**HYPERLIPIDEMIA AND HOMOEOPATHY**

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**ABSTRACT**-

Hypertriglyceridemia/Hyperlipidemia, a condition in which triglyceride levels are elevated, is a common disorder in the United States. It is often caused or exacerbated by uncontrolled diabetes mellitus, obesity, and sedentary habits, all of which are more prevalent in industrialized societies than in developing nations. Hyperlipidemia (ie, elevated plasma cholesterol or triglyceride levels or both) is present in all hyperlipoproteinemias. The primary form includes chylomicronemia, hypercholesterolemia, dysbetalipoproteinemia, hypertriglyceridemia, mixed hyperlipoprotein

emia, and combined hyperlipoproteinemia. Other diseases, such as diabetes mellitus, pancreatitis, renal disease, and hypothyroidism, cause the secondary manifestations. 1

**KEYWORD-** Hypertriglyceridemia, Hyperlipidemia, Homoeopathy

**INTRODUCTION**-

It is the disorder of metabolism of lipoprotein. These lipoprotein contains lipids (mainly triglycerides, cholesterol) surrounded by covering of phospholipid. Four main types of phospholipids are present in blood, namely chylomicrons, very low density lipoprotein, low density lipoprotein (LDL), high density lipoprotein (HDL).Dyslipidemia commonly characterized by increase plasma level of cholesterol and triglyceride accompanied by reduce level of HDL. Dyslipidemia is a chief risk factor for Cardiovascular diseases (CVDs) and the major cause of death worldwide.2

Dyslipidemia occurs when person has abnormal level of lipids in blood. Which may be Hyperdyslipidemia or Hypodyslipidimia Term “dyslipidemia’’ was introduced in 2006 which means derangements of one or more than one lipoproteins in blood such as triglycerides, low density lipoprotein (LDL) and Cholesterol. Here LDL levels were directly proportionate to risk factor of heart, whereas HDL levels were inversely proportionate to risk factors.3

**Epidemiology-** In the United States, more than 100 million, or roughly 53% of adults, have elevated LDL-C levels.7 Yet, fewer than 50% of patients with high LDL-C receive treatment to reduce their levels, and among those receiving treatment, fewer than 35% achieve adequate control.1,7 Further, approximately 31 million American adults have total cholesterol levels that exceed 240 mg/Dl , placing them at about twice the risk of ASCVD compared to those with total cholesterol levels that are at goal.4

**Causes and Risk Factors:** The Majority of patients with dyslipidemia have some combination of genetic predisposition and environmental contribution. There are many causative factor of dyslipidemia ranging from genetic disorder to life style disorders. The cause of dyslipidemia can be categories in primary or secondary. In primary dyslipidemia there are abnormal level of lipid caused by genetic inherited from one or both parents. It is also known as familial dyslipidemia. Secondary dyslipidemia is more common, occurs due to various factors including life style or certain medical condition such as alcohol abuse, liver diseases, cigarette smoking, uncontrolled diabetes, poor or high fat intake ,lack of exercise, hypothyroidism.3

**Sign and Symptoms:** Most of people having dyslipidemia are asymptomatic unless it is very severe. It is accidently diagnosed during a routine blood test or a test for other diseases. Severe form of dyslipidemia can cause coronary artery disease (CAD) and peripheral artery disease (PAD) and some other conditions. High LDL cholesterol level is associated with coronary artery diseases, which is blockage in the artery of the heart, and peripheral artery diseases, which is blockage in the artery of legs. So both CAD and PAD can causes serious health problem including heart attack and stroke.3

Some common symptom of these conditions are given below:

 **1.** Pain in legs when standing or walking.

 **2.** Drawing type of chest pain extending to neck and left arm.

 **3.** Tightness in the chest with difficulty in breathing.

 **4.** In digestion and pyrosis.

 **5.** Anxiety with palpitation in chest.

 **6.** Nausea and vomiting with cold sweating.

 **7.** Swelling of lower extremities & Fainting.3

**Management:** Lifestyle changes that can lower cholesterol include a healthy diet, weight loss, and exercise. Choose foods low in trans fats. Eat more fiber-rich foods, such as oatmeal, apples, bananas, pears, prunes, kidney beans, chickpeas, lentils, and lima beans. Have fish twice a week. Step up your exercise habits. Aim for about 30 minutes of moderate-intensity activity, like a brisk walk, most days of the week. You don't have to do it all at once. Even 10 to 15 minutes at a time can make a difference.6

