



**TITLE:CORRECTION OF NUTRITIONAL DEFICIENCIES IN HOMOEOPATHIC WAY**

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❖ **ABSTRACT:**Our daily food contains various nutrients which keep our physiological functions in harmony and thus, health is maintained. When any nutritional deficiency occurs, it impacts related system of it and thus produce various abnormal signs and symptoms in body. Homoeopathy does not correct only disease but it helps to make the affected system susceptible for restoring normal functioning.

❖ **KEYWORDS:** Homoeopathy, Nutrition, Nutrients, Nutritional Deficiency

❖ **INTRODUCTION:** Poor diet, concurrent infections and poverty all contribute to the problem of nutritional deficiencies, which is widespread in underdeveloped nations. <sup>[1]</sup>Nutritional deficiencies in vitamin B complex and protein energy are significant when considering brain involvement. Many nutritional deficiencies are common and can have an impact on various organs, including the neurological system, mucous membranes, and the skin. Each component of the neurological system, including the cerebrum, cerebellum, spinal cord, peripheral nerves, and muscles may be impacted singly or in a number of different ways. <sup>[1]</sup>Nutrition by definition is the process of nourishment while nutrient is the substance that provides nourishment. <sup>[2]</sup> The important nutritional disorders of the nervous system are presented in Table-1:



<b>VITAMIN</b>	<b>DEFICIENCY DISORDER</b>
Vitamin B complex	Vitamin B complex deficiency syndrome (B1, B6, B12, Folic acid deficiency)
Vitamin D	Ostomalacic myopathy
Protein	Protein-Energy Malnutrition
Iodine	Iodine Deficiency Disorders

[1] (TABLE-1)

Based on daily requirements, nutrients are categorised as macronutrients or micronutrients.

Carbohydrates, proteins, lipids, and minerals like calcium, phosphorus, sodium, chloride, potassium, sulphate, and magnesium are all macronutrients. Micronutrients

are vitamins & minerals that must be consumed in amounts less than 100 mg daily.

Essential nutrients are those that the body is unable to synthesise. While vitamins and minerals primarily assist metabolism, carbs, lipids, and proteins also help in tissue growth and maintenance and give energy. So, a person needs to eat a balanced diet to meet their needs for all the nutrients in the right amounts. [2]

Nutritional deficiencies with its clinical features, regular intake and related factors for deficiency are mentioned in following table-2:-

NUTRIENT	CLINICAL FINDING	DIETARY LEVEL PER DAY ASSOCIATED WITH OVERT DEFICIENCY IN ADULTS CONTRIBUTING	FACTORS TO DEFICIENCY
Thiamine	Beriberi, neuropathy, muscle weakness ,wasting , cardiomegaly,oedema, ophthalmoplegia	<0.3mg/1000Kcal	Alcoholism,chronic diuretic use,hypermesis ,thiaminases in food
Riboflavin	Magnetatongue,angular stomatitis, seborrhoea , cheilosis ,ocular symptom,corneal vascularization	<0.4mg	Alcoholism, individual with poor diet and low intake of milk products
Niacin	Pellagra , pigmented rash of sun exposed areas , bright red tongue, diarrhoea ,apathy, memory loss , disorientation	<9.0 niacin equivalents	Alcoholism, Vit B6 deficiency ,riboflavin deficiency ,tryptophan deficiency
Vitamin B6	Seborrhoea,glossitis,Convulsion,neuropathy , depression, confusion, Microcytic anemia	<0.2mg	Alcoholism,Isoniazid
Folate	Megaloblastic anaemia ,atrophic glossitis ,depression, homocysteine	<100microgram /d	Alcoholism,,sulfasalazine, pyriethamine, triameterene
Vitamin B12	Megaloblastic anaemia, loss of vibratory and position sense , abnormal gait, dementia,impotence, loss of bladder and bowel control, methylmalonic acid	<1.0microgram/d	Gastric atrophy,terminal ileal disease ,strict vegetarianism acid reducing drugs (e.g. H2 blockers ), Metformin
Vitamin C	Scurvy,petechiae, ecchymosis, coil;ed hairs, Inflamed and bleeding gums ,joint effusion, Poor wound healing,fatigue	<10mg/d	Smoking, alcoholism
Vitamin A	Xerophthalmia,nightblindness,bitos spot, follicular hyperkeratosis,impaired Development, immune dysfunction	<300 microgram/d	Fat malabsorption,infection,measles, Protein energy malnutrition



## A. J. SAVLA HOMOEOPATHIC NATIONAL JOURNAL

Vitamin D	Rickets, skeletal deformation, rachitic rosary, bowed legs, osteomalacia	<2.0microgram/d	Aging, lack of sunlight, fat malabsorption, deeply pigmented skin
Vitamin E	Peripheral neuropathy, sponocerebrallar ataxia, skeletal muscle atrophy, retinopathy	Not described	Occurs with fat malabsorption
Vitamin K	Elevated prothrombin time, bleeding	<10 microgram/d	fat malabsorption, liver disease, antibiotic use

