

## Review Article

### Atherosclerosis and Homoeopathic Management

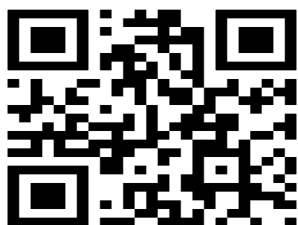
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#### ABSTRACT

Atherosclerosis is a pattern of the disease in which wall of the artery develops abnormalities called lesion. These lesions may lead to narrowing due to the atheromatous plaque. The exact cause is unknown but there are various risk factors includes abnormal cholesterol level, high blood pressure, diabetes etc. Diagnosis is based upon a physical exam, electrocardiogram, and exercise stress test, among others.

**Keywords:** Atherosclerosis, Homoeopathy, treatment



#### QR Code for Mobile Users

(Received 21<sup>nd</sup> July 2021; Accepted 31<sup>st</sup> July 2021; Published 11<sup>th</sup> August 2021) ISSN: 2347-8136 ©2021 JMPI

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**Conflict of Interest:** None Declared!

## INTRODUCTION

Atherosclerosis, arteriosclerosis and arteriolosclerosis are the same meaning terms. Arteriosclerosis is general term describing any hardening (loss of elasticity) of medium or large arteries. While arteriolosclerosis is any hardening (and loss of elasticity) of arterioles (small arteries); Atherosclerosis is a hardening of artery specifically due to atheromatous plaque. The plaque is made up of fat, cholesterol, calcium, and other substance found in blood. The narrowing of arteries limit the flow of oxygen rich blood to parts of the body.

Atherosclerosis generally starts when a person is young and worsen with age. Almost all people are affected to some degree by the age of 65. it is the number one cause of the death and disability in developed world. Though it was first described in 1575, there is evidence that the condition occurred in people more than 5000 years ago.

#### Causes

Arteries are blood vessels that carry blood from heart throughout body. They are lined by a thin layer of cells called the

endothelium. It keeps the inside of arteries in shape and smooth, which keeps blood flowing.

Atherosclerosis begins with damage to endothelium. Common causes include

- High cholesterol
- High blood pressure
- Inflammation, like from arthritis or lupus
- Smoking
- Alcohol

The damage causes plaque to build up along the walls of arteries.

When the bad cholesterol, or LDL, crosses a damaged endothelium, it enters the wall of artery. White blood cells stream into digest the LD. Over the years, cholesterol and cells become plaque in the wall of artery

#### Signs and symptoms

- Arrhythmia, an unusual heartbeat
  - Pain or pressure in your upper body, including your chest, arms, neck, or jaw. This is known as angina.
  - Shortness of breath
- Symptoms related to the arteries that deliver blood to brain include
- Numbness or weakness in arms

- A hard time speaking or understanding someone who's talking
- Drooping facial muscles
- Paralysis
- Severe headache
- Trouble seeing in one or both eyes

Symptoms related to the arteries of arms, legs and pelvis include

- Leg pain when walking
- Numbness

Symptoms related to arteries that deliver to blood to kidney

- High blood pressure
- Kidney failure

### Homeopathic management

Homeopathy is one of the most popular holistic systems of medicine. The selection of Homeopathic medicine for Arteriosclerosis is based upon the theory of individualization and symptoms similarity by using holistic approach. This is the only way through which a state of complete health can be regained by removing all the sign and symptoms from which the patient is suffering. The aim of Homeopathic medicine for Arteriosclerosis is not only to treat arteriosclerosis but to address its underlying cause and individual susceptibility. As far as therapeutic medication is concerned, several remedies are available to treat arteriosclerosis that can be selected on the basis of cause, sensations and modalities of the complaints. For individualized remedy selection and treatment, the patient should consult a qualified homeopathic doctor in person. There are following remedies which are helpful in the treatment of arteriosclerosis:

**Baryta Mur** – Hypertension and vascular degeneration; arteriosclerosis where high systolic pressure with a comparatively low diastolic tension is attended by cerebral and cardiac symptoms; large blood vessel and aorta is involved; in duration and narrowing of cardiac orifice with pain immediately after eating

**Arnica Montana** – Excellent remedy for cerebral arteriosclerosis; great tendency for haemorrhage; acts well in plethoric, feebly in debilitated people, relaxed bold vessel with black and blue spots; sore, lame and bruised feeling; thrombosis; limbs and body aches as

if beaten

**Aurum met** – Well known Homeopathic medicine for Arteriosclerosis; pulse rapid, feeble, irregular; hypertension; valvular lesions of arterio sclerotic nature; marked palpitation; sensation as if heart stopped beating for two or three seconds; immediately followed by sinking sensation in epigastrium; hypertrophy of the heart.

**Ergotin** – Acts well in the beginning of arteriosclerosis when only the cardiac irritation and the hard heart sound are present. Stiffening and degeneration of arterial walls, spasmodic contraction of the vessels with hardening

**Spigelia** – A remarkable remedy for the inflammation of the heart affecting both inner and outer lining of the heart, deficiency of the mitral valve in people who are alcoholic, pain in the heart, dizziness, noises in head, excessive nervousness, choking sensation in throat; patient is unable to sleep properly; sparks before the eyes is a guiding symptom of this remedy.

**Arsenic iod** – Remedy for arteriosclerosis; myocardial degeneration and senile heart; cardiac weakness; emaciation and general debility; best suited to anaemic people; rapid, irritable pulse; chronic aortitis.

**Strophanthus** – Arteriosclerosis; rigid arteries of aged; irritable heart of tobacco smokers; heart's action weak; rapid, irregular due to muscular debility; and insufficiency; cardiac pain; increasing the systole and diminishes the rapidity; acts well in cases of mitral regurgitation, where edema and dropsy supervened.

**Adrenaline** – High arterial blood pressure; roaring in the ear due to hypertension; its chief therapeutic use depends on its vaso constriction action.

**Aurum mur** – Arterio-sclerosis; high blood pressure due to disturbed function of nervous mechanism; hypertrophy of the heart; congestion in the chest and head; strong palpitation.

**Plumbum** Hypertension and arteriosclerosis. It seems to suit rather the pre- sclerotic states than those of actual sclerosis, which latter are naturally unattackable by any drug. It has a cramp like constriction of the peripheral arteries, a wiry pulse, and especially if the

symptoms be associated with a chronic nephritis it is all the more indicated. Patient feels the pulse in the fingers. Slight motion causes fainting. Dr. Donner, of Stuttgart, says, "I give Plumbum frequently in arteriosclerosis in the higher dilutions. I am no friend of high dilutions, but with this remedy I have seen wonderful results follow its use, especially in cases complicated with granular kidneys." He uses the 30th dilution. It suits the anaemic, pale, emaciated patients with extreme weakness which is the plumbum constitution. Aconite. High tension is reduced by this remedy.

**Natrum iodatum** – Is useful in high arterial pressure in the 1x, especially in the beginning, and later in the 3x and 4x when the pulse is softer, arteriosclerosis with angina pectoris, vertigo and dyspnoea. All the iodides are useful. Baryta iodide, Kali iodides and Strontium iodide produces arteriosclerotic changes. Arsenicum iodatum is very useful in senile hearts with aortitis, myocarditis and fatty degeneration. Amyl nitrite and Glonoine are palliative remedies in this affection.

**Crataegus** – This Homeopathic medicine for Arteriosclerosis is claimed to have a wonderful solvent power upon crustaceous and calcareous deposits in the lumen of the arteries, and will in arteriosclerotic subjects prolong life. Heart troubles after acute rheumatism.

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