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2000 2001



ESTD : 1990

Dr. J.J. Magdum Trust's  
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(MAHARASHTRA)**





## Homoeopathy In Geriatrics

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M.D. (Hom.) H.O.D. REPERTORY,

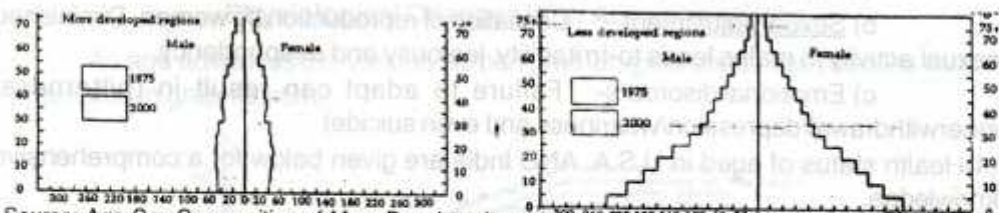
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### Introduction: -

If Wrinkles must be written upon  
Our brows, let them not be written upon  
the heart, The spirit should not grow old.

(James Abram Garfield)

Population ageing is of great concern to both the developed and developing countries. This population consists the 6% of world's population. If we look at the Have Countries the elderly (65 years above) constitute the 12% of their population. For a comprehensive knowledge a study report on magnitude of this problem, in developed and developing countries with sex compositions is given in graphic form.



Source: Age-Sex Composition of More Developed and Less Developed Regions, 1975 and 2000. Medium Series (United States Bureau of the Census. Illustrative Projections of World Population of the 21<sup>st</sup> Century 1979) fig-1.

To be productive and appropriate middle age (60-90 Years) one should be independent with daily living activities, give importance to dress and dignity and give emphasis to health care i.e.

-Nutrition -Bowel habits -Exercise -Rest -Relaxation

Daily activities should be meaningful and where appropriate should be shared with appropriate motivation the fit elderly should have time and consideration for frail elderly. Thus one makes life an opportunity and not a chanced living. (2)

"You do not heal old age; you protect it.

You promote it. You extend it (3)

(Sir Sames Sterling Ross)

### **HEALTH PROBLEM OF THE AGED**

There are lots of problems but most commonly occurring problems are delineated below:

#### 1) Problems due to the ageing process

- Senile cataract.
- Glaucoma
- Nerve deafness
- Bony changes affecting the mobility.
- Emphysema.
- Failure of special senses.



g) Changes in mental out look.

2) Problems associated with long term illness.

a) Degenerative diseases of heart and illness.

b) Cancer. c) Accidents. d) Diabetes.

e) Diseases of locomotor system.

Fibrositis Myositis Neuritis Gout

Rheumatoid arthritis Spondylitis of spine etc.

f) Respiratory illness. - Ch.bronchitis. B.asthma Emphysema

g) Genito- urinary illness - B.H.P : Cancer prostate

3) Psychological problems:

a) Mental change – Impaired memory , Rigidity of out look

Mood change – Easy tear / Easy laughter / Temper tantrums.

Self devaluation and self deterioration

Irritable / Suspicious / Apathetic.

b) Sexual adjustment – Cessation of reproduction by women. Diminished sexual activity in males leads to-Irritability, jealousy and despondency.

c) Emotional disorders- Failure to adapt can result in (bitterness/ innerwithdrawal/depression/weariness and even suicide)

(4)Health status of aged in U.S.A. AND India are given below for a comprehensive knowledge.

**TABLE – 1**

Leading chronic conditions for adults. United states, 1983-1985

Rank	Men 45-64	Women 45-64
1.	High blood pressure, 254	Arthritis, 339
2.	Arthritis, 214	High blood pressure, 274
3.	Hearing impairment, 196	Chronic sinusitis, 198
4.	Chronic sinusitis, 13	Hearing impairment, 106
5.	Ischaemic heart disease, 87	Hay fever without asthma, 98
6.	Def./Orth. Impairment, - back, 87	Def./orth impairment-back, 95
7.	Hay fever without asthma, 79	Varicose venis, 72
8.	Haemorrhoids, 76	Hemorrhoids, 72
9.	Def./orth.imp-lower extrem, 72	Chronic bronchitis, 65
10.	Visual impairment, 62	Migraine headache, 59
11.	Diabetes, 52	Diabetes, 57
12.	Tinnitus, 51	Bursitis, 54

Source: 5



TABLE - 2

Percentage distribution of death due to selected diseases by age group - All India 1991

Disease	Age Group in Years	
	24 - 29	60
Asthma and Bronchitis	20.9	69.2
Heart attack	30.0	48.6
Pneumonia	2.6	5.3
Tuberculosis of lungs	26.8	29.3
Cancer	34.0	41.9
Anaemia	12.5	34.3
Paralysis	17.7	70.7
Vehicular accidents	11.0	10.5
Gastroenteritis	11.7	20.4

Source 6

Physiological Changes With Advancing Years

As age advances the various human physiological capacities reduces which is presented in graphic from.

