



To Study the Efficacy of Cina Maritima in the Management of Worm Infestation

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ABSTRACT

Hygiene in India is at an all-time low these days, especially in the rural parts of the country. According to the survey, only 32% of rural households have their own toilets and less than half of Indian households have a toilet at home. Of the estimated one billion people in the world who defecate in the open, more than half live in India. Poor sanitation impairs health, leading to high rates of malnutrition and lost productivity. Much of India's malnutrition burden is due to the unsanitary environment in which children grow up. Children are affected more than adults because the rampant spread of disease limits children's ability to absorb nutrients, thereby stunting their growth. Worm infections are one of the diseases that are caused by such a poor state of hygiene and sanitation. It limits children's ability to absorb nutrients, stunting their growth and causing malnutrition and subsequently increasing child mortality. And in adults, it leads to loss of productivity due to many periods of absence from work due to repeated suffering from the worm. Although worm infections can be treated with modern drugs, eradication is difficult because the chances of recurrence after treatment are high and also the side effects of such treatments such as liver problems, abdominal pain, nausea, vomiting, diarrhea, headache, dizziness, increased intracranial pressure, meningeal symptoms, hair loss or thinning, and fever are common and affect the patient more adversely.

Clinically, in cases of worm infections where other methods of treatment have not worked well, homeopathic medicine has proven itself in such cases. Homeopathy is a science that is based on *similia similibus curentur*, that is, it likes the cure. It has its principles and logic, and its medicine also follows its rule. Each medicine has its own aspects, its own core and its own image. Homeopathic treatment is safer, more effective and without side effects. I appreciated *Cina maritima* more for managing worm infections. So the aim of my study was to study the effectiveness of *Cina Maritima* in the treatment of worm infections.

INTRODUCTION

Intestinal worms or parasitic worms are simple parasitic organisms causing infection in humans that live and multiply mainly in the intestines (intestines) and feed on the human body. Worm infestation affects nearly 2 billion people worldwide, with children being the most affected. According to World Health Organization (WHO) estimates, 870 million children live in high-prevalence areas. Africa, South Asia and South America are the most affected areas of the world. India alone contributes nearly 25% to the total global number of cases with 220.6 million children. Infestations rarely cause mortality, with diarrhea, abdominal pain, and low hemoglobin levels as an immediate consequence of infestation, but the long-term effects of these infections are far more ominous, as those infected show reduced cognitive abilities, intellectual capacity, and lower work productivity. The warm and humid climate of tropical and subtropical countries provides an ideal environment for the survival of parasite eggs or helminth larvae.

The prevalence and control of helminth infections is inextricably linked to water quality, sanitation, hygiene practices and socioeconomic status in affected areas.

Today, worm infestation affects almost everyone who lives in places where the growth of these worms is possible due to the lack of sanitary and hygienic facilities and poor socio-economic status.

The most common worm in Indian children is the nematode *Enterobius vermicularis*, sometimes called hookworm. Infection with other worms such as roundworms, hookworms and tapeworms is less common. Roundworms are small, white, filamentous worms 2 to 13 mm long. They are most common in children, with prevalence rates in this age group reported to be as high as 61% in India, but anyone of any age can be affected.

Finger-sucking has been shown to increase the frequency of both occurrence and recurrence, and nail biting is similarly associated. Because enterobiasis is spread from host to host by contamination, it is common in people living in close contact and tends to occur in everyone in the household. The prevalence of worms is not linked to gender or any particular social class, race or culture.

The homeopathic system has its own approach to dealing with this diseased condition of humanity. Of this, the *Similia Similibus Curentur* principle is the most important guide in homeopathic medicine treatment. To achieve this *similim* totality of symptoms is the most important thing. The word totality, in other words, refers to the constitution of a person.

As per the definition constitution means – the composition or functional habit of an individual determined by the genetic and physiological makeup of the individual and modified to a large extent by environmental factors.

The mastery of our Homeopathic Materia Medica is very extensive. Only by constant reading and study can one get an idea of the promise it already offers us in our struggle with sickness and suffering.

Of the various remedies prescribed by homeopaths for worm infestation, Cina is highly rated and frequently used in our clinical practice.

REVIEW OF LITERATURE:

The literature review was used to identify a relevant theoretical and conceptual Framework for defining the research problem, to lay the foundation for this study, and to determine any gaps or inconsistencies in the body of research.

Worm infestation

Parasite: A parasite is an organism that is entirely dependent on another organism, referred to as the host, for all or part of his life cycle and metabolic requirements, and usually by convention it is strictly restricted to infections caused by protozoa and helminthes and excludes virus, bacteria & fungi.

