

Review Article

Preventing and curing problems of heart including angina pectoris, using evolved homeopathy

Abhijit Biswas*, Krishnan Ramasubramanian

Indian Association for the Cultivation of Science, 2A, Raja S. C. Mullick Road, Calcutta, West Bengal, India

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***Correspondence:**

Dr. Abhijit Biswas,

E-mail: godopy@gmail.com

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ABSTRACT

Heart is one of the most sensitive organs of human body, and is affected by all mental emotions: negative emotions worsen its health, whereas, positive emotions improve its health. This paper presents the methodology of evolved-homeopathy, for preventing and curing problems of heart including angina pectoris, which is considered to be an alarming heart condition in conventional medicine (allopathy) that needs in many of the cases, immediate hospitalization and surgery. The methodology of evolved-homeopathy utilizes a few specific medicines for prevention, according to the first fundamental-principle of cure ('prevention is better than cure'). For those who are still affected by mild angina due to their tension-ridden lifestyles, a few medicines need to be taken based on the 'exciting cause' (which is the third fundamental-principle of cure), to quickly cure, so as to fulfill the second fundamental-principle of cure ('nipping in the bud'), so that minimum dead-tissue is formed, as revealed by the GDV (gas-discharge-visualization) whole-body diagnostic-chart. Anticipatory preventive doses can be taken whenever felt necessary, as these medicines are complementary type and are having no side effects. Excellent results of prevention, cure and dead-tissue removal using medication, can be achieved by those, who can take quick action based on their own understanding/experience, or on a quick consultation with their doctor. It seems evident that sincere followers of the three fundamental-principles of cure as mentioned above, can counter problems of heart including angina pectoris, and avoid the necessity of hospitalization and surgery.

Keywords: Preventive medicine, Nipping in the bud, Prevention is better than cure, Exciting cause, Stress-related disorders, Angina pectoris

INTRODUCTION

Heart is one of the most sensitive organs of human body. Heart is affected not only by excessive physical strains, but also by all mental emotions: negative emotions worsen its health, whereas, positive emotions improve its health (For example, the calming effect of yoga practice is good for the heart).

Dr. Calkins, Director of the cardiac arrhythmia service at Johns Hopkins, USA, stated that a large number of studies show that yoga benefits many aspects of cardiovascular

health, and that there has been a major shift in the last five years or so, in the number of cardiologists and other professionals, who recognize that these benefits are real. Johns Hopkins University website further states that one of the clearest benefits of yoga to the heart is its ability to relax the body and mind, and that emotional stress can cause a cascade of physical effects, including the release of hormones like cortisol and adrenaline, which narrow the arteries and increase blood pressure; whereas, the mental focus and deep breathing of yoga can offset this stress.¹

Because of mind's natural reaction to stressful situations, negative emotions release hormones, which may worsen

human health. These can be countered by the preventive medicines of evolved homeopathy. Angina pectoris is considered to be an alarming heart condition in conventional medicine (allopathy), which needs in many of the cases immediate hospitalization and surgery, angioplasty with placement of stent, etc. In evolved homeopathy, by following the three fundamental-principles of cure mentioned below, it becomes possible to prevent (following 'prevention is better than cure' principle), and even cure angina in the very initial stages (according to 'nipping in the bud' principle); and, by then whatever little dead tissue has formed in the myocardia and its nearby muscles, those can be eliminated subsequently by using a evolved homeopathy medicine. Thereafter, to avoid recurrence of any further angina attack, preventive medicines need to be taken to eliminate effect of the primary or the exciting cause.