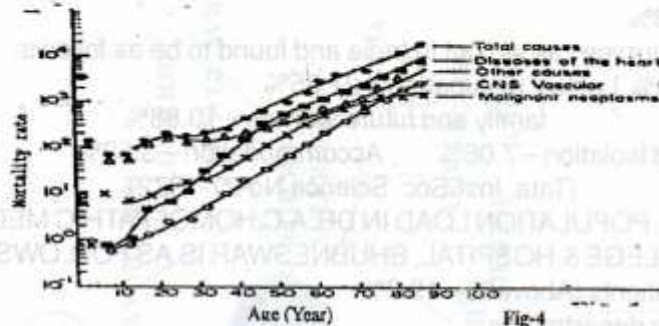


Fig-4

The averages percent of various human functional capacities or Values at remaining at different taking 30 years as 100% source - 7

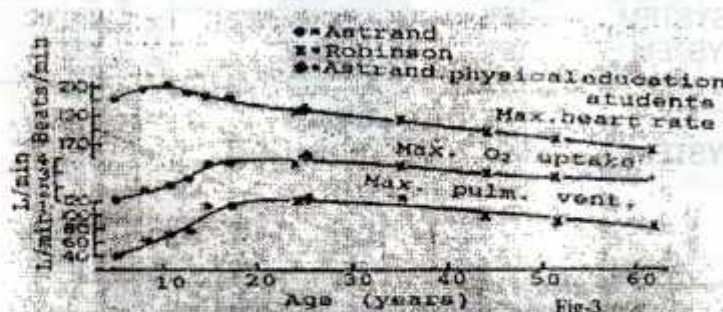
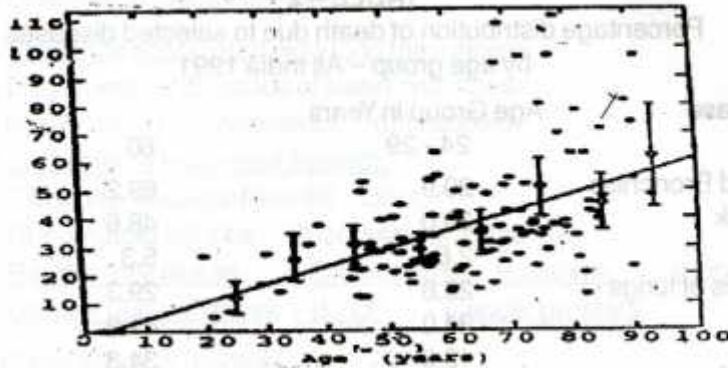


Fig-3

Effects of exercise on maximum O2 uptake heart rate and maximum pulmonary ventilation of men at various ages. All Values obtained over at 5- or -6-min., period during maimam work on a treadmill or bicycle ergometer.





Relationship between age and pigment in the myocorrum Source 10

Problems of aged people are multiple and not well recognized (Who Report 548, 1974)

It has been worked out in west, the chief problems of the old are as follows:

- Financial - 72%
- Boredom - 30%
- Health - 29%
- Social - 19%
- Housing - 13%

A survey carried out in India and found to be as follows:

- Financial - 40.88%
- Lack of occupation - 27.35%
- Health - 10.29%
- family and future worries - 10.88%
- Dependence and Isolation - 7.06%
- Accommodation - 3.52%

(Tata, Inst.Soc. Science No-27-1972)

OLD AGE POPULATION LOAD IN DR.A.C.HOMOEOPATHIC MEDICAL COLLEGE & HOSPITAL, BHUBNESWAR IS AS FOLLOWS:

