



A Holistic Approach to Multi-System Health affections: A Comprehensive Case study

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ABSTRACT

This case study examines the intricate health challenges faced by a 61-year-old male with diverse medical history. The patient's primary complaints include urinary difficulties, gastrointestinal symptoms, and musculoskeletal discomfort, all of which have significantly impacted his daily life. His long-standing history of diabetes and hypercholesterolemia adds to the complexity of his case. This case study serves as a testament to the intricate interplay between physical and emotional factors in individualized health assessments. Laboratory results provide quantitative insights, to the results of recent medical tests, thyroid function, blood sugar levels, cholesterol profile, and prostate-specific antigen (PSA) levels, and the chosen homeopathic remedy, Arsenicum album, exemplifies the holistic approach of homoeopathy. This case underscores the complexity of multi-systemic health issues and the importance of individualized care for comprehensive well-being.

INTRODUCTION

In an era where the intricate interplay of various systems within the human body shapes the landscape of healthcare, the need for a comprehensive and holistic approach to understanding and addressing health afflictions has never been more imperative. This study delves into the intricate realm of multi-system health affections, embarking on a journey to unravel the

complexities that arise when different physiological systems interact and influence one another.

As medical knowledge advances, it becomes increasingly apparent that a reductionist perspective, focusing solely on individual bodily systems, may fall short in capturing the intricate tapestry of health and disease. Instead, a holistic approach acknowledges the synergistic relationships between various systems, recognizing that the dysfunction of one can have profound



repercussions on others. This study endeavors to break new ground by offering a nuanced exploration of multi-system health affections through a meticulously crafted case study.

By presenting a comprehensive analysis rooted in real-world cases, this research aims to contribute valuable insights to the medical community, paving the way for more effective and integrated healthcare strategies. As we embark on this journey into the depths of multi-system health dynamics, the goal is not only to understand the intricacies of these complex interactions but also to foster a paradigm shift in how we conceptualize, diagnose, and treat health afflictions in a manner that transcends the boundaries of individual physiological systems.

The patient presents with a set of health concerns that encompass urinary difficulties, characterized by difficulty passing urine, increased nighttime frequency, and a sluggish urine stream. Additionally, the patient experiences chronic gastrointestinal discomfort, which is consistently triggered by the consumption of spicy foods. Moreover, the patient reports musculoskeletal discomfort localized in the right shoulder added to it, the patient has Diabetes mellitus (DM). It is a metabolic disease, involving inappropriately elevated blood glucose levels. Globally, 1 in 11 adults has DM (90% having T2DM).^[1] Chronic hyperglycemia also causes non-enzymatic glycation of proteins and lipids. The extent of this is measurable via the glycation hemoglobin (HbA1c) test.^[2] which ultimately results in Hypercholesterolemia. Thus, Multi system involvement is present in the case with co-morbidities.

CASE PRESENTATION:

In this case study, we examine the health challenges of, a 61-year-old male with a complex medical history. He presents with urinary difficulties, gastrointestinal issues, and musculoskeletal discomfort, which significantly impact his daily life. Coexisting conditions such as diabetes and hypercholesterolemia add to the complexity. Exploring his physical and emotional aspects reveals the interplay between psychological well-being and physical health. Laboratory results provide insights into his thyroid function, blood sugar control, cholesterol levels, and PSA. The chosen homeopathic remedy, Arsenicum album, reflects a holistic approach to his multi-systemic health issues, emphasizing individualized care for comprehensive well-being. The date of admission of the patient was on 10-12-2020.

Presenting Complaint:

Difficulty in Passing Urine with Increased Night Time Frequency and Slow Urine Stream (Two Years):

The patient reports a persistent issue with urination, characterized by difficulty and a slowed stream, which has been ongoing for a period of two years. Additionally, the patient experiences increased frequency of urination during the night, suggesting potential urinary tract issues or prostate-related concerns.

Chronic Stomach Pain:

The patient presents with chronic stomach pain, indicating long-term discomfort in the abdominal region. The nature and specific details of the stomach pain, such as location, severity, and any



associated symptoms, would require further investigation to determine the underlying cause.

Pain in the Right Shoulder Radiating to the Left Side (One Year):

The patient describes a persistent pain in the right shoulder that radiates to the left side of the body. This symptom has been present for a duration of one year. The description of the pain radiating to the left side may suggest involvement of nerve pathways or musculoskeletal issues that require thorough examination and diagnostic evaluation.

