



# EVALUATION OF NON-COMMUNICABLE DISEASES (NCDs) IN HUMANITARIAN SETTINGS AND ITS ETIOLOGICAL FACTORS IN PRESENT ERA.

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## **ABSTRACT-**

The primary objective of homeopathy is to identify an individual's ideal state of balance. The current century is characterized by intense competition and stress, with infinite human needs but limited resources to fulfil them. Consequently, people are changing their lifestyle, dietary patterns and behavioural habits without considering their health implications. This trend has led to the development of many Non-communicable diseases (NCDs) that pose a significant challenge today. The impact of NCDs on individuals and society is profound. They are often characterized by long duration and slow progression, leading to a significant decline in quality of life for affected individuals. Furthermore, NCDs place a heavy economic burden on healthcare systems and can result in a loss of workforce productivity, leading to a negative impact on national economies. NCDs cause 41 million deaths annually, equivalent to 74% of all global deaths. NCDs are mostly due to the result of a combination of genetic, physiological, environmental, and behavioural factors and are chronic in nature. Tobacco use, physical inactivity, unhealthy diet and excessive use of alcohol are common risk factors. Some metabolic risk factors like hypertension, overweight, hyperlipidaemia also take part in development of disease. Homoeopathy acknowledges the concept of “obstacles to recovery” as outlined in the Organon of Medicine. These obstacles refer to the potential presence of risk factors in a healthy individual either prior to the onset of illness or during the course of treatment.

**Keywords-** Obstacles, risk factor, chronic diseases and NCDs.

**INTRODUCTION-** Non-communicable diseases arise from lifestyle choices or environmental circumstances rather than contagious agents transmitted between individuals. In recent decades globalization trends have altered demographic patterns while industrialization has transformed living conditions significantly worldwide causing changes in food consumption behaviour resulting in increased prevalence rates of non-communicable diseases across populations globally. In India alone; these conditions account for over 35% of outpatient visits and about 40% hospital stays <sup>(1)</sup>. Environmental hazardous exposures rank among top risk factors associated with chronic disease mortality according to WHO reports published recently <sup>(2)</sup>. Worldwide approximately forty one million people die each year due to NCDs accounting for over 71% of all fatalities related to disease globally; disproportionately affecting low-income countries where 80% of such mortalities occur <sup>(3)</sup>. The non-communicable diseases are identified by WHO as “Group II Diseases” a category that aggregates following conditions of death: Malignant neoplasms, diabetes mellitus, endocrine disorders, neuropsychiatric conditions, cardiovascular disease, musculoskeletal disease, congenital anomalies. The four leading causes of death attributed mainly to non-communicable diseases are cardiovascular disease diabetes mellitus cancer and chronic respiratory diseases along with neuropsychiatric disorders musculoskeletal ailments congenital anomalies contributing substantially towards economic losses stemming from these pathologies<sup>(3)</sup>

**Impact on Global Health:** Chronic non-communicable diseases impact productivity levels around the world adversely affecting both personal happiness levels within affected communities alongside morale which can be devastating overall. India experiences rapid health transitions comprising rising incidences relating primarily towards non-communicable illnesses impacting urban/rural population’s alike creating considerable loss regarding potentially productive years spanning age. (age 35- 64 years) of life.<sup>(4)</sup> Common modifiable risk factors linked directly towards higher incidence rates regarding various forms pertaining toward non-transmissible ailments include smoking, blood pressure issues, unhealthy dietary habits, lack of exercise overweight/obesity high cholesterol/diabetes-related complications alongside excessive alcohol intake whereas non-modifiable risk factors includes include age, sex and genetic make-up.

## **METHODOLOGY-**

Lifestyle changes encompass modification in various behaviours associated with one’s way of life, including diet, physical activity, smoking, alcohol consumption, and other habits. Altering eating patterns, such as excessive sugar intake, frequent consumption of sodas, and increased consumption of processed foods rich in fat and oil, can lead to diminished energy, reduced concentration, heart diseases, high cholesterol and obesity. Presently, there is a rapid rise in the prevalence of smoking among young adults. Excessive smoking shows various adverse effects on body like high blood pressure, loss of appetite, halitosis, lung cancer and low sperm count. Alcohol consumption also shows bad impact on health like nausea, anxiety, brain damage, cancer, stomach ulcer, irregular heart rate and mental confusion. Pollution is one of the greatest problems which are faced by the whole world. And it is increasing with every passing year. Pollution effects are indeed and wide ranging like air pollution causes COPD, pulmonary disease and lung cancer. Water pollution causes GIT diseases like cholera, dysentery etc. The noise pollution causes deafness, lack of concentration. Due to lack of

physical activity lethargy, obesity, pain in bone and muscle are major symptoms. Stress disturbs nearly every system of body. Elevating blood pressure, suppressing the immune system, heightening the risk of heart attack and stroke, contributing to infertility and accelerating the aging process are some of its effects.

Preventing and managing NCDs presents a complex challenge. Efforts to address NCDs require a multi-faceted approach that encompasses public health policies, healthcare strategies, and individual behaviour change. Governments play a crucial role in implementing policies that promote healthy living, such as taxation on tobacco products and sugary beverages, and regulations to control air pollution. Additionally, fostering environments conducive to physical activity and healthy eating through urban planning and infrastructure development can effectively contribute to the prevention of NCDs. Healthcare professionals are also pivotal in the fight against NCDs, from early detection and diagnosis to the provision of high-quality treatment and care. Access to essential medicines and affordable treatment modalities is essential in order to effectively manage NCDs and reduce their impact. Individuals themselves must also take responsibility for their health. Adopting healthy lifestyle choices, including regular physical activity, a balanced diet, and avoidance of harmful substances such as tobacco and excessive alcohol, are essential in preventing the onset of NCDs. Furthermore, regular health check-ups and screening for risk factors can aid in the early identification of NCDs, enabling prompt intervention and management.

**In Aphorism 208 of the Organon of Medicine, Chronic Miasms (204-209),** it is emphasized that factors such as the patient's age, lifestyle, diet, occupation, domestic situation, social relationships and more must be considered. This assessment helps determine whether these factors have contributed to the ailment and to what extent they may support or impede the treatment. Similarly, attention should be given to the patient's disposition and mental state to identify any obstacles to treatment or the need for guidance, encouragement or modification.<sup>(6)</sup>

**Case management (245-263) in the Aphorism 261 stated that**" the most appropriate regimen during the employment of medicine in chronic diseases consists in eliminating hindrances to recovery and providing the opposite when needed: wholesome moral and intellectual recreation, engaging in outdoor activities regardless of weather conditions (daily walks, light, manual labor), consuming appropriate, nourishing, medicinal food and beverages.<sup>(7)</sup>

### **Discussion-**

- High blood pressure (hypertension), Smoking/passive smoking