

Clinical Research

Lipoproteinaemia

Abstract

Results obtained from the study confirm the efficacy of Homoeopathic medicines i.e. Lycopodium, Rhus tox., Sulphur, Cal. Carb., Lachesis, Pulsatilla, Bryonia alb., Nux vomica, Abroma aug., Gelsemium and Rauwolfia serp. in cases of lipoproteinaemia. It has also been observed that the medicines are not only effective in relieving their clinico-pathological findings but also in relieving their associated complaints and restoring the general health of patients. The study was conducted at Regional Research Institute (Homoeopathy), New Delhi, from April 1992 - March 2003, in which 322 cases were studied.

Introduction

Lipoproteinaemia are the disturbances of lipids transport resulting from abnormalities in synthesis or degradation of plasma lipoproteins.

- Types of lipoproteins:
 - Chylomicrons, which transport exogenous of dietary fat.
 - Very low density Lipoproteins (VLDL) that transports endogenous triglyceride.
 - Low Density lipoproteins (LDL), which transport cholesterol to peripheral cells.
 - High-density lipoprotein (HDL), which transport cholesterol from peripheral cells.
 - Chylomicrons and VLDL are triglyceride rich LDL, while HDL are cholesterol rich. The plasma lipid values permit accurate assessment of which lipo protein is raised. Determination of Plasma cholesterol and triglyceride concentration after 12-24 hours over night fast is usually sufficient

for clinical purposes.

- Selection of cases is done by pathological investigation under screening.
- Symptoms related to particular system (Project studied)

A symptomatic and undetected until a complication occurs such as myocardial infarction due to early arteriosclerosis or during screening of suspects such as family members, Xanthomas- eruptive severe hyper triglyceridaemia

- Associated complaints and concomitant (Complaints of complication only)

Aim of study:

To clinically evaluate the efficacy of Homoeopathic medicines in Lipoproteinaemia.

Parameters for assessment of results:

Cured :

when patient is asymptomatic and lipid profile touched normal level and there is no recurrence for three years.

Improvement :

- Marked :
when patient is asymptomatic and lipid profile touched normal level.
- Moderate:
Symptomatic relief with more than 50% reduction in increased lipid profile above normal level.
- Mild :
Partial symptomatic relief with less than 50% reduction in increased lipid profile above normal level

No improvement:

No change in lipid profile and symptoms.

Worse :

Aggravation of complaints and lipid profile.

Not reported :

Patient could not report after 1st visit.

Dropped out :

When no assessment could be made due to inadequate follow up, (patients were not cooperative).

Materials and Methods:

Cases were selected from O.P.D. from all age groups and both sexes. During history taking, cases were identified as per diagnostic criteria of Lipoproteinaemia from among the general out door patients and then subjected to Laboratory investigations essentially required to establish the diagnosis.

Inclusion criteria:

Selection of cases was done by pathological investigation under screening of patients (age group more than 30 years of age). Those cases having following findings were kept under study:-

1. Increased Cholesterol (more than 200 mg/100ml)
2. Increased T.G.L (more than 170 mg/100ml)
3. H.D.L. (less than 35 mg/100 ml)
4. L.D.L. (more than 150 mg/100 ml)
5. V.L.D.L (more than 50 mg/100 ml)

Exclusion criteria:

Cases not coming under the purview of Homoeopathic treatment/requiring hospitalization/surgical intervention.

