



## TO EVALUATE THE EFFECTS OF HOMOEOPATHIC MEDICINES IN MANAGEMENT OF ANOREXIA NERVOSA

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### **ABSTRACT:**

Anorexia Nervosa may be a life-threatening issue of the young people characterized by self-starvation. This clutter ordinarily starts in pre-adult period (15-19 yrs) and more predominant in female (1 to 100 females) and less in male (less than 15 percent). The passing rate in Anorexia Nervosa is roughly 10% and caused by electrolyte lopsidedness, cardiac arthumia and congestive cardiac failure.

Anorexia Nervosa is a youthful alteration issue characterized by self-starvation in spite of review due to off-base thought the bolstering has bit to avoid physical maturity.

A genuine clutter more often than not found in young people, particularly females, in which the person denies to eat, in spite of extraordinary skinniness. The individual recognition is that his or her body weight is fitting or excessive .....MUNN'S.

This mental issue comes shape the alteration issue (strife) of the pre-adult with their society. It starts in reaction to uneasiness over one's rising sexuality. Self-starvation smothers most of the physical changes of adolescence and could seem to supply a degree of Protection against it. There are as it were pre-occupied with their nourishment propensity and character of the nourishment. Misfortune of 25 percent of unique body weight is the normal criteria for a determination of 'Anorexia Nervosa'.

Mental illness is a one-sided malady in which the mental side effect is most unmistakable. It isn't a partitioned course of malady, as all maladies have, noticeable mental symptoms.

There are certain mental maladies (not very created) where it is troublesome to discover whether the truly emerge from a bodily love or from Mental variables e.g. blame of instruction, terrible hones, degenerate ethics, disregard of the intellect superstition or numbness. The Anorexia Nervosa is such sort of psychosomatic infections where the mental indications maybe offer assistance to create the mortal indications, there cases can exceptionally well be treated at domestic. The scope of pharmaceutical in exceptionally much restricted here. Evacuation of the keeping up cause with the assistance of assistant psychical measures as recommended by Hahnemann must be the essential protest of treatment of such cases. Rather in numerous cases the understanding may be cured by Sensible inviting appeals consolatory argument's genuine representations, sensible exhortation and duplicity in camouflage. Alongside this suitable slim down and regimen is to be strictly followed. But it, indeed after evacuation of the keeping up cause, the understanding in spite of the fact that diminished, isn't totally cured we are to think of a few profound situated miasmatic dyscrasis and we are to require the assistance of anti-miasmatic treatment.

**KEYWORDS:** Anorexia Nervosa, Homeopathy and Homeopathic Medicine.

### **INTRODUCTION:**

Anorexia nervosa could be a psychiatric determination that portrays an eating clutter characterized by moo body weight and body picture mutilation with an over-the-top fear of picking up weight. Anorexia nervosa was to begin with classified as a psychiatric (mental) clutter in 1980 and has since ended up a developing problem within the Joined together States. Anorexia nervosa could be a complex condition, including mental, neurobiological and sociological components.

The term anorexia is of Greek beginning: an (Privation or need of) and orexis (craving) in this way meaning a need of crave to eat. An individual who is analyzed with anorexia nervosa is most commonly alluded to with the descriptive frame anorexic. The thing shape, Anorexia is by and large not utilized within the setting and more often than not alludes to drugs that stifle appetite.

Anorexia nervosa is an eating clutter that happens basically among young ladies and ladies. It is characterized by a fear of picking up weight, self-starvation and a misshaped see of body picture. The condition is as a rule brought on by passionate clutters that lead an individual to stress unreasonably approximately the appearance of his or her body. There are by and large two sorts of anorexia, one is characterized by strict eating less and working out the other sort incorporates bingeing and cleansing. Bingeing is the act of eating strangely huge sums of nourishment in a brief period of time. Cleansing is the utilize of heaving or other strategies, such as diuretics, to purge the stomach. A person who endures from anorexia is called anorexia.