***Non Medicinal Management***: Diet, exercise and lifestyle modification are central to management in all the cases.3

Dietary counseling –

1. Should reduce intake of saturated and trans-unsaturated fat.

2. Should reduce intake of cholesterol

3. Increase consumption of cardio protective food such as vegetables, fish, pulses, legums etc.

4. Increase food containing lipid lowering nutrients such as N-3 fatty acids, dietary fibres.

5. Responds of dietary management gradually appears within 3 to 4 weeks3

**HOMOEOPATHIC APPROACH**- Homoeopathic treatment focuses on the patient as a person as well as his pathological condition. Homoeopathic medicines for dyslipidemia are selected after a full analysis, evaluation and individualization of the case. Some of homoeopathic medicine having high therapeutic value for dyslipidemia are discussed here:

1. ***Allium Sativum: For Lowering High Cholesterol Level***

Allium Sativum is the natural medicine for high cholesterol levels. As this remedy is made from garlic, it is considered as the best natural medicine for cholesterol control as this helps in eliminating the excess cholesterol from the body by raising the vitality of the person. 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 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 burping or belching.5, 9, 11

1. ***Aurum Metallicum: For High Cholesterol with Rapid Pulse***

Aurum Metallicum is prepared from gold and is very beneficial for patients with high cholesterol levels. It is of great help in those cases of high cholesterol where the arteries have become hardened due to cholesterol deposits and where high blood pressure is present. The patients requiring Aurum Metallicum have a rapid and irregular pulse with violent palpitations. The patient may complain of pain behind the sternum, especially at night. The mental symptoms presented by the patient that hold a significance in selecting this are a [depressed feeling](http://www.drhomeo.com/depression/depression-and-its-homeopathic-treatment/), getting angry over the slightest contradiction and thoughts of committing suicide.10,12,5

1. ***Calcarea Carbonica: For Reducing High Cholesterol in Overweight People***

Calcarea Carbonica is the best natural remedy for reducing high cholesterol in fat or [overweight patients](http://www.drhomeo.com/obesity/natural-homeopathic-remedies-for-weight-loss/). An unusual and excessive craving for boiled eggs is present in these patients. Excessive sensitiveness to cold air and continuous perspiration on scalp are symptoms that are always considered in patients of high cholesterol for using Calcarea Carbonica. This medicine is also of great help for patients who complain of tightness or oppression in chest or a feeling of suffocation that is intensified on going upstairs. Excessive palpitations may also be complained of at night or after having meals.5,11

1. ***Nux Vomica: High Cholesterol in Patients Craving Alcohol, Fatty Food***

Nux Vomica is the one of the best medicines for High Cholesterol 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](http://www.drhomeo.com/constipation/constipation-and-homeopathic-treatment/).5, 9, 12

1. ***Crataegus Oxyacantha: For Heart Muscles***

Crataegus Oxyacantha is a natural medicine that 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 medicine acts very efficiently in strengthening these weak muscles and regularising the heart’s action. Crataegus Oxyacantha ranks as the top medicine for dissolving the cholesterol deposits in arteries. The patients requiring this medicine complain of difficulty in breathing after even the slightest exertion 12, 9, 5

1. ***Baryta Muriaticum: For High Cholesterol Levels in Elderly***

Baryta Muriaticum is the best natural 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 beneficial 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 medicine.11, 5

1. ***Strophanthus Hispidus: For Reducing Extreme Effects of High Cholesterol***

Strophanthus Hispidus is an excellent natural 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 medicine. The other symptoms that guide towards the use of Strophanthus Hispidus are excessive palpitations, cardiac pain and breathlessness.10, 5

1. ***Curcuma Longa:for reducing LDL***

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.10, 11, 6

1. ***Cholesterinum: high cholesterol with liver and gallbladder disease***

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, 10

**CONCLUSION**- So the Homoeopathic medicine plays an important role in reducing cholesterol level as selection of them depend upon the symptom similarity, and the condition of individuals, like High Cholesterol with Rapid Pulse,Reducing High Cholesterol in Overweight People, High Cholesterol in Patients Craving Alcohol, Fatty Food, High Cholesterol Levels in Elderly, high cholesterol with liver and gallbladder disease

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