Observation:-

1. Age incidence:

Range:	Minimum	13 years
	Maximum	70 years

Groups:

	T	M	F
10 years to under 15 years	1	0	1
15 years to under 20 years	0	0	0
20 years to under 25 years	2	1	1
25 years to under 30 years	9	6	3
30 years to under 35 years	16	11	5
35 years to under 40 years	45	18	27
40 years to under 45 years	63	29	34
45 years to under 50 years	53	21	32
50 years to under 55 years	51	19	32
55 years to under 60 years	37	14	23
60 years to under 65 years	21	9	12
65 years to under 70 years	24	7	17
2. Clinical type:	T	M	F
Primary	156	66	90
Secondary	166	69	97

3. Basis of diagnosis:

	T	M	F
Clinical histories/signs	0	0	0
Pathological findings	136	69	67
Both	186	66	120

4. Duration of complaints:

Range:	Minimum	2 days
	Maximum	31 years

Groups:

	T	M	F
Upto 30 days	210	76	134
1 month to less than 3 months	58	34	24
3 months to less than 6 months	20	9	11
6 months to less than 1 year	12	5	7
1 year to less than 2 years	9	5	4
2 years to less than 3 years	6	3	3
3 years to less than 5 years	2	1	1
5 years to less than 10 years	3	1	2
10 years and above	2	1	1

5. Predisposing factor:

	T	M	F
● Diabetes mellitus	78	39	39
● Hypothyroidism	19	4	15
● Obstructive liver disease	5	1	4
● Antihypertensive drugs	88	33	53
● Dietary factors:			
● Caloric intake	9	3	6
● Contents of saturated fats and cholesterol	157	74	83
● Alcohol intake	59	59	0
● Cigarette smoking	38	35	3
● Genetic factors:			
● Family history of hyperlipidaemia or xanthomas	8	4	4
● History of pancreatitis or recurrent abdominal pain	38	10	28
● Hypertension	175	76	99

6. Clinico pathological findings:

a) Reports of investigation of Blood including lipid profile:

	T	M	F
● Total triglycerides more than 170 mg/100ml	246	110	136
● Total cholesterol more than 200 mg/100ml	249	106	143
● H.D.L. less than 35 mg/100 ml	20	7	13
● L.D.L. more than 150 mg/100 ml	64	26	38
● V.L.D.L more than 50 mg/100 ml	48	22	26
● ESR increased	98	23	75
● HB. decreased	11	2	9
● SGOT Increased	20	13	7
● SGPT increased	19	12	7
● Blood sugar high	61	30	31
● Serum amylase increased	3	1	2
● Uric acid increased	4	3	1
● S. A.P. increased	16	10	6
● Bilirubin increased	4	1	3

b) Urine examination (denoting presence of)

	T	M	F
● Protein	29	9	20
● Epithelial cells	16	0	16
● Bacteria	22	2	20
● Sugar	16	11	5
● Cal. oxalate	14	5	9
● W.B.C	16	2	14
● Phosphates	5	2	3
● Fungal infection	2	0	2
● Urates	1	0	1
● R.B.C	3	0	3
● Uric acid	4	1	3

7. Symptoms/signs of the cases found associated with Lipoproteinaemia:

	T	M	F
Constipation	12	5	7
Itching genital region	4	1	3
Indigestion	20	8	12
Pain in abdomen	25	13	12
Depression	17	8	9

	T	M	F
Hoarseness of voice	15	7	8
Involuntary urination while coughing	18	0	18
Pain neck region with stiffness	26	12	14
Pain elbow and knee joint	5	2	3
Cramps hands and legs	19	8	11
Dysmenorrhoea	28	0	28
Heaviness of breast	6	0	6
Malaise	13	6	7
Heartburn	15	6	9
Eructation	17	8	9
Loss of appetite	18	9	9
General weakness	41	21	20
Drowsiness feeling	9	3	6
Headache	26	12	14
Pain calf muscles	9	5	4
Falling of hair	17	10	7
Trembling of extremities	9	5	4
Burning palms and soles	18	8	10
Pain left knee joint	4	1	3
Pain in legs	11	3	8
Offended easily	13	6	7
Increased sweating	9	4	5
Menses profuse, dark red, offensive	4	0	4
Swelling over face	3	1	2
Swelling of feet	5	2	3
Pain heels	4	1	3
Sneezing	9	5	4
Lecorrhoea thick, yellow, offensive	6	0	6
Leucorrhoea-changeable	14	0	14
Weeping tendency	7	1	6
Numbness of hand	7	3	4
Numbness of forearm and fingers	9	3	6
Body ache	20	10	10
Hypertension	14	6	8
Polyurea	9	4	5
Backache	15	7	8
Backache during menses	17	0	17
Sleepless	6	2	4
Swelling whole body	5	2	3
Appetite increased	5	2	3
Heaviness of right abdomen	9	3	6

