



EFFICACY OF HOMOEOPATHIC MEDICINE IN MANAGEMENT OF SPLENOMEGALY

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Abstract :-

Splenomegaly is Defined as a increase the dimension and volume of spleen . Its treatment is done by treating the cause of the disease .Most of the patients don't have any symptom but sometime enlarge spleen noticeable by pain in the Lt upper quadrant of abdomen. Homoeopathy has mentioned treatment for splenomegaly and has been used in clinical practice . A retrospective study from the OPD case of G.D.Memorial Homoeopathic Medical college & Hospital was carried out with an aim to know the efficacy of Homoeopathic medicine in Splenomegaly .

Out of 50 patients 30 subject(60%)has resolved completely without any relapse.

Whereas 15 subjects(30%) reduced but they were lost to follow up. In 5 subjects (10%) there was no change.

Keywords: –

Splenomegaly, Homoeopathic Medicine

Introduction:-

Splenomegaly is defined as a increase volume and dimension of spleen. The normal size of spleen length (12cm) and wt (70-200) gm but in case splenomegaly length more then 12cm and wt is more then 400gm . Most of the patients have no symptoms but when indication of pain in upper Lt quadrant it notice that body trying to defend itself more then usual. If the patients complain of pain after eating it indicate that the part of the stomach is pressure by enlarge spleen.

Objectives for study :-

Review to know the efficacy of homoeopathic medicine for treatment of splenomegaly.

Causation:-

1. Infective
Malaria, Kala-azar, CMV, AIDS, Viral Hepatitis, TB
2. Hyperplastic
Major, Sickle cell disease
3. Congestive :-
hepatic portal hypertension – cirrhosis, cholangitis.
hepatic portal hypertension- thrombosis, stenosis
4. Infiltration
Angiosarcoma, Hamartomas, Tumors, Cyst

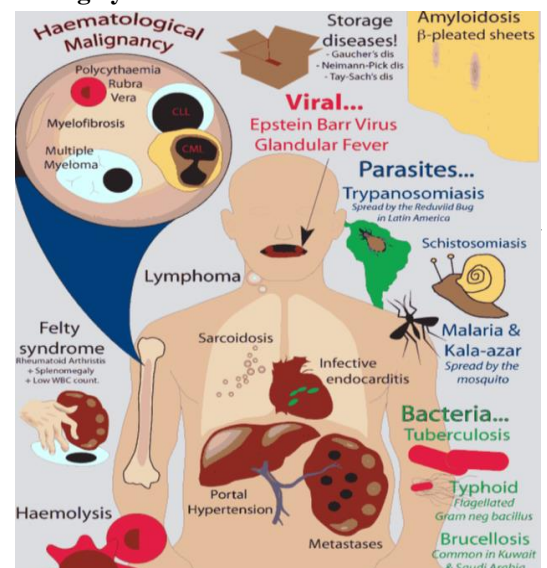


Figure 1 :-Causation of splenomegaly

Function of Spleen :-

1. Storage of blood.
2. Antibody synthesis.
3. Quality control of RBC.
4. Source of haemopoietic cells.
5. Removal of antibody coated bacteria.

THE SPLEEN:

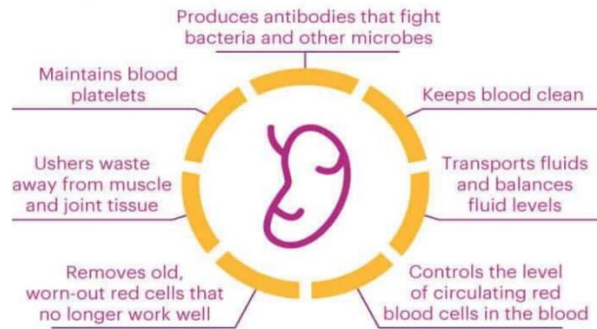
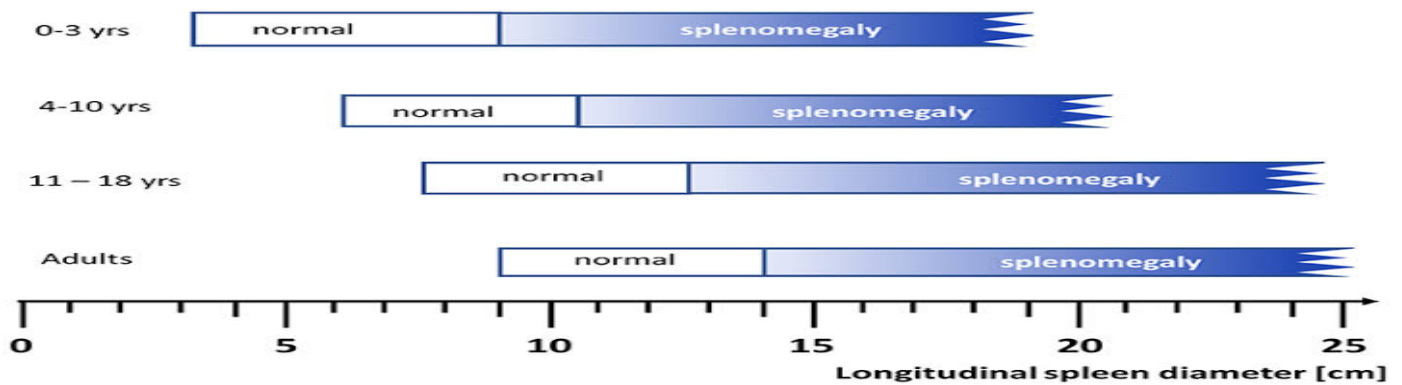


