

## Reversing The Case Of Severe Acute Malnutrition With Homoeopathy: A Case Study

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### Abstract

Severe Acute Malnutrition (SAM) means very low weight-for-height (Z score below-3SD of the median WHO child growth standards or Mid Upper Arm Circumference (MUAC) <115mm or by presence of nutritional oedema. Children suffering from SAM are nine times more likely to die in case of diseases due to their weakened immune system. The overall burden of SAM imposes significant costs on the society as well as on the economy of every nation. So, it requires a great attention. This case study presents the case history of 4 yrs female child who had been found not getting proper height and weight as per her age. After prescribing the Homoeopathic Constitutional Medicine child's condition showed remarkable improvement in her anthropometric measurements. In this case a single dose of Silicea 200 was prescribed, which results in the remarkable recovery during the follow ups. This case provides a convincing example of the effectiveness of Homoeopathic Constitutional Intervention in reversing the Severe Acute Malnutrition.

**Keywords:** Severe Acute Malnutrition, Homoeopathy, Height, Weight, Mid-Upper Arm Circumference.

### Introduction

Malnutrition is more common in India than in Sub-Saharan Africa. One in every three malnourished children in the world lives in India<sup>1</sup>. Malnutrition lowers the cell mediated immunity and thereby increases the susceptibility for the diseases<sup>2</sup>. Malnourished children, particularly those with severe acute malnutrition, have a higher risk of death from common childhood illness such as diarrhoea, pneumonia, and malaria<sup>3</sup>.

Severe Acute Malnutrition (SAM) means very low weight-for-height (Z score below-3SD of the median WHO child growth standards or Mid Upper Arm Circumference (MUAC) <115mm or by presence of nutritional oedema<sup>4</sup>.

Maharashtra registered the highest number of malnourished children at 6, 16,772 (6.16 lakh) with 1, 57,984 (1.57 lakh) MAM children and 4, 58,788 (4.58 lakh) SAM children. Children suffering from SAM have very low weight for their height, and are nine times more likely to die in case of diseases due to their weakened immune system<sup>5</sup>. So, Malnutrition is one of the major health problems in under five age group in developing countries. The overall burden of malnutrition imposes significant costs on the society as well as on the economy of every nation. So, it requires a great attention and care because children are the future of the nation.

Indian government has announced many projects and even many such researches are collectively being conducted by many NGOs and researchers to reduce the prevalence of Malnutrition by developing various interventions such as Medical intervention, Dietary interventions and Community-based interventions. But along with all these interventions, Holistic approach is much needed to curb malnutrition.

Homoeopathic approach is growing popularly as a Holistic approach and also as an alternative medicine for various health problems in children.

This case study emphasizes the effectiveness of Homeopathic constitutional medicine in reversing the case of Severe Acute Malnutrition and highlighting the dynamic potential of Homeopathic constitutional medicine as a significant approach in managing the issue of malnourishment.

### **Case Presentation**

A 4 yrs old female child not gaining height and weight properly according to her age with loss of appetite and weakness. After taking the whole case, medicine was given on the basis of constitution. The whole case is as mentioned below.

### **Present complaints:**

Child having a complaint of not gaining height and weight properly according to her age.

### **History of Presenting Complaint:**

A parent of female child complains about the child that she is not gaining height and weight properly according to her age since her birth. Also she has complaint of loss of appetite since 1 month which results in feeling of weakness.

**Past History** –at age of 3yrs suffered from chicken pox and recovered naturally without taking any treatment.

**Birth History** - FTND, Birth Weight: 2.5 kg.

**Family History** - Paternal Grandfather - Rheumatoid Arthritis.

**Personal History** - Living Environment - hygienic. Habits-NA, Immunization - done as per schedule.

**Milestones** - Dentition:7months, Standing: 14 months, Walking: 16 months, Talking: 14 months.

### **Characteristics Physical Generals -**

*Physical Appearance* - lean, thin with average height and pale complexion.

*Appetite* - loss of appetite. She never demands food for eating.

*Thirst* - Thirsty, always want cold water.

*Aversion* – warm food.

*Craving* - ice cream and cold things.

*Intolerance* - to milk.

*Stool* - Usually constipated, no desire for stool.

*Urine* - Normal

*Perspiration* – offensive and profuse, especially on forehead and at night.

*Sleep* - Normal

*Dreams* - None.

*Thermal Reaction* - very chilly

*General Modalities* - Aggravation by cold and uncovering.

*Amelioration* by heat in general.

**Tendencies/Recurrent Complaints** - recurrent sore throat.

**Wounds** - always suppurates.

**Characteristic Mental Generals** - very cross and obstinate child. When scolded, child weeps easily. While weeping if anyone consoles her, cries more piteously. She has fear of pointed and sharp things. Her parents said that she becomes very fearful at the time of intramuscular injection when get sick.