(Table :- 2)

ELEMENT	DEFICIENCY	TOLERABLE UPPER (DIETARY ) INTKAE LEVEL
Boron	No biological function determined	20mg/d (extrapolated from animal data)
Calcium	Reduced bone mass , osteoporosis	2500 mg/d (milk – alkali )
Copper	Anaemia, growth retardation, keratinisation and pigmentation of hair , hypothermia, osteopenia , mental detoriation	10mg/d (liver toxicity )
Chromium	Impaired glucose tolerance	Not determined
Fluoride	Dental caries	10mg/d (flurosis )
Iodine	Thyroid enlargement, cretinism	1100 microgram/d (thyroid dysfunction )
Iron	Muscle abnormalities , koilonychia , work performance , impaired cognitive development , premature labor	45mg/d of elemental Iron (gastrointestinal side )
Manganese	Impaired growth and skeletal development , reproduction , lipid ans carbohydrate metabolism	2mg/d (extrapolated from animal data )
Selenium	Cardiomyopathy, heart failure, striated muscle degeneration	400microgram/d (hair, nail changes )

Molybdenum	Severe neurological abnormalities	2mg/d
Phosphorus	Rickets , proximal muscle weakness , rhabdomyolysis , ataxia, seizure, confusion, heart failure, acidosis	4000 mg/d
Zinc	Growth retardation , taste and smell , alopecia , dermatitis , diarrhoea , immune dysfunction , failure to thrive , gonadal atrophy , congenital malformation	40mg/d (impaired copper metabolism )

(Table :- 3)

The element and its deficiency with intake level are mentioned in table :-3

- Depending on the location and criteria in use, 30- 50% of hospitalised patients suffer from malnutrition. Among the notable negative effects links to malnutrition include poor wound healing, weakened immunity, reduced organ function, prolonged hospital stays and increased mortality. <sup>[2]</sup>
- The term protein-energy malnutrition encompasses at least three distinct clinical syndromes which are as follow:

STUNTING is the first and most prevalent, and it happens everywhere in developing countries. Low birthweight and irreversible cognitive and physical stunting, including below-average weight and short stature in the first few years of life, are manifestations of chronic macronutrient and micronutrient deficiency during pregnancy and the early years of childhood.

A second sign is ACUTE MALNUTRITION, which is primarily caused by a lack of macronutrients and can also affect adults. It comes in three particularly severe forms: kwashiorkor, marasmus (wasting), and marasmic kwashiorkor.

The third syndrome is WASTING, which develops as a result of short-term or long-term surgical or medical conditions.<sup>[3]</sup>



## A. J. SAVLA HOMOEOPATHIC NATIONAL JOURNAL

Homoeopathy is based on Similia Similibus Curantur. As principle suggests Homoeopathy focus on Individual characteristics uncommon symptomatology rather than common disease symptomatology. In nutritional deficiency disorders, Homoeopathy corrects the causation of deficiency rather than supplement it. Following drugs are used in Homeopathic approach for Nutritional Disorders:

**ABROTANUM:** The emaciation begins in the lower limbs and gradually spreads upward, so that the face is the last affected. <sup>[5]</sup> In marasmus, especially of lower extremities only, yet with good appetite. Face is wrinkled, cold, dry, pale. Blue rings around

- dull-looking eyes. Comedones, with emaciation. Appetite good, but emaciation progresses. Food passes undigested. Pain in stomach; worse at night; cutting, gnawing pain. Abdomen is Distended. Alternate diarrhoea and constipation. Pricking and coldness in fingers and feet. Legs greatly emaciated. Falling out of hair. <sup>[4]</sup>
- **IODIUM:** Rapid metabolism: Loss of flesh great appetite. Great debility, the slightest effort induces perspiration. Iodum individual is exceedingly thin, dark complexioned, with enlarged lymphatic glands, has voracious appetite but gets thin. Sluggish vital reaction, hence chronicity in many of its aspects. Acute catarrh of all mucous membranes, rapid emaciation, notwithstanding good appetite, and glandular atrophy call for this remedy, in numerous wasting diseases and in scrofulous patients. Weakness and loss of breath going upstairs. Skin is Hot, dry, yellow and withered. Pain in bones at night. Acrid sweat of feet. <sup>[4]</sup> Marasmus. There is withering throughout the body, the muscles shrink, the skin wrinkles and the face of the child looks like that of a little old person, but the glands under the arms, in the groin and in the belly are enlarged and hard. If the patient is emaciated, is sallow, suffers from heat, has enlarged glands, and the other symptoms of this medicine, you may expect after its administration an ultimate cessation of the group of symptoms that are selected to name the disease by. Brain troubles, acute and chronic, sometimes call for Iodine. <sup>[5]</sup>
- **CALCAREA PHOSPHORICA:** During the growing period many children need this remedy, if the head bones are slow in forming, or do not keep pace with the growth of the child, this remedy is often called for. Where the child is losing flesh, slow learning to do things, slow learning to walk, or the legs are not strong enough to support the body, or it is behind in mental development, this remedy is one to be examined. Emaciated children; Non-union of fractured bones, swollen condyles etc. General bodily weakness. Numbness of many parts.





