

- Hypercholesterolemia
- Urtica Dioica
- Homoeopathic Medicines indicated for Hypercholesterolaemia & Atherosclerosis

# HomeoBuzz

CONTINUING MEDICAL INFORMATION

Vol. 14, No. 08, November 2018, Total No. of Pages 16

Dear Readers,

As the wheel of life is set always in motion, small endeavors and investment on one's health will end up in majestic outcomes like after reaching a certain age we should keep check on the cholesterol number in the blood.

World Health Organization reports, globally one-third of Ischaemic heart disease is attributable to high cholesterol & is estimated to cause 2.6 million deaths (4.5% of total) and 29.7 million disability adjusted life years (DALYS).

Hypercholesterolaemia is a metabolic condition of increased circulating cholesterol in the blood. Excess cholesterol has a tendency to deposit into various tissues especially, the adipose tissue. However, circulating cholesterol may also deposit in the arterial walls as fatty streaks and initiate atherosclerosis and subsequently conditions like ischemic heart disease (IHD).

B. Jain's Pharmaceuticals pioneered to bring the herb Guatteria Gaumeri efficacy into use to millions of people suffering from hypercholesterolaemia. Guatteria Gaumeri is traditionally known Mexican herb for cholesterol control and treatment of gallbladder calculus. B. Jain's Guatteria Gaumeri beneficial effects have also been recorded in the Clinical Trial Study conducted in academic clinical setup and the study is published in International Journal of Advances in Medicines.

Although it is a lifestyle disorder, modifying lifestyle and eating habits, quit smoking and managing stress would definitely help to live a healthy life.

Dear Doctors,

Everybody believes that cholesterol is an evil thing and it has to be fought at every turn. But we are not aware of the other side of the coin. The truth is that we cannot live without cholesterol. Our body is made up of billions of cells and almost every cell produces cholesterol all the time during all of our lifetime.

Cholesterol is important to maintain the cell integrity. Without cholesterol and saturated fat, our cells will not be able to communicate with each other or to transport various molecules into and out of the cell. It provides cellular strength and rigidity and helps production of vitamin D and steroid hormone. The diet heart hypothesis has vilified however we are now aware of the gravity of this essential stuff.

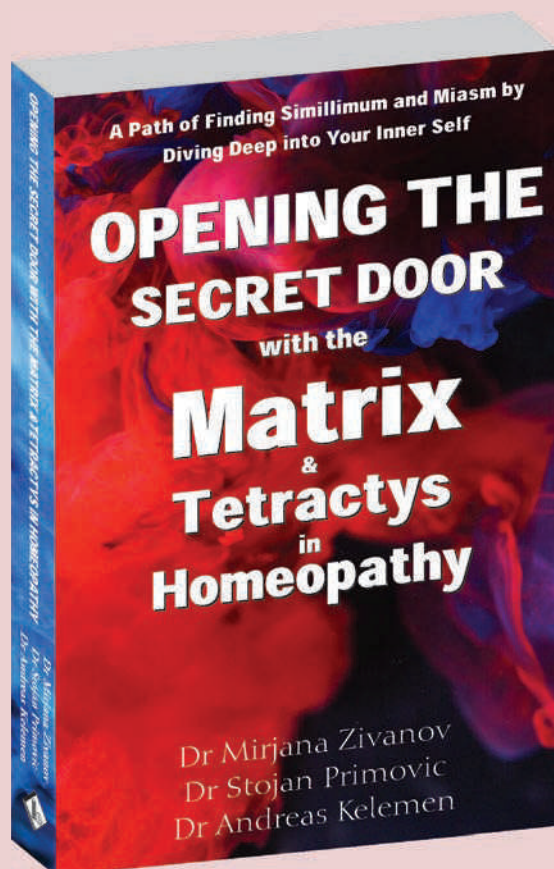
But now after knowing the beneficial aspect of cholesterol we should not forget that excess of anything is bad; same is the case with the cholesterol level in the body. So, after reaching a certain age we should keep check on the cholesterol number in the blood.

