

## HOMOEOPATHY IN THE MANAGEMENT OF HYPERLIPIDAEMIA: A CASE REPORT

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### ABSTRACT

**Introduction:** Hyperlipidaemia associated with cardiovascular disease is one of the main causes of death worldwide. Numerous oxidants and lipid-reducing agents are employed in treatment, but the unfavourable side effects of these medications highlight the need for safer, more effective alternatives like Homoeopathy. **Case summary:** A case of Hyperlipidaemia was reported in a 28 year old male and was successfully managed with individualised homoeopathic medicine. The patient's serum triglyceride level reduced significantly after treatment. His other symptoms including flatulence and constipation were also relieved.

**KEYWORDS:** Cholesterol, Flatulence, Homoeopathy., Hyperlipidaemia, Modified Naranjo Criteria, Triglyceride.

### INTRODUCTION

The term "hyperlipidaemia" refers to a group of inherited and acquired illnesses characterized by increased amounts of lipids in the body.<sup>[1]</sup> Low-density lipoprotein (LDL), total cholesterol, triglyceride levels, or

lipoprotein levels higher than the 90th percentile relative to the general population, or an HDL level below the 10th percentile relative to the general population, are more objectively defined as hyperlipidaemia.<sup>[2]</sup>

Lipid-reducing drugs are typically necessary in individuals with uncontrolled high cholesterol (familial hypercholesterolemia), as diet alone is frequently insufficient to achieve the desired decrease of LDL.<sup>[3]</sup> To prevent cardiovascular events and early death, early detection and treatment are also essential.<sup>[4]</sup> The medications that are prescribed by conventional medicine to reduce lipid levels have a wide range of negative effects. When these medications are used, the body suffers abnormal liver function, flushing, dry skin, diarrhoea, nausea and hyperuricemia.<sup>[5]</sup>

These concerns necessitate the development of more natural, potent medications as alternatives. Homoeopathic medicines are made using standard methods known as dynamisation or potentization, which involve multiple dilutions and successions, from traces of plant, animal, mineral, and other natural ingredients.<sup>[5]</sup>

In a study titled "Effect Of Homoeopathic Ultra Dilutions Of *Allium Sativum* 30CH, 200CH In Hyperlipidemia On High Fat Diet Induced Experimental Male Albino Wistar Rats," it was discovered that the drug administration significantly altered the rats' liver enzymes of SGOT, SGPT, and ALP as well as their total cholesterol, triglycerides, HDL, LDL, and VLDL cholesterol. Rats did not experience any negative effects during the research period.<sup>[6]</sup>

There are several such studies which show the effectiveness of homoeopathy in such cases of hyperlipidaemia without any side effects. Here, a case of a male patient with hyperlipidaemia. The case report has been written as per the HOM-CASE CARE extension guidelines.<sup>[7]</sup>

## CASE REPORT

On October 20, 2023, a 28-year-old man with a height of 5 feet 8 inches, weight of 70 kg, arrived to the OPD with a blood report indicating a high serum triglyceride level. The patient's symptoms were decreased appetite and frequent, severe flatulence, especially in the lower abdomen, especially in the evening. The patient experienced atopic dermatitis in the past.

Even though the patient used to spend all day sitting, he was able to routinely engage in active exercise for at least an hour along with his UPSC preparation. The patient had hyperlipidaemia despite adhering to a tight diet that excluded a lot of fatty food products.

The thermal reaction of the patient was hot. The patient had desire for sweets and warm food, thirst decreased, aversion to bread. The patient was constipated with stool two times a day with unsatisfactory hard stool. The patient had very offensive perspiration especially of feet and axilla. The patient could not sleep at night properly woke up three to four times at night.

The patient had desire to company, lack of confidence, hurriedness in doing anything. The patient had family history of Tuberculosis of paternal side.

### CLINICAL FINDINGS

The body mass index was 22.4 kg/m<sup>2</sup>. Respiratory rate was 16 breaths per minute. While lying down, the patient's blood pressure was 130/85 mm Hg and their pulse rate was 82 beats per minute. Upon inspection and palpation, the chest appeared normal, and auscultation revealed no abnormal sounds. S1 and S2 are audible. When the abdomen was examined, it was soft and non tender. Peristaltic sounds were normal upon auscultation. Upon assessment of the nervous system, the patient was alert, conscious, and all of his reflexes were normal.

### DIAGNOSTIC ASSESMENT

#### Hypercholesterolemia

Diagnostic Method-Laboratory testing of Serum low-density lipoprotein (LDL), total cholesterol, triglyceride levels.

