



## HOMOEOPATHIC APPROACH IN MANAGEMENT OF CASES OF DUCHENE'S MUSCULAR DYSTROPHY: A CASE STUDY

Dr. Mr. Sachin E. Kadam M.D. (Hom.)<sup>1\*</sup>

<sup>1\*</sup> Assist. Professor in Department Of Pathology, Bharati Vidyapeeth Deemed (To Be) University, Homoeopathic Medical College, Hospital and Research Centre.Pune-Satara road-Dhankawadi Pune, India- 411043

Email: sachinkadam9722@gmail.com/sachin.e.kadam@bharativedyapeeth.edu

**\*Corresponding Author:** Dr. Mr. Sachin E. Kadam M.D. (Hom.)

Assist. Professor in Department Of Pathology, Bharati Vidyapeeth Deemed (To Be) University, Homoeopathic Medical College, Hospital and Research Centre.Pune-Satara road-Dhankawadi Pune, India- 411043

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### ABSTRACT

**Introduction:** DUCHENE'S MUSCULAR DYSTROPHY is one of the Ascending kinds of paralytic disease. The paralysis begins from legs and ascends upwards involving large group of muscles. The last group of muscles involved is of chest region leading to impending respiration and death follows. All this happens till child reaches to the age of 20-22, one more or less a year. So it is one of the diseases where male child is affected at first. The female child is always remained free from the same disease to the same parents.

**Background and Justification-** The disease comes under the class of pediatric neuromuscular disorder. Up Till Now Various Researchers Are Doing Research Over This Clinical Disease, And Are In Vain, As They Did Not Get Recovery Or Cure Of This Condition. There are different hypothesis laid down for explaining how the disease develops and what could be the probable treatments. But no proper success results have been published. This disease impacts not only the socio-economic life of parents, but it drains out the psychology of parents and their child. So as to reduce the economic threat and burden to the parents, homeopathy come into play with better scope in reducing complication and improving the life of patient and maintaining standard of living of parents. This disease involves all kind of cellular injury such as Atrophy, Hypertrophy, Dystrophy, delayed repair and regeneration of muscles Etc.

**Aim and Objectives:** The Aim and Objective of This Case Is to Summarize the Available Information, Literature on Duchene's Muscular Dystrophy and Homeopathic Medicines, And Their Therapeutics for Treatment.

**Materials And Methods** -All available literature in the form of books, scientific data from various databases such as Pub Med, Google Scholar, Medline and Science Direct were used for the Studying Case, Directed towards Treatment of Such Patients with Homoeopathic Remedies.

**Conclusion:** The available literature suggests that the homeopathic approach has been effective in treating cases of Duchene's Muscular Dystrophy. The treatment is always an alternative kind of treatment and not definitive one. The auxiliary line of treatment is having a vital role to be studied. Homeopathic treatment is one of the cost effective treatment.

**Keywords:** DMD, Muscular Dystrophy, Pseudo-Hypertrophic Progressive Paralysis, Spinal Muscular Dystrophy, Dystrophinopathies-due to missing dystrophin muscle protein, Limb Girdle Muscular Dystrophy. The disorder is named after French Neurologist Guillaume Duchene, Homoeopathic Case Taking, and Homoeopathic treatment and Management.

**Inclusion Criteria:** The study of DMD is done in reference with various research publications and authentic literatures. The disease has been studied in relation to homoeopathic point of view. The miasmas were studied and proper simillimum has been established, so as to bring out the recovery of patient. Here by the disease is peculiarly related to the age group of 5 years and above.

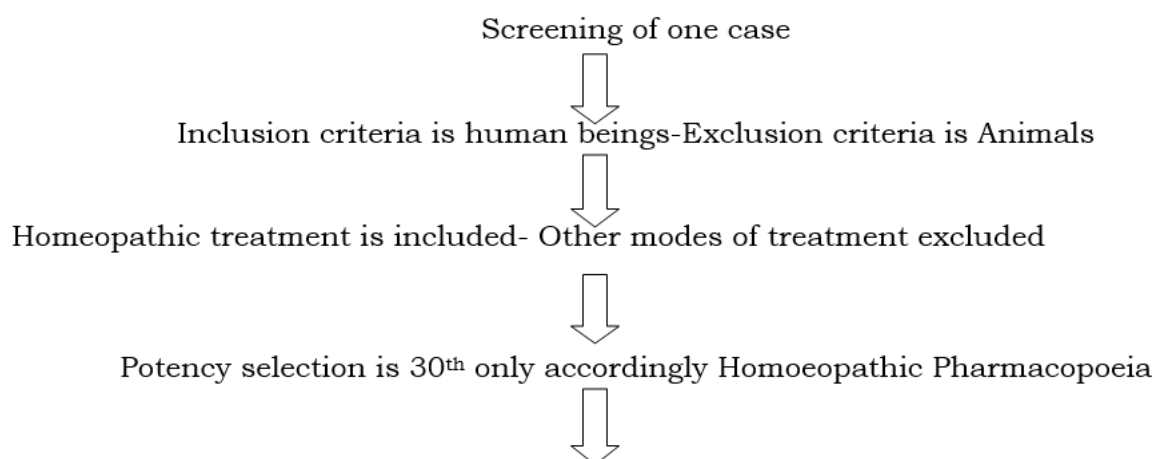
**Exclusion Criteria:** The observational case study has been done, with study approach of DMD disease only and other studies have been excluded with different mode of treatment. Only homoeopathic approach has been clarified.