Controlling cholesterol is a lifelong challenge. Homeopathy holds the answer to control the cholesterol effectively. The aim is not only to maintain the cholesterol level but to find the underlying cause for it. As far as therapeutic is concerned medicine is selected on the constitutional basis and this helps to lower LDL cholesterol and triglycerides, raise HDL cholesterol, inhibit formation of plaque, lower the blood pressure, detoxify the body and also enhance immunity system.

So, in this issue we will discuss about the cholesterol, a friend and a foe...

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and Dr Andreas Kelemen



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## HYPERCHOLESTEROLEMIA

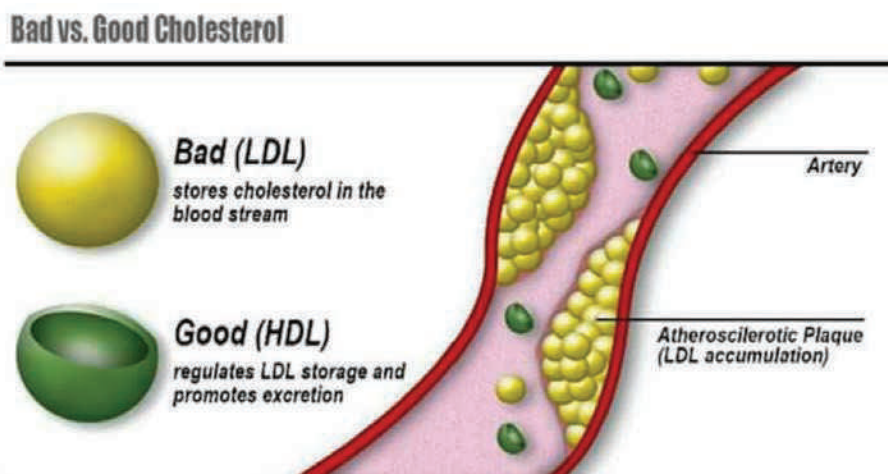
Cholesterol, from the Ancient Greek chole- (bile) and stereos (solid) followed by the chemical suffix -ol for an alcohol, is an organic molecule. It is a sterol (or modified steroid), a type of lipid molecule, and is biosynthesized by all animal cells, because it is an essential structural component of all animal cell membranes; essential to maintain both membrane structural integrity and fluidity. Cholesterol enables animal cells to dispense with a cell wall (to protect membrane integrity and cell viability), thereby allowing animal cells to change shape rapidly and animals to move (unlike bacteria and plant cells, which are restricted by their cell walls).<sup>1</sup>

In addition to its importance for animal cell structure, cholesterol also serves as a precursor for the biosynthesis of steroid hormones, bile acid, and vitamin D. Cholesterol is the principal sterol synthesized by all animals. In vertebrates, hepatic cells typically produce the greatest amounts.<sup>1</sup>

It is carried around the body through the blood by lipoproteins.

Two types of lipoprotein carry the parcels of cholesterol:

- low-density lipoprotein (LDL) - cholesterol carried by this type is known as 'bad' cholesterol
- high-density lipoprotein (HDL) - cholesterol carried by this type is known as 'good' cholesterol.<sup>2</sup>



Triglycerides.<sup>3</sup>

Triglycerides are the most common type of fat in the body; they store excess energy from diet. A high triglyceride level combined with low HDL cholesterol or high LDL cholesterol is linked with fatty buildups in artery walls. This increases the risk of heart attack and stroke.

## HYPERCHOLESTEROLEMIA

Cardiovascular disease is the leading cause of morbidity and mortality among Indians. It contributes to nearly 25 percent of the deaths in the working age group of 25–65 years in the country. A rise in the prevalence of cardiovascular disease has been attributed to changes in lifestyle and dietary practices in the country. The total serum cholesterol level is considered to be an important modifiable risk factor for cardiovascular disease. Studies from different parts of India show that the prevalence of hypercholesterolaemia is high

## HYPERCHOLESTEROLEMIA



among Indians.<sup>5</sup>

### Sign and Symptoms<sup>1</sup>

Hypercholesterolemia itself is asymptomatic, longstanding elevation of serum cholesterol can lead to atherosclerosis (hardening of arteries).