Percentage of patients (Above65)=19.2%

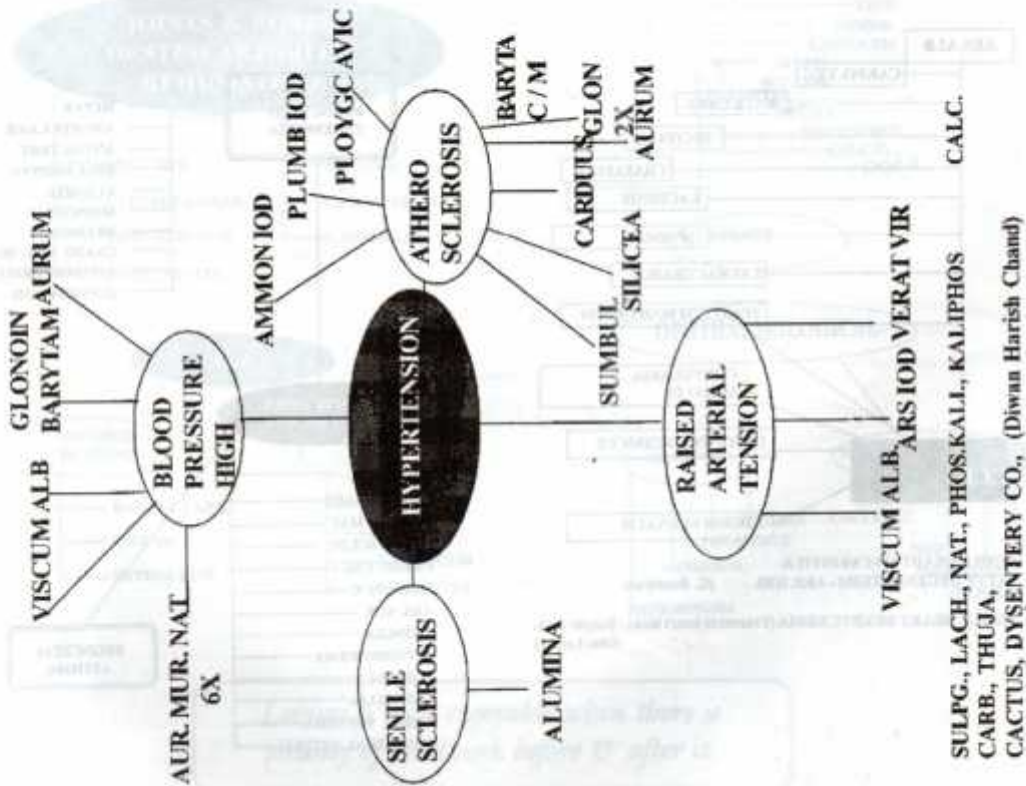
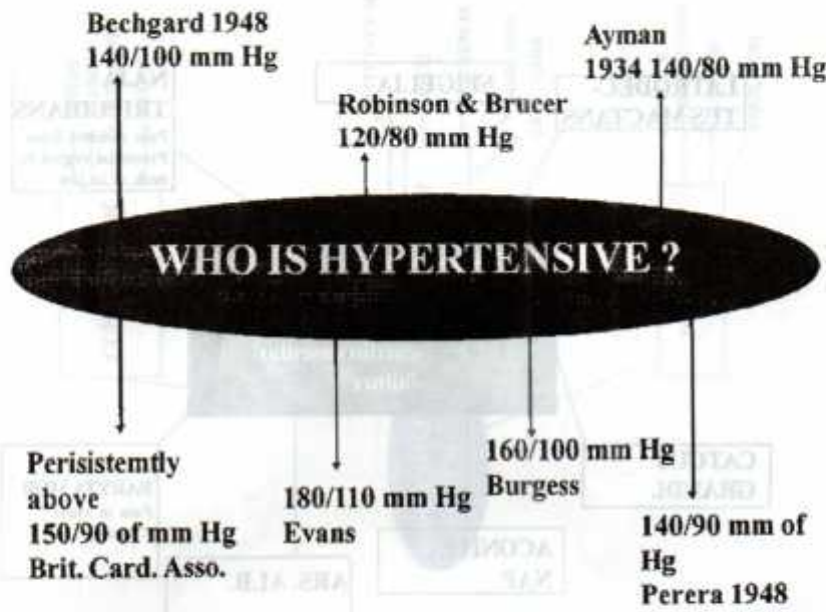
In indoor patients departments