**Study Selection:** A Single Case Has Been studied, and has been worked out with homoeopathic intervention to see if recovery takes place; it is up to which extent in percentage and for how many days. Analysis of the dose of the remedy to be repeated again with proper follow up of patient is evaluated.

**Data Items:** Data is collected from single patient by taking out the totality of symptoms and signs, with investigatory reports. Hereby analysis and evaluation has been done, Proper Homeopathic remedy with proper potency has been selected following the guidelines of Homoeopathic Pharmacy.

## RESULT

### Study Selection and Characteristics



### Case study-

**Introduction-**This is one of the rare cases of child of 5 years age, who came for the treatment on dated 11/09/2007. The patient is male child who himself don't know, that he is suffering from one of the grave condition, that is ascending kind of paralytic disease and is under the treatment of super specialist in neuromuscular disorders.

The child patient was continuously kept upon steroids which have to be taken at specific interval of time, routinely every day. Mother of a patient is extremely worried about child's future. She asked me about the way of treatment for this rare disease in our homoeopathy, and asked what can be

done in homoeopathy. As she does not know the clinical diagnosis of disease, only she is telling me the haphazard symptoms and something related to genetic disorder, as running in family.

She showed me the investigation reports. I studied them to know what serious disease patient is actually suffering from. One of the report of patient suggested, he is under the treatment of allopathic steroids, called as prednisolone and some other general medicines. The clinical diagnosis made is Duchene's Muscular Dystrophy.

As this is the only case, which I am unable to dig out much of case history from mother as well as patient, but still, selected the correct simillimum, on some particular characteristics symptoms and the availability of totality of symptoms. I tried to know about the Duchene's muscular dystrophy from medicine books, its symptom and vital signs in body including the enzymatic role [Cardiac enzymes in blood] as a result of disease.

The genetic factor plays an important role in producing this disease, and it runs in families. The disease is serious as stated in medicine books, explaining there is an ascending kind of paralysis which takes place, gradually, in above direction and the death occurs by the age of 20 years due to respiratory failure. In allopathic medicines, there is no curative treatment found, as the disease is undergoing research program, the only suppression and pace of disease could be slowed down with the use of steroids, but not totally eradicated. The mother of the patient started narrating the symptoms. She told me that, child walks very slowly, and super specialist told that, by the age of 20 years, patient will get restricted to bed and become disabled, and no treatment would help him, so best way is to take the treatment, what is available know and to slow down pace of disease, this is the only solution.

#### **INVESTIGATIONS DONE**

- 1) Electrophysiology report.
- 2) Motor nerve conduction study.
- 3) Sensory nerve conduction study.
- 4) Mild thrombocytosis.
- 5) H.B % --- 9.7gm %.
- 6) RBC'S morphology ----Hypo +Micro +Aniso +polikilo + few Burr cells  
WBC'S - 4 Band form seen.
- 7) CPK and LDH enzymes raised in circulating blood.

#### **CONSULTATION STARTED-**

The child patient was there along with the mother during consultation.

I started to ask about child's 'chief complaint.

- 1) Most of the symptoms were told by mother only; she told that, there is hardness of calf muscles, in spite of taking allopathic treatment.

Child is not able to walk properly, patient loses his body balance while walking and put all his body weight sometimes upon right leg or left leg.

- 2) There remains lot of gap in between legs while walking.
- 3) Patient is unable to stand from sitting position without any support, he used to keep hands upon knees and then stands up, sometime holds chair for his supports or table.

- 4) There is a weakness in the muscles of back, thighs, and Glutei region.

- 5) Usually the child look emaciated and weak, then that of in comparison to his age.

The child is very restless and he did not seem to listen to mother, so obstinate. I found the child very obstinate because in spite of shout by mother, there is no effect on child. Child continued to pick up things from my table, but I have to manage everything, for a good case taking.

Mother told about the delayed mile stones of child that is more particular about late learning to walk and late learning to talk. Patient is on the allopathic pills of Kelvin Potassium and calcium. The child is very slow in learning, mother used to took his studies, but the same mistake is repeated every day, patient is having very poor memory. Reduced intelligence is one of the prominent symptoms of Duchene's Muscular Dystrophy.

