Cloud Publications
International Journal of Advanced Ayurveda, Yoga, Unani, Siddha and Homeopathy
2022, Volume 11, Issue 1, pp. 696-700
ISSN: 2320–0251, Crossref: 10.23953/cloud.ijaayush.518

Research Article

Hyperlipidemia: Etiology and Possible Control Through Homoeopathic Remedies

Pravin Kumar Singh

MD (Hom), Assistant Prof., PG Dept. of Materia Medica RBTS Govt. Homoepathic Medical College and Hospital Muzaffarpur

Correspondence should be addressed to Pravin Kumar Singh, *drpravinsingh83@gmail.com*

Publication Date: 26 May 2022

DOI: https://doi.org/10.23953/cloud.ijaayush.518

Abstract Hyperlipidemia is a condition characterized by an elevation of any or all lipid profile and/or lipoproteins in the blood. Hyperlipidemia is the most important atherosclerotic risk factor. Review of population-based studies in India shows increasing mean total cholesterol levels. Recent studies have reported that high cholesterol is present in 25–30% of urban and 15–20% rural subjects. This prevalence is lower than high-income countries. The most common Hyperlipidemia in India are borderline high LDL cholesterol, low HDL cholesterol and high triglycerides. Studies have reported that over a 20-years period total cholesterol, LDL cholesterol and triglyceride levels have increased among urban populations. Homoeopathy can play vital role not only in prevention and promotion but also as treatment in pre-clinical condition of borderline high-risk lipid levels and clinical condition of Hyperlipidemia with the proper use of Repertory and Homoeopathic materia medica.

Keywords *Lipoproteins; hyperlipidemia; hypercholesterolemia; Arteriosclerosis; Atherosclerosis; Cholesterol; Homoeopathy*

Introduction

Hyperlipidemia is a medical condition characterized by an elevation of any or all lipid profile and/or lipoproteins in the blood. It is also called hypercholesterolemia/hyperlipoproteinemia. Although elevated low-density lipoprotein cholesterol (LDL) is thought to be the best indicator of atherosclerosis risk, dyslipidemia (abnormal amount of lipids in the blood) can also describe elevated total cholesterol (TC) or triglycerides (TG), or low levels of high-density lipoprotein cholesterol (HDL). Human body is complex machine for maintaining the homeostasis of various organ and organ system. Any undesirable change will disturb the balance resulting in diseased state. Lipids are fats in the blood stream, commonly divided into cholesterol and triglycerides. Cholesterol circulates in the bloodstream and is involved in the structure and function of cells. Triglycerides (TG) are best viewed as energy that is either used immediately or stored in fat cells. TG is manufactured in the liver from the foods or by being absorbed from the intestine. Virchow in 19th century who identified cholesterol crystals in atherosclerotic lesion and stated that endothelial cell injury initiates atherogenesis (Virchow and Thrombose, 1856).

The endothelium normally influences the behaviour of arterial smooth muscle cells by providing a barrier to the passage of plasma proteins, and that the major effect of haemodynamic or other factors that injure endothelium is to reduce the effectiveness of the barrier. Arteries are normally smooth and unobstructed on the inside, but in case of increased lipid level, a sticky substance called plaque is formed inside the walls of arteries. This leads to reduced blood flow, leading to stiffening and narrowing of the arteries. It has been proved that elevated plasma levels of cholesterol and of LDL are responsible for atherosclerosis in man, and epidemiological data suggests that elevated plasma levels of HDL have a protective effect. This medical condition or problem is divided into two subtypes: primary hyperlipidemia and secondary hyperlipidemia.

Primary Hyperlipidemia

This usually take place as a result of genetic problems i.e., mutation within receptor protein, which may be due to single (monogenic) gene defect or multiple (polygenic) gene defect. This type may occur as a result of change in dietary and lack of proper physical activities.

Secondary Hyperlipidemia

This arises as a result of other underlining diseases like diabetes, myxoedema, nephritic syndrome, chronic alcoholism, with use of drugs like corticosteroids, oral contraceptives, Beta blockers.

Causes of Hyperlipidemia

The main cause of hyperlipidemia includes changes in lifestyle habits in which risk factor is mainly poor diet i.e. with a fat intake greater than 40 percent of total calories, saturated fat intake greater than 10 percent of total calories; and cholesterol intake greater than 300 milligrams per day or treatable medical conditions. The abnormal cholesterol levels are the result of an unhealthy lifestyle including taking high-fat diet and other lifestyle factors like being overweight, smoking heavy alcohol use and lack of exercise. Other factors include diabetes, kidney disease, pregnancy, and an underactive thyroid gland. Other illnesses that may elevate cholesterol levels include polycystic ovarian syndrome and kidney disease.

The higher levels of female hormones like estrogen, have been noted to increase or change cholesterol levels. In addition, drugs like diuretics, beta-blockers and medicines used to treat depression have also been reported to raise cholesterol levels. Another modifying factors in the development and progression of hyperlipidemia are age and gender. It has been shown that cholesterol levels rise as the person gets older. Heredity has also been a modifying factor for the progression of hyperlipidemia as it has been noted that the genes partly determine the amount of cholesterol body makes.