### THERAPEUTIC INTERVENTION

Following a thorough case taking procedure in compliance with the Organon of Medicine's<sup>[8]</sup> Hahnemanian criteria, the symptoms were analyzed and evaluated. Using the Kentian approach, symptoms were assessed by considering just the most striking physical, mental, and rare particulars. The entire set of symptoms was created, and the Synthesis Repertory in the RADAR 10<sup>[9]</sup> program was used for repertorization. The following symptoms were taken into account for repertorisation.

Desire for company

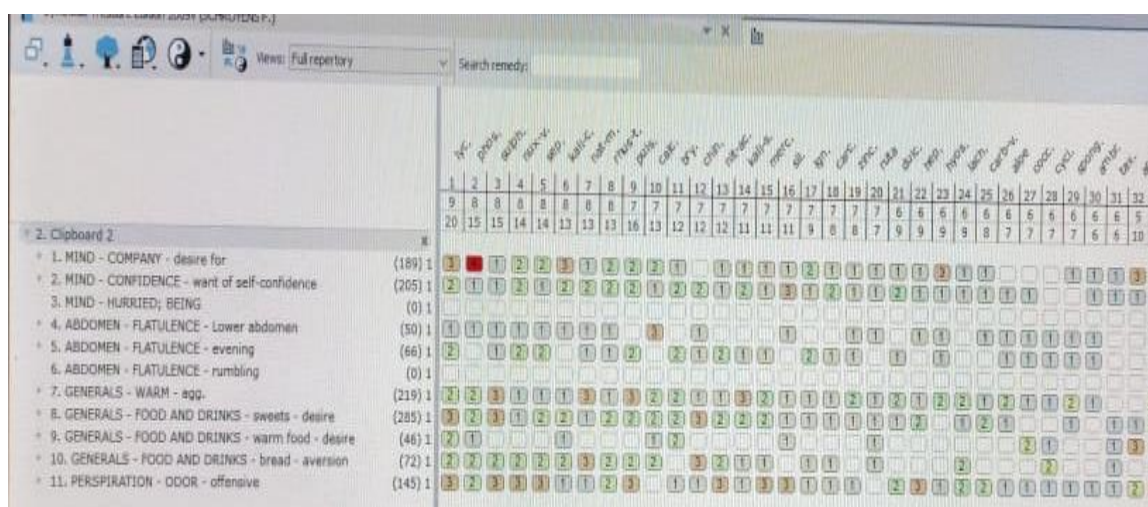
Lack of Confidence

Hurriedness

Flatulence of lower abdomen with rumbling sound aggravating in evening

## Aversion – Bread

*Lycopodium Clavatum*, *Phosphorus*, *Sulphur*, *Nux Vomica*, *Sepia*, were the leading drugs in this case (Figure 1). *Lycopodium Clavatum* 200CH was prescribed once daily for 3 days followed by placebo for 7 days on 20<sup>th</sup> October 2023 on the first visit. The timeline including the follow up details of the patient are given in (Table 1). Causal attribution was assessed by Modified Naranjo Criteria for Homoeopathy (MONARCH)<sup>[10]</sup> (Table 2).



**Figure 1: Repertorisation chart of the patient.**

**Table 1: Timeline Including followup of the case.**

| Date            | Diet & Regimen | Follow up   | Medicine   |
|-----------------|----------------|---|--|
| 20 October 2023 | Followed       | General improvement. Sleep better. Flatulence slightly reduced.                                 | Placebo 200 thrice daily for 7 days              |
| 28October 2023  | Followed       | No significant improvement. No new symptoms appeared.   | Lycopodium Clavatum 200<br>Once daily for 3 days |
| 5 November 2023 | Followed       | Significant improvement in flatulence and constipation.   | Placebo 200 thrice daily for 7 days              |
| 13November 2023 | Followed       | General improvement. Flatulence significantly improved.   | Placebo 200 thrice daily for 7 days              |
| 20November 2023 | Followed       | No significant improvement. No new symptoms appeared.   | Lycopodium Clavatum 1M<br>Once daily for 3 days  |
| 29November 2023 | Followed       | General improvement. Hurriedness reduced. Sound sleep at night. No flatulence, no constipation. | Placebo 200 thrice daily for 7 days              |

Table 2: Monarch Inventory.

