

# A Case Report on Management of Hyperlipidemia with Homeopathic Remedies

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**Abstract-**Hyperlipidemia is the abnormality of lipid metabolism that ranks as the second most prevalent chronic illness condition and is one of the major risk factors for cardiovascular disease. Though conventional treatment uses statins as intervention, they are not free from adverse effects and are also expensive. In this case, a 50-year old male diagnosed with familial hyperlipidemia, was managed with homeopathic medicines, Calcarea carbonica and Saccharum lactis based on the physical, mental generals and modalities of the individual. The intervention along with lifestyle changes showed symptomatic relief along with lowering of the lipid values. The results from this present study may be further utilized to frame a larger sample clinical study to confirm the therapeutic efficacy of these homeopathic formulations.

**Keywords :** Hyperlipidemia, Homeopathy, Calcarea carbonica and Saccharum lactis

## Introduction

Hyperlipidemia is a disorder characterised by elevated lipid levels in the body. Based on a survey conducted by the Centres for Disease Control, Hyperlipidemia is the second most prevalent chronic illness condition and is considered to be one of the major risk factors for cardiovascular disease.[1] According to estimates, hyperlipidemia is responsible for 2.6 million fatalities (4.5 percent of all deaths) and a significant reason for the prevalence of illness in both developed and developing countries as well as a significant risk factor for ischemic heart disease and stroke.[1]

In an Indian study to assess the prevalence and age-specific changes in cardiovascular risk factors among adolescents and young Asian Indians, multiple cardiovascular risk factors were shown to be uncommon in teens, but by the ages of 30-39, these risk factors accelerated rapidly.[2]

The main modifiable risk factor for heart disease, high cholesterol, includes both an environmental and a hereditary component. [2] Reducing the risk of developing ischemic heart disease or further cardiovascular or cerebrovascular illness is the major goal of therapy for people with hyperlipidemia. The most prevalent lipid-modulating medications used in conventional therapy are statins and fibrates but they are not free from many

negative effects such as hyperuricemia, diarrhoea, nausea, myositis, stomach irritation, flushing, dry skin, and altered liver function are among side effects of synthetic drug usage.[1]

Diet is frequently insufficient to decrease LDL levels in adults with uncontrolled high cholesterol (familial hypercholesterolemia), and lipid-lowering drugs are typically needed. Recently, some herbal medications have been promoted for their hypolipidemic effects. The general consensus is that natural goods have fewer adverse effects and are less harmful than manufactured ones. The development of novel medicines relies heavily on plants, which are also important sources of physiologically active compounds including antioxidants, hypoglycemics, and hypolipidemics. Homeopathic medications are made from minute amounts of natural materials such as minerals, plants, animals, and plants through a process known as potentization, which entails a series of sequential dilutions.[1]

Several research papers contribute the fact that following homeopathic therapy, there were noticeable and long-lasting improvements in disease severity and quality of life. [3] . Since Homeopathy is a personalized approach of holistic treatment the present case report is a preliminary effort to descriptively synthesize the step by step approach of evaluation and treatment of a case of Hyperlipidemia for a period of three months after which there was clinical improvements in symptoms of hyperlipidemia as also evidenced by the laboratory reports.

### Case History

A 50 year's old male patient was visited the Homeopathy clinic with complaints of sour eructation's after eating foods. The patient initially complained of sour eructations after food since 3 months. Eructations were frequent, start within few minutes after eating meal and lasts for about 1-2 hours after eating. The patient took lipid profile on his own instinct and brought to the clinic in the first visit. The cholesterol and triglycerides level were raised to 244 mg/dl and 186 mg/dl respectively. The patient had no specific medical or surgical history. He had a family history where his father suffered from hyperlipidemia and died of Myocardial Infarction. On General examination, his vitals are normal and systemic examination was normal. The patient is found to be highly obese with his lipid profile being elevated. Hence he was diagnosed with Hyperlipidemia. On examination, the patient had a pulse rate of 74/min, Blood pressure of 130/80 mmHg , BMI = 37 kg/m<sup>2</sup> (Obese Class II) with no symptoms of Pallor /Icterus / Cyanosis / Clubbing / Edema / Lymphadenopathy.No abnormalities were detected in systemic examination.The patient was treated with Homeopathic medicines and the prognosis has been documented in this case report.

