



HOMOEOPATHIC MEDICINES FOR MANAGEMENT AND TREATMENT OF HYPERLIPIDEMIA

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Abstract

Hyperlipidemia are plasma lipids, including triglycerides, cholesterol, cholesterol esters, phospholipids and or plasma lipoproteins including very low-density lipoprotein and low-density lipoprotein along with reduced high-density lipoprotein levels. Homoeopathic medicines have a positive result on the Hyperlipidemia standing of the patients.

Keywords – Hyperlipidemia, Homoeopathic medicines.

Introduction

Hyperlipidemia is a condition of increased lipid levels in the body. This increase imposes patients to a higher risk of diseases, primarily those involved in atherosclerotic changes to the blood vessels. Lipids are classified into several types which are; very low density lipoproteins (VLDL), low density lipoproteins (LDL), high density lipoproteins (HDL), triglycerides (TG), and total cholesterol (TC), collectively known as the lipid profile.¹

Causes

Causes of hyperlipidemia classified into 2 categories; either primary causes or secondary causes. Primary causes are due to genetic disorders, which may be inherited, either as an autosomal dominant or an autosomal recessive inheritance. Secondary causes include diseases such as nephrotic syndrome, diabetes mellitus (DM), chronic renal failure (CRF), chronic liver disease (CLD), hypothyroidism, obesity or iatrogenic due to total parenteral nutrition (TPN).²

Symptoms - high blood cholesterol level.

The disorder can develop xanthomas which are deposits of cholesterol form under skin, especially under the eyes.

elevated levels of triglycerides may develop numerous pimple-like lesions at different sites in their body.³

Differential Dignosis

- Gall stones pancreatitis
- Alcoholic pancreatitis
- Insulin resistance
- Severe hypothyroidism
- Metabolic syndrome
- Glycogen storage disease
- Partial lipodystrophies
- Type III dysbetalipoproteinemia
- Poly-cystic ovary syndrome ⁴

Complication

- Heart Disease
- Stroke
- Peripheral vascular disease ⁵

Homoeopathic medicines

- **CURCUMA LONGA** - The common name of this remedy is turmeric, which is commonly used in our traditional food preparation. This remedy can be taken either in the form of mother

tincture or in low potency in case mother tincture is not available. This remedy significantly reduces the LDL (low-density lipoprotein) level. This remedy has a great anti-atherosclerotic function, which means it has the ability to protect and prevent the arterial walls from hardening and narrowing.⁶

- **ALLIUM SATIVUM** - This homeopathic remedy is made from garlic. It is especially useful for people who suffer from high cholesterol levels and who eat a lot of meat, with stomach-related issues like constipation, eructations constantly after eating food, etc. It has vasodilatory properties. That means it has the capability to reduce high blood pressure caused due to high cholesterol levels in the blood. 10 to 20 drops of Allium sativum twice a day would reduce the high blood pressure and cholesterol as well.^{6,9}
- **CHOLESTERINUM** -This remedy is mainly indicated when a person suffers from a liver or gallbladder disease along with high levels of cholesterol. Actually, when the high cholesterol is due to liver disease or disease of the gallbladder, this remedy acts well in lower potency like 3X. It is indicated in people who suffer from severe pain in epigastrium, severe acidity, no appetite and feels nauseous often. It is also indicated in acute attacks of gallstone pain that come suddenly. This remedy not only relieves the acute attack of pain but also cures the problem to a larger extent.^{6,7,9}
- **CRATEAGUS OXYACANTHA:** This is a homeopathic cholesterol remedy as cardiac tonic. Remedy for insomnia, anemia, high arterial tension, irregular pulse and breathing. Have a solvent power on deposits in the arteries, Urine diabetes. Have a solvent power upon crustaceous and calcareous deposits in arteries. This homeopathy remedy is chosen for cholesterol associated with nervous symptoms. Its symptoms in no instance point to increase of power or vitality.^{7,8,9,10}
- **CHELIDONIUM:** Great remedy for jaundice due to hepatic and gall bladder obstruction. Gall stones colic. Live enlargement. Fermentation and sluggish bowels.⁸
- **PHOSPHORUS:** This homeopathy remedy is chosen for cholesterol associated with nervous symptoms. Its symptoms in no instance point to increase of power or vitality, or to any genuine stimulation of function. Remedy for destructive metabolism, yellow atrophy of the liver and sub-acute hepatitis. Blood extravasations; fatty degenerations, cirrhosis, caries, are pathological states often calling for Phosphorus.^{9,10}
- **AURUM METALLICUM:** is of great help in those cases of high cholesterol where the arteries have become hardened due to cholesterol deposits and high blood pressure. Rapid and irregular pulse with violent palpitations. Pain behind the sternum, especially at night with

depressed feeling, getting angry over the slightest contradiction and thoughts of committing suicide.^{8,9,10}

- **BARYTA MURIATICUM:** can be given in elderly people who suffer from high cholesterol levels and where the arteries have become rigid with loss of normal elasticity. Usually, the systolic pressure is increased in these patients. Heaviness and vertigo are also present.^{9,10}
- **BERBERIS VULGARIS:** is a specific remedy for high cholesterol levels in blood with renal colic. The patient usually has a sedentary lifestyle and increased appetite.^{9,10}
- **CALCAREA CARB** is an excellent remedy for reducing high cholesterol in fat or overweight patients with excessive craving for boiled eggs. Excessive sensitiveness to cold air and continuous perspiration on scalp with tightness or oppression in chest or a feeling of suffocation that is intensified on going upstairs. Excessive palpitations may be present at night or after having meals.^{8,9}
- **CARDUS MARIANUS:** is an excellent remedy for lowering high level of cholesterol in blood. It corrects the fat metabolism in the liver.¹⁰
- **CRATAEGUS OXYACANTHA:** is an excellent heart tonic. Heart muscles that have become weakened due to reduced blood supply to heart as a result of deposits of cholesterol in the arteries. It strengthens these weak muscles and regularises the heart's action. It is an excellent remedy for dissolving the cholesterol deposits in arteries. There is difficulty in breathing after even the slightest exertion.^{8,9,10}
- **CHRYSANTHEMUM:** reduces cholesterol levels in blood also it eliminates digestive troubles resulting from overeating.^{8,10}
- **LYCOPODIUM:** regulates the fat metabolism in liver. Lycopodium is prescribed when there is flatulence, patient prefers hot food and drinks, and desires sweets.^{8,9}
- **NUX VOMICA:** is given in those patients who have an excessive craving for alcoholic drinks and fatty food. Mentally, such patients are very irritable and angry. They are also chronic sufferers of obstinate constipation.^{8,9}
- **STROPHANTHUS HISPIDUS:** is an excellent medicine for reducing the extreme effects of high cholesterol levels in blood, and can be used in old age to tone up the weak heart muscles. The heart affections due to tobacco smoking and high cholesterol levels. The other symptoms are excessive palpitations, cardiac pain and breathlessness.^{8,9}
- **URANIUM NITRICUM** treats high cholesterol with diabetes. There is great emaciation, debility and tendency to ascites and general dropsy. It is also effective for degeneration of the liver and high blood pressure.⁹

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