It is essential for the healthcare provider to conduct a comprehensive medical history, physical examination, and relevant diagnostic tests to accurately diagnose and address the patient's health concerns. The reported symptoms encompass a range of potential underlying conditions, including but not limited to urological issues, gastrointestinal problems, and musculoskeletal disorders. The integration of patient history, clinical assessment, and diagnostic findings will guide the development of an appropriate treatment plan to address each aspect of the patient's presenting complaints.

History of preserving complaint:

The patient's history reveals a chronicle of persistent complaints, each presenting a unique set of challenges. For the past two years, the individual has grappled with difficulties in passing urine, accompanied by an increased frequency during the night and a gradual decline in urine stream. Intriguingly, these symptoms are exacerbated upon rising from bed. Concurrently, chronic stomach pain has plagued the patient, particularly intensifying after the consumption of spicy foods, finding solace only in the relief provided by Gelusil. Adding to the complexity, the patient reports a year-long battle with right shoulder pain that radiates to the left side. The discomfort is heightened when lying down or engaging in physical exertion, yet remarkably alleviated by motion. This comprehensive history provides a crucial foundation for understanding the patient's condition, paving the way for a thorough examination and tailored intervention to address the multifaceted nature of their health concerns.

Table 1: Complete symptom

Location	Sensation	Modality	Concomitant
Urinary system	difficulty in passing urine. Slow urine stream.	< rising from bed, night.	-
Musculo-skeletal system	Radiating type of pain from right to left shoulders.	<lying, exertion. > motion	-
Gastro-intestinal system	Dull aching pain	<spicy foods >Allopathic medication.(Gelusil)	-



Past History:

At the age of 17 years suffered from chicken pox , took natural treatment , and recovered. At the age of 61 years suffered from epilepsy after head injury, and he was recovered.

Personal History:

Born and brought up in Chennai ,Normal milestone , No addiction , vaccinated , No congenital abnormalities. Married 20 years ago, divorced in 2004

Family History :

The family's history is a narrative etched with both sorrow and resilience. The patriarch, departing prematurely at the delicate age of 40, fell victim to pleurisy, casting a poignant shadow over the family's dynamics. His untimely absence resonates as a profound void, but within the family, the memory of his life finds expression in the stories shared, a poignant reminder of the transient nature of existence. The matriarch, a beacon of strength, gracefully confronted life's challenges until her peaceful departure in May 2020, succumbing to the inevitability of old age. Her legacy endures through the warmth and wisdom she imparted, leaving an indelible mark on the collective family heart. Amidst life's undulating currents, the two sisters have discovered joy and companionship in the bonds of matrimony, inscribing new chapters in the family's evolving narrative. Despite the losses weathered, the enduring threads of love and connection persist, weaving a resilient tapestry that narrates the story of their shared history.

Treatment history:

Patient follows strict diet and on regular Allopathic Medication for Past 5 years for Diabetes Mellitus and 10 Years for Hypercholesterolemia

Physical generals:

The physical generals of this individual reveal a loss of appetite, accompanied by a reduced thirst of approximately 1 liter per day. Interestingly, there is a specific desire for fatty foods while harboring no aversion to any particular type of food. However, an intolerance to spicy foods is noted. The urinary pattern is regular, with 4-5 times during the day and 4-6 times during the night. Stool frequency is normal, occurring twice a day. Sweating is generalized, and the patient experiences approximately 6-7 hours of refreshing sleep per day. Dreams involve interactions with friends and unfamiliar individuals. Notably, the patient exhibits a thermal preference for warmth, indicating a tendency towards being a "hot" individual in terms of constitutional temperament. These physical generals provide valuable insights for a comprehensive understanding of the individual's health profile.

Life space investigation:

A 61-year-old Christian male with an MA education and a background in accounting. He resides in Chennai, accompanied by his cousin, Mrs. Revathy, his personal journey had its share of twists and turns. Two decades ago, he embraced marriage, but the union eventually dissolved in 2004, marking a new chapter as a divorced man. Despite the parting, his daughter, now an IT professional, remained a source of pride. He has always been a man of precision and order, a



commitment to correctness in every aspect of life. Every item had its designated place, and any disruption to this meticulous arrangement caused discomfort. However, this personal trait had not always worked in his favor, particularly in his marriage, where his critical nature and obsession with order that led to separation from his ex-wife.

Mental general:

The mental state of the individual appears to be characterized by a sense of fastidiousness and restlessness, as reflected in their behavior and thought patterns. The individual exhibits a meticulous attention to detail, perhaps suggesting a perfectionistic tendency that influences their approach to various aspects of life. Additionally, a notable feature is the presence of a fear of the future, indicating a heightened level of anxiety or apprehension about what lies ahead. This psychological profile may impact the individual's decision-making and coping mechanisms, potentially contributing to a sense of unease.