**Table-1 .Homeopathic traits and attributes**

<b>Mental generals</b>	<b>Physical generals</b>	<b>Modalities- Aggravation</b>	<b>Modalities- Amelioration</b>
Fears loss of reason Anxious Forgetfulness Aversion to work Confused.	Takes cold at every change of season. Frequent sour eructations Sleep disturbed Craving for eggs, salt and sweets; aversion to meat. Palpitation	After eating Cold wind Night	Rest Restraining from work or exertion

**Table-2. Homeopathic interventions and follow up with prognosis**

S.No	Follow-up (Dates)	Intervention (Medicines)	Dosage	Symptoms
1.	18/03/2015	CALCAREA CARBONICA	30 - 3 dose	Eructations Palpitations Disturbed sleep
2	25/03/2015	CALCAREA CARBONICA	30 - 3 dose	Eructation's reduced Palpitations persist Disturbed sleep slightly reduced
3	15/04/2015	Saccharum lactis –	tds	Eructations reduced Palpitations reduced Peaceful sleep
4	29/04/2015	Saccharum lactis	tds	Eructations reduced Palpitations reduced Peaceful sleep
5	20/05/2015	CALCAREA CARBONICA	30 – 3dose	Eructations relieved Palpitations absent
6	03/06/2015	Saccharum lactis	30 – 3dose	Improvement in laboratory values

**Table-3. Laboratory investigations before and after treatment**

Lipid profile before treatment	Lipid profile taken after treatment
Cholesterol – 244 mg/dl	Cholesterol – 167 mg/dl
Triglycerides – 186 mg/dl	Triglycerides – 101 mg/dl
LDL – 158 mg/dl	LDL – 102 mg/dl
HDL – 49 mg/dl	HDL – 45 mg/dl
VLDL – 37 mg/dl	VLDL – 20 mg/dl

The prevalence of some atherosclerosis risk factors, such as high triglyceride concentration, elevated total cholesterol to high-density lipoprotein cholesterol ratio, type 2 diabetes mellitus (T2DM), and central or visceral obesity, is seen to be more common in South Asians than in other ethnic groups, despite the fact that conventional risk factors like smoking, hypertension, and hypercholesterolemia are not more common in South Asians than in other ethnic groups. [4] The present case had no history of smoking or alcohol but tends to have a genetic component as his father had hyperlipidemia and a history of Myocardial infarction. Despite the substantial socioeconomic burden of cardiovascular disease, FH continues to be severely underdiagnosed and

undertreated[5]. Patients with history of familial hyperlipidemia are frequently refractory to these conventional lipid-lowering therapies, to the recommended target goals [6].

Upon administration of homeopathic formulations *Calcarea carbonica* and *Saccharum lactis* with respective doses as shown in Table-2, interestingly, in this present case, the total cholesterol level, Triglycerides and LDL has reduced from 244mg/dl, 186 mg/dl and 158 mg/dl to 167 mg/dl, 10 mg/dl and 102mg/dl respectively (Table-3) along with the necessary lifestyle modifications for a period of three months. The present case is under follow up to check the treatment efficacy and the recurrence.

### Conclusion

The present case report generates the hypothesis that early diagnosis and intervention is crucial for the reversal of Hyperlipidemia. Also, further preclinical and large scale clinical studies are warranted to confirm the therapeutic efficacy of these homeopathic formulations for the management of Hyperlipidemia. Therefore it should be emphasized that homoeopathy along with lifestyle changes can offer comprehensive approach toward treatment of Hyperlipidemia.

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