Figure 2 FUNCTION OF SPLEEN

Longitudinal spleen diameter in case of splenomegaly



Type :-

1. **Mild splenomegaly**
Just palpable (1-3) cm
2. **Moderate**
Situated between costal margin and umbilicus (4-8) cm
3. **Massive splenomegaly**
beyond the umbilicus (8cm<)

Hackett's Classification of Splenomegaly

STAGE	GRADE	FINDING
0		NOT PALPABLE
1	MILD	JUST PALPABLE BY BIMANUAL METHOD
2	MODERATE	MID -WAY BETWEEN COSTAL MARGIN AND UMBILICUS
3	MODERATE	UPTO UMBILICUS
4	SEVERE	BETWEEN UMBILICUS AND PUBIC SYMPHYSIS
5	SEVERE	UPTO PUBIC SYMPHYSIS

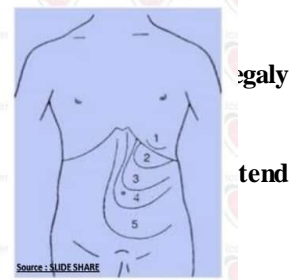


Figure 3:- CLASSIFICATION OF SPLENOMEGALY

Signs and Symptoms –

1. There is a sensation of fullness , pressure or weight in the left hypochondrium .
2. sometimes pain spread from abdomen to lt shoulder .
3. Symptoms of Jaundice & anaemia.
4. Sometimes vomiting with great prostration .
5. Wt loss.
6. Pain in splenic area when moving and takeing deep breath .

Figure 4 :-SYMPTOMS

Epidemiology :-

In united states there is an approximately 2% estimated prevalence of total population. Asia and Africa tropical splenomegaly is very common.

Diagnosis:-

- 1. Physical examination:-**
Pressing gently the lt side of upper abdomen near the cage.
If it can be felt ,the spleen may be enlarge.
- 2. Imaging test:-**
Ultrasonography.
computed tomography.
Magnetic resonance imaging .
- 3. Laboratory Investigation:-**
CBC.
Blood c/s.
serology.
LFT.
Reticulocytes count.

General Management :-

- 1. Protect the spleen from rupturing-**
Avoid hard work and playing football , cricket etc.
Careful avoidance of any type rough contact with a abdomen.
- 2. Reduce stress.**
- 3. Diet**

Food to eat

- a. Olive oil and cocconut oil.**
- b. Lean proteins like salmom and wild seafood.**
- c. vegetable like broccoli,cabbage,cauliflower etc.**
- d. Seeds and nuts - pumpkin,Flax,Hemp.**
- e. Herbs,Spices,Condiments- Ginger,Capsicum,garlic etc.**

Food to avoid

- a. Bad quality animal product.**
 - b. Refined vegetable oil – safflower,sunflower,soybean etc.**
 - c. Chemical containing processed food.**
 - d. Common allergens like dairy product , soy,shellfish.**
 - e. Sugary snacks.**
- 4. Regular exercise daily.**

