

# A Holistic Approach of Impeding Non-Communicable Diseases with Homoeopathy

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**Abstract:-** Non-communicable diseases (NCDs) have transpired as a major global health issue, affecting millions and trillions of lives annually. Unlike communicable diseases, which are transmitted from person to person, NCDs are primarily caused by lifestyle factors and environmental exposures. In accordance with homoeopathy, addressing these diseases requires a multifaceted approach focusing on prevention, early detection, and effective management.

**Keywords:-** Noncommunicable Diseases, Homoeopathy, Organon of Medicine.

## I. INTRODUCTION

Noncommunicable diseases (NCDs) comes under the category of chronic diseases which tends to be of long duration and are the result of a combination of genetic, physiological, environmental and behavioral factors. The major types of NCD are cardiovascular diseases (such as heart attacks and stroke), cancers, chronic respiratory diseases (such as chronic obstructive pulmonary disease and asthma) and diabetes which are strongly influenced by lifestyle factors such as diet, physical activity, tobacco use, and alcohol consumption. These diseases have emerged as a significant health challenge globally, contributing to a substantial burden of morbidity and mortality [1].

## II. PREVALENCE

In recent decades, the global health landscape has undergone a significant transformation with the rise of non-communicable diseases (NCDs), posing a formidable challenge to public health systems worldwide. Unlike infectious diseases transmitted from person to person, NCDs are primarily driven by lifestyle factors and environmental influences, making them a pressing concern in the 21st century.

These diseases account for a staggering 70% of all deaths globally, with low- and middle-income countries disproportionately affected. The World Health Organization (WHO) estimates that nearly 41 million deaths annually are attributed to NCDs, highlighting their status as a leading cause of mortality worldwide. The burden of non-communicable diseases extends beyond individual health, straining healthcare systems and economies also [2]

## III. CAUSES AND RISK FACTORS

➤ *The causes of Non-Communicable Diseases are Multidimensional and are Influenced by Various Genetic, Behavioral, and Environmental Factors.*

- Tobacco use – No matter how long you've been a smoker, quitting improves your health.
- Long-term alcohol use – If you drink alcohol frequently, cut back or stop drinking altogether.
- Lack of physical activity – Stay active and don't spend too much time sedentary.
- Unhealthy diet – Cut back on processed foods and make sure you get plenty of fruits, vegetables, and whole grains.
- High blood pressure – If you can't manage your blood pressure through healthier lifestyle choices, talk to your doctor about medication.
- Obesity – Staying within a healthy weight range can have significant impacts on your overall health.
- Low blood sugar levels – Check your levels regularly, manage your diet, and take your medications to regulate your blood sugar.
- High fat content in your blood – Eating fatty foods and having a sedentary lifestyle contribute to obesity and additional fat in your bloodstream [3]

## IV. PSYCHO – SOMATIC ASPECT

The relationship between mental state and non-communicable diseases (NCDs) is increasingly recognized as significant in both the development and management of these conditions. Mental states and emotional well-being can profoundly impact these diseases in several ways:

- Stress and Psychosomatic Effects: Stress hormones like cortisol can influence blood pressure, blood sugar levels, and immune function.
- Lifestyle Behaviors - Mental states such as anxiety, depression, and chronic stress can lead to unhealthy behaviors such as poor diet choices, lack of exercise, smoking, and excessive alcohol consumption.
- Impact on Immune Function - Mental health disorders can weaken the immune system, making individuals more susceptible to infections
- Treatment Adherence - The mental state of an individual can significantly affect their adherence to treatment regimens for NCDs.
- Quality of Life and Coping Mechanisms - Chronic NCDs can significantly impact a person's quality of life, leading to feelings of anxiety, depression, or social isolation.

Conversely, these negative mental states can also exacerbate the physical symptoms of disease, creating a cycle of mutual influence [4]

Addressing mental states in the context of NCDs involves holistic healthcare approaches that consider both physical symptoms and psychological well-being.

