

Efficacy of Homoeopathic Medicines in Management of Cancer Patients

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Abstract: *Cancer is the second leading cause of death globally, affecting over one third of the population across various age groups. This study explores the role of homoeopathic medicines in managing cancer, referencing various homoeopaths and remedies. Conducted over 18 months at Sri Guru Nanak Dev Homoeopathic Medical College and Hospital Ludhiana, the study involved 60 patients, with statistical analysis on 54. The paired “t” test indicated significant improvement in 30 cases, moderate improvement in 12, mild improvement in 9, and no change in 3 cases. Although homoeopathic treatment showed positive changes, complete pathology reversal was rare, highlighting the chronic nature of cancer and the potential of homoeopathy in its management.*

Keywords: Cancer, Homoeopathic management, Homoeopathic remedies, Holistic Approach, Complementary therapy

1. Introduction

In today’s world any person who hear the name of cancer, became fearful and anxious. It is not the fault of individual or person himself that made him to think so, but in reality it is the cancer itself that attacking individuals in such a dreadful manner that compel a person to think so.

Surprisingly, it affects more than one third of the population and is observed in various age groups, attracting significant attention. So the presentation of the disease itself made it important to such an extent that nobody can take off their eyes.

The word cancer means “crab” in Latin. According to Merriam Webster Dictionary: **a:** a malignant tumor of potentially unlimited growth that expands locally by invasion and systemically by metastasis. **b:** an abnormal bodily state marked by such tumors. Cancer is the second leading cause of death behind heart disease and the most significant risk factor for cancer overall is age; two - thirds of all cases were in those aged >65 years.

The diagnosis of cancer relies most heavily on invasive tissue biopsy. Although in rare clinical settings fine - needle aspiration is an acceptable diagnostic procedure and certain tumor marker tests are also being done to rule out the disease.

The purpose of study is to explore the role of Homoeopathic medicines in management of cancer patients, including the pre and post treatment of cancer. We have ever enlarging material medica where thousands symptoms of proved medicines are found and on the basis of those symptoms Homoeopathy proves to be beneficial in cancer cases.

We can prescribe general remedies according to the constitution of the patients and particular organ specific remedies for specific organ cancer, we can use medicines locally to remove fetid discharge etc, and as the case demands.

The significance of this study lies in its potential to provide an alternative approach to cancer management through

homoeopathy, which could complement existing treatments and offer holistic care to cancer patients.

2. Review of Literature

Cancer is a generic term for a large group of diseases that can affect any part of the body. A neoplasm and malignant tumour are other common names for cancer. The origin of the word cancer is credited to the Greek physician Hippocrates (460 - 370 BC), who is considered the “Father of Medicine.” Hippocrates used the terms *carcinoma* and *carcinoma* to describe non - ulcer forming and ulcer - forming tumors.

Tumours or Neoplasms are broadly classified in two groups; Benign & Malignant. A **benign tumour** will remain localised, cannot spread to other sites, while a malignant can invade and destroy adjacent structures and spread to distant sites to cause death.

According to WHO, Cancer is a leading cause of death worldwide, accounting for nearly 10 million deaths in 2020. The most common in 2020 (in terms of new cases of cancer) were: Breast cancer, followed by Lung, Colon and rectum, Prostate, Skin Stomach

Risk factors involves which play a major role in development of cancer are; Tobacco, Alcohol , Areca nut Pollution, Obesity, Occupational exposures, Radiations including UV Rays, Biological agents – HPV, HB etc.

In order to make a diagnosis and to plan the most appropriate management, information is needed on:

- the type of tumour
- the extent of disease, as assessed by staging investigations
- the patient’s general condition and any comorbidity

TNM, staging is used to detect the size of tumour, nodal involvement and to know about the metastasis.

Along with this cancer diagnosis is based on the investigations, like Lab Tests, Imaging Test, CT Scan, MRI,

Nuclear scan, Bone scan, PET scan, Ultrasound, X - ray, & Biopsy etc.

The **clinical features** of cancer includes, Fatigue, Lump or area of thickening that can be felt under the skin, Changes in body weight, (weight loose or weight gain), Skin changes can be notice, darkening or redness and yellowing of the skin, sores that won't heal, or changes to existing moles, Bowel and bladder habit changes can be noticed, Persistent long lasting cough or trouble in breathing, Dysphagia, Hoarseness of voice, Persistent indigestion or discomfort after eating, Persistent, unexplained muscle or joint pain, Persistent, unexplained fevers or night sweats, Unexplained bleeding or bruising, Bleeding. The management and treatment of cancer patients include:

- To know the Extent of disease and the prognosis
- Making a treatment plan
- Management of disease and treatment complications
- Long - term follow - up/late complications
- Supportive care

Cancer management starts with obtaining a valid diagnosis. After the diagnosis treatment plan is decided whether chemotherapy, surgery, or surgery with chemotherapy, radiotherapy or other medicines needed.