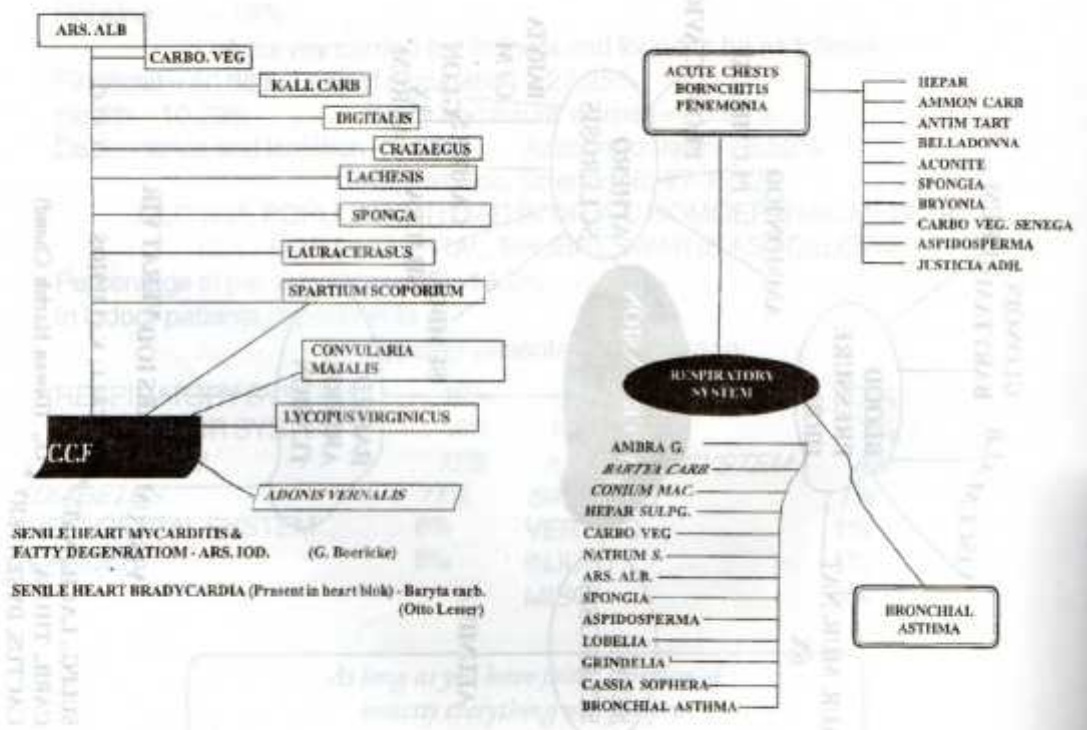
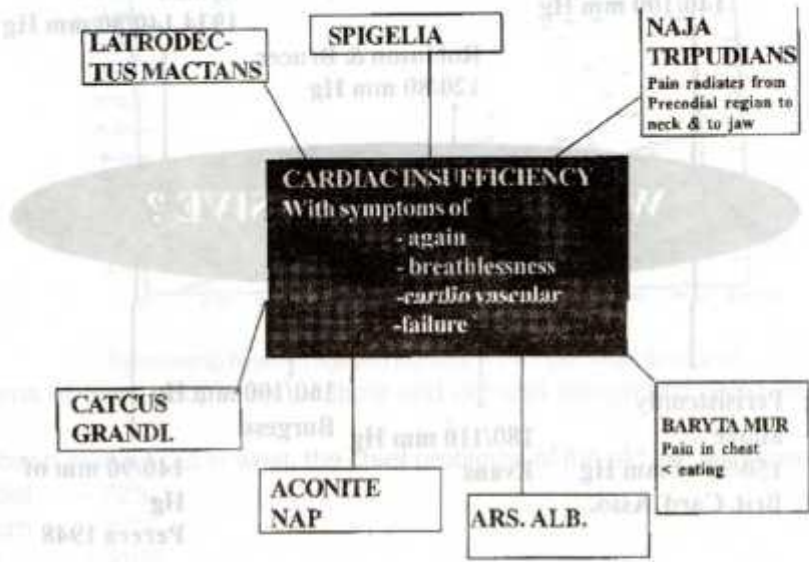
Types of patients in percentage

RESPIRATORY SYSTEM	16%	C.V. SYSTEM	7%
LOCOMOTOR SYSTEM	16%	FEVER	7%
G.I.SYSTEM	15%	NERVOUS SYSTEM	6%
DIABETES	11%	SINUSITIS	1%
URO-GENTAL SYSTEM	8%	VERTIGO	1%
CANCER	8%	INJURY	1%
		MISC.	3%

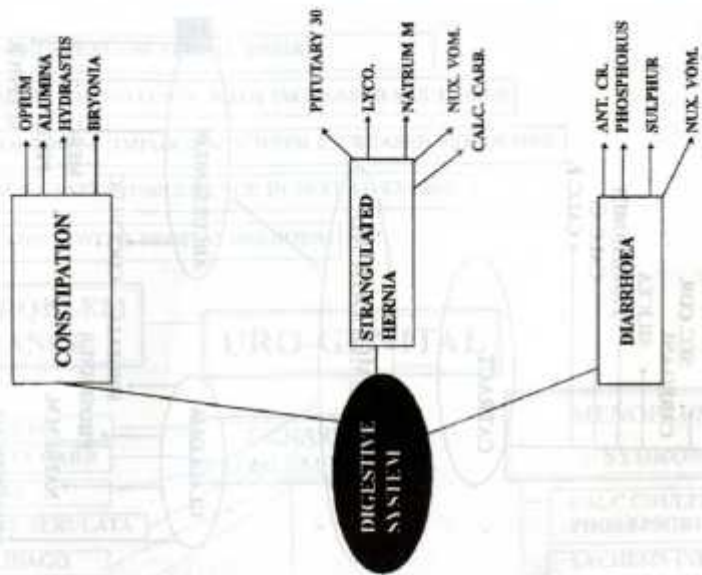
*As long as you have faith, devotion of honesty everything will prosper.*