| Domains  | Yes | No       | Not sure or N/A |
|--|-----|----------|-----------------|
| 1. Was there an improvement in the main symptom or condition for which the homeopathic medicine was prescribed?  | +2  | -1       | 0               |
| 2. Did the clinical improvement occur within a plausible timeframe relative to the drug intake?  | +1  | -2       | 0               |
| 3. Was there an initial aggravation of symptoms?   | +1  | 0        | <b>0</b>        |
| 4. Did the effect encompass more than the main symptom or condition (i.e., were other symptoms ultimately improved or changed)?  | +1  | 0        | 0               |
| 5. Did overall well-being improve?   | +1  | 0        |                 |
| 6A Direction of cure: did some symptoms improve in the opposite order of the development of symptoms of the disease?   | +1  | 0        | <b>0</b>        |
| 6B Direction of cure: did at least two of the following aspects apply to the order of improvement of symptoms: –from organs of more importance to those of less importance? –from deeper to more superficial aspects of the individual? –from the top downwards? | +1  | 0        | <b>0</b>        |
| 7. Did “old symptoms” (defined as non-seasonal and non-cyclical symptoms that were previously thought to have resolved) reappear temporarily during the course of improvement?   | +1  | <b>0</b> | 0               |
| 8. Are there alternate causes (other than the medicine) that—with a high probability— could have caused the improvement? (Consider known course of disease, other forms of treatment, and other clinically relevant interventions)                               | -3  | +1       | 0               |
| 9. Was the health improvement confirmed by any objective evidence? (e.g., laboratory test, clinical observation, etc.)   | +2  | 0        | 0               |
| 10. Did repeat dosing, if conducted, create similar clinical improvement?  | +1  | 0        | <b>0</b>        |

**Total Score: +8**

\*the numbers in bold font represent the option selected

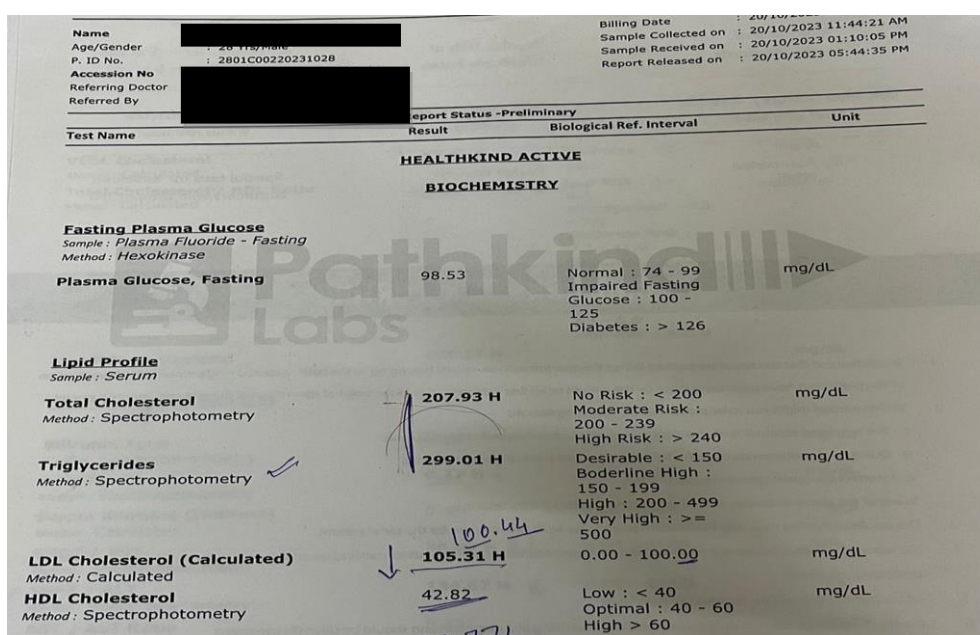


Fig. 2: Lipid Profile (20Oct 2023).