Vital Signs :

Examining the vital signs provides a snapshot of the individual's physiological well-being. The temperature reading of 98.6 °F falls within the normal range, suggesting a baseline state of health in terms of body temperature regulation. The respiratory rate of 15 beats per minute and blood pressure at 100/70 mm Hg are indicative of a stable cardiovascular system, with the former reflecting a moderate breathing rate and the latter showcasing healthy blood pressure levels. Meanwhile, the pulse rate of 75 beats per minute is within the typical range, signaling a reasonably normal heart rate. Although the mental state may present certain

challenges, the vital signs offer reassurance regarding the individual's overall physical health and well-being. It is crucial to consider both mental and physical aspects for a comprehensive understanding of an individual's health.

Provisional diagnosis:

Diabetes Mellitus Type 2/ Chronic Gastritis/Benign prostatic Cancer? (suspected).

Before - Laboratory Results:

Before receiving the laboratory results, there were concerns about the individual's health, and the numbers now provide a clearer picture. The HBA1c level of 9.3 indicates elevated long-term blood sugar levels, signaling a need for better diabetes management. A TSH level of 6.11 suggests potential thyroid dysfunction, requiring further investigation. Fasting Blood Sugar (FBSS) at 168 and Postprandial Blood Sugar (PP) at 300 mg/dL highlight the urgency of addressing glucose control. Total Cholesterol stands at 266, with Triglycerides at 194, emphasizing the importance of dietary and lifestyle changes to manage cardiovascular health. The Prostate-specific antigen (PSA) level of 9.3 is elevated and requires attention, as it could indicate potential prostate issues that need evaluation. These results underscore the importance of proactive health measures and collaboration with healthcare professionals to develop a comprehensive plan for improved well-being.

Final Diagnosis and Prescription:

The final diagnosis for the patient reveals a multifaceted health condition comprising Diabetes Mellitus Type 2, Chronic Gastritis, and a suspected



case of Benign Prostatic Cancer. The complexity of these interconnected ailments demands a comprehensive and tailored approach to healthcare. The prescribed treatment involves the administration of Arsenicum Album 1M, with a recommended dosage of 1 dose daily before breakfast. This homeopathic remedy is selected based on its potential to address symptoms associated with the diagnosed conditions. The

therapeutic strategy aims to manage diabetes, alleviate symptoms of chronic gastritis, and explore potential preventive measures for the suspected prostatic cancer. As the patient embarks on this treatment plan, close monitoring and follow-up assessments will be crucial to gauge the effectiveness of the prescribed intervention and make any necessary adjustments to optimize the overall health outcome.

Table 2: Follow-up

Date	Symptoms	Prescription
11-01-2021	Improvement seen. Patient feels better.	Placebo, 5 globules TDS, 15 DAYS After Laboratory Results: <ul style="list-style-type: none">• HBA1C : 7.8• Thyroid-stimulating hormone (TSH): 2.858• Total Cholesterol: 131• Triglycerides: 61• Prostate-specific antigen (PSA): 7.1

RESULTS AND DISCUSSION:

As an outcome of the treatment, the patient achieved a remarkable change in his health which was seen clinically through his laboratory findings. The patient reported improvement in symptoms after taking the prescribed placebo for 15 days. Laboratory results reveal elevated HBA1C, suggesting a need for better blood sugar control. However, thyroid function, cholesterol, and triglyceride levels are within normal ranges. The elevated PSA levels may require further investigation and consultation with a healthcare professional, especially if there are symptoms related to prostate issues. It is crucial for the patient to follow up with their healthcare provider to

discuss the results, assess the overall health status, and determine any necessary adjustments to the treatment plan. Regular monitoring and proactive management will be essential for the patient's continued well-being. The presented case underscores the intricate interplay between psychological and physiological aspects of health. While the placebo effect contributed to a remarkable improvement in symptoms, the persistence of elevated HBA1C and PSA levels necessitates vigilant follow-up and a collaborative approach between the patient and healthcare professionals.^[3] This comprehensive assessment and proactive management will be vital in steering



the patient towards continued health and well-being. ^[4]

CONCLUSION:

This case highlights the complexity of multi-systemic health issues and the importance of individualized care in the field of homoeopathy. The interplay between physical and emotional factors, reflect the need for a comprehensive approach to well-being. Arsenicum album, the chosen homeopathic remedy, addresses his physical and emotional symptoms, highlighting the holistic nature of homoeopathy. This case serves as a testament to the power of individualized treatment in addressing complex health issues, highlighting the holistic healing potential of homoeopathy.

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