*Swami Vivekanand*

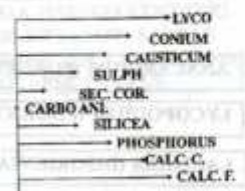
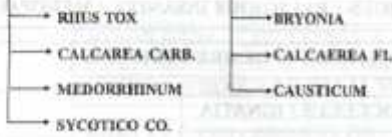








**JOINTS & BONES  
OESTEO ARTHRITIS  
REHUMATIOD**



**CATRACT**

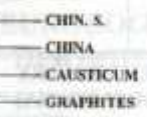
**OPHTHALMOLOGICAL**

**Ear**

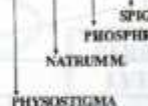
**IMPAIRED HEARING**



**TINITUS**



**GLAUCOMA**

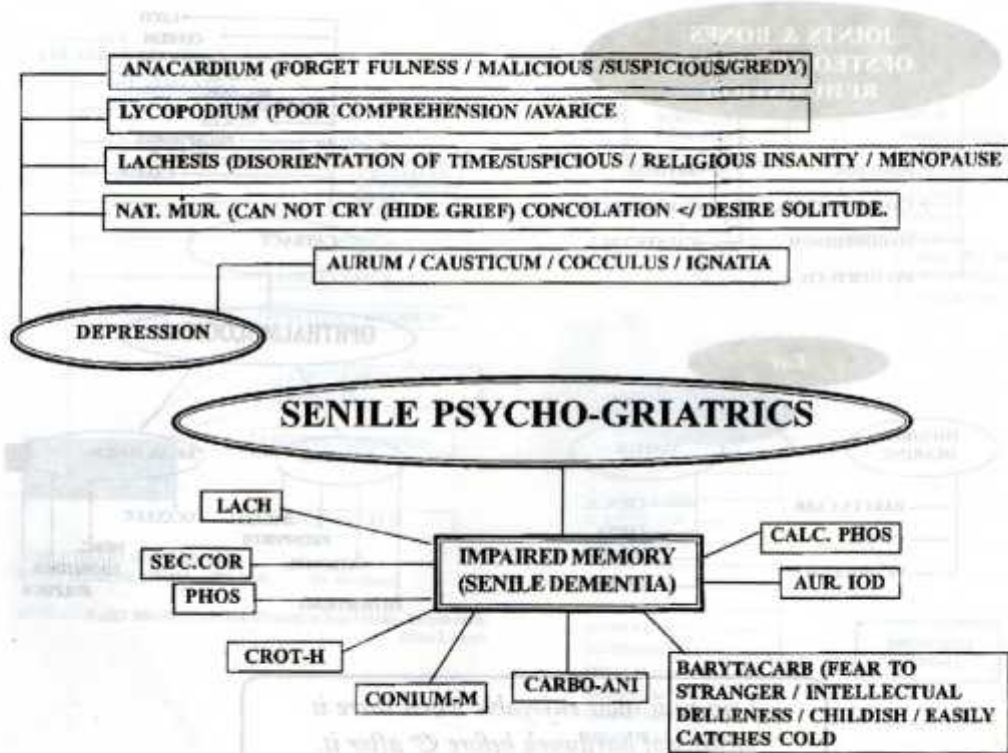
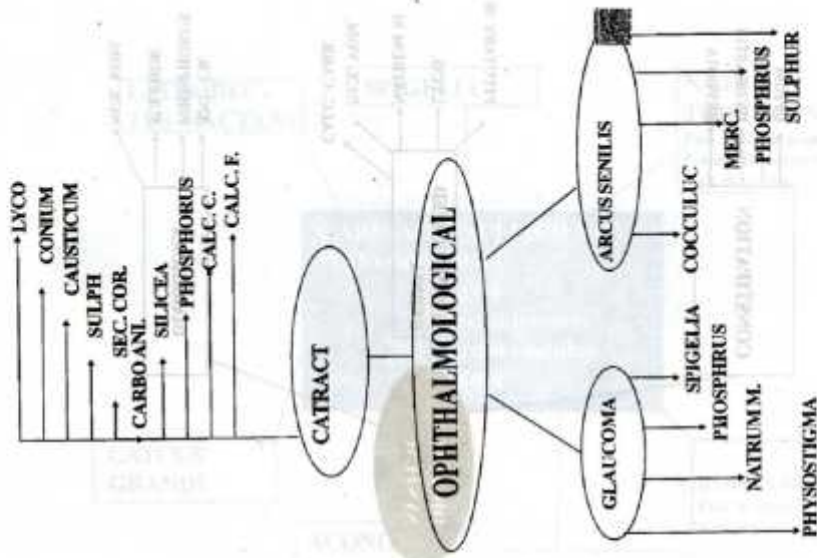