Common Symptoms

- Parasites are responsible for many ill health conditions including diarrhea, gastrointestinal upset, vaginal irritation, joint pain, nervous diseases, immune dysfunction and chronic fatigue. Long term, undetected infestation can cause many systemic problems.
- Signs of infection include less conclusive symptoms such as a runny nose, nighttime restlessness and blisters on the lower lip inside the mouth. Infected individuals may feel bloated, tired and hungry.
- They may have allergies, anemia, lethargy, fuzzy thinking, headaches and roller-coastering blood sugar levels.
- Restlessness, hair loss, diarrhoea, arthritis, mineral imbalances and nighttime teeth grinding. One or more symptoms may occur to a greater or lesser degree depending upon the individual.

Especially with heavier infections, intestinal parasites can also cause symptoms such as:

- Loose, foul-smelling stools
- Diarrhea
- Mucous in stools
- Abdominal cramps and gas
- Loss of appetite
- Distended abdomen
- Coughing
- Fever
- Vomiting
- Listlessness and generally feeling unwell

Signs and symptoms

- One third of individuals with pinworm infection are totally asymptomatic.
- The worm produces intense irritation and pruritus of the perianal and perineal area (pruritis ani), when it crawls out of the anus to lay eggs. This leads to scratching and excoriation of the skin around the anus. As the worm migrates out at night, it disturbs sleep. Nocturnal enuresis is sometimes seen. The worm crawling into the vulva and vagina causes irritation and a mucoid discharge. It may migrate up to the uterus, fallopian tubes and into the peritoneum. This may cause symptoms of chronic salpingitis, cervicitis, peritonitis, and recurrent urinary tract infections.

General symptoms

- Insomnia and restlessness.
- Loss of appetite, weight loss.
- Irritability & emotional instability.
- Nocturnal enuresis.

Pinworms cannot damage the skin, and they do not normally migrate through tissues. However, in women they may move onto the vulva and into the vagina, from there moving to the external orifice of the uterus, and onwards to the uterine cavity, fallopian tubes, ovaries, and peritoneal cavity. This can cause vulvovaginitis, i.e. an inflammation of the vulva and vagina. This causes vaginal discharge and pruritus vulvae, i.e., itchiness of the vulva. The pinworms can also enter the urethra, and presumably, they carry intestinal bacteria with them. According to Gutierrez (2000), a statistically significant correlation between pinworm infection and urinary tract infections has been shown.

Laboratory Diagnosis

Pinworm infestation can be suspected from the history of perianal pruritus. Diagnosis depends on the demonstration of the eggs or adult worms (NIH swab).

Demonstration of Eggs: Eggs are present in the feces only in a small proportion of patients and so feces examination is not useful in diagnosis.

Prophylaxis

- Maintenance of personal and community hygiene such as frequent hand washing, finger nail cleaning, and regular bathing.
- Frequent washing of night clothes and bed linen.
- Keeping the bedrooms clean and dust free.
- Treating the infected person and if confirmed then other family members should be examined and treated too.

Treatment

Albendazole (400 mg once) or mebendazole (100 mg once) can be used for single dose therapy.

Side effects

Even though infection can be treated with either Albendazole or Mebendazole, eradication is difficult as the chances of recurrences post treatment are high and also the side effects of such treatment like liver problems, abdominal pain, nausea, vomiting, diarrhea, headache, dizziness, increased intracranial pressure, meningeal signs, hair loss or thinning, and fever are common and affect the patient more adversely.

Homeopathic treatment by *Cina Maritima*.

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 worm infestations but to address its underlying cause and individual susceptibility. For the purpose of this research we shall study efficacy of *Cina* in the following study.

Cina Maritima (worm seed)

Cina produces a perfect picture of the wormy child. The patient is cross, irritable, has a sickly pale face with dark rings about the eyes. The child grinds its teeth during sleep. Constantly picks or bores at the nose with its finger. The sleep is restless and attended by crying out. It has a tendency to convulsions. There is canine hunger. There is jerking of the hands and feet and a milky urine. *Cina* is most powerful for the elimination of roundworms. *Cina* so far corrects abdominal organs and so far tones up the abdominal ganglia that the mucous membrane of the alimentary tract pour forth a normal secretion, and the worms, no longer having a proper food on which to subsist, die and are expelled.

Wants to be carried, but carrying gives no relief; does not want to be touched; cannot bear you to come hear it; averse to caresses; desires many things; but rejects everything offered. Children, suffering from worms; pitiful weeping when awake, starts and screams during sleep; grinding of teeth.

Mind: Ill-humor. Child cross; does not want to be touched, or crossed, or carried. Desires many things, but rejects everything.

Eyes: Dilated pupils; yellow vision. Strabismus from abdominal irritation.

Ears: Digging and scratching in ears.

Nose: Itching of nose all the time. Wants to rub it and pick at it. Bores at nose till it bleeds. According to Dr Kent the child rubs its nose with the hands or on the pillow or on the nurse's shoulder which is characteristic of *cina* child.

Face: Intense, circumscribed redness of cheeks. Pale, hot, with dark rings around eyes, a sure sign of worm according to Dr.Kent. Cold perspiration. White and bluish about the mouth. Grinds teeth during sleep. Choreic movements of face and hands.