## REVIEW OF LITERATURE:

The lion's share of inquire about into the frequency and predominance of anorexia has been tired Western Industrialized Nations, so comes about are by and large not appropriate exterior these zones. Be that as it may later audits of considers on the study of disease transmission of anorexia have proposed a frequency of between 8 and 13 cases per 10,000 people per year and a normal predominance of 0.3% utilizing strict criteria for conclusion. These considers moreover affirm the see that the condition to a great extent influences youthful pre-adult females, with females between 15 and 19 a long time ancient making up 40% of all cases. Besides, the larger part of cases is improbable to be in contact with mental wellbeing administrations. As an entire approximately 10% of individuals with anorexia are male and around 90% of individuals with anorexia are female.

**Aetiology of Anorexia Nervosa:**

The exact cause of anorexia nervosa isn't known. Be that as it may, a combination of variables is accepted to contribute to the disorder.

**Social Impacts:** Indian society places tall esteem on slenderness among ladies. Numerous consider being lean a basic portion of excellence and youthful young ladies regularly think that they must be slim to be appealing. Being lean is additionally likened with social victory. Pictures of young ladies and ladies in mass media (magazines, tv and motion pictures) have been faulted, in portion, for fortifying such generalizations. A few young ladies gotten to be anorexic as a frame of copy-cat behavior. They copy the activities of other ladies whom they respect. Extraordinary counting calories may be one of these behaviors.

**Occupational Objectives:** A few occupations customarily anticipate ladies be slim. Artists, design models, gymnasts and on-screen characters are frequently anticipated to be exceptionally lean. A youthful young lady who points for these careers may choose to seek after an extraordinary weight-loss program.

**Genetic and Organic Variables:** Anorexia nervosa appears to run in a few families. Ladies whose moms or sisters have the disorder are more likely to create the condition than those who don't have relatives with anorexia nervosa.

**Psychological Variables:** One figure conceivably driving to anorexia nervosa is the way an individual looks at the world. Numerous speculations have been created to clarify how a people see of the world may lead to the clutter. Anorexia nervosa has been deciphered as:-

A fear of developing up. By getting to be anorexic a youthful young lady may be able to remain a child.

Reaction to sexual ambush or abuse.

A want to stay frail and inactive within the conviction that men will discover this attractive.

A drive to be idealize in each portion of life, whether it be school work or weight control.

Response to family problems.

**Pathogenesis of Anorexia Nervosa:**

**Neurobiological Variables** There are solid relationships between the neurotransmitter serotonin and different mental side effects such as disposition, rest, emesis (spewing), sexuality and craving. A audit of the scientific literature has recommended that anorexia is connected to a irritated serotonin framework, especially to tall levels at ranges within the brain with the 5HT receptor " a framework especially connected to uneasiness, temperament and motivation control. Starvation has been hypothesized to be a reaction to these impacts, because it is known to lower tryptophan and steroid hormone digestion system, which in turn, might decrease serotonin levels at these basic destinations and consequently, ward off uneasiness. In differentiate, ponders of the 5HT serotonin receptor (connected to control of nourishing, temperament and uneasiness), recommend that serotonin action is diminished at these locales. One trouble with this work, in any case, is that it is in some cases troublesome to partitioned cause and impact, in that these unsettling influences to brain neurochemistry may be as much the result of starvation, then ceaselessly existing characteristics that might incline somebody to create anorexia. There's prove, be that as it may, that both identity characteristics (such as uneasiness and compulsiveness) and unsettling influences to the serotonin framework are still clear after patients have recouped from anorexia, proposing that these unsettling influences are likely to be causal hazard components. Anorexia may be linked to an immune system reaction to melanocrotin peptides which impact craving and push responses.

**Clinical Highlights of Anorexia Nervosa:**

There are number of highlights, that in spite of the fact that not fundamentally demonstrative of anorexia nervosa have been found to be commonly (but not only) display in those with this eating clutter. Those are as follows :-

### *Psychological*

1. Distorted body image.
2. Perfectionism.
3. Poor insight.
4. Self-assessment to a great extent or indeed solely in terms of their shape and weight.
5. Obsessive compulsive clutter (OCD).
6. Pre-occupation or fanatical contemplations almost nourishment and weight.

7. Believe that control over nourishment / body is synonymous with being in control of one's life.
8. Refusal to acknowledge that one's weight is perilously low even when it may well be deadly.

### ***Emotional***

1. Clinical sadness or chronically low mood.
2. Low self-regard and self-efficacy.
3. Mood swings.
4. Intense fear around getting to be overweight.

### ***Interpersonal and Social:***

1. Withdrawal from past companionships and other peer relationships.
2. Deterioration in connections with the family.
3. Denial of fundamental needs, such as food.

### ***Behavioral :***

1. Fainting.
2. Secretive around eating or work out behavior.
3. Excessive work out, nourishment restriction.
4. Self-harm, substance misuse or suicide attempts.
5. Aggressive when constrained to eat forbidden foods.
6. Very sensitive to references around body weight.

### ***Physical :***

Extreme weight loss.

Body mass index less than 17.5 in grown-ups or 85% of anticipated weight in children.

Endocrine clutter, driving to cessation of periods in young ladies (amenorrhea).

Stunted growth.

Decreased charisma, weakness in males.

Starvation indications, such as decreased digestion system, moderate heart rate (bradycardia), hypotension, hypothermia and anemia.

Abnormalities of mineral and electrolyte levels within the body.

Growth of lanugos hair over the body.

Thinning of the hair.

Constantly feeling Cold.

Reduction in white blood cell count.

Zinc deficiency.

Reduced resistant framework function.

Pallid complexion and indented eyes.

Collection of liquid in lower legs the day and around eyes amid the night.

Cracking joints and bones.

Constipation.

Dry skin and lips.

Tooth decay.

Poor circulation, coming about in common assaults of "pins and needles" and purple extremities.

In cases of extraordinary weight misfortune, there can be nerve disintegration, driving to trouble in moving the feet.

Headaches.

Brittle fingernails.

Bruising easily.

Changes in brain structure and work are early signs of the condition. Broadening of the ventricles of the brain is thought to be related with starvation, and is in part turned around when ordinary weight is recaptured. Anorexia is additionally connected to decreased blood stream within the worldly flaps, in spite of the fact that since this finding does not connect with current weight, it is conceivable that it may be a hazard characteristic instead of an impact of starvation.

Diagnosis of Anorexia Nervosa :

The most commonly utilized criteria for determination anorexia are from the American Psychiatric Association's Diagnostic and Measurable Manual of Mental Disorders (DSM-IV-TR) and the World Health Organization's World Health Classification of Illnesses and Related Health Issues (ICD).

The full ICD-10 symptomatic criteria for anorexia nervosa can be found [here](#) and the DSM-IV-TR criteria can be found [here](#).

To be analyzed as having anorexia nervosa, agreeing to the DSM-IV-TR, a individual must display.

1. Refusal to preserve body weight at or over a negligibly typical weight for age and stature misfortune driving to upkeep of body weight less than 85% of that anticipated or failure to form anticipated weight pick up amid period of development, driving to body weight less than 85% of that expected).
2. Intense fear of picking up weight or getting to be obese.
3. Disturbance within the way in which one's body weight or shape is experienced, undue impact of body weight or shape on self assessment or dissent of the earnestness of the current moo body weight.
4. In ladies who have had their to begin with menstrual period but have not however gone through menopause (postmenarcheal, pre menopausal females), the nonappearance of at slightest three consecutive menstrual cycles (amenorrhea).
5. Or other eating related disorders.

Further more, the DSM-IV-TR indicates two subtypes :

Restricting Sort : Amid the current scene of anorexia nervosa, the individual has not routinely locked in in binge-eating or cleansing behavior (that's , self-induced heaving, over-exercise or the abuse of purgatives, diuretics or enemas).

Binge-Eating Sort or Cleansing Sort : Amid the current scene of anorexia nervosa, the individual has routinely locked in in binge-eating or cleansing behavior (that's , self-induced spewing, over-exercise or the abuse of purgative, diuretics or enemas).

The ICD-10 criteria are comparative, but in expansion, specifically.

1. The ways that people might actuate weight misfortune or keep up moo body weight (maintaining a strategic distance from stuffing nourishments, self-induced heaving, self-induced cleansing, over the top, work out, over the top utilize of craving suppressants or diuretics).
2. Certain physiological highlights, counting a widespread endocrine clutter including hypothalamic pituitary organ hub is show in ladies as amenorrhea and in men as misfortune of sexual intrigued and power. There may too be hoisted levels of development hormones, raised cortisol levels, changes within the peripheral metabolism of thyroid hormone and anomalies of affront secretion.
3. If onset on the off chance that some time recently adolescence, that improvement is postponed or arrested.

HOMOEOPATHIC Administration :

Anorexia Nervosa like that of all other persistent malady there's a centrifugal stream of malady from inside outwards, to begin with influencing the inward man (Intellect, feeling, judgment skills) as signified by alter in his mental mien, thought structure and feeling nature. This deliberate movement of side effects to begin with happen in patient's mental nature taken after afterward by other physical side effect. These are stages within the advancement of the complete blown illness picture. Viable treatment ought to subsequently, treat the patient's enthusiastic as well as physical indications. Hahnemann expressed in area 7 a Totality of side effects of this ostensibly reflected picture of the inner substance of the malady, that is of the affection of the crucial force, must be the central or the deal implies, whereby the malady the malady can make known what cure it requires. Hence in a world the totality of the indications must be the foremost undoubtedly the as it were thing the doctor should take note of in each of malady and to evacuate by cruel of his craftsmanship in arrange that it should be cured and changed into health.

Our calmness, self government is frequently disturbed by the activity of miasm upon the centers in brain. The mind works through the physical. When the physical is out of mine, the intellect is frequently irritated. This may take put straightforwardly within the brain itself or by implication from a unsettling influence, inaccessible from the brain as is seen in reflexes, known as reflex unsettling influences. Presently as the intellect to a incredible degree rules over the body, so we should pay awesome significance upon mental miasmatic side effects. This is the reason why Hahnemann gave incredible esteem as they were essential or fundamental and when a cure was carefully chosen, basing it upon the mental wonders, the cures were provoke and very of ten changeless.

## CONCLUSION:

So, the totality of indications (restorative totality) is the premise for homeopathic treatment of Anorexia Nervosa.

- i) Fundamental cause (MIASMATIC) identified from display condition, past history, family history, individual history.
- ii) Exciting or keeping up cause.
- iii) Mental common symptoms.
- iv) Physical common symptoms.
- v) Characteristic specific symptoms.
- vi) PQRS segment 153 i.e. striking, solitary, unprecedented and unconventional indication collected from Mental, physical specific indications which are unmistakable indications as showed by the patient.
- vii) Important physical findings.
- viii) Important research facility findings.

Here we are going talk about a few of the drugs which come into play for the treatment Anorexia Nervosa agreeing to the reference in Dr. Fredrik Schroyens's Blend repertory and Kent's repertory. The sedate which can cover totality of the indications of patients can be called as shown cure for the understanding in address since rightness of restorative approach in homeopathy lies within the treatment of Anorexia Nervosa understanding who has the disease.

## CONCLUSION:

Homoeopathy is mode of therapeutics gives a healing treatment to anorexia nervosa by shown pharmaceutical. It can remove miasmatic state capable for start and propagation of illness condition. So this ponder was performed to assess the adequacy Homeopathic pharmaceutical for anorexia nervosa and to investigate the fundamental miasm working behind this inveterate malady and which may be valuable in future administration and treatment of anorexia nervosa.

The consider of this proposal isn't a populace based twofold dazzle controlled trial 30 patients who were gone to the OPD. Among these 30 cases in ponder bunch. The medicine was based on taking after homeopathic guideline. The think about was made for five to six months. I was treated with homeopathic pharmaceutical with 50 millesimal expanding arrange of power. Twenty (20) patients were made strides and 5 cases were worsened and 5 cases were dropout among these 30 cases. It has been demonstrated that in homeopathy being a unmistakable individualization strategy of therapeutics and chosen sacred homeopathic medication base on totality symptoms is the as it were direct to treat the anorexia nervosa, persistent with palatable outcome.

From this think about it has been watched that anti-miasmatic homeopathic pharmaceutical are exceptionally much viable within the treatment and remedy of anorexia nervosa. It is additionally concluded that profound acting anti-miasmatic demonstrated solutions in 50 millesimal strength are profoundly successful. It needs assist affirmation on huge trial with conflict rule of the convention counting research facility parameter.

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