Homoeopathic Management included, Homoeopathic medicines can be prescribed on the basis of symptoms similarity in any type of cancer, and this can only be possible after proper case taking. In Homoeopathy there is no particular medicine for particular type of cancer but any of the Homoeopathic remedy can be prescribed on the basis of individualization. Dr Hahnemann Father of Homoeopathy termed cancer as complex disease and same can be treated with Homoeopathy. Likewise there are various other Stalwart in Homoeopathy like, Dr j. c. burnett, Dr Arthur Hill Grimmer, Dr Farokh Jamshed Master who gave us directions towards the treatment and management according to Homoeopathic principles. Variuos other medicines are also adviced in different types of cancers in Boericke Materia medica also. Along with this various other studies proves the efficacy of Homoeopathy in management of cancer patients. Cancer is a mass problem but for a Homoeopath it's an individual problem. So Whichever Approach we use in prescribing the Homoeopathic medicine, whether it is constitutional, therapeutic or other it should be based on individuality and most similar medicine.

So through the selected topic of research the purpose of study is to explore the role of homoeopathic medicines in management of cancer patients, including the pre and post treatment of cancer.

Through this research the role of homoeopathic medicines in management of cancer patients is being explored in a period of one and half year through the study of the 60 patients.

3. Methodology

It was an exploratory study conducted on 60, Cancer patients from the Out Patient Department, In Patient Department, and Peripheral Dispensaries of Sri Guru Nanak Dev Homoeopathic Medical College and Hospital Ludhiana, to

study the efficacy of Homoeopathic medicines in management of cancer patients. The efficacy was assessed on the basis of clinical features recorded during Homoeopathic case taking. In the study all diagnosed cases of cancer, patients of all ages and both sexes are included all of the patients who withdraw treatment in between and pregnant and lactating mothers were excluded from the study. For statistical analysis score before and treatment were calculated on the basis of clinical features during cases taking which are as follows

Before treatment		After treatment	
Frequency of symptoms	4	No change	0
		Mild reduced	3
		Moderately reduced	2
		Markedly reduced	1
Intensity of symptoms	4	No change	0
		Mild reduced	3
		Moderately reduced	2
		Markedly reduced	1
Pathological findings	4	No change	0
		Mild reduced	3
		Moderately reduced	2
		Markedly reduced	1
Total number of scores		Total number of scores	

4. Observation & Statistical Analysis

On the basis of analysis from 60 cases of cancer that I have included in my study, following observations are made:

- About 65% of the patients were above the age of 50.
- In term of sex incidence female patients predominates over male patients.
- In the study, out of 60 cases recorded, 12% patients were having the family history of cancer and 88% patients have no family history.
- In the study, maximum numbers of patients were of Genital cancer i. e.23, and Chest and breast cancer i. e.21 and minimum numbers of patients were of Mouth and oral cavity cancer, and skin cancer i. e.2
- In the study, out of 60 cases recorded, 36 patients reported at pre - operative stage and 24 patients reported at post - operative stage.
- In the study out of 60 cases recorded, 14 i. e. patients came with the complaint of Primary Tumour or Mass, 13 with Symptoms related to Metastasis, 12 with Pain Syndrome, 10 with symptoms related to chemotherapy, 7 with Psychological Complaints with cancer, and 4 patients with symptoms related to radiotherapy.
- In the study, 60 cases were taken, 43 remedies were prescribed, out of which Arsenic album were prescribed in maximum number of patients i. e.9, then Aconite, Arnica, Sepia, Nux vomica in 5 cases, Calendula, Phytolacca, Cadmium Sulph, Carcinocin, Cedron, Sabal Serrulata, in 4 cases, and other medicines were used as the case needed.
- In the study of 60 cases, marked Improvement was observed in 30 (50%) cases, Moderate in 12 (20%), Mild in 9 (15%), and no change was observed in 3 (5%) cases. Likewise, 6 (10%) cases left the treatment in between.

After the careful observation statistical analysis was conducted on 54 patients, as 6 patients discontinued the

treatment. On the basis of scores before and after treatment, paired t test was applied.

5. Results

As paired t test was applied on the basis of scores before and after treatment and the “t” value was 15.982

- At 53 degrees of freedom, 5% significant limit (95% confidence limit) of t in the t table is = 2.000. The observed t value (= 15.982) is much greater than this.
- Also, at 53 degrees of freedom, 1% significant limit (99% confidence limit) of t is = 2.660. The observed t value (= 15.982) is much greater than this also.

Hence, H_0 is rejected & H_1 is accepted.

The difference between the scores taken before and after prescribing Homoeopathic medicines in cancer patients is statistically significant & that proves Homoeopathic medicines are effective in the management of cancer patients.