Stomach: Gets hungry soon after a meal. Hungry, digging, gnawing sensation. Epigastric pain; worse, first waking in morning and before meals. Vomiting and diarrhoea immediately after eating or drinking. Vomiting with a clean tongue. Desires many and different things. Craving for sweets. Abdomen Twisting pain about navel (*Spig*). Bloating and hard abdomen.

Stool& rectum: White mucus, like small pieces of popped corn, preceded by pinching colic. Itching of anus (*Teuc*). Worms (*Sabad*; *Naphth*; *Nat phos*).

Urine: Turbid, white; turns milky on standing. Involuntary at night.

Sleep: Nocturnal convulsions. Sudden inward jerking of fingers of right hand. Child stretches out feet spasmodically. Left foot in constant spasmodic motion. Sleep Child gets on hands and knees in sleep; on abdomen. Night terrors of children; cries out, screams, wakes frightened. Screams and talks in sleep. Grits teeth.

Modalities: Worse, looking fixedly at an object, from worms, at night, in sun, in summer.

Phatak says, Cina patient has spasms; due to worms; unilateral. In spasms, children throw arms from side to side. Whole body is painfully sore to motion and touch; bruised soreness. Children are hungry and greater the hunger greater the emaciation. Sour smell of body especially in children. Cutting, pinching pain from worms.

Alternate canine hunger and no appetite at all in patients. Urine turns milky on standing.

Rubrics – Cina Maritima

MIND

MIND - ANGER - children; in (36) MIND - ANGER - refused; when things he wants are (5) MIND - ANGER - throwing things around (21) MIND - ANGER - touched; when (8) MIND - ANGER - worm complaints; in (2)

MIND - ANXIETY (691) MIND - ANXIETY - night (165) MIND - ANXIETY - night - children; in (29) MIND - ANXIETY - night - waking; on (26) MIND - ANXIETY - children - in (20)

MIND - BEHAVIOR PROBLEMS (28) MIND - BEHAVIOR PROBLEMS - children; in (27)

MIND - BITING (111) MIND - BITING - nails (= ...) (74) MIND - BITING - nails - children; in (24)

MIND - CAPRICIOUSNESS (153) MIND - CAPRICIOUSNESS - rejecting the things for which he has been longing; when offered, he is (19) MIND - CAPRICIOUSNESS - rejecting the things for which he has been longing; when offered, he is - children; in (8)

MIND - COMPANY - aversion to (297) MIND - COMPANY - aversion to - strangers, aversion to the presence of (32)

MIND - CAPRICIOUSNESS (153) MIND - CAPRICIOUSNESS - rejecting the things for which he has been longing; when offered, he is (19) MIND - CAPRICIOUSNESS - rejecting the things for which he has been longing; when offered, he is - children; in (8)

MIND - CONCENTRATION - difficult (432) MIND - CONFUSION of mind (573)

MIND - CONFUSION of mind (573) MIND - DISOBEDIENCE - children, in (38) MIND - DULLNESS (= ...) (512)

MIND - FEAR - night (87) MIND - FEAR - night - children; in (7)

MIND - IRRITABILITY (647) MIND - IRRITABILITY - children, in (50)

MIND - IRRITABILITY - worm affections; in (6)

MIND - LOQUACITY (220)

MIND - MISCHIEVOUS (43)

MIND - MOOD - changeable (= ...) (234)

MIND - OBSTINATE (158)

MIND - OBSTINATE - children (37)

MIND - RESERVED (135) MIND - RESTLESSNESS (700) MIND - RESTLESSNESS - children, in (69)

MIND - TALKING - sleep, in (123)

MIND - THROWING things around (35)

Conclusion

Basically, homeopathic treatment is based on solid, understandable principles, such as the dynamic concept of disease, the individualization of the patient, the law of similarity, the totality of symptoms, the use of potentized medicines - in a simple, single and similarity pattern.

In my study, I followed all these principles by considering the totality of symptoms with an emphasis on the emotional and mental states of the patients in order to individualize the patient and select the remedy. Patients were reassured, if necessary, and sufficiently instructed about the hygienic care to be followed.

In this work, the objective of proving the effectiveness of Cina Maritima in the treatment of worm infestation was achieved, as the results were found with good success rate. Considering the overall data, out of 30 cases, 25 recovered (83.33%) and 5 did not improve. (16.66%)

The objective to evaluate the response to the remedy in monitoring patients suffering from worms and treat patients with a holistic approach and provide the best possible results was clarified because in this study 30 patients in the age group of 0 years to 20 years were observed using Cina treatment for worm infestation. The age group of 11 to 15 years had the maximum representation.

Of the 30 cases studied, 17 were men and 13 were women. The calculated male to female percentage was found to be 57% male and 43% female.

Following an individualized and holistic approach, treating the patient suffering from a worm infestation (rather than treating the patient's worm infestation) provides the best results.

It can be seen that the characteristic mental state of the patient plays a crucial role in the decision about the remedy.

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