### **Physical examination -**

**Temp** - 98.7F **Pulse** -97/min **Wt** - 11 kg

**Ht** - 97cm. **MUAC** - 11.3cm **BMI** - 11.7kg/m<sup>2</sup>

**Weight-for-Height Z Score**= below-3

**Oedema**–Absent. **Icterus** –Absent. **Pallor** - Present **Tongue** - white coated

**Lymph Node** - mild enlarged but non tender cervical LN.

**Local Examination** - Nose – clear .Throat –clear

Eyes - pale conjunctiva

### **Systemic Examination**

RS:AEBE clear. GIT: Soft, Non tender

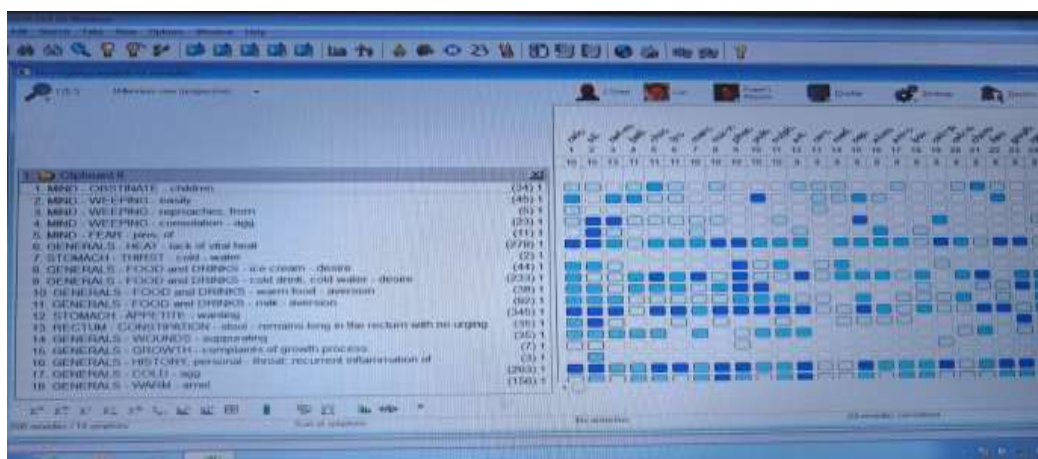
CNS: Conscious and well oriented. CVS: S<sub>1</sub>S<sub>2</sub> Normal.

**Diagnosis** –Severe Acute Malnutrition.

**Homoeopathic Analysis& Evaluation**

**Totality of symptoms –**

- Cross and obstinate child.
- Weeps easily when scolded.
- Weeps piteously when consoles.
- Fear of Sharp and pointed things.
- Thermally very chilly patient.
- Thirst for cold water.
- Craving for ice cream and cold things.
- Aversion to warm food.
- Intolerance to milk
- Loss of appetite
- Constipation with no desire for stool
- Every wound suppurates
- Not gaining weight and height.
- Recurrent sore throat
- Aggravation by cold and uncovering.
- Amelioration by heat in general.



**Fig. 1: Repertorial totality and Repertorial Result.**

**Selection of medicine and justification**–Silicea200/ Single Dose.

On the basis of totality of symptoms and repertorial totality, repertorisation was done. After repertorisation, a group of close running medicines were noted as per repertorial chart and from this group, Silicea as a constitutional medicine was selected.

**Prescription** – on Date 05/12/2022.

**Rx**

*Silicea 200 CH/* One dose

Placebo 30/ tds X One month.

**Results**

All the anthropometric measurements before and after prescription of the patient were compared (Table 1)

**Table 1: Anthropometric Measurements before and after prescription**

	Weight (kg)	Height (cm)	MUAC (cm)	WHZ score	BMI (kg/m <sup>2</sup> )
Before treatment	11	97	11.3	-3	11.7
After treatment	13.6	99	12.6	-1	13.9

Weight, height and MUAC of patient were increased by 2.6 kg, 2cm, and 1.3cm respectively. Weight- for-Height Z score (WHZ Score) is compared with the WHO growth standards and child’s WHZ Score is above -1, patient growth is as per growth chart of WHO.

**Discussion**

**Table 2: Follow up**

Date	Symptoms	Prescription	Remarks
18/01/23	Slight gain in weight with slight improvement in appetite. Wt- 11.6 Ht- 97.4 MUAC-11.5 weight-for-height Z score = below-2	<b>R<sub>x</sub></b> Silicea 200 CH/ One dose Placebo 30/ tds X One month.	improvement
28/02/23	Now Appetite is too much better, she demands food for eating. Stubbornness is slightly decreased according to her mother. Wt- 12.1 Ht- 97.9 MUAC-11.8 weight-for-height Z score = below-2	<b>R<sub>x</sub></b> Silicea 200 CH/ One dose Placebo 30/ tds X One month.	improvement
15/04/23	Now no episode of sore throat since last 3-4 months. Also her stubbornness is greatly reduced. Improvement in height and weight. Stool- regular and soft Wt- 13 Ht- 98.6 MUAC-12.2 weight-for-height Z score = below-1	<b>R<sub>x</sub></b> Silicea 200 CH/ One dose Placebo 30/ tds X One month.	improvement
29/05/23	Patient now recovered and feels better. Wt- 13.6 Ht- 99 MUAC-12.6 weight-for-height Z score = above -1	<b>R<sub>x</sub></b> Placebo 30/ tds X One month	Recovered

**Conclusion:**

This case study is compelling example to recover the cases of Malnutrition. The result highlights the effectiveness of homeopathy in treating not only the patient’s physical issues but also the underlying psychological imbalances affecting the condition. It emphasizes the value of individualized homeopathic care, which considers each person’s distinct physical and mental constitution and symptoms. By customizing the treatment to address the patient’s specific needs, homeopathy shows its ability to achieve positive outcomes. By tailoring the constitutional treatment to the patient’s unique needs, homeopathy demonstrates its capability to achieve positive outcomes and subsequently produce favourable results.

So, it was concluded that if the child remains malnourished despite of proper nutritious and balanced diet, Homoeopathic constitutional medicinal approach is must needed to improve the growth as well as physical and mental development of malnourished children.

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