| Contract No. : 20022023112646       |          | Billing Date : 26/11/2023 09:29:55   |       |
|-------------------------------------|----------|--|-------|
| Name : M [REDACTED]                 |          | Sample Collected on : 26/11/2023 09:30:46  |       |
| Age/Gender : 28 Yrs/Male            |          | Sample Received on : 26/11/2023 11:04:11   |       |
| P. ID No. : 2801C0022023112646      |          | Report Released on : 26/11/2023 02:46:58   |       |
| Accession No : 2801C0022023112646   |          |  |       |
| Referring Doctor : [REDACTED]       |          |  |       |
| Referred By : Self                  |          |  |       |
| Report Status - Preliminary         |          |  |       |
| Test Name                           | Result   | Biological Ref. Interval   | Unit  |
| <b>HEALTHKIND ACTIVE</b>            |          |  |       |
| <b>BIOCHEMISTRY</b>                 |          |  |       |
| <b>Fasting Plasma Glucose</b>       |          |  |       |
| Sample : Plasma Fluoride - Fasting  |          |  |       |
| Method : Hexokinase                 |          |  |       |
| <b>Plasma Glucose, Fasting</b>      | 89.99    | Normal : 74 - 99<br>Impaired Fasting Glucose : 100 - 125<br>Diabetes : > 126               | mg/dL |
| <b>Lipid Profile</b>                |          |  |       |
| Sample : Serum                      |          |  |       |
| <b>Total Cholesterol</b>            | 168.22   | No Risk : < 200<br>Moderate Risk : 200 - 239<br>High Risk : > 240                          | mg/dL |
| Method : Spectrophotometry          |          |  |       |
| <b>Triglycerides</b>                | 140.05   | Desirable : < 150<br>Borderline High : 150 - 199<br>High : 200 - 499<br>Very High : >= 500 | mg/dL |
| Method : Spectrophotometry          |          |  |       |
| <b>LDL Cholesterol (Calculated)</b> | 100.44 H | 0.00 - 100.00  | mg/dL |
| Method : Calculated                 |          |  |       |
| <b>HDL Cholesterol</b>              | 39.77 L  | Low : < 40<br>Optimal : 40 - 60<br>High > 60   | mg/dL |
| Method : Spectrophotometry          |          |  |       |

Fig. 3: Lipid Profile (26November 2023).

## RESULT

The case report shows an improvement in blood triglyceride level under only homoeopathic treatment with proper dietary intervention. On the first visit, he came with his reports which showed elevated serum triglyceride levels on 20<sup>th</sup> October 2023 (Fig2). The patient's symptom of flatulence and constipation was significantly improved. The serum triglyceride level was significantly reduced as shown in Figure 3. The causal attribution determined by MONARCH, could be established as the score was +8(Table 2).<sup>[10]</sup>

## DISCUSSION

Homoeopathy is a simplistic medical approach based on the idea that every person is unique and that every disease presents differently in each individual. For instance, a patient with a fever may not necessarily experience thirst, depending on their unique circumstances. Thus, although the ailment may be the same in each case, the presenting symptoms are different in each case, so the remedies should be different. In the present case the selection of medicine was done after proper case taking and erecting totality of symptoms which helped in individualisation of the patient followed by repertorisation which helped in selection of the most similar remedy.

*Lycopodium Clavatum* is known to have sphere of action on liver and liver related disorder. The selection proved to be very effective for the case. Other symptoms like desire for company, lack of confidence, desire for sweets and aversion to bread and thermal reaction was hot are also indicated in this remedy. The patient strictly followed his diet and regimen which also proved to be helpful in his quick recovery.

An open-label randomized pilot trial to study the effectiveness of *Allium sativum* mother tincture (Ø) in comparison with individualized homoeopathic medicines in treatment of hyperlipidaemia was conducted which concluded that individualised homoeopathic medication works better than *Allium sativum* Ø in cases of dyslipidemia.<sup>[11]</sup>

The main takeaway of the case is that individualizing examination is required in each case. Here it can be clearly seen the significant reduction in the serum triglyceride level after administration of Homoeopathic remedy which shows the effectiveness of homoeopathy in such cases. However, research with a sizable representative sample size, like randomized controlled trials, might be undertaken in order to further authenticate the results. All of these ought to be demonstrated by extensive randomized control trials that look at the use of homeopathy for hyperlipidaemia.

## CONCLUSION

The devastating consequences of the current lipid-lowering drugs, combined with the enormously harmful lifestyle alterations that have burdened humanity with dyslipidemia or hyperlipidaemia, have made alternative therapies enticing and efficient. When it comes to managing lifestyle conditions such as hyperlipidaemia, homoeopathy fills in the gaps in treatment and becomes a lifesaver in the fight against the endless cycle of medication. This case study shows that treating hyperlipidaemia with individualized homoeopathic medicine with lifestyle changes can have a positive result.

## DECLARATION OF PATIENT CONSENT

The authors obtained the patient's informed written consent before beginning to write this article. The patient has granted permission for the journal to publish his pictures and clinical data.

## FINANCIAL SUPPORT AND SPONSORSHIP

Nil.

**CONFLICTS OF INTEREST**

None declared.

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