As mentioned in a previously published paper, evolved homeopathy is based on three fundamental-principles of cure: (i) 'prevention is better than cure', (ii) 'nipping in the bud', and (iii) third principle, which directs to choose a medicine that relates to the primary or the 'exciting cause' of the disease.²

The objectives of this paper is to present ways (i) to prevent and cure heart problems including angina pectoris using evolved homeopathy medicines; and (ii) this may be achieved by utilizing a sophisticated whole-body diagnostic device like the GDV (Gas Discharge Visualization) camera/ scanner, details of which will be clear from the discussions in the previously published paper.²

METHODS

GDV whole-body diagnostic system

True 'nipping in the bud', of any disease from a patient's body is possible only when the treatment starts based not on a patient's perception of symptom(s), but on a whole-body diagnostic chart generated by a sophisticated device like the GDV camera/scanner, as will be clear from the detailed explanations given in the previously published paper.² For example, disease-levels due to partial blockage of coronary vessels, problems in cardio-vascular system and in right part of the heart are indicated in the GDV diagnostic report.

Thus, the GDV whole-body diagnostic system is an important tool for achieving near zero disease-levels in the various organs of human body (as had been explained and depicted in Figure 2 of the previously published paper) that leads to health promotion.

Evolved-homeopathy and COVID-19 era

The need for evolved homeopathy (which is an evolved version of 'advanced-homeopathy', as explained in the previously published paper) has arisen during the COVID

era, as it has been observed that many diseases are stress-related disorders, and this is true for more diseases and for larger section of patients (including even children and teenagers).

It has been found that potencies lower than those specified in advanced-homeopathy, are sometimes more useful to avoid medicinal aggravation based on the basic homeopathic principle: 'Similia Similibus Curentur'.

Health promotion methodology of evolved homeopathy is very useful for any person to maintain his heart, coronary vessels and cardiovascular system at near zero disease-level, as can be occasionally checked by the GDV whole-body diagnostic system.

Prevention is better than cure

The following four preventive medicines may be taken daily (once for persons having normal lifestyles, and twice for persons having tension-ridden lifestyles) for prevention of heart problems and angina pectoris: (a) *Cactus Gr.* 2x; (b) *Crataegus Oxy.* 2x (a heart tonic); (c) *Cocculus Ind.* 2x; and (d) *Colocynthis* 2x. It is important to mention that doses of these medicines should always be taken, keeping 20 minutes gap (from any consumption of food or drinks), before and after the medicine doses.

Cactus grandiflorus is a medicine for the following important heart-related symptoms: aneurysm (i. e., a ballooning and weakened area in an artery) of heart; angina pectoris from organic heart disease; anxiety in region of heart; constriction in Heart; dilatation of heart; fatty degeneration of heart; gouty heart; complaints of the heart; and complaints of the heart accompanied by constricting pain of the heart.⁴⁻¹⁴

Crataegus oxyacantha is a medicine for the following important heart-related symptoms (Dr. Boericke states that it acts on the muscle of heart, and is a heart tonic): angina pectoris from organic heart disease; dilatation of heart; fatty degeneration of heart; and complaints of the heart.^{6-11,14,20,22}

Cocculus indicus is a medicine for the following important heart-related symptoms: anxiety in region of heart; constriction in heart; complaints of the heart; inflammation of heart; and palpitation of heart.^{4,8,10,14}

Colocynthis is a medicine for the following important heart-related symptoms: complaints and palpitation of the Heart.^{4,7,8}

Aconitum napellus is a medicine for the following important heart-related symptoms: (a) anxiety in region of heart; heart congestion; fullness of heart; complaints of the heart; angina pectoris; fear of death, during angina pectoris and myocardial infarction accompanied by angina pectoris.^{4,5,8,10,11,12,14,16-20, 22}

Arnica montana is a medicine for the following important heart-related symptoms: aneurysm of heart; anxiety in region of heart; constriction in heart; exertion aggravates heart problem; fatty degeneration of heart; complaints of the heart; and angina pectoris from straining.^{4,6,8, 10,11,14}

Nux vomica is a medicine for the following important heart-related symptoms- anxiety in region of heart; constriction in heart; dilatation of heart; complaints of the heart; angina pectoris; angina pectoris from abuse of stimulants; palpitation of heart.^{4-8,10-12,14,16}

It is noteworthy to mention that in COVID era, *Cocculus Ind.* 2x may be taken daily, to prevent after-effects of anxiety for a vast majority of the population. This medicine is a very useful integrative medicine for even those persons (who are used to taking only allopathy medicines) for taking along with their allopathy medicine doses, as this medicine works as a complementary medicine and hence can continue along with any dosage of conventional medicine (for any other related or unrelated disease symptoms).