Laboratory Investigation

The first step in the laboratory investigation of hyperlipidemia is the measurement of total plasma cholesterol and triglyceride levels. plasma or serum can be used to measure the lipid profile.

Dietary Management

The objectives of dietary management are to decrease the intake of total fat, saturated fatty acids (i.e., saturated fat), and cholesterol progressively and to achieve a desirable body weight. This involves;

1. Reduced saturated fat intake to 7 percent of daily calories
2. Reduced total fat intake to 25 to 35 percent of daily calories
3. Limited dietary cholesterol to less than 200 mg per day
4. Eating 20 to 30 g a day of soluble fiber, which is found in oats, peas, beans, and certain fruits; and
5. Increased intake of plant stanols or sterols, substances found in nuts, vegetable oils, corn and rice, to 2 to 3 g daily. Other foods that can help control cholesterol include cold-water fish, such as mackerel, sardines, and salmon. These fish contain omega-3 fatty acids that may lower triglycerides. Soybeans and many meat substitutes contain a powerful antioxidant that can lower LDL.

Homoeopathic Remedies

Homoeopathy offers a complete treatment in life style disorders if we deal these types of cases with constitutional treatment along with organ remedies or drain remedies in the form of mother tincture can be utilized. They are also mentioned in homoeopathic Materia Medica, but their properties after potentization do not fully reflect the indications which they show in crude form. Some of the drugs are Rauvolfia serpentina, Terminalia chebula, Terminalia arjuna, Allium sativum etc. Other known homoeopathic medicines such as Plumbum metallicum, Baryta muriatica, Vanadium metallicum, Aurum metallicum, Calcarea Carbonica, Kali carbonicum, Arsenicum album, Lachesis mutans, iodium, lithium carbonicum, Adrenalinum, Glonoine, Cactus grandiflorus, Strontium carbonicum, and Strophanthus hispidus also play a positive role in management of hyperlipidimia. The following are the top homeopathic medicines for elevated cholesterol levels that I have found to be very effective.

ALLIUM SATIVUM Q-- Allium Sativum is an excellent remedy for controlling high cholesterol level in blood. The high blood pressure due to cholesterol deposits in the arteries can also be wonderfully treated with the help of Allium Sativum. The patients in whom high cholesterol is the result of excessive eating of meat can benefit by this Homeopathic remedy. The patients requiring Allium Sativum usually have an increased appetite, especially a craving for meat. They also suffer from acidity symptoms like burning in stomach and acrid belching.

BARYTA MURIATICUM -Baryta Muriaticum is the best Homeopathic medicine for elderly people who suffer from high cholesterol levels and where the arteries have become rigid with loss of normal elasticity. The systolic pressure is always on the higher side in these patients. Baryta Muriaticum is a very effective remedy where the cholesterol plaques have deposited in the arteries, leading to heart and brain affections. Heaviness and vertigo consequent to the reduced blood supply to brain can be tackled well with this Homeopathic medicine.

CARDUS MARIANUS Q- Cardus is an excellent remedy for lowering high level of cholesterol in blood. It corrects the fat metabolism in the liver.

CRATAEGUS OXYACANTHA Q- Crataegus Oxyacantha is an excellent heart tonic. Crataegus acts as a tonic for heart muscles that have become weakened due to reduced blood supply to heart as a result of deposits of cholesterol in the arteries. This Homeopathic medicine acts very efficiently in strengthening these weak muscles and regularising the heart's action. Crataegus Oxyacantha ranks as the top Homeopathic medicine for dissolving the cholesterol deposits in arteries. The patients requiring this medicine complain of difficulty in breathing after even the slightest exertion.

CHRYSANTHEMUM LEUCANTHEMUM Q—Chrysanthemum reduce cholesterol levels in blood also it eliminates digestive troubles resulting from overeating. Take 20 drops 2 times daily.

CHOLESTERINUM 3X—Cholesterinum is an effective remedy for high level of cholesterol in blood. It also stops the degeneration of arterial walls. It treats an enlarged liver and gallstone colic

CURCUMA LONGA Q- Curcuma longa is an excellent remedy for lowering cholesterol levels in blood. Curcumin, also known as turmeric root, an ancient spice in the ginger family, is gaining attention for its positive impact on a number of diseases, including cholesterol reduction. Scientific evidence has been building since the mid-1980s of curcumin's potential cholesterol-lowering capabilities.

FEL TAURI 3X-Fel tauri is an effective remedy in the treatment of high blood cholesterol. It treats a sluggish liver. It corrects fat metabolism and eliminates fat.

GARCINIA MORELLA 3X– Garcinia is an excellent remedy for controlling high cholesterol levels in blood. There is burning pain in the liver region.