Over a period of decades, elevated serum cholesterol contributes to formation of atheromatous plaques in the arteries. This can lead to progressive narrowing of the involved arteries. Alternatively smaller plaques may rupture and cause a clot to form and obstruct blood flow. A sudden blockage of a coronary artery may result in a heart attack. A blockage of an artery supplying the brain can cause a stroke. If the development of the stenosis or occlusion is gradual, blood supply to the tissues and organs slowly diminishes until organ function becomes impaired. At this point tissue ischemia (restriction in blood supply) may manifest as specific symptoms.

For example, temporary ischemia of the brain (commonly referred to as a transient ischemic attack) may manifest as temporary loss of vision, dizziness and impairment of balance, difficulty speaking, weakness or numbness or tingling, usually on one side of the body. Insufficient blood supply to the heart may cause chest pain, and ischemia of the eye may manifest as transient visual loss in one eye. Insufficient blood supply to the legs may manifest as calf pain when walking, while in the intestines it may present as abdominal pain after eating a meal.

Some types of hypercholesterolemia lead to specific physical findings. For example, familial hypercholesterolemia (Type IIa hyperlipoproteinemia) may be associated with xanthelasma palpebrarum (yellowish patches underneath the skin around the eyelids), arcus senilis (white or gray discoloration of the peripheral cornea), and xanthomata (deposition of yellowish cholesterol-rich material) of the tendons, especially of the fingers. Type III hyperlipidemia may be associated with xanthomata of the palms, knees and elbows.

### Diagnosis:

#### 1. Lipid profile

i) Total cholesterol: Desirable normal serum level is 140-200 mg/dl, while levels of borderline high are considered between 200-240 mg/dl. An elevation of total serum



## HYPERCHOLESTEROLEMIA

cholesterol levels above 260 mg/dl in men and women between 30 and 50 years of age has three times higher risk of developing IHD as compared with people with total serum cholesterol levels within normal limits.

ii) Triglycerides: Normal serum level is below 160 mg/dl.

iii) Low-density lipoproteins (LDL) cholesterol: Normal optimal serum level is <130 mg/dl. LDL is richest in cholesterol and has the maximum association with athero-sclerosis.

iv) High-density lipoproteins (HDL) cholesterol: Normal desirable serum level is <60 mg/dl. HDL is protective ('good cholesterol') against atherosclerosis.

However, whether or not a lipid profile is considered safe or not also depends on whether a person is at risk of or has heart disease.

### Primary prevention:

Two complementary strategies can be used to prevent atherosclerosis in apparently healthy but at-risk individuals: population and targeted strategies.

The population strategy aims to modify the risk factors of the whole population through diet and lifestyle advice, on the basis that even a small reduction in smoking or average cholesterol, or modification of exercise and diet will produce worthwhile benefits. Some risk factors for atheroma, such as obesity and smoking, are also associated with a higher risk of other diseases and should be actively discouraged through public health measures. Legislation restricting smoking in public places is associated with reductions in rates of MI.

### Secondary prevention

Patients who already have evidence of atheromatous vascular disease are at high risk of future cardiovascular events and should be offered treatments and measures to improve their outlook. The energetic correction of modifiable risk factors, particularly smoking, hypertension and hypercholesterolaemia, is particularly important because the absolute risk of further vascular events is high. BP should be treated to a target of 140/85 mmHg or lower

Many clinical events offer an unrivalled opportunity to introduce effective secondary preventive measures; patients who have just survived an MI or undergone bypass surgery are usually keen to help themselves and may be particularly receptive to lifestyle advice, such as dietary modification and smoking cessation.

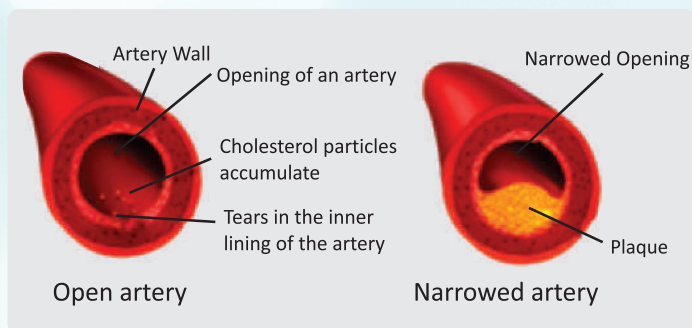
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# Fight CHOLESTEROL

the Homoeopathic way...

