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## **Syndrome of Inappropriate Antidiuretic Hormone an Interesting Case**

Antidiuretic hormone (ADH) is produced by an area of the brain called the hypothalamus. The hormone is stored in and released by the pituitary gland. ADH controls how body releases and conserves water.

When ADH (also called vasopressin) is produced somewhere other than the hypothalamus, the condition is called syndrome of inappropriate antidiuretic hormone (SIADH).

In addition to making it harder for your body to release water, SIADH can result in lowered levels of electrolytes like sodium. Early symptoms may be mild and include cramping and nausea. In severe cases, SIADH can cause confusion, seizures, and coma.

A variety of conditions can trigger abnormal ADH production, but the main cause is cancer. It is frequently one of the first signs of lung cancer.

Another name for the syndrome is “ectopic ADH secretion.” SIADH makes it difficult for your body to get rid of excess water. This causes a build-up of fluids as well as abnormally low sodium levels, a condition known as hyponatremia.

SIADH tends to occur in people with heart failure or people with a diseased hypothalamus. In other cases, a certain cancer (elsewhere in the body) may produce the antidiuretic hormone, especially certain lung cancers. Other causes may include the following:

- Meningitis
- Encephalitis
- Brain tumors
- Psychosis

- Lung diseases
- Head trauma

**Symptoms include:**

- Nausea or vomiting
- Cramps or tremors
- Depressed mood, memory impairment
- Irritability
- Personality changes, such as combativeness, confusion, and hallucinations
- Seizures

**Case:**

I was once called to see a patient in a very reputed hospital in south Bombay to see a case of SIADH. The patient was admitted for cancer of Lungs (NSCLC Stage 3 B) but during the stay developed severe hyponatremia with following complains :

**Totally 1.**

- COUGH - Hawking
- COUGH -Talking agg
- EXTREMITIES - TREMBLING - Hands - holding objects - holding objects; on
- EXTREMITIES - TREMBLING - Legs
- EXTREMITIES - WEAKNESS - exertion; after slight
- GENERAL - Anaemia
- HEAD - HEAVINESS - Forehead
- HEAD - HEAVINESS - Vertex
- HEAD - PAIN - compressed; as if
- MIND - CONCENTRATION - difficult

- MIND - CONFUSION of mind
- MIND - CONFUSION of mind - concentrate the mind, of attempting to
- MIND - CONFUSION of mind - knows not where he is
- MIND - CONFUSION of mind - knows not where he is - waking, on
- MIND-DULLNESS
- MIND - INACTIVITY
- RESPIRATION - Difficult, exertion after agg
- STOMACH - APPETITE - wanting
- STOMACH - NAUSEA - Chest, in
- STOMACH - NAUSEA - cold - drinks - after - agg.
- STOMACH - NAUSEA - constant
- STOMACH - NAUSEA - cough - during - agg.
- STOMACH - NAUSEA - dinner - after - agg.
- STOMACH - NAUSEA - drinking - after - agg.
- STOMACH - VOMITING - cough - after
- STOMACH - VOMITING - cough - during - agg.
- STOMACH - VOMITING - eating - after - agg.

He was a known case of small cell Carcinoma, with Metastasis in the mediastinum, ribs, spine & cervical lymphnodes. He was anaemic 10gm, his sodium levels were- 131 mEq/ L.

His constitutional Symptoms were: He was a banker 65 years old now retired ,married with three children all well settled and highly educated, His son works as a stock broker in an American Company & stays with him after marriage. His other sons live in American & works in Software Company, his daughter is Studying Business Management. The problems Started when he lost his wife, who had a long battle of

ovarian Cancer. This was the biggest grief in his life. He has cordial relation with Siblings. In his Bank, he retired as a Deputy General manager.

In his profession , he is honest, meticulous, hard-working. He has a fear of flying & is Claustrophobic. He Sleeps on left side, & frequent dreams of misfortune. he sweat on chest & palms. Recently he has lost 6 kg in last 2months. He is a very responsible husband & father. In his food habits he never takes cold drinks and cold food, has a sweet tooth and avoids eating bread in any form.

Following symptoms were considered for his constitutional remedy.

### **Totality 2**

- MIND - AILMENTS FROM - death of loved ones
- MIND - CONSCIENTIOUS about trifles
- MIND - FEAR - flying; of
- MIND - FEAR - narrow place, in
- MIND - INDUSTRIOUS
- MIND - RESPONSIBILITY - taking responsibility too seriously
- CHEST - CANCER - Lungs
- CHEST - PERSPIRATION
- EXTREMITIES - PERSPIRATION - Hand - Palm
- DREAMS - MISFORTUNE
- GENERALS - ANEMIA
- GENERALS - CACHEXIA
- GENERALS - FOOD and DRINKS - bread - aversion
- GENERALS - FOOD and DRINKS - cold drink, cold water - aversion
- GENERALS - FOOD and DRINKS - sweets - desire

### **Management:**

For the acute episode taking into consideration the first totality Conium was selected in 30c potency in 5 cup method 1 tsf every 3 hourly .Since the patient was in the hospital for last 10 days with battery of allopathic life saving drugs there was hardly any improvement and knowing his age the doctors were afraid of cerebral oedema and subsequent herniation of brain so they asked relatives to look for other options, I had here no choice to continue allopathic drugs along with homoeopathy.

Within three days the dullness and confusion started improving ,the sodium increased to 135 mEq/ L. within seven days there was no vomiting,nausea and appetite improved on 15th day of homoeopathic treatment the patient took discharge with sodium levels of 139 mEq/L ,later I had to start constitutional treatment so I started with Lycopodium 30c 5 cup method 1 tsf two times a day, there was an advice by his cancer therapist to take tab Gefitinib which is an EGFR inhibitor, like erlotinib, which interrupts signaling through the epidermal growth factor receptor (EGFR) in target cells however the patient denied the treatment as it carries side effect like nausea,vomiting,and increased in liver enzymes. after two months of starting homoeopathy he gained two months with relief in his cough and breathlessness. After that he developed cough worse evening and ,night low grade fever worse at night accompanied by profuse sweat with loss of appetite and severe weakness based on this symptoms, I prescribed Carbo animalis 30c 5 cup method 1 tsf every 3 hourly after 48 hours the fever subsided cough reduced but unfortunately the pet scan showed increased metastasis. this frequently happens when the case is incurable ,the same medicine was continued for one month, after this patient developed severe plural effusion on right side which was tapped and 400 ml of sero sanguineous fluid was removed, the health went down (nausea,vomitting,weakness,prostration, haemoglobin 6 grams )for a toss there was a loss of weight by 3 kilos, again appetite

reduced and patient only wanted sips of sour drinks, lemons and refreshing drinks based on this symptoms I gave him Arsenic Alb 3c 5 cup method 1 tsf 4 hourly ,again patient felt better with this remedy for few weeks but then later had effusion in lungs at this point I suggested them to again go for tapping ,while doing tapping the patient collapsed due to ? vasovagal shock or ? hypovolemic shock.