## V. PREVENTION AND CONTROL

Prevention lies at the heart of combating non-communicable diseases. Not all diseases have obvious causes to avoid, but it can be worthwhile to take care of the factors within your control. Adopting healthy behaviors can significantly reduce the risk of developing these conditions. Key preventive measures include:

- Promoting healthy dietary habits
- Encouraging physical activity
- Tobacco control
- Limiting alcohol consumption
- Screening and early detection
- Public policies
- Healthcare interventions [5]

## VI. ROLE OF HOMOEOPATHY

Homeopathy, is based on the principle "likes cures likes," operates on the belief that a substance that causes symptoms in a healthy person can cure similar symptoms in a sick person when administered in highly diluted amounts. This holistic approach emphasizes individualized treatment, considering the physical, mental, and emotional aspects of a person's health. One of the key strengths of homeopathy in managing NCDs lies in its ability to address underlying susceptibility and promote overall wellness. Rather than focusing solely on symptomatic relief, homeopathic remedies aim to stimulate the body's own healing mechanisms [6]

## VII. THERAPEUTIC APPROACH

Homeopathy has various remedies that are used to treat non-communicable diseases (NCDs), each chosen based on the specific symptoms and characteristics of the individual patient. Here are some examples of homeopathic remedies commonly used for different NCDs:

### ➤ *Cardio-Vascular Diseases*

- *Crataegus oxyacantha* - Used for heart conditions like angina, hypertension with palpitations.
- *Digitalis purpurea* - Indicated for heart failure with irregular heartbeat and edema.

### ➤ *Diabetes*

- *Syzygium jambolanum* - Often prescribed for diabetes mellitus and related symptoms like excessive thirst and urination.
- Phosphoric acid - Used for diabetes with extreme weakness, mental debility, and thirst.

### ➤ *Chronic Respiratory Diseases*

- *Arsenicum album* - Helpful for conditions like asthma, especially when there is anxiety, restlessness, and aggravation at night.
- *Natrum sulphuricum* - Used for chronic bronchitis with a tendency for frequent chest infections.

### ➤ *Rheumatic Disorders*

- *Rhus toxicodendron* - Indicated for rheumatoid arthritis and joint stiffness.
- *Bryonia alba* - Used for acute inflammatory conditions, such as pain in joints aggravated by movement.

### ➤ *Digestive Disorders*

- *Nux vomica* - Commonly prescribed for digestive issues such as acidity, indigestion, and irritable bowel syndrome (IBS).
- *Lycopodium clavatum* - Used for liver and digestive problems with bloating, flatulence, and constipation.

### ➤ *Skin Conditions (E.G., Psoriasis, Eczema)*

- *Graphites* - Indicated for dry eczema with cracks and oozing discharge.
- *Sulphur* - Used for various skin conditions, particularly when symptoms worsen with heat.

### ➤ *Mental Health Conditions (E.G., Anxiety, Depression)*

- *Ignatia amara* - Helpful for emotional distress, grief, and mood swings.
- *Natrum mur* - Used for depression with withdrawal, grief, and suppressed emotions [7]

These remedies are selected based on the principle of individualization, where the unique symptoms and characteristics of the patient are matched to the most appropriate remedy. It's important to note that homeopathic treatment is highly personalized, and the choice of remedy can vary even for patients with the same diagnosed condition, depending on their specific symptom picture and overall health profile. Therefore, consulting a qualified homeopathic practitioner is essential for proper diagnosis and treatment planning.

## VIII. SUMMARY AND CONCLUSION

In conclusion, while homeopathy should not replace conventional medical treatments for NCDs, it offers a valuable adjunctive approach that focuses on holistic healing and individualized care. By addressing underlying susceptibility, promoting wellness, and supporting lifestyle changes, homeopathy can contribute significantly to the management and prevention of non-communicable diseases. As research and understanding of complementary therapies continue to evolve, integrating homeopathy into comprehensive healthcare strategies may offer broader benefits in improving global health outcomes.

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