Nipping in the bud

The regular dosage of the four medicines mentioned in the previous section (2.3) will prevent heart problems of most of the people, except for those few who are having tension-ridden lifestyles. Also, even before the very preliminary stage of angina has appeared (that is, before it has been felt at the perception level of pain), the bud stage (that is, below the usual perception level of pain) may be present in a patient's organ, which is detectable by the GDV system, and appropriate medicine can be taken to counter it. Angina usually feels like a pressure, tightness or squeezing in a person's chest. This can feel painful or like a dull ache.³ Angina pain of a more acute stage is felt as a sudden onset of severe (than what is usually felt at normal times occasionally by anybody) chest pain, which is felt like a crushing pain, that is, a persistent pain (sometimes like a dull ache) or pressure (tightness or squeezing) on the chest. Distributed angina pain, on the other hand, is relatively milder, but occurs in different parts of the chest (including right; and at upper or lower part of chest) at different times.

If the bud stage of angina has been created as an after-effect of any episode of anger (the effect of such an episode may appear in a patient's heart, 24-36 hours after such a mild episode), then *Nux vomica* 2x will eliminate the pain, and stop progression of Angina. So, if any Angina pain is felt in the heart region by any person (who is continuing on the regular preventive doses as mentioned in the previous section), then he/she should immediately think whether he/she has experienced any episode of anger/irritability during previous one or two days; if it is true, then he/she should immediately take a dose *Nux vomica* 2x, and take rest; this will stop the angina pain; in case, it is not completely gone in 2 hours, then next dose should be taken. If the bud has been created due to physical strain,

angina pain may appear immediately; then for this primary or exciting cause (i. e.; straining) immediately a dose of *Arnica mont* 2x, followed by rest should be taken, which will stop the angina pain.

If the bud has been created due to fear, Angina pain may appear almost immediately; then for this primary or exciting cause (i. e.; fear) immediately a dose of *Aconite Nap.* 2x, followed by rest should be taken, which will stop the angina pain.

Identifying the primary or exciting cause of a disease, and eliminating it

Angina is considered as an alarming heart condition in all other systems of medicines, including conventional medicine (i. e.; allopathy), because the doctors are reported about the disease condition, much after the bud (~0.5, as indicated by the GDV diagnostic device) has grown big; so, most of the times, they ought to resort to hospitalization and surgery. Whereas, in evolved homeopathy, the affected person is already continuing on regular preventive doses as mentioned in the previous section 2.3, so it is possible to cure it in the bud stage, using medication and without going for surgery; however, for best and quick effects, it is necessary to identify its primary or exciting cause, that helps to select the right medicine. Even if the patient cannot remember any episode of anger or straining, he/she can take precautionary doses of *Nux vomica* 2x and *Arnica mont* 2x at least once, that will stop the pain.

Also, patients, who are prone to angina attack (that is, had previous experience, or are living in environments where episode of anger or straining occur frequently), can appropriately take anticipatory doses of *Nux vomica* 2x and *Arnica Mont.* 2x at least once daily, and thus can effectively prevent any further occurrence of angina.

RESULTS

Based on the experience of the persons who are utilizing the side-effect free preventive medicines of evolved homeopathy for preventing heart problems, it is clear that the methodology of Evolved homeopathy for preventing and curing Heart problems is very effective.