## GUATTERIA GAUMERI



### Indication:

Hypercholesterolemia

### Composition:

Guatteria Gaumeri Ø  
Alcohol content 65%v/v



**Dosage :** 10-15 drops in 1/4th cup of water three times daily or as prescribed by the physician.

**Pack size available: 30ml**

### Research on B.Jain's Guatteria Gaumeri

Clinical Trial Study in academic clinical setup in North India reveals that within 2 months LDL reduced by 16.34% & HDL increased by 14.09%, Guatteria gaumeri was observed to be efficacious in controlling hypercholesterolaemia, published in International Journal of Advances in Medicine.

For complete article refer:

<http://www.ijmedicine.com/index.php/ijam/article/view/551/591>

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# URTICA DIOICA



<b>Common Name</b>	: Great or Large Nettle
<b>Family</b>	: Urticaceae
<b>Part used</b>	: Whole plant
<b>Constituents</b>	: Acetylcholine; histamine; and 5-hydroxytryptamine

## Indications<sup>1</sup> :

- It is used for :
  - Catarrh
  - Leucorrhoea
  - Bronchial Haemorrhage, Blood-Spitting
  - Uterine Haemorrhage
  - Nephritis and Haematuria
  - Menorrhagia
- Young leaves when steamed make a laxative vegetable.
- Dried leaves powdered and inhaled relieve asthma and bronchial troubles.

**Prescribed dose<sup>1</sup> :** 3X and higher.

**Caution<sup>2</sup>:** Irritation, burning sensation of the skin, oedema and urine suppression by use of tincture.

## Research Corner

U.dioica has been reported to have various pharmacological activities like antibacterial, antioxidant, analgesic, anti-inflammatory, antiviral, immunomodulatory, hepatoprotective, anti-colitis and anticancer effects.<sup>3</sup>

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**Homeopathic Therapeutics for Hypercholesterolaemia & Atherosclerosis**

Homeopathy is the holistic system of medicine which deals with the patients on the basis of symptom-similarity, matching the symptoms of the patients with that of the proved medicine. Medicine is prescribed not only on physical symptoms but take into account mental symptoms and genetic blend of the patient too i.e. individualization of every case. Approach towards every chronic case in homeopathy is to find out the constitutional medicine for that case. Some important remedies are discussed below:

**1. Guatteria Gaumeri**

- Guatteria Gaumeri is traditionally known Mexican herb for cholesterol control and treatment of gallbladder calculus. B. Jain's Pharmaceuticals pioneered to bring the herb efficacy into use to millions of people suffering from hypercholesterolaemia.
- B. Jain's Guatteria Gaumeri is a product for hypercholesterolemia. Its beneficial effects have also been recorded in the Clinical Trial Study conducted in academic clinical setup. It reveals that within 2 months LDL reduced by 16.34% & HDL increased by 14.09%. Study is being published in International Journal of Advances in Medicine.

**2. Adonis vernalis**

Common Names: Pheasant's eye, False hellebore.

Habitat: Europe and Asia.

Part used: Whole plant.

- A heart medicine, after rheumatism or influenza, or Bright's disease, where the muscles of the heart are in stage of fatty degeneration, regulating the pulse and increasing the power of contractions of heart, with increased urinary secretions.<sup>1</sup>
- Regulates the pulse and increases the power of contractions of heart with more urinary secretions. Low vitality with weak heart and slow, weak pulse.<sup>2</sup>

**3. Cactus grandiflorus**

Synonyms: Cereus grandiflorus, Night-blooming Cereus.

Habitat: Mexico.

Part used: Flowering stem.

- Acts on circular muscular fibers, hence constrictions. Atheromatous arteries and weak heart.<sup>1</sup>
- Cactus is pulseless, panting and prostrated.<sup>1</sup>
- Haemorrhage, constrictions, periodicity, and spasmodic pains.<sup>1</sup>



## HOMOEOPATHIC APPROACH

### 4. *Crataegus oxyacantha*

Natural Order: Rosaceae.

