

The stenosed heart revived by homoeopathy

Abstract

In mitral valve disease, the mitral valve, which is located between your left heart chambers (left atrium and left ventricle), doesn't work properly.

Types of mitral valve disease include:

Mitral valve regurgitation: In this condition, the flaps (leaflets) of the mitral valve don't close tightly, causing blood to leak backward into the left atrium of your heart. If not treated, it can result in heart muscle damage. The most common cause of blood leakage is mitral valve prolapse, in which the leaflets bulge back into the left atrium as your heart contracts.

Mitral valve stenosis: In this condition, the flaps of the mitral valve become thick or stiff, and they may fuse together. This results in a narrowed valve opening and reduced blood flow from the left atrium to the left ventricle.

Homeopathy is one of the most popular holistic systems of medicine. The selection of remedy is based upon the theory of individualization and symptoms similarity by using holistic approach. This is the only way through which a state of complete health can be regained by removing all the sign and symptoms from which the patient is suffering. The aim of homeopathy is not only to treat mitral valve disease but to address its underlying cause and individual susceptibility. As far as therapeutic medication is concerned, several remedies are available to treat mitral valve disease that can be selected on the basis of cause, sensations and modalities of the complaints. For individualized remedy selection and treatment, the patient should consult a qualified homeopathic doctor in person.

Keywords: mitral valve regurgitation, mitral valve stenosis, individualization, susceptibility

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Introduction

A male patient, XYZ, 65YRS. old came to my clinic on 30/08/2015 complaining of breathlessness, heaviness of chest and chest pain. Dyspnoea <exertion, lying down >sitting erect. Constricting Pain in left side of chest radiating down the left hand with heaviness++. Feeling of suffocation. Palpitations++. K/C/O-HTN.

Chief complaint

Chest pain with heaviness, dyspnea on exertion.

Associated complaint

No associated complaint.

Past history

Angioplasty 4yrs ago.

Family history

No major illness in the family (Table 1) (Table 2).

Systemic examination

CVS: S1, S2 heard, Mid Diastolic murmur heard.

2-D Echo- Mild Mitral Regurgitation.

Trivial Aortic regurgitation.

Mild Concentric Ventricular Hypertrophy.

LVEF- 25%.

No Thrombus or Pericardial Effusion.

Dilated L.A.

Table 1 Personal history

Appetite	Normal
Thirst	Increased for large quantities of water
Cravings	Sweet ++
Aversions	Nothing Specific
Bowels	Hard stools with straining
Urine	Normal
Perspiration	Scanty , no staining, no odor
Thermals	Hot(wants fan++, < hot weather, >cold)
Sleep	Normal
Dreams	Nothing specific

Clinical diagnosis

Mitral & trivial aortic regurgitation.

Acute totality

- Constricting pain in left side of chest radiating down the left hand with heaviness++.

- ii. Dyspnoea <exertion, lying down > sitting erect.
- iii. Heaviness of chest <exertion, lying down.
- iv. Suffocation, Breathlessness.
- v. Palpitations.
- vi. Pulse intermittent.

Table 2 General examination

General examination	Vital data
Lean, thin, tall	Temperature- Afebrile
Dark complexion	Pulse- 60/min, intermittent
	B.P- 150/100 mm. Hg.
	R.R- 18/min.

Repertorial totality

- a) CHEST - PAIN – constricting.
- b) CHEST - PALPITATION of heart – exertion.
- c) CHEST - OPPRESSION - lying, while.
- d) GENERALS - PULSE – intermittent.
- e) CHEST-MURMURS-CARDIAC MURMURS.
- f) CHEST-MURMURS-CARDIAC MURMURS-VALVULAR-MITRAL VALVE (Figure 1).

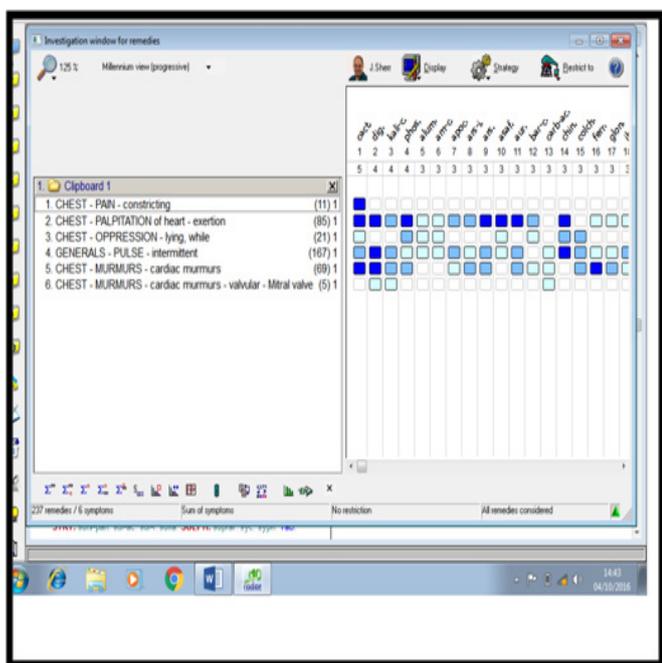


Figure 1 Repertorisation.

Probable remedies

Cactus Grandiflorus, Digitalis, Kalmia Latifolia

Indicated remedy

Digitalis.

Prescription

Digitalis 200, 3 pills T.D.S, x7days (Table 3) (Figure 2) (Figure 3).

Table 3 Follow up chart

Follow up	Symptoms	Remedy
7/9/2015	Slight Improvement. Pain and heaviness in chest slightly less. Breathlessness on exertion+, Palpitations+	Digitalis200 T.D.S for 15days.
26/09/2015	Better. Pain and heaviness much less. Breathlessness much better, palpitations much less	Digitalis200 T.D.S for 15days.
15/10/2015	Much better. Occasional pain, No heaviness, breathlessness only on over-exertion, no palpitations	Digitalis200 T.D.S for 1month
20/11/2015	Much better. No Pain, No heaviness, occasional breathlessness, no palpitations	Digitalis200 T.D.S for 1month
25/12/2015	Much better No Complaints	Digitalis200 T.D.S for 1month
30/01/2016	No complaints	Digitalis200 T.D.S for 1month
3/2/2016	Breathless+, Palpitations+	Digitalis200 T.D.S for 1month
5/3/2016	Better	Digitalis200 T.D.S for 1month
2/4/2016	Slight Breathlessness H/O- Overexertion.	Digitalis200 T.D.S for 1month
10/5/2016	Much better. No Breathlessness	Digitalis200 T.D.S for 1month
9/6/2016	No Complaints. Advised 2-D Echo on next follow up	Digitalis200 T.D.S for 1month
15-07-2016	2-D ECHO shows normal L.V size, and resolved mitral stenosis	S.L T.D.S for 1month
18-08-2016	No Complaints. Much Better	S.L T.D.S for 1month. The dose of Allopathic medicines has been reduced. Anti-Hypertension medicine has been reduced form 3 tablets per day to only ½ tablet at night as B.P is constantly normal. Tab. Ecosprin is going on only now.
6/12/2016	No Complaints. Medicnes have reduced. Patient is happy. Has done ECG. It is perfectly normal. No new changes in ECG.	Stop treatment. Follow up as and when needed.