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Case history 1

The following case history describes the treatment of a patient of angina using homeopathy medicines.¹⁹ LS, a 73-year old patient [who was regularly taking the above-mentioned four homeopathy medicines for prevention of heart problems for several years; his pre angina GDV had shown near zero disease-levels in the various organs as

depicted in Figure 1 below; whereas, his post angina GDV in Figure 2 below, is showing in cardiovascular system a peak of 0.07 (which is a left-over mark of his previous angina attack), and right part of heart is showing 0.17, and Coronary vessels are showing -0.06 as organ-wise GDV values), reported that he had an angina like acute pain in chest near heart that continued for few minutes, and then stopped by itself; thereafter, he is having a constriction like pain in that area, when he turns or bends his body. On enquiry, he told that about 30 hours ago he had an episode of anger with somebody. He was given one dose of *Nux vomica* 1x (to eliminate the effect of the primary or exciting cause).^{4,5,10,11,12,16} Additionally, one dose of Cactus Gr.1x was also given.^{6,12,20,22} Also, one dose of Craetaegus Ox 1x was simultaneously given.^{6,20,22}

His constriction like pain in the chest area, appeared to have been caused by dead tissue (as his post angina GDV in Figure 2 below, is showing in cardiovascular system a peak of 0.07), created from infarction in myocardia or other nearby muscles, which needed to be eliminated by alternate doses (with a gap of few hours) of Aconite Nap 1x (aconite is an effective medicine for myocardial infarction in chest, accompanied by angina pectoris and of Cactus Gr 1x (as aconite nap 1x is having one way antidotal relationship with Cactus Gr 1x).^{4,6,10,12,16-20,22} After this course of alternate doses of these two medicines, his constriction like pain in the chest area got completely eliminated. Thereafter, he was put on his regular preventive courses of medication.

It is noteworthy to mention that doctors of some therapeutic systems have started using GDV diagnostic device, but it is difficult to locate papers with report of organ-wise GDV values. However, Figure 1 of a previously published paper (which reports the organ-wise GDV values of an allopathy patient), shows in cardiovascular system a peak of 1.56; and, right part of

heart is showing 1.85, coronary vessels are showing 2.09 as organ-wise GDV values.² At these values, the person was not getting any perceptible symptoms of heart problems (which would have appeared if these values would have gone further up); however, he was given the homeopathy medicines for bringing down all such values for achieving health-promotion (i.e., near-zero organ-wise GDV values), as depicted in Figure 2 of the article.² The comparison of the organ-wise GDV values of Figure 1 with Figure 2 below, shows that a good level of health-promotion has been achieved by evolved-homeopathy preventive medicines; as a result, if any time this person is having any angina pain, it is at a much milder level, which can be very easily cured.

Case history 2

BC, a 72-year old person (who is undergoing health promotion, treatment for several years, and is following the preventive methodology of evolved-homeopathy, and is always keeping two small bottles with him containing globules of *Nux vomica* 2x and *Arnica mont* 2x, based on his previous experiences of occurrence and cure of angina), had an angina like pain near heart (as he was working for extended hours continuously for 2 days, with hardly 5 hours of sleep on each day); and, he immediately took one dose each of the medicines *Nux vomica* 2x and *Arnica mont* 2x, keeping 20 min gap (from any consumption of food or drinks), before and after the medicines. His angina pain stopped and a few hours later he felt constriction like pain in the same place, while he was turning or bending his body. His pain was due to Infarction in myocardia and nearby tissues, which got eliminated by only one dose of *Aconite nap* 1x. This can be said to be one of the mildest cases of occurrence of angina, and its quick cure, led to easier and quick elimination of infarction.