STROPHANTHUS HISPIDUS Q--Strophanthus Hispidus is an excellent Homeopathic medicine for reducing the extreme effects of high cholesterol levels in blood. It is very efficient and safe remedy which can be used in old age to tone up the weak heart muscles. It also has the capacity to drain off the dropsical affections that have occurred from extreme effects on heart due to high cholesterol deposits. The heart affections that have resulted as a combined effect of tobacco smoking and high cholesterol levels also come under this Homeopathic medicine usage. The other symptoms that guide towards the use of Strophanthus Hispidus are excessive palpitations, cardiac pain and breathlessness.

Repertory

Homoeopathic Repertory is unique tool in which indexes the symptoms systematically for easily finding the remedy. in homeopathy finding out the similimum is a very difficult task because every case has huge symptomatology but our basic concept of prescribing depends on formulation of portrait of disease to draw a logical totality. It helps us to find out the rubrics in a very short time and comprehensible manner. In homoeopathic repertory, the term "arteriosclerosis," had been used which means thickening and loss of elasticity of the walls of arteries of all sizes.

Rubrics in different repertories with number of medicines indicated.

Name of the repertory	Chapter – rubric	Number of medicines listed
Boericke repertory	Circulatory system - Arteries - Atheroma of arteries	**35**
Boger Boenninghausen's characteristics and repertory	Circulation - Blood - vessels- distended, swelled - hard, sclerotic, thickened	**13**
Clarke clinical repertory	Arterio-sclerosis	**01**
Complete repertory	Generalities -Cholesterol increase	**11**
Complete repertory	Generalities -Arteriosclerosis	**100**
Murphy repertory	Clinical -Arteriosclerosis	**71**
Murphy repertory	Clinical -Atheroma	**45**
Synthesis version 9.1	Generals -Arteriosclerosis	**79**

Conclusion

There is possibility to control and treat the hyperlipidemia with the help of sound knowledge of materia medica and Repertory because homoeopathy believes in the patient not in a disease. our literature is full of information about this clinical condition and related information. In clinical practice most of the time we use to prefer constitutional remedy along with organ remedies to control hyperlipidemia and it most of the time works wonder. Only classical approach is not fit for this case. because of the paucity of symptoms and most of these cases required several remedies (layered prescribing) in single case.

References

[1] Amit G., Vandana S., Sidharth M. (2011). Hyperlipidemia: An Updated Review. Inter J of Biopharma & Toxicol Res; 1: 81-89.

[2] Ankur Rohilla, Nidhi Dagar, Seema Rohilla, Amarjeet Dahiya, Ashok Kushnoor (2012). Hyperlipidemia- a Deadly Pathological Condition. Inter J Curr Pharma Res; 4:15-18.

[3] Barbara G. Wells, Joseph T. DiPiro, Terry L. Schwinghammer, Cindy Hamilton (2005). Pharmacotherapy Handbook, 6thed. McGraw-Hill publications. 92-96.

[4] Baron RB. Lipid Abnormalities. In: Current Medical Diagnosis and Treatment (2005). 44th ed. The McGraw-Hill Company. 1202-13.

[5] Belichard P., Pruneau D., Zhiri A. (1993). Effect of a Long-Term Treatment with Lovastatin or Fenofibrate on Hepatic and Cardiac Ubiquinone levels in Cardiomyopathic Hamster. Biochim Biophys Acta Jul 21; 1169(1):98-102.

[6] Bennett D.R. (1995). Drug Evaluation Annual. Published by the American Medical Association: 34; 2455-500.

[7] Castilla-Guerra L., Fernández-Moreno Mdel C., Alvarez-Suero J. (2009). Secondary stroke prevention in the elderly: new evidence in hypertension and hyperlipidemia. Eur J Intern Med; 20: 586-90.

[8] Boericke W. Pocket Manual of Homoeopathic Materia Medica & Repertory. Reprint. 9th ed. New Delhi: B. Jain Publishers (Pvt.) Ltd.; 2002.

[9] Allen H.C. Allen's Keynotes Rearranged & Classified. Reprint. New Delhi: B. Jain Publishers (Pvt.) Ltd.; 2006.

[10] Kamath M.K. Evidence of effective treatment in homoeopathy for hyperlipidemia. Asian J Homoeopathy 2008; 2(1): 48-50.

[11] Clarke J.H., A Dictionary of Practical Materia Medica, 1st edition, Volume I, ii, iii.

[12] Dixit V.P. Role of Cholesterinum and clofibrate in correcting increased lipid levels. Indian J Pharm Sci 1986; 48:60-3.

[13] Nandi M., Raha D. Dose-dependent effect of Baryta carbonicum and Baryta muriaticum in homoeopathic trituration on experimentally induced high serum lipid concentration in chickens. Br Homeopath J., 1990.

[14] Central Council for Research in Homoeopathy. Lippoproteinamia. CCRH Quarterly Bulletin. 2005; 27:13-22.

[15] Schroyens F. Radar opus Homoeopathic repertory software.