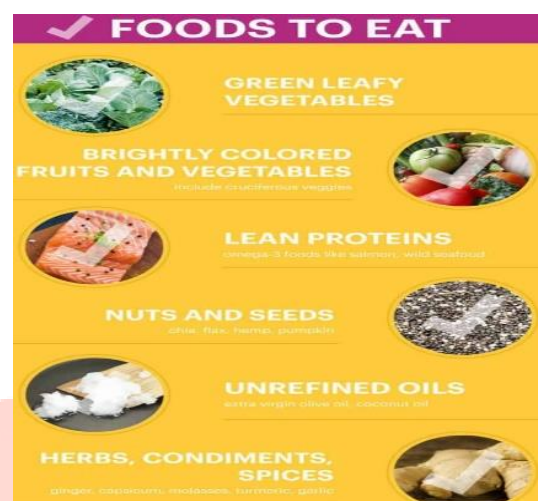


Figure 5:- FOODS TO EAT



Figure 6:- FOODS TO AVOID

Case Discussion :-

Most of patients of splenomegaly have painless but some patients complaining pain in lt hypochondrium , after 1-2 month of treatment pain become subside but complete spontaneous resolution rarely occurs.

Maintaining proper diet , exercise as a conservative treatment includes in modern literature most of the case of mild splenomegaly has resolute itself.

Some of the patients of moderate and massive splenomegaly experience sensitivity or a resistance to a systemic use of antibiotics or anti inflammatory drug. So by taking into account above limitation of conventional treatment , a systemic homoeopathic medicine were used for this condition.

RUBRIC RELATED TO REPERTORY BOOK**1)HOMOEOPATHIC MATERIA MEDICA & REPERTORY- WILLAM BOERICKE****Abdomen spleen**

Enlargement -- Agar., Agn., Aran., *Ars.*, *Ars. iod.*, *Aur. mur.*, *Bellis*, *Calc. ars.*, *Caps.*, *Card. m.*, *Ceanoth.*, *Ced.*, *Chionanth.*, *Chin. s.*, *Cinch.*, *Ferr. ac.*, *Ferr. ars.*, *Ferr. iod.*, *Grind.*, *Helianth.*, *Iod.*, *Mag. m.*, *Malar.*, *Merc. i. r.*, *Nat. m.*, *Persicaria*, *Phos. ac.*, *Phos.*, *Polym. Querc.*, *Succin.*, *Sul. ac.*, *Urt.*

2)REPERTORY OF THE HOMOEOPATHIC MATERIA MEDICA – J.T.KENT**Abdomen****ENLARGED, spleen**

Spleen: Agn., *anthr.*, *aran.*, *ars-i.*, *ars.*, *aur-m.*, *calc.*, *caps.*, *carb-v.*, **Cean.**, *chin-a.*, *chin-s.*, **Chin.**, *cit-v.*, *cocc.*, *con.*, *ferr-ar.*, *ferr-i.*, *ferr-m.*, *ferr-p.*, *ferr.*, *hippoz.*, *hydr.*, *ign.*, **Iod.**, *lach.*, *laur.*, *mag-m.*, *merc-i-r.*, *nat-m.*, *nit-ac.*, *nux-m.*, *nux-v.*, *op.*, *ph-ac.*, *phos.*, *plb.*, *ran-s.*, *ruta.*, *sul-ac.*, *sulph.*, *tab.*, *urt-u.*

3)REPERTORY OF HEARING GUIDING SYMPTOMS OF OUR MATERIA MEDICA B Y CLAVIN B. KNERR

(hypertrophy, swelling) (See Congested, Indurated.):- Agar., Agn., **Anthraci.**, **Ars.**, *Ars-i.*, *Berb.*, *Carb-v.*, **Cean.**, **CHIN.**, **Chin-s.**, **Cit-l.**, **Ferr.**, **Ferr-m.**, *Hippoz.*, *Hydr.*, **Ign.**, **Iod.**, *Kali-br.*, **Lach.**, *Laur.*, *Merc-i-r.*, **Nat-m.**, **Nux-m.**, *Nux-v.*, *Op.*, **Phos.**, *Plb.*, *Ruta*, **Sul-ac.**, **Sulph.**

Abdominal cavity, fills 1/4 of (after intermittent and quinine) :- **Ars-i.**

Ague, in a man subject to, constantly chilly, worse when it rained :- **Aran.**

Albuminuria, in :- **Aur-m.**

Asthma, in :- **Tab.**

Bulging out (tabes mesenterica) :- **Tub.**

Chronic :- **Plat.**

Chronic, with torpid action of bowels :- **Con.**

Chronic, in intermittent fever :- **Cean.**

Chronic, in, splenitis :- **Cean.**

Coughing, hurts when :- **Sul-ac.**

Crepitation, with, on motion of legs :- **Aran.**, **Ars.**, **Bry.**, **Calc.**, **CHIN.**, **Eucal.**, **Ferr-m.**, **IOD.**, **Kali-br.**, **Kali-i.**, **Merc-i-r.**, **Nat-m.**, **Nux-m.**, **Petr.**, **Puls.**, **Sul-ac.**, **Verat.**