6. Discussion

For this study I have gone through the literature already present about the same and found that cancer is a disease which is producing a devastated state in the human life or in society. It producing a range of physical, emotional, and psychological states in humans, including fear, anxiety, depression, grief, hopelessness, shame, guilt etc and on physical level it is producing: Cachexia, Weakness, Organ dysfunction, Hormonal imbalance, and Weak immunity etc.

Different types of cancer patients were included in the study, the cancer types were broadly divided in to seven groups and maximum number of cases reported in the group “Genital Organs” including both males and females. Followed by; Chest and Breast, Gastro - intestinal tract, Head Face & Neck, Bone marrow & Blood, Mouth and Oral cavity and Skin Cancers.

In term of remedy prescribed, In 60 patients total number of medicines prescribed were 43, out of which 57% patients was given Polychrest remedies and 43% patients given Rare or lesser known remedies.

The potencies that were administered included: Mother tinctures, 6X, 30th, 200th, and 1M. In some cases Mother Tinctures was used for external application on wounded or burned area and in some cases prescribed orally.

To know about the effectiveness of Homoeopathic Medicines in management of cancer patients paired “t test” was applied. That shows there is significant change in patient’s life after Homoeopathic treatment.

On the basis of presenting complaints, patients came with the complaint of “Primary tumour or Mass” was found in majority. Then, patients with Symptoms related to Metastasis, Pain syndrome, Symptoms related to Chemotherapy, Psychological complaints with cancer, and Symptoms related to Radiotherapy was reported.

After the administration of remedies the effectiveness of Homoeopathic medicines was assessed in different types of cancer patients and it was observed that, there are specific remedies that are being used frequently in Homoeopathy to treat cancer and in this study I have also used some of them according to need of cases and on the basis of totality of symptoms as for example, Phytolacca, Carcinocin Conium and Calcarea flour were effective in Breast Cancer, Sepia and Fraxinus americana Worked well in Uterine cancer, Lycopodium, Sabal Serrulata in Prostate cancer, Graphites in Skin Cancer etc.

Likewise, some rare or lesser known remedies were also effective in managing the cancer related complaints of the patients as for example, Cedron & Euphorbium was very effective in management of Pain in cancer patients, Cadmium sulph and Nux vomica was effective in patients came with the, symptoms related to chemotherapy, Calendula and Arnica used as external application in wounded or burned area. Likewise, there are various other remedies used in different types of cancers and different complaints of cancer patients.

I build Improvement status on the basis of presenting complaints and it shows that out of 60 patients, **Marked Improvement** was observed in 30 cases and it includes maximum number of those patients who came with the complaints of “Symptoms related to Chemotherapy” followed by patients came with “Pain syndrome” & “Symptoms related to metastasis”, then “Psychological” and “Primary tumour or mass, and then in those patients came with “Symptoms related to radiotherapy”.

Moving on further towards Improvement status, **Moderate Improvement** was observed in 12 cases, and maximum improved cases were belong to the group of “Symptoms related to metastasis” followed by other. Then, **Mild Improvement** was observed in 9 cases and maximum improvement was observed in group “Pain syndrome” and then in other groups.

The result of the study shows that, Homoeopathic treatment in cancer patients brings a positive change but reverse of pathology not seen in all cases of “Primary tumour or mass” except in one case where results of tumour marker shows a satisfactory change.

On the other side, the results shows that Homoeopathic medicines are effective in management of other groups of patients, like in cases of patients came with “Symptoms related to chemotherapy” “Symptoms related to radiotherapy” and patients with “Psychological complaints” were beautifully recovered and patients feels much better after Homoeopathic treatment. Likewise, patients, with “Pain syndrome”, “Symptoms related to metastasis”, shows a significant change in them.

As cancer fall under complex and chronic diseases where complete recovery is not achievable in a short period of one and half year, as my study was all about. Similarly, the medicines that were used are just a Glimpse of an Ocean that we have in the form of Homoeopathic medicines. When in a short period of 18 months positive change can be seen in

patients, we will definitely achieve a great success if more studies carried out in this field.

In this study, it is also noted that cancer patients came to Homoeopaths at very late stage of their disease. If some reports earlier, their confidence in our treatment pattern shaken and patients try to find out different treatment for quicker relief and they make a choice of surgery or advance treatment as their priority as it is seen in the current study where patients came with "Primary tumour or mass". Well, it is a big task for us i. e. to all Homoeopaths to improve our skills in Homoeopathy and most importantly to pray in front of Almighty Allah that, He enable us that we can improve our skill to such an extent that we can convince the patient towards Homoeopathy without any doubt and make it a first choice for them. *InshaAllah, Ameen!*

7. Conclusion

This study highlights the potential effectiveness of homoeopathic medicines in managing cancer patients, showing significant improvement in many cases. Although complete reversal of cancer pathology was rare, the positive changes observed suggest that homoeopathy can play a complementary role in cancer treatment. Further studies are necessary to explore the full potential of homoeopathic remedies in cancer care.

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