Common Name: English hawthorne.

Part used: Berries.



- Acts on muscle of heart, and is a heart tonic.<sup>1</sup>
- This remedy is claimed to have a wonderful solvent power upon crustaceous and calcareous deposits in the lumen of the arteries, and will in arterio-sclerotic subjects prolong life. Heart troubles after acute rheumatism.<sup>4</sup>

### 5. *Strophanthus hispidus*

Natural Order: Apocynaceae.

Habitat: Senegambia and Guinea.

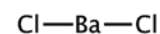
Part used : Ripe seeds.



- Arterio-sclerosis; rigid arteries of aged.<sup>1</sup>
- Especially useful in failing compensation dependent upon fatty heart.<sup>3</sup>
- Anaemia with palpitation and breathlessness. Anaemia with palpitation and breathlessness.<sup>3</sup>

### 6. *Baryta muriatica*

Common Name: Chloride of barium.



- Arterio-sclerosis [Aurum; Secale] where a high systolic pressure with a comparatively low diastolic tension is attended by cerebral and cardiac symptoms.<sup>1</sup>

### 7. *Plumbum metallicum*

Common Name: Lead.

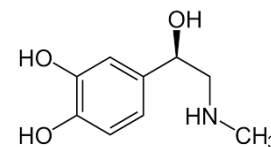


- This drug is useful in general sclerotic conditions. Hypertension due to atherosclerosis is marked. Constrictive and boring pains. Excessive colicky pains radiating to uterine region.<sup>5</sup>

### 8. *Adrenalinum*

Known : Adrenalin C<sub>9</sub>H<sub>13</sub>NO<sub>3</sub>

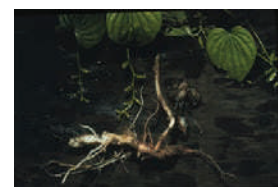
Mol. wt. 183.20



- Arteries, heart, supra-renal bodies and vaso-motor system are prominently affected.<sup>1</sup>
- Atherosclerosis in young people.<sup>6</sup>

### 9. *Dioscorea villosa*

Common Name: Wild yam.





Habitat: United States.

Part used: Rhizome.

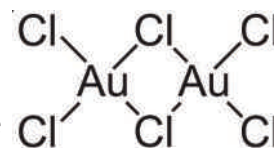
- Studies have shown that yams can induce decreases in blood pressure and increases in coronary blood flow.<sup>7</sup>
- The good therapeutic effect of *Dioscorea* saponins on patients with atherosclerosis combined with hypertension was confirmed in clinical practice.<sup>7</sup>

#### 10. **Aurum muriaticum natronatum**

Known: Sodium auric chloride  $\text{NaAuCl}_4 \cdot 2\text{H}_2\text{O}$

Mol. wt. 398.05

- Arteriosclerosis. High blood pressure due to disturbed functions of the nervous system.<sup>3</sup>



#### 11. **Allium sativum**

Common Name: Garlic.

Habitat: Sicily, and is cultivated in all parts of the world.

Part Used: The mature bulb.

- Has vaso-dilatory properties.<sup>1</sup>
- Adapted to fleshy subjects with dyspepsia and catarrhal affections. Patients who eat a great deal more, especially meat, than they drink.<sup>1</sup>



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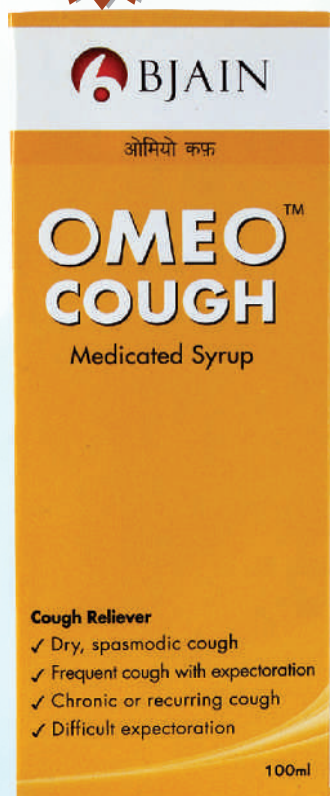
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