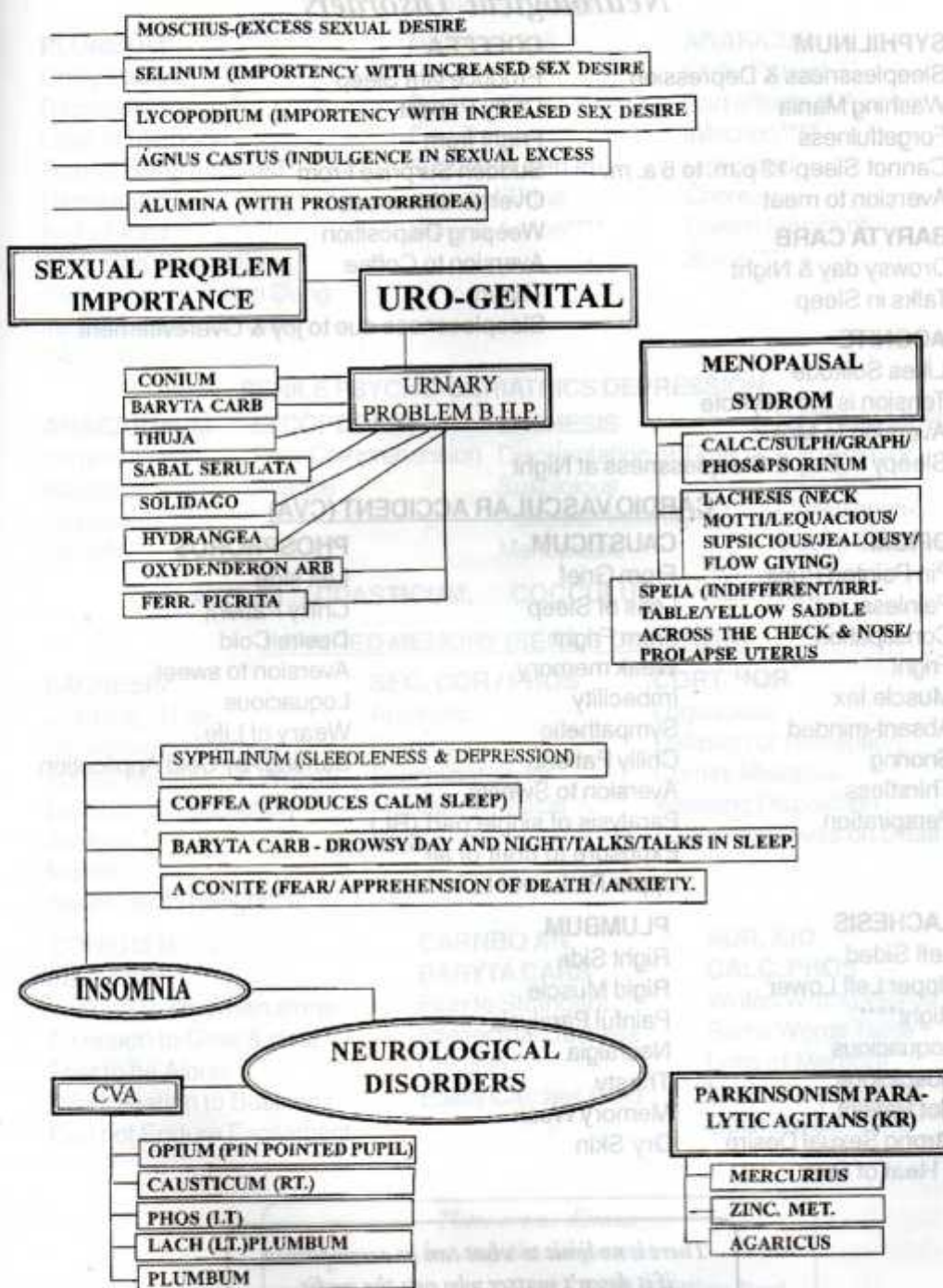
**ARCUS SENILIS**



*Leisure is most enjoyable when there is plenty of hardwork before & after it.*







## *Neurological Disorders*

**SYPHILINUM**

Sleeplessness & Depression  
 Washing Mania  
 Forgetfulness  
 Cannot Sleep 12 p.m. to 6 a. m.  
 Aversion to meat