	T	M	F
Abdomen bloated	6	4	2
Stool unsatisfactory	8	3	5
Flatulence	27	20	7
Nausea feeling during cough	20	8	12
Stomatitis	8	3	5
Gingivitis	4	2	2
Hemorrhoids	11	4	7
Pain in knee joint	16	6	10
Pain in neck region	12	4	8
Palpitation	22	4	18
Dyspnoea	20	6	14
Obesity	7	3	4
Cough with sputum	11	6	5
Coryza	9	5	4
Blocking of nose	6	3	3
Anxiety	6	-	6
Pain left side of chest	3	2	1
Heaviness of head	7	3	4
Vertigo	21	10	11
Warts	3	2	1
Swelling of thyroid gland	4	1	3
Itching all over body	7	4	3
Burning micturition	5	2	3

8. DRUG THERAPY

Name of drug	Potency	frequency of Dose	No. of cases prescribed	No. of cases Found effective
Abroma augusta	30	qid, tds	16	15
Apis mel.	30	qid, tds	3	1
Arsenic alb	30	qid, tds	7	7
	IM	Two doses	2	1
Baryta mur.	30	qid, tds	11	4
	200	bds	1	1
Bryonia	30	qid, tds	11	9
	200	bds	8	6
	IM	Two doses	5	3
Cactus G.	Q	10 drops tds	7	5
	30	qid, tds	4	2
Causticum	30	qid, tds	1	1

Name of drug	Potency	frequency of Dose	No. of cases prescribed	No. of cases Found effective
Cassia sophera	200	bds	2	1
Cantharis	30	qid, tds	3	3
Cal.carb.	1M	Two doses	45	31
Gelsemium	30	qid, tds	18	16
Kalmia	30	qid, tds	10	9
	200	bds	2	2
Lachesis	200	Two doses	11	5
	IM	Two dose	2	2
Lycopodium	30	qid, tds	64	45
	200	Two dose	29	14
	IM	Two doses	65	54
Medorrhinum	IM	Two doses	3	2
Natrum mur.	IM	Two dose	15	11
Nux vom.	30	qid, tds	16	12
	200	Two dose	6	3
Phosphorus	30	qid, tds	2	2
Pulsatilla	30	qid, tds	38	29
	200	bds, two doses	3	3
Rhus tox.	30	qid, tds	18	13
	200	bds	5	4
	IM	Two doses	12	6
	0/1	bds	2	1
Rauwolfia serp. Q	10drops	tds	10	7
Sepia	IM	Two dose	2	1
Spigelia	30	qid, tds	2	2
	200	Two doses	2	2
Sulphur	200	Two doses	25	13
	IM	Two doses	8	6
Thyroidinum	IM	Two dose	2	1
Tuberculinum	IM	Two doses	4	3
Viscum alb	30	qid, tds	2	2

General Management:

Patients were advised to adopt the following for fast recovery:

- To take low calorie diet
- To avoid saturated fats
- To take less salt
- To take less sugar
- To do regular exercise
- To do regular walking for 45 minutes
- To avoid stress, tension
- Regular follow-up

9. Basis of Prescription

	No. of cases prescribed	No. of cases Found effective
● Causation	15	13
● Presenting Complaints	302	274
● Constitutional symptoms	5	3

10. Duration of treatment:

● 1 day to 30 days	62
● 1 month to 3 months	115

● 3 month to 6 months	83
● 6 month to 1 year	62

11. Response to treatment:

a) Improvement indices:

● Cured	Nil
● Improved	290
○ Marked	77
○ Moderate	113
○ Mild	100
● Not improved	3
● Not reported	29

b) Pathological findings:

	No. of cases Before treatment	No. of cases improved after treatment
● Total triglycerides more than 170 mg /100ml	246	100
● Total cholesterol more than 200 mg /100ml	249	137
● H.D.L. less than 35 mg/100 ml	20	8
● L.D.L. more than 150 mg/100 ml	64	30
● V.L.D.L more than 50 mg/100 ml	48	13
● ESR increased	98	29
● HB. decreased	11	3
● SGOT Increased	20	4
● SGPT increased	19	2
● Blood sugar high	61	30
● Serum amylase increased	3	0
● Uric acid increased	4	0
● Increased serum alkaline phosphate	16	7
● Increased Bilirubin	4	0

c) Relief in symptoms and signs associated with Lipoproteinaemia:

	No. of cases Prescribed	No. of cases Found effective
Constipation	27	20
Anxiety	37	12
Headache	56	41
Irritability	41	19
Contradiction averse to Sensitive	23	3
	34	9

	No. of cases Prescribed	No. of cases Found effective
Chest pain on exertion	42	30
Palpitation	98	63
Dyspnoea	98	61
Flatulence	107	70
Pain calf muscles	14	12
Itching whole body	2	2
Heaviness of abdomen	4	4
Diabetes Mellitus	41	20
General weakness	61	39
Cough	17	16
Post Nasal Dripping	4	2
Fatigue easily	9	8
Hypertension	162	103
Pain in joints	37	25
Pain in neck region	34	26
Anger easily	29	11
Frequent sore throat	9	6
Hemorrhoids	3	2
Swelling over both feet	3	2
Vertigo	9	6
Coryza	2	2
Heartburn	2	2
Flatulence	10	4
Anorexia	4	3
Pain in calf muscle with stiffness	4	4

Discussion

- A total no. Of 322 cases of Lipoproteinaemia were studied.
- Sex incidence: Predominance of Female patient has been observed (M-135, F-187).
- Age incidence: The incidence of lipoproteinaemia was high in the age group of 35-65 years.
- 156 cases were of the primary type while 166 cases were of the secondary type.
- Investigation Technique: All cases were investigated for complete lipid profile i.e. cholesterol, TGL, HDL, LDL, VLDL.
- Remedy selection: In most of the cases, remedy was selected on the basis of presenting complaints and repertorial totality.
- Homoeopathic medicine selected after proper evaluation of cases were found to be effective in improvement of Clinico pathological findings and associated complaints in 290 out of the 322 reporting cases of Lipoproteinaemia.
- Out of 293 cases, 77 cases (26%) have shown marked improvement, 113 cases (39%) moderate improvement, 100 cases (34%) mild improvement and 3 cases (01%) were having no improvement.

- Patients having low calorie diet and non saturated fats and doing regular walking supported improvement.
- Efficacious drugs: Drugs which were found efficacious in the treatment of lipoproteinaemia are as follows: Lycopodium, Rhus tox., Sulphur, Cal. Carb., Lachesis, Pulsatilla, Bryonia alb., Nux vomica, Abroma aug., Gelsemium and Rauwolfia serp.

Conclusion:

- Out of the 322 cases studied, 290 were found to be relieved. Results obtained from the study are highly encouraging and confirm the efficacy of Homoeopathic medicines i.e. Lycopodium, Rhus tox., Sulphur, Cal.

carb., Lachesis, Pulsatilla, Bryonia alb., Nux vomica, Abroma aug., Gelsemium and Rauwolfia serp. in cases of lipoproteinaemia. It has also been observed that the medicines selected after proper evaluation are not only effective in relieving their Clinico-pathological findings but also in relieving their associated complaints and restoring the general health of patients.

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