



KAVITHA HOLISTIC APPROACH



Kavitha Kukunoor
CCH, RS Hom(NA), CHP,
BHMS
Michigan USA

CHC PR Committee
**Kavitha Holistic Approach
(KHA) Study Group**

Continuing Educational Credits (CEU)
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HOMOEOPATHY IN CARDIOLOGY

Dr. AADIL CHIMTHANAWALA

MBBS, DNB, BHMS, MD (Hom), PGNAHI, FNAHI

Professor & Head,

Department of Homoeopathic Cardiology,
The National Academy of Homoeopathy, India

"AADIL HOMEIO HEART CARE CENTRE"

Shaad Hospital, Near Itwari Rly Station, NAGPUR, INDIA

Cell: +919307965618

Youtube.com: Dr. Aadil Chimthanawala

Instagram / Facebook

HEART DISEASES

- Ischemic Heart Diseases
- Hypertensive state of Disposition
- Valvular Heart Diseases
- Arrhythmias
- Heart Failure
- Congenital Heart diseases
- Infections
- Heart affected due to other diseases – DM, Autoimmune diseases, drugs, etc

ISCHEMIC HEART DISEASES

- Heart never steals blood from inside its chambers, but like all other organs of the body, it has its very own blood supply via hair-thin arteries that we call as Coronary arteries. If these Arteries are blocked by cholesterol debris then slowly & steadily, the blood supply to the heart particularly in times of exercises and exertion decreases. So if the patient walks / climbs up steps speedily he may experience some chest discomfort - ANGINA. Over a period of time, if this blockage keeps on increasing then the blood supply to that part of the heart is stopped & can result in a heart attack. In our studies, MI's are greatly related to the mental state of the patient. Infact we have noticed, ppl invite a heart attack.

ISCHEMIC HEART DISEASES

- Angina can present in a variety of ways –
 - Chest discomfort (Ghabrahat) that can spread to the left hand or upper back,
 - Breathlessness on exertion,
 - Choking,
 - Palpitations,
 - Stomach Pain + acidity, burping & shoulder pain.

The point of differentiation between pain due to heart dis & due to disease of other organs is that, these above symptoms are accompanied with sweating++. It may or may not be accompanied with obesity, DM, HT, kidney or liver disease.

ISCHEMIC HEART DISEASES

- During the past few decades, CAD rates in SE Asia have doubled against developed countries where rates are declining. Indians abroad have a greater prevalence of this disease than their counterparts there.
- Atherosclerosis begins in early childhood continues throughout life & becomes clinically apparent only in early middle age or later. More so, the epidemic is taking its toll in younger ages (< 40 years). There are several investigations that can help to rule out ischemic heart disease like ECG, Treadmill, Coronary angiography and 2D Echocardiography.

ISCHEMIC HEART DISEASES

- Hom approach = target the person suffering from the dis – Whole history - mentals, app, thirst, D/A, sweating, stool, urine, sleep, sexual relations & menses. Past & family His = constitutional similimum in ascending power or potencies.
- If its difficult to select a constitutional remedy then we have acute drugs that can effectively tackle symptoms in a short time. If on angiography the patient has blocks in the coronary artery & doesn't want to opt for angioplasty or By-Pass or is unfit for some reason, then we have many drugs that can stabilize the blocks and in few cases even regress.
- So its untrue that all patients who have been detected with blocks should always under-go angioplasty or Bypass surgery. At *Aadil Homeo Centre*, Nagpur, we have set up a specialized hom cardiac centre exclusively for such cases since past 20 years

HYPERTENSION

- Costliest diseases. India is the world leader in this disease.
- Economic impact - Direct Costs (screening, diagnosis, clinic visits, lab tests, drugs, adverse reactions, transport cost, time lost from work, etc.), Indirect Costs (income lost due to absence, cost of therapy for co-existing conditions).
- Risk factors - Truncal obesity (due to hyperinsulinemia), Tobacco chewing (without Lime), smoking, post-alcohol snacks, dietary excess of sodium & fat, deficiency of potassium & fiber, psychosocial stress, low birth weight, etc. Drugs also can cause BP rise – NSAIDS , OCP, Nasal decongestants, Cyclosporine, Erythropoetin, Steroids, etc.

HYPERTENSION

- S/S = Vague like hyper-sensitivity (noise, some people's remarks, etc), irritability, mood swings, lethargy, fatigue, Wt gain (water retention), disturbed sleep, occ vertex headache, urinary freq, etc.
- T/T = Multiple Double blind trials at "*Aadil Homeo Centre*" have proved beyond doubt that hom alone can manage HT+ complications as HT Heart disease or enlargement, Stroke, CKD etc. We have prepared protocols. Reg BP monitor + relevant investigations can help to streamline therapy. Yoga & Shavasana which is a mental relaxant is a boon for rehabilitation following MI & HT. Pranayam helps in better DM control + improves lipid profile. Isotonic exercises as walking, jogging, swimming, racket games are preferable where as isometric exercises as weight lifting etc should be avoided

HYPERTENSION

- T/T = Cultivate a hobby (music, painting, etc.) and must try to relax on weekends. Non-Smoking should be practiced as a social behavior. The physician needs to find alternatives if the hypertensive female on treatment is using contraceptive pills as these deep acting drugs act as barriers in the successful removal of the miasmatic block.