**BARYTA CARB**

Drowsy day & Night  
 Talks in Sleep

**ACONITE**

Likes Solitude  
 Tension is the Keynote  
 Aversion to Music  
 Sleepy in Day & Sleeplessness at Night

**COFFEEA**

Produce lam Sleep  
 Chilly Patient  
 Fright from  
 Sudden Surprise From  
 Oversensitiveness  
 Weeping Disposition  
 Aversion to Coffee  
 Thirsty  
 Sleeplessness due to joy & Overevitement

### **CARDIO VASCULAR ACCIDENT (CVA)**

**OPIUM**

Pin Pointed Pupil  
 Painless  
 Constipation  
 Fright  
 Muscle lax  
 Absent-minded  
 Snoring  
 Thirstless  
 Perspiration

**CAUSTICUM**

From Grief  
 Loss of Sleep  
 From Fright  
 Weak memory  
 Imbecility  
 Sympathetic  
 Chilly Patient  
 Aversion to Sweets  
 Paralysis of single part (Rt.)  
 Exposure to draft of air \*\*\*\*  
 Upper Rt. Lower Lt.\*\*\*\*

**PHOSPHORUS**

Left side  
 Chilly Patient  
 Desire Cold  
 Aversion to sweet  
 Loquacious  
 Weary of Life  
 Burning>by Cold Application

**LACHESIS**

Left Sided  
 Upper Left Lower  
 Right\*\*\*\*  
 Loquacious  
 Suspicious  
 Hot Patient  
 Strong Sexual Desire  
 < Heat of Sun

**PLUMBUM**

Right Side  
 Rigid Muscle  
 Painful Paralysis  
 Neuralgia  
 Thirsty  
 Memory Weak  
 Dry Skin

*There is no limit to what can be accomplished,  
 if it dosen't matter who gets the credit.*





**PLUMBUM**

Chilly Patient  
Depression  
Loss of Memory  
Fear of being accused  
Dipsomania  
Right Sided  
Blue Ring around Eyes  
Constipated - Sheep Dung  
Yellow Dark Brown skin  
Climacteric

**PARKINSONISM**

**MERCURIUS**

Night  
Barometric  
Fine Tremor  
Salivation with In-  
creased Thirst  
Slow in Action\*\*\*\*

**AGARICUS**

Chilly Patient  
Bad effects of Alcohol  
Infection\*\*\*\*  
Left Sided  
Chorea  
Sensitiveness of  
Spine\*\*\*\*

**SENILE PSYCHO-GERIATRICS DEPRESSION**

**ANACARDIUM**

Forgetfulness  
Malicious  
Suspicious  
Greedy

**LYCOPODIUM**

Poor Comprehension  
Avarice

**LACHESIS**

Disorientation of Time  
Suspicious  
Religious Insanity  
Menopause

**NATRUM MUR**

Can not Cry  
(Hide Grief)  
Consolation<  
Desire Solitude

**AURUM , CUASTICUM, COCCULUS, IGNATIA.**

**IMPAIRED MEMORY (SENILE DEMENTIA)**

**LACHESIS**

Loathing of Life  
Weakness of Memory  
Makes Mistakes in Writing  
Delusion of Perception  
Jealous  
Malice  
Absence of Thought\*\*\*\*

**SEC. COR / PHOS**

Apathetic  
Gloomy  
Disinclination for  
Mental / Physical  
Work

**CORT. HOR.**

Loquacious  
Delusion of Perception  
Comits Mistakes  
Weeping Disposition  
Sadness (Dwells on Death)

**CONIUM M.**

Insensible  
Inclined to cry when alone  
A version to Dear & near  
Fear to be Alone  
Disinclination to Business  
Can not Endure Excitement

**CARNBO AN.**

**BARYTA CARB**  
Fear to Strangers  
Intellectual Dullness  
Childish  
Easily Catches Cold

**AUR. IOD**

**CALC. PHOS**  
Writes Wrong Words /  
Same Words Twice  
Loss of Memory  
Involuntary Sighing  
Desire to be Alone

*There are no diseases  
but only the sick persons*

*William Boyd*

**RESPIRATORY SYSTEM**  
**ACUTE CHEST / BRONCHITIS / PNEUMONIA****Hepar Sulph.**

Chilly Patient  
Oversensitiveness  
<Cold Air  
<Morning  
Impulsive  
Hasty  
Cough When Uncovered / Dry Air  
From Suppressed Eruptions  
Fish Bone Sensation in Throat