Dropsy, with, intermittent, in :- **Ars.**, **CHIN-S.**

Fever, quotidian, in :- **Rhus-t.**

Fever, typhoid, in :- **Apis**, **Cocc.**, **Ph-ac.**

Fever, after yellow :- **Nit-ac.**

lium, to within crest of :- **Cean.**

Indurated (intermittent) :- **Agn.**

Indurated, in maltreated gonorrhœa :- **Brom.**

ntermittent, after checked, with quinine, worse in damp weather and exposure to damp walls :- **Aran.**

Intermittent, after, and abuse of quinine :- **Ran-s.**

Melancholia, with :- **Con.**

Old man, in an :- **Bry.**

Painful :- **Caps.**, **Ruta**, **Sul-ac.**

Painful, in dropsy :- **Lyc.**

Painful, in intermittent :- **Caps.**

Pain, pressive :- **Mez.** **Painful, feels swollen** (autumnal fever) :- **Absin.**

Quinine, after abuse of :- **Caps.** **Sore on pressure** (intermittent) :- **Ferr.** **Tuberculosis, in incipient** :- **Tub.**

4). Boger Boenninghausen characteristics & repertory

Hypochondriæ, sticking, spleen :

Ign.

HOMOEOPATHIC MEDICINE**NATRUM MURIATICUM**

1. This remedy produces stiches and pressure with congestion of the spleen
2. Its relived swollen spleens the result of malarial fever when the patients is anaemic .

DIADEMA ARANEA

1. The epigastrium is painful to pressure .
2. It reduced much enlarged spleens in those suffering from ague ,constantly chilly and worse by damp weather .

CINCHONA

1. This sprained and no desire for food and drink .remedy produces hyperaemia and congestion of the spleen which passes on to an actual enlargement of the organon .
2. The patients suffers from debility and the body feels sore as if

CEANOTHUS AMERICANUS

1. The remedy use where the spleen is enlarged and the pain in the splenic area .
2. The skin is sallow , the face is puffy and expressionless , and the bowels are constipated.
3. There is great pain in the lt side , so that the patient cannot lie upon that side .

ARSENICUM ALBUM

1. This remedy is indicated in case of hypertrophy of spleen dependent upon malaria .
2. The patient is emaciated and sudden sinking of the strength , prostration, clammy perspiration

POLYMNIA UVEDALIA

1. It is used for hypertrophy of spleen with acute splenitis .
2. There is tenderness over lt hypochondria with congestion and stasis of the organ .

ARNICA MONTANA

1. This always remembered in case due to traumatism .
2. There are the indication of unabsorbed blood clot in the spleen .

GRINDELIA SQUARROSA

1. There are cutting pain in the region of spleen that extend down to hips .
2. This remedy is serviceable in enlargement of spleen due to suffering from malaria and quinine cachexia

TARAXACUM

1. This remedy is indicated when there is pain in the region of spleen during an attack of malarial fever .
2. This remedy should be studied in all those cases of a bilious type where fever has assumed a slow type .

EUCALYPTUS GLOBULUS

1. The spleen is contracted and shows fatty degeneration .
2. The power of the digestive organ impaired, quinine cachexia, excessive secretion of saliva .

NITRIC ACID

1. This remedy use in case of enlarge spleen following yellow fever and chronic hepatitis due to malaria .
2. The pain slight but affect patient severely and so week that he must lie down most of the time .

SPIRITUS GLANDIUM QUERCUS

1. There is dropsy of legs and a history of alcoholism .
2. This remedy has been found use in both acute and chronic difficulties with hypertrophy of the organ.