### **Family History**

Mother – Nothing specific.

Father - Nothing specific.

Brother- Patient's paternal uncle is also suffering from, Duchene's Muscular Dystrophy.

Husband – Nothing specific.

### **Personal History-**

Desires: - mutton, eggs3+, salt, sugar.

### **Past history-**

Child kept in ventilator after premature birth for 10 days.

### **Mentals-**

The mental of child were not taken, as child is so small to give any details, but mother only explained some points about his nature.

### **Rubrics Taken**

- 1] Miasma in the background is tubercular.
- 2] Repeats the first word of first letter when begin sentence.
- 3] Late learning to talk.
- 4] Late learning to walk.
- 5] Desires eggs 3+ - boiled eggs, sometimes eat kaccha egg.
- 6] Pelvifemoral weakness.
- 7] Defective nutritional disease.
- 8] Unable to stand without support.
- 9] Obstinate.
- 10] RBC'S morphology.
- 11] Genetic disease.

Rx,

1] Calcarea Phosphoricum 30 one dose stat.

2] Sac. Lac for one week.

### **Follow up-**

After one week, patient came to the hospital, and it is seen that, the hardened calf muscles get softer along with general improvement of patient. In another week, he started grasping, whatever mother taught him, and his scholastic performance increased.

The patient needs occasionally a dose of Calcarea Phosphoricum 30, otherwise change of remedy only when giving new totality of symptoms.

**Table 1: List of Homoeopathic Remedies and their Indication**

1	Arnica	For relief from muscle pain or spasm Limbs and body ache as if beaten; joints as if sprained. Bed feels too hard. Marked effect on the blood. Tendency to tissue degeneration, Sore, lame, bruised feeling Rheumatism of muscular and tendinous tissue, especially of back and shoulders. Cannot walk erect, on account of bruised pain in pelvic region. Rheumatism begins low down and works up.
2	Calcarea Carb	For cramps of the lower extremities, particularly in those who are overweight. Cold knees cramps in calves. Weakness of extremities. Swelling of joints, especially knee. Arthritic nodosities. Feet feel cold and dead at night. Old sprains. Tearing in muscles.
3	Calcarea Phos	It is especially indicated in Late Tooth Coming and bone disease, non-union of fractured bones, and the anemia's after acute diseases and chronic wasting diseases. Buttocks back and limbs asleep. Stiffness and pain, with cold, numb feeling.
4	Phosphorus	Tall, slender persons, narrow chested, with thin, transparent skin, weakened by loss of animal fluids, with great nervous debility states. Muscular pseudo-hypertrophy. Inflammation of the respiratory tract. Paralytic symptoms. Ill effects of iodine and excessive use of salt. Pseudo-hypertrophic paralysis. Ataxia and Adynamia. Osteo Myelitis. Bone fragility. Ascending sensory and motor paralysis from ends of fingers and toes.
5	Magnesium Phos	for muscle pain and spasm with cramps and severe, shooting pain
6	Ruta	Complaints from straining flexor tendons. Tendency to the formation of deposits in the periosteum, tendons, and about joints. All parts of the body are painful, as if bruised. Sprains (after Arnica). Lameness after sprains. Feeling of intense lassitude, weakness and despair. Injured "bruised" bones. Spine and limbs feel bruised. Small of back and loins pain. Legs give out on rising from a chair, hips and thighs so weak. Contraction of fingers. Pain and stiffness in wrists and hands. Sciatica; worse, lying down at night. Pain from back down hips and thighs. Hamstrings feel shortened. Tendons sore. Aching pain in Tendo-Achilles. Thighs pain when stretching the limbs. Pain in bones of feet and ankles. Great restlessness.
7	Lathyrus Sativus	Pain from back down hips and thighs. Hamstrings feel shortened. Tendons sore. Aching pain in Tendo-Achilles. Paralytic condition, no strength in legs. Shortened tendons of legs.

## Rehabilitation

### Massage

- ✓ Regular massage is important for reducing spasm and muscle contractions.
- ✓ **Multivitamin daily:** Containing the antioxidant vitamins A, C, E, the B-vitamins and trace minerals, such as magnesium, calcium, zinc, and selenium. OR Oral Suspension/Syrup of Multivitamins and Multiminerals.

## Nutrition and Supplements

The nutrition in DMD is very important role to play on:

- ✓ Eat antioxidant foods, including fruits (blueberries, cherries, and tomatoes) and Green vegetables ETC.
- ✓ Reduce Spicy, Oily and processed foods.
- ✓ Avoid coffee and other stimulants, alcohol, and tobacco.
- ✓ Drink Minimum Of 3-4 Liters glasses of water daily.
- ✓ Exercise if possible for 30-45 minutes every day, stretching exercise.
- ✓ Fresh fruit juices can be consumed to recover Multivitamins and Multi minerals.

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