**ACONITE**

<Dry Cold Air  
Sudden  
Anxiety/Fear/Tension  
Everything Feels in  
Chest  
Thirsty  
Music is Intolerable

**CARBO VEG.**

Hot Patient  
Want Fanning  
Hoarseness of Voice  
in Evening/Morning  
<Damp  
Cough

**OPIUM**

Round Black  
Balls Like  
Bashful

**ALUMINA****HYDRASTIS**

Constipation with Headache  
Bad Taste in Mouth

**PHOSPHORUS**

Anus in Wide Open  
Sago like Particles  
<Morning

**AMMON. CARB**

Chilly Patient  
Nasal Obstruction  
< Morning (3 to 4 a.m.)  
Disk Washing

**BELLADONNA**

Sudden / Violent  
With Headache  
Paroxysmal Cough  
Hypersensitive  
<Cold Air  
Thirstlessness

**BRYONIA**

Dry Cough  
<Motion\*\*\*\*  
Thirst With Dry Tongue  
Constipation

**SENEGA**

Chronic Bronchitis  
Cough ending in Sneezing  
Cough>Sweating  
Cough>Bending Backward

**JUSTICA ADHATODA**

COUGH< Laying Down &  
Closed Room  
Cough Associated with Fever  
& Sneezing  
Chill in the Evening  
Sweating in the Night

**NUX-VOM**

Modern Living  
Ineffectual

**SULPHUR**

Moming  
Make the Patient  
Wake Up from Bed  
Painless  
Involuntary

**ANTIMTRAT**

Hot Patient  
Easily Catches Cold  
Rattling Sound - Chest  
Sleepiness  
White Coated Tongue  
Threatening Paralysis  
of Pneumo gastric  
Nerve

**SPONGIA**

Cough<Lying down  
Fine Rattling sound  
Dry Larynx  
<Dry Cold Wind  
<Hot Room  
>Cold drink

**ASPIDOSPERMA**

Digitalis of Lungs  
Dyspnea on Exertion  
Increased Oxygenation

**BRYONIA**

No Desire  
Thirsty

**ANTIM. CRU.**

Diarrhea / Constipation  
White Coated Tongue  
Obese  
Alcohol  
Modern Foods  
(Like Pastry)

**NUX - VOM**

Ineffectual Desire  
From Spices  
From Night Watching





## CONGESTIVE CARDIAC FAILURE

**ARS. ALB**

Anxiety  
Dyspnoea  
Burning  
Burning Pain  
Wants to be covered with  
Internal Heat Thirsty

**CRATAEGUS**

Giddiness  
Bradycardia  
Cardiac Hypertrophy  
Angina Pain  
<Excitement / Exertion  
<Warm Room

**LACHESIS**

Sense of Constriction in Chest  
Dyspnoea with Rapid Pulse  
Wants Fan slowly from a Distance  
Sensitiveness of Pericardial Region

**LAURACERASUS**

Cyanosis / Dyspnoea  
<Sitting Up  
Constriction of Chest  
Feeble Chest

**SPARTIUM SCOPORIUM**

Tobacco Heart  
Angina Pain  
Arterial hypertension  
Associated with Flatulence  
Nephritis

**CONVALARIA MAJALIS**

Hypertrophy of Ventricles  
Dypsoena  
Dropsy (Anasarca)  
Feels as if Health is bearing  
throughout Chest  
Rapid / Rapid Irregular Pulse

**CARBO. VEG**

Wants Fanning  
Peripheral Cyanosis  
Cold Sweat, Cold Breath, Cold Skin, Cold Tongue  
Wants Clothing Loose around abdomen  
Distension of Abdomen

**KALI CARB.**

Bag Like Swelling - Upper Eyelid  
Chilly Patient  
< 2 to 4 a. m.  
Feels as if Heart is suspended by a Thread  
Desire to be Alone

**DIGITALS**

Complaints from Tobacco & Alcohol  
Sensation as if Heart would  
Stop Beating if Patient Moves  
Missing of 3rd, 5th, 7 th Beat

**SPONGIA**

Palpitation with Pain  
& Grasping Respiration  
Wakes Up after Midnight with Suffocation  
<Before / During Menses

**LYCOPUS VIRGINICUS**

Lowers the Blood Pressure  
Associated with Exophthalmic Goitre  
Haemorrhage  
Cyanosis  
Cardiac Asthma

**ADONIS VERNALIS**

Cardiac Asthma  
Mitral & Aortic Regurgitation  
Weak Pulse  
With Ascites  
Following Rheumatism / Bright's Disease

*Research is to see what everybody else had seen  
& to think what nobody else has thought.*