence Nightingale and Charles Darwin suffered from a condition that resembles the syndrome.

Another example of an illness that clearly resembled what we now call chronic fatigue syndrome was reported in 1934, when there was an outbreak of sickness at the Los Angeles County Hospital. The illness, which mainly affected hospital staff members, was referred to at the time as “atypical poliomyelitis” because it was assumed to be a type of polio.

In 1955, another such outbreak occurred at the Royal Free Hospital in London, where, again it mainly affected the hospital staff and closely resembled chronic fatigue syndrome. This time the condition was given two names, Royal Free disease and benign myalgic encephalomyelitis. In 1969, benign myalgic encephalomyelitis was included in the International Classification of Diseases (ICD) as a disease of the nervous system.

The term “chronic fatigue syndrome” was first used in medical literature to describe an illness that “seemed like chronic active Epstein-Barr virus (EBV) infection but did not seem to be caused by EBV.” In 1988, the term was defined in a publication: “Chronic fatigue syndrome: a working case definition,” and replaced the term “chronic Epstein-Barr virus syndrome”. This new definition was published after US Centers for Disease Control and Prevention researchers examined patients from another outbreak that occurred at Lake Tahoe, Nevada in the mid 1980s.

In 2006, the CDC mounted a national educational campaign to raise awareness about chronic fatigue syndrome among the general population and healthcare professionals.

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