VALVULAR HEART DISEASES

- 4 chambers of the heart are guarded by valves. In some people, either congenitally or after RF, 1 or more of these valves become stiff & calcified. Slowly the valve's inner diameter either reduces or the flaps become totally ineffective.
- Symptoms = Breathlessness + unusual weakness < walking, vertigo or unconsciousness, bluish discoloration of the skin, cough, etc. Many may require long term antibiotic treatment or even surgery.
- Although it has been almost wiped out in western countries, yet in India, both rural and urban populations show a significant trend of this disorder.

VALVULAR HEART DISEASES

- In its early stage of RF - it is completely curable with hoemopathy. Even recurrence can also be effectively tackled with deep acting Constitutional remedies or nosodes as well.
- But the prime aim of a homoeopath is to recognize it as early as possible and prevent the disease complications like valvular stenosis / regurgitation with their attendant complications like atrial fibrillation, etc.
- In gross pathological states our remedies palliate the condition much better as compared to crude/synthesized drugs, when administered in proper dosage and repetitions.

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HEART FAILURE

- A dreaded complication of most heart dis - heart attack or untreated valve disease or post chemotherapy for certain Ca.
- Heart function progressively deteriorates to less than 30% of the N.
- Breathlessness < exertion, edema, cough < night, urinary complaints, constipation, dry skin, etc. Since India also tops the world in diabetes, persons suffering from both heart disease and diabetes are at a particular risk for heart failure.
- ECHO
- There is a tremendous scope in homoeopathy for chronic CCF. Strophanthus, CV, Squilla, Phaseolus nana, if used correctly can significantly decrease or nullify the symptoms as well as can cause increase in the strength and pumping capacity of the heart.

ARRHYTHMIAS

- Heart muscle has its own electrical supply as well. Certain groups of heart muscle cells are powerful enough to generate current that is needed to pump the heart. This current starts from the right upper chamber and travels to all the heart muscle cells. In quite a few patients, there can be various abnormalities in the generation or conduction of this electric current. This can result in heart beats getting very fast or very slow as compared to normal. Few patients can require a Pacemaker machine to control the erratic current. In homeopathy we have established and well proved medicines for both the types of rhythm disorders – Tachycardia and Bradycardia.

CONGENITAL HEART DISEASE

- The incidence is rising day by day. These disorders like VSD, ASD, PDA, TOF etc. put the life of the fetus / newborn at stake.
- In multiparas, if a mother has given birth to babies suffering from such congenital abnormalities, TORCH, VDRL, HIV testing should be done before conception. Then the drugs like Syphilinum or Sulphur can be administered to the mother before conception of the following babies would prevent successive babies to be affected with congenital abnormalities. One should avoid consanguineous marriages, late marriages in women (which is becoming a fashion), drugs & X-ray exposures in the first trimester.
- Symptomatic t/t of each disease needs to be done

HURDLES FOR A HOMEOPATH

1. No formal practical training for managing emergencies
2. Remedies not proved to the level of Biochem/ Pathological changes but only clinical sympt & Observations
3. Drug selection becomes Difficult since - * Less Time * Artificial Settings; * Few/No PQRS to prescribe upon; Pt is already on many allopathic meds – we don't get the full case. Only for a particular sympt; * Hom help is resorted when pathology is advanced & allopathy has failed to act.
4. Legal Implications – BHMS (rights, privileges) - Relevance of “S” in BHMS ; Handling all emergencies using tools + hom remedies + IV Fluids + BT; Issuing Death Certificate; Consumer Protection Act , etc
5. Homeopaths untrained in legal formalities - Consent Form, Notes & investigations, Bills & Prescriptions, No legal literature of homoeopathy for diagnosis etc. In legal matters, expert panel – Docs from other streams

WHAT WE HAVE BEEN UPTO

1. Established a proper hospital + staff & tie ups with other ICU's
2. Skills – using gadgets for case assessment + drug delivery
3. Protocols (ESRA, Infarction, DM, Renal, HT, etc)
4. Discussions with colleagues, daily rounds, case / journal presentations
5. Repeating Homeopathic Remedies (focusing on investigations) – 28 drugs retested
6. Pilot Studies (3 year Naja study, Heart failure study, PulsHom Trial, AISLiMo Trial, etc) : #DilKiSevaAadilse
7. Greater use of Nosodes, Sarcodes, Tautopathy, external applications
8. CME's & Training Centers
9. Educating Specialists from other systems abt homeopathy + Mass awareness + Camps + Phone-a-friend, emerg kits
10. Social Media – Youtube “Aadil Bolta Hain”, etc

TAKE HOME POINTS

Homeopathy has still an untapped potential in managing complicated states

What is needed is –

- FAITH,
- Conviction & focus,
- Devotion,
- Thirst for knowledge,
- An openness to admit mistakes
- Courage to stick to your work in spite of failures
- An attitude of GRATITUDE (Almighty, Gurus, patients, students)



www.kavithahomeo.com

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BRINGS LIGHT TO YOUR LIFE

THANK YOU !

You may contact me at: Dr.Aadil Chimthanawala
<fatemach@gmail.com>



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