## A. J. SAVLA HOMOEOPATHIC NATIONAL JOURNAL

Trembling. <sup>[5]</sup>Theanaemias after acute diseases and chronic wasting diseases. Anaemic children who are peevish, flabby, have cold extremities and feeble digestion. Infant wants to nurse all the time and vomits easily. All its symptoms < from any change of weather. Numbness & crawling are characteristic sensations, and tendency to perspiration and glandular enlargement are symptoms it shares with the carbonate. Scrofulosis, chlorosis and phthisis. Urine is Increased, with sensation of weakness. <sup>[4]</sup>

- SILICEA: Imperfect assimilation and consequent defective nutrition. It goes further and produces neurasthenic states in consequence, and increased susceptibility to nervous stimuli and exaggerated reflexes. Scrofulous, rachitic children, with large head open fontanelles and sutures, distended abdomen, slow in walking. Lack of vital heat. Prostration of mind and body. <sup>[4]</sup>Slow nutrition; if the individual receives a slight injury, it suppurates and the cicatrix indurates, is hard and nodular. Indicated in more chronic forms due to Psora. "Scrofulous glands" Intense photophobia in all eye complaints. Face is silky, anaemic, waxy, tired. <sup>[5]</sup>
  
- ARGENTUM NITRICUM: Constitutional headaches from brain fag, from exertion of the mind. The nervous state continues until there is disorder of all the organs of the body. "Face: Sweat stood in drops on his face; sunken, pale, bluish; Looks prematurely old; blue, heavy breathing, pulseless. Pain in the lumbar region comes on while sitting, but is better when standing a walking. Pain in the back from flatulence. Sore pain in the spine. Periodical trembling of the body. Chorea, with tearing in the legs. Nervous faintish, tremulous sensation, etc. <sup>[5]</sup>Symptoms of inco-ordination, loss of control and want of balance everywhere, mentally and physically; trembling in affected parts. Explosive belching especially in neurotics. Upper abdominal affections brought on by undue mental exertion. Paraplegia Myelitis and disseminated sclerosis of brain and cord. Intolerance of heat. Destroys red blood corpuscles, producing anaemia. Old man's look; tight drawing of skin over bones. <sup>[4]</sup>Imperfect nutrition, not from want of food, but from imperfect assimilation. <sup>[6]</sup>
  
- NATRUM MURIATICUM: The prolonged taking of excessive salt causes profound nutritive changes to take place in the system, and there arise not only the symptoms of salt retention as evidenced by dropsies and oedemas, but also an alteration in the blood causing a condition of anaemia and leucocytosis. A great remedy for certain forms of intermittent



## A. J. SAVLA HOMOEOPATHIC NATIONAL JOURNAL

fever, anaemia, chlorosis, many disturbances of the alimentary tract and skin. Great debility; most weakness felt in the morning in bed. Emaciation most notable in neck. Great liability to take cold. Drymucous membranes. Great weakness and weariness. <sup>[4]</sup> Deficient nutrition and dirty, flaccid, torpid skin; genital organs smell badly and strongly; feeling of weakness in sexual organs <sup>[6]</sup>

- CALCAREA CARB: Emaciation more marked in other than adipose tissue; atrophy of muscles, soft bones, retarded teeth (defective nutrition), with deceptive appearance of plumpness from excess of fat. When also the fat wastes, the body dwindles, the pale skin hangs in folds, but abdomen remains disproportionately enlarged. appetite voracious, yet emaciation persists; morbid appetite for indigestible articles of food; growth retarded, spine weak, it sits stooped, legs curved and bones bent easily, though old enough will not put its feet to the ground. Malnutrition, faulty assimilation; flabbiness of muscles; loathing of work, with heaviness of feet. Leucophlegmasia and malnutrition. <sup>[6]</sup>
- ALETRIS FARINOSA: Debility, especially of females, from protracted illness or defective nutrition; no organic disease; debility after diphtheria. In cases of debility from protracted illness, loss of fluids, defective nutrition; great disposition to abortion. Prolapsus uteri from muscular atony; leucorrhoea from loss of fluids or defective nutrition; debility from protracted illness; obstinate indigestion, the least food distresses the stomach; fainting with vertigo. excessive nausea with giddiness; frequent attacks of fainting with dizziness. <sup>[6]</sup>
- PICRICUM ACIDUM: Asthenia from diminished nutrition; furunculosis; weakness of muscles; lame and tired sensation all over the body; better in open air and when at rest. <sup>[6]</sup>





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