DIFFERENTIAL DISCUSSION :-**Age:-**

1. Below 20 years – 5 patients (10%)
2. (20-30)years – 8 patients (16%)
3. (30-40)years – 7 patients (14%)
4. (40-50)years – 8 patients (16%)
5. (50-60)years - 10 patients (20%)
6. (60-70)years – 8 patients (16%)
7. Above 70 years – 4 patients (8%)

Sex :-

1. Male – 30 patients (60%)
2. Female – 20 patients (40%)

Stage :-

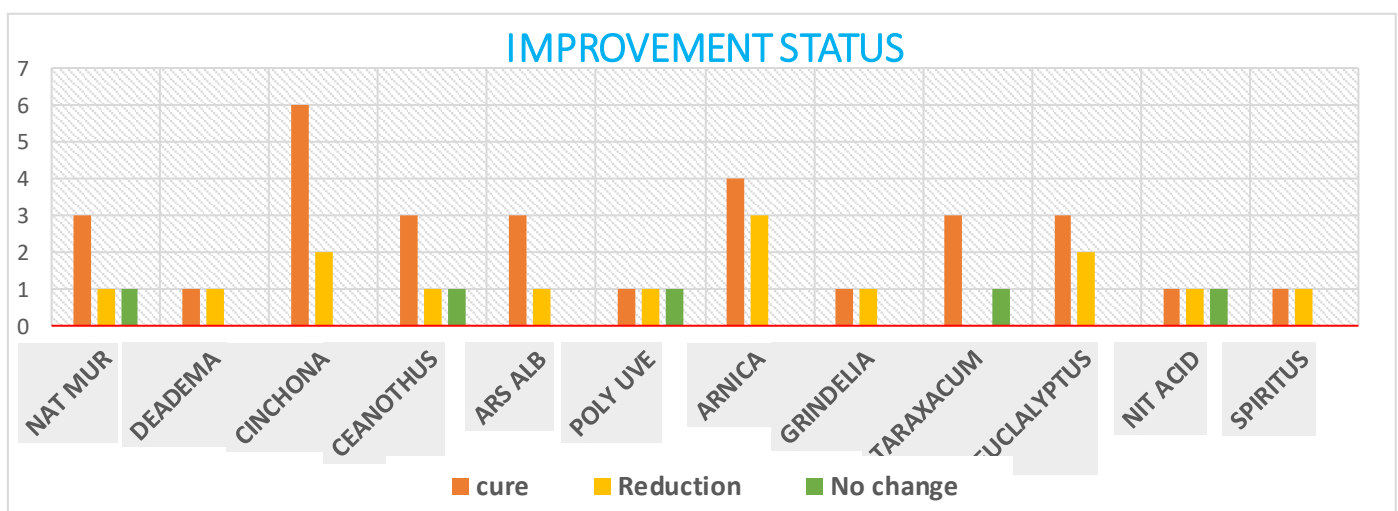
1. Mild :- 10 patients (20%)
2. Moderate :- 20 patients (40%)
3. Massive :- 20 patients (40%)

Associated Disease :-

1. Associated with other disease – 50 patients (100%)
2. Only splenomegaly – no patient.

IMPROVEMENT ASSESSMENT:-

MEDICINE PRESCRIBED	NO OF PATIENTS		IMPROVEMENT ASSESSMENT		
	n	%	cured	reduction	No-change
NATRUM MURIATICUM	5	10	3	1	1
DIADEMA ARANEA	2	4	1	1	
CINCHONA	8	16	6	2	
CEANOTHUS AMERICANUS	5	10	3	1	1
ARSENICUM ALBUM	4	8	3	1	
POLYMNIA UVEDALIA	3	6	1	1	1
ARNICA MONTANA	7	14	4	3	
GRINDELIA SQUARROSA	2	4	1	1	
TARAXACUM	4	8	3		1
EUCALYPTUS GLOBULUS	5	10	3	2	
NITRIC ACID	3	6	1	1	1
SPIRITUS GLANDIUM QUERCUS	2	4	1	1	

IMPROVEMENT STATUS :-

Result :-

Out of total 50 cases in 30 (60 %) Splenomegaly subside completely without any recurrence . whereas in 15 (30%) has subside but not gone completely . In 5(10%) cases of splenomegaly remained in a status Of no change , probably patient might not have taken the medicine regularly.

Probable mode of action in concerned , medicine might have removed the sign and symptoms and resulted in resolution of Splenomegaly without giving any recurrence . This has occurred as medicines were prescribed by consideration associated local and systemic complaints that may be a causative factor for splenomegaly .

This clinical study results are generalizable . Each patient was given an individualistic treatment as per the of sign, symptoms and causative factor , so it has resulted in complete resolution of Splenomegaly in majority of cases . Medicines were sweet and easy to administer so everyone took it regularly and showed a better compliance .

Conclusions: -

Systemic homoeopathic medicine was effective in controlling all type of splenomegaly without help of conventional medication . This clinical study has shown positive results however it is difficult to attribute these results solely to medical therapy as use of conservative treatment might have helped in resolution of splenomegaly. So further controlled clinical study must needed with patients undergoing as control arm for validation of these results.

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