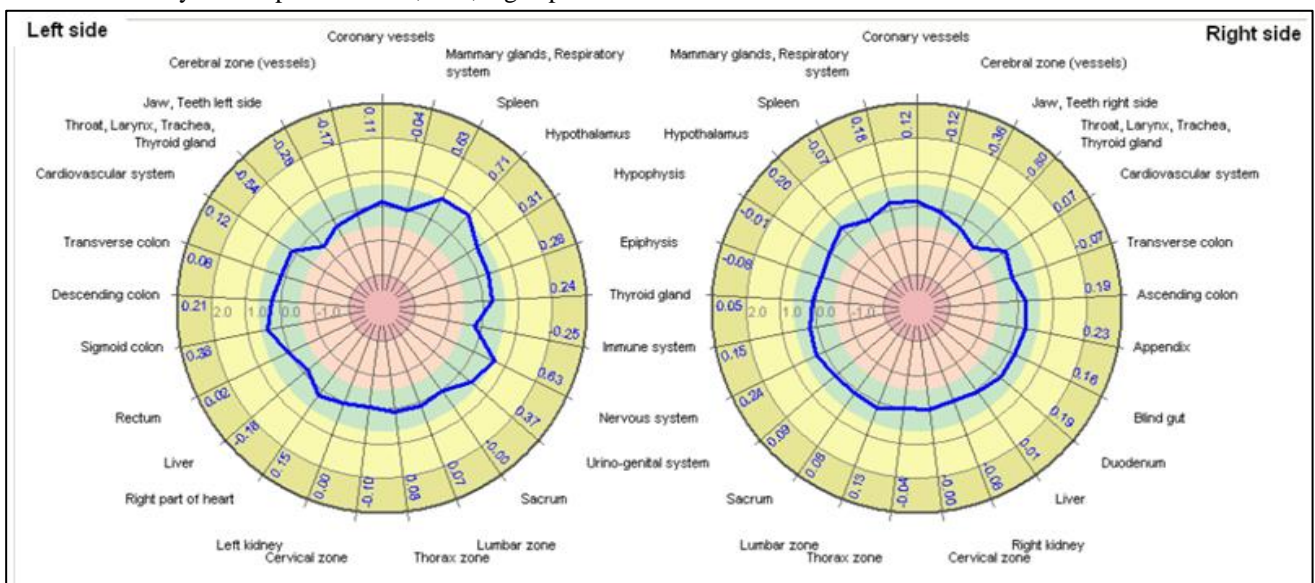


Figure 1: GDV diagnostic chart of LS, before occurrence of angina.²

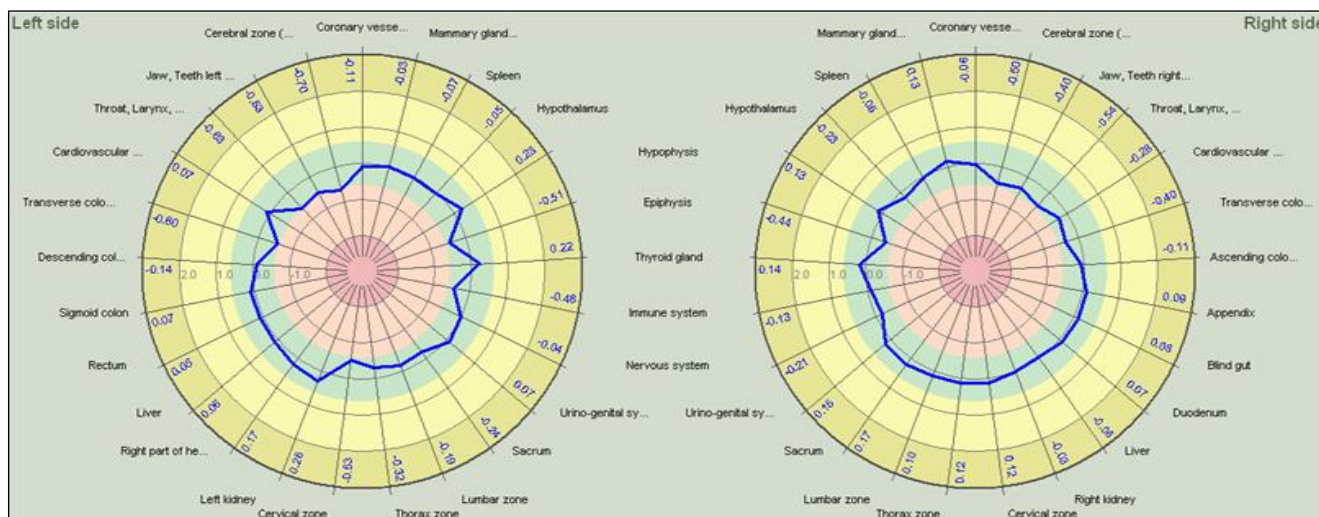


Figure 2: GDV diagnostic chart of LS, during cure of angina.²

DISCUSSION

It is noteworthy to mention that angina pain can occur also at the right side of the chest, especially if heart disease affects the right side of the heart (i. e.; right part of heart, as indicated by the GDV diagnostic device).

Just after angina pain has occurred and has been cured, diagnostic test using the GDV diagnostic device (which indicates figures for coronary vessels, cardiovascular system, right part of heart, etc, for both left and right side of human body), should be carried out.

Dr. Rukmani Choudhary is a well-known homeopathic doctor based in Delhi, and is a prolific presenter on the homeopathic treatment of various heart diseases (including angina) and homeopathic medicines (*Aconitum nap*) as well as patent medicines (called SBL tonicard (contains *Cactus grandiflorus Q*, *Crataegus oxycantha Q*, etc) and Bakson card aid, etc.) for angina.¹⁹ But, such other homeopaths do not use the GDV diagnostic device, which helps us to achieve near zero disease-level in various organs using follow-up preventive medications; hence, in case of evolved homeopathy regular patients (who are health-conscious and are continuing with the preventive medicines of evolved homeopathy and occasional GDV check-up, for adequate time), angina is tackled at a much milder and easier level.¹⁹⁻²¹

Anti-dotal relationships: It may be noted that *Nux. V.* and *Cocci* have mutually anti-dotal relationship. So, *cocci* dose should not be taken till the *Nux vomica 2x* dose has completed its curing action of angina, at least for a few hours.

Even after *Nux vomica 2x* cure of angina is over, a part of the residual constrictive Chest pain may not get cured even after using the above-mentioned 3 medicines, *Cactus Gr*, *Crataegus Ox* and *Coccu ind* in a regular three hourly schedule, if it has been caused by infarction in myocardia

or nearby muscles, after an attack of angina pectoris. In that case, *acon 1x* needs to be taken alternately (with a gap of 3-4 hours) with *cactus 2x*, as *acon* and *cactus* have one way anti-dotal relationship (that is, *acon.* anti-dotes *cactus*). After a few such alternate *acon 2x* doses over a couple of days, this residual constrictive Chest pain will get gradually cured, as *acon 2x* gradually clears the dead tissue from the heart and other related muscles. During this period, one should take rest, and should not strain or lift heavy weight.

To minimize the formation of dead tissue, it is necessary to take the anticipative curing medicine (based on the primary cause) at the earliest (even if it is on guesswork it may be mentioned that anticipative doses of *Nux vomica 2x*, and *Arnica mont 2x* can be taken together for prevention if felt necessary, as they do not have any antidotal relationship).

After a few days of using the above-mentioned two preventive medicines and alternate *acon 2x* doses, and taking rest, when the chronic (stagnation) phase starts, one needs to take a dose of *Carbo veg 1x*.

If any medicine leads to aggravation at *2x* potency, then *1x* potency, should be tried; in case, even *1x* potency leads to aggravation, then mother-tincture (*Q*) potency, should be used.

CONCLUSION

Even though an occurrence of angina pectoris is considered as an alarming heart condition in conventional medicine (allopathy), many a times requiring immediate hospitalization and surgery, it is not so in evolved homeopathy. Because, following the three fundamental-principles of cure mentioned earlier, it is controlled at a much milder level; health promotion methodology of evolved homeopathy helps the person to experience, if at all, angina pectoris at a much milder level; also, the

removal of dead tissue can be done by proper and systematic medication. Moreover, further recurrence of angina pectoris can be prevented by anticipatory doses of preventive medicine for one or more primary/ exciting causes.

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