

EDITORIAL FOR THE MONTH OF SEPTEMBER 2003

How I treat Angina Pectoris in my Practice?

The word 'Angina' in Latin means 'I cry'. It is the ischaemia of cardiac muscles due to arteriosclerosis or thrombosis. About 20 new cases suffering from anginal pain are registered in my center every month. Since Ischemic Heart Disease is a very large chapter, I will only be discussing the management of anginal pain disorders. Patients come to me for the relief of pain mainly and also they are keen not to allow the angina to progress into Myocardial Infarction. Almost all cases that come to me are on Coronary Vasodilators and Disprine. I am very adamant about stopping such drugs as they have their own side effects and the original symptoms of the patient gets masked.

In today's discussion I shall highlight the therapeutics, which I have verified clinically in my practice.

Anginal pain is an acute manifestation of the on going chronic process of arteriosclerosis. Miasmatically it is sycosyphilitic in nature. Hence, superficially treating the local symptoms can only give temporary results. With this there stands a danger of suppressing the original symptoms and making the disease much more chronic. Hence for long-term management, proper constitutional treatment is a must.

My primary focus in today's discussion will be acute angina where the patient may not be in a position to talk or give a history, where observation on the part of the physician is very important. The practicing physician should be in a position to remember his *Materia Medica* pit-pat so that prescription becomes easy. Here are few observations from my practice. I shall discuss this in point form:

1. For any vague pain in coronary region which is of shooting type, I have used *Eryngium Aquaticum 6C* and *Senecio Aureus 6C*, with good results.
2. Whenever spasm of the coronary arteries is demonstrated on an angiogram, there are two remedies that I know which can produce such kind of pathogenesis, viz. *Latrodectus mactans* and *Squilla*.
3. Some of the cases of Hypertension with severe angina have been treated by me with the help of *Tabacum* and *Aurum-met*. *Aurum-met* should never be used in an acute angina as it is of no help.

Some two decades ago I was reviewing the work of Dr. M. L. Tyler and I was surprised to read how beautifully she has made a deeper study and application of an injury remedy like *Arnica*. Before reading this article I had never used *Arnica* in coronary artery disease!!! The following points I have digested only after reading the same which I would like to share:

- a. *Arnica* has night aggravation as important as *Arsenicum*.
- b. It has a strong fear of death like *Aconite*.
- c. It has a shock like state like *Carbo-veg*.
- d. It has offensiveness of discharges like *Mercury*.
- e. It has got a strong desire to be let alone and not to be disturbed like *Bryonia*.

- f. It has got restlessness like *Argentum* and substernal tightness with constriction like *Cactus*.
- g. It has got aggravation of complaints worse from slightest exertion like *Calcarea*.

Garth Boricke has a very large role to play in my practice as I have adopted quite a lot of his literature in my clinical practice. One such remedy which I have learnt from his works is *Secale-cor*. I had never used this remedy in past for coronary artery disease, but after studying few cases treated by him I was convinced of its efficacy in angina. The indications, on which I started using this remedy were:

- 1. Chest pain extending to both arms.
- 2. Pressing pain in the region of the heart.
- 3. Sensation of oppression in the heart area.
- 4. Spasms of the chest.

Initially, when I read the above indications, I thought they are too preliminary and basic and not worth applying. But slowly, I tried to put this in the general picture of *Secale-cor* and then the results started showing. The symptoms of general picture are:

- 1. Restlessness.
- 2. Fear of death.
- 3. Wants air-condition and fan.
- 4. Loves to be rubbed on the chest (with anginal pains).
- 5. Icy coldness of the extremities.

In cases of angina with a very low ejection fraction, I was prompted by reading the works of Dr. O. A. Julian – remedies:

- 1. *Perhexilinum Maleatum*
- 2. *Hirudo Officinalis*
- 3. *Hydrophis Cyanocinatus*
- 4. *HippuricAcid*

Similarly, other rare remedies that have been very useful to me in my hospital practice in cases of severe acute angina are, *Triosteum perfoliatum*, *Bacillus Proteus*, *Scarletinum*, and *Streptococcinum*. (This remedy can even reverse the changes in an electrocardiogram).

I have often used a remedy – *Amylenum nitrosum*, but it has not given me encouraging results. Dr. Ghosh from Calcutta has also contributed a lot to my practice of angina. Through his book I came to know about a remedy – *Pituitaria glandula* and since then I did not look back in majority of my cases in angina. The important indications are: heaviness, constriction and worse on slightest exertion especially in obese patients.

Dr. Boger has a fair share of contribution in my practice; as for example in some of his cases he has used a rare remedy *Lactuca Virosa*, which I have used successfully for the following symptoms of increased frequency of urine with excess of mucus in the throat.

Boericke in its materia medica has mentioned some very rare remedies which are worth a try, they are as follows:

1. Adrenalin
2. Chloroformium
3. Haemotoxylon campechianum
4. Magnolia grandifolia
5. Prunus spinosa
6. Sarothamus scoparius
7. Zinc valeriana

My advice to the whole young generation is – please do not fritter your time in useless activities, take advantage of every moment, at least read your materia medica sincerely for 45 minutes to one hour daily as time wasted is life wasted.....