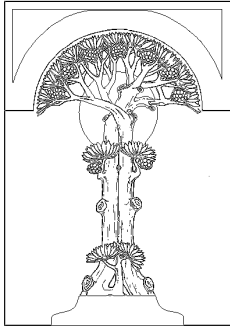


Centre for Integrative Medical Training
In Association with London Integrated Medical Health Education



Intermediate Course in Medical Homeopathy

A Blended Course in Homeopathic Medicine for Healthcare Professionals

Unit 39

Therapeutic Pointers for Week 7

Homeopathy vs Conventional Thinking in Cardiovascular Medicine



eg. Homeopathy in Hypertension

<https://facultyofhomeopathy.org/homeopathic-remedies-for-high-blood-pressure/>

A brief review of the main considerations for clinical practice, when treating cardiovascular conditions:

Gather both objective and contextual data.

Investigate as appropriate, bearing in mind that investigation itself is not entirely without risk.

There is rarely a debate around what constitutes good investigation - it is in the interpretation and the ways in which results inform treatment where opinions diverge.

Communicate

Communicate with your patient as if there were a homeopathic physician to your right and a respected medical colleague to your left and a friendly representative of the local health council sitting beside the patient.

Reassure without complacency.

Enable the patient to select their treatment on the basis of an informed awareness of their options.

Do not promote a treatment approach purely on the basis of personal experience, without providing corollary evidence and qualifying your information in ways that are balanced and easily understood.

Establish a clear period for the evaluation of the proposed treatment with or without lifestyle changes.

Monitor and Re-investigate

Monitor response by means of followup, structured methods of feedback, clinical reexamination and reinvestigation where indicated and be prepared to modify the treatment methods accordingly.

When treating hypertension, do not rely merely on spot checks.

Encourage your patient to do home BP monitoring so that trends can be seen, reactive responses can be recognised and the effects of treatment can be assessed.

Keep good records.

The Treatment of Cardiovascular Conditions

Cardiovascular therapeutics now embraces a very substantial conventional evidence base compared with the very scanty data within the homeopathic literature. This brings its own set of challenges for the homeopathic physician.

When treating specific diseases of the cardiovascular system, in particular heart failure and hypertension, we experience a crossing of the boundaries into herbal medicine with substances such as *Crataegus*, *Spartium* and *Oleander*. These and other plant medicines are often administered in mother tincture or low potencies as 3x or 6x. It is important to be aware of possible drug interaction and side effects when using mother tinctures, as these are material doses similar to conventional drugs. There is scope in using the tinctures mentioned above, since patients with manifest pathologies often benefit from integrating homeopathic and conventional treatment. *Crataegus* has been researched extensively and has a good safety profile. We do have to bear in mind applying the approach of organ treatment, that we are not resolving the illness, instead offering a palliative measures, similar to conventional medicine.

Cardiovascular illnesses are basically no different from any other conditions when addressed homeopathically and the most successful outcomes can be expected when applying a totality prescription. The higher the patient's vitality, the clearer the picture will be for a good prescription. The more advanced the disease, the more common symptoms we will encounter and thus resort to more pathological prescribing. A holistic approach will include advice on life style, diet, supplements and exercise.

It is important not to discontinue patients' prescribed cardiovascular medication when commencing homeopathic treatment. Vigilance is called for, as patients may need less of their cardio-active drugs once receiving remedies. Appropriate communication with the specialist and a co-operative patient will make a good team regarding the general management of the situation. Hypertensive patients can contribute by monitoring their own blood pressure, as this may give a more objective picture and also means quicker intervention should prescribing regimes require change.

The cardiovascular problems which most frequently present are:

- Hypertension
- Coronary artery disease
- Heart failure
- Peripheral vascular disease
- Arrhythmias
- Varicosities with phlebitis

Two families strongly represented in conditions relating to the cardiovascular system are the serpent and spider remedies. Within the group of plant preparations those containing glycosides such as *Digitalis* and *Convallaria* rank highly, especially in situations of cardiac strain or failure.

We will now look at the more pathological remedies relating the conditions listed above, the remedies mentioned are by no means exhaustive.

Hypertension

Hypertension rarely produces symptoms and is often discovered by chance. Should a patient produce symptoms they are usually of a common nature, ie headaches, nosebleeds or flushing. We can immediately recognise that the most promising approach is to consider the totality of the person, in particular when there is no organ pathology. Hypertension is usually reactive state often related to emotional triggers. It must be said that it is generally not an easy condition to treat homeopathically. Substances such as *Crataegus* and *Spartium* are listed below as remedies with an affinity for this condition.

Crataegus Hawthorn berries

Contains flavinoids that increase the coronary circulation thus improving heart function and contributing to a drop in blood pressure

It is mainly used in mother tincture, 5-10 drops in water given up to three times daily, it has not been proven and thus is used purely as a herbal

Its action is slow and can only be assessed after a few months



Spartium scoparium Broom

Contains sparteine which Boericke describes as having a favourable effect on the cardiac function and reduction in blood pressure

Diuretic effect

Given in mother tincture and low potencies up to 3x

Boericke is very complimentary of its effect, I have not found it convincing in its action



Coronary artery disease

MYOCARDIAL INFARCTION

Standard conventional evaluation, advice and treatment is mandatory. In addition consider:

Arnica montana

In tandem with first line conventional treatment, may delay infarction or help to preserve myocardium. Given as oral drops (30c to 200c) every 10-15 minutes during acute stages.

Aconitum napellus

In situations of extreme fear with coldness and pallor
Given in 30c to 200c

Lactrodectus mactans Black widow spider

Displays the characteristic symptoms of myocardial infarction with intense fear, apnoea, violent praecordial pain extending to the left arm, intense coldness <https://abchomeopathy.com/r.php/Lat-m>

Given in repeated doses of 30c, or higher.

Carbo vegetabilis Vegetable charcoal

State of shock with pallor and cyanosis
Thready pulse
Very cold though wants to be fanned

<https://youtu.be/0lyhBcosQOo>

Given in 30c to 200c in an acute

Veratrum album

Extreme coldness, cyanosis, cold perspiration on the forehead
State of shock but with more excitability than *Carbo vegetabilis*
Given in a 30c to 200c in an acute



Ischaemic Heart Disease

Cactus grandiflora

Given on the grounds of pathological prescribing alone it is not a valuable remedy. A keynote symptom is the sense of constriction of the heart with an iron band; incidentally the theme of constriction runs throughout the remedy. Cactus has some distinct symptoms that together with angina pectoris make it a more successful prescription:

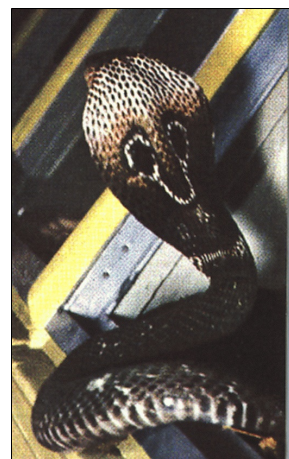
MIND - CHEERFUL - heart disease; with
 MIND - DELUSIONS - disease - incurable disease; he has an
 MIND - DELUSIONS - injury - being injured; is
 MIND - DELUSIONS - small - body is smaller
 MIND - EXCITEMENT - palpitation, with violent
 MIND - FEAR - death, of - heart symptoms, during
 MIND - FEAR - heart - disease of the heart
 MIND - FEAR - suffocation, of - night
 MIND - JESTING - facetious; desire to do something
 MIND - MEDICINE, desire to swallow large doses of
 MIND - SLOWNESS - behindhand; always

Lactrodectus mactans

(See myocardial infarction)

Naja Cobra

Very useful snake toxin with strongest focus on the heart of the snake family
 Particular affinity to heart valves
 Weakness in the heart, violent pains shooting to L scapula
 Nervous palpitation
 On a mental level tendency to brood over imaginary troubles, delusion has suffered wrong



Spigelia Pinkroot

Stabbing heart pain radiating down either arm, up the throat, to the scapula; < least motion walking, sitting; > bending forward
 Craves hot water which relieves
 Violent palpitations, often with foul odour from the mouth
 Multiple neuralgic pains <https://youtu.be/PaB2pckII38>

Kalmia latifolia Mountain laurel

Sharp pains take away the breath, shooting through the heart into shoulder blades
 Slow weak pulse
 Often associated with rheumatic problems, neuralgias

Amyl nitrate

Aching pain and constriction around the heart
 Tumultuous action of the heart
 Soft full pulse
 Useful remedy as a specific to be used as required in angina attacks that correspond

Others useful in coronary heart disease: *Kali carbonicum*, *Arsenicum album*, *Lachesis*, *Spongia tosta*.

Cardiac Failure

Specific remedies to treat cardiac failure all have a high content of glycosides and are used more on an herbal than homoeopathic basis, given in mainly in 6x potencies. Depending on the severity of the condition these can have a good palliative effect. Mild cardiac failure responds best when the totality of symptoms is addressed. It is important to take the case well and make sure that valuable symptoms are not masked that could alter the totality, thus making individualising an impossible task. Mild cases of cardiac failure are often missed, particularly in female patients.

Digitalis Foxglove

Abnormally slow irregular or intermittent pulse; great weakness
Cardiac oedema with suppression of urine
Cyanosis

🔗 Ill-effects of high living <https://youtu.be/zh8DUzZcYUs>

Oleander Rose laurel

Palpitations with weakness and empty feeling in the chest > brandy
Heart pain on stooping

Stropanthus hispidus Kombe seed

Useful in the irritable heart of those having abused stimulants
Increases systole and slows down the heart
Cardiac oedema
Weak rapid heart due to insufficiency of the cardiac muscle
Mitral regurgitation

Convallaria majus Lily of the valley

Increases the energy of the heart's action
Indicated when ventricles are over distended and dilatation begins
Cardiac oedema
Feeling of the heart throughout the chest, sensation as if heart
🔗 stopped beating <https://youtu.be/Lwwy7XLebZA>

Squilla maritima Sea onion

Cardiac stimulant affecting peripheral vessels and coronary arteries
Frequent watery urine



Digitalis



Convallaria

Arrhythmias

Addressing the totality of symptoms is the most successful approach. It is important to be aware of an underlying endocrine cause, ie hyperthyroidism. Using some of the cardioactive tinctures especially *Crataegus* and *Digitalis*, improve cardiac function and thus have a positive effect on arrhythmias related to myocardial disease. Functional palpitations that are not on the basis of serious cardiac disease respond very well to homeopathic treatment. The most successful approach is to address the totality of symptoms.

Peripheral vascular disease

This must be looked at in the context of the whole patient. Most often these patients will be smokers and will continue to smoking, thus maintaining an obstacle to cure. An approach integrating the totality can often bring improvement and slow progression down. Remedies such as *Baryta carbonica*, *Calcarea carbonica*, *Aurum metallicum* have a strong tendency to develop arteriosclerosis.

Secale Ergot of rye

Icy coldness of limbs with violent burning pains in finger tips and toes

Dry gangrene

Sensation of deadness in the part

Cholesterinum

Comes from the French School and is used more on an isopathic principle

Varicosities and Thrombophlebitis

Remedies specifically useful for these conditions have a marked affinity to the venous circulation, presenting with pictures of venous stasis and congestion.

We find the serpent remedies *Lachesis*, *Crotalus horridus*, *Vipera berus* and *Bothrops lanceolatus* the first two having much more congestive features, *Vipera* having a more inflammatory tendency.

Crotalus horridus Rattlesnake

Phlebitis with bursting sensation

Often right-sided

Usually extensive haemorrhage around lesion

Vipera berus German viper, Common Adder

Inflamed veins, bursting sensation

Better elevating the limb

Sensitive to touch



Crotalus horridus

Bothrops lanceolatus Yellow viper

Blue livid discoloration

Flabby swelling

Coldness of the part

Aesculus hippocastanum Horse chestnut

Marked action on the veins of the lower bowel and pelvic organs, causing engorged haemorrhoids; engorgement of veins of the portal system leading to soreness and fullness of the liver Generalised varicose stasis with purple discoloration of the parts and puffiness
Characteristic sticking pains, as if poked with sticks

Hamamelis Witch hazel

Congestive fullness, veins are painful, swollen, inflamed; hard knotty varices

Tense burning feeling in the limbs

Phlebitis, ecchymoses, varicose ulcers with bloody bases

Millefolium Yarrow

Varicose veins particularly during pregnancy

Tendency to haemorrhage with bright blood

Useful Rubrics

MIND - CHEERFUL - alternating with - palpitation
 MIND - DULLNESS - palpitation, with
 MIND - EXCITEMENT - palpitation, with violent
 MIND - FEAR - apoplexy, of - palpitation, with
 MIND - FEAR - palpitation, with
 MIND - MIRTH - alternating with - palpitation
 MIND - RESTLESSNESS - palpitations; during
 MIND - STARTING, startled - palpitation, from
 MIND - WEEPING - palpitation, during
 VERTIGO - PALPITATION, during
 MIND - ANGUISH - palpitation, with
 CHEST - EMPTINESS, sensation of - palpitation, during
 CHEST - OPPRESSION - alternating with - palpitation after eating
 CHEST - OPPRESSION - palpitation, with
 CHEST - PAIN - palpitation, during
 CHEST - PAIN - Heart - palpitation, during
 CHEST - PAIN - Sides - palpitation, during
 CHEST - PALPITATION of heart
 CHEST - PALPITATION of heart - menses - suppressed - nervous palpitation with small pulse
 CHEST - PALPITATION of heart - nervous palpitation
 BACK - PAIN - palpitation, with
 CHEST - CLUTCHING at heart and palpitation
 GENERALS - ORGASM of BLOOD - palpitation, with
 GENERALS - HEAT - flushes of - palpitation, with
 GENERALS - CONVULSIONS - palpitation, after
 PERSPIRATION - PALPITATION
 SLEEP - WAKING - palpitations, with
 SLEEP - SLEEPLESSNESS - palpitation, from
 SLEEP - SLEEPINESS - palpitation, with
 SLEEP - POSITION - changed frequently - palpitations, because of
 SLEEP - FALLING ASLEEP - palpitation, with
 SLEEP - FALLING ASLEEP - faintness - palpitation; sleeps after fainting with
 SLEEP - DREAMING - palpitation, with
 SLEEP - DISTURBED - palpitations, by
 SLEEP - DEEP - palpitation, with
 GENERALS - TREMBLING - Externally - palpitation, with

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RADAR 7.1 containing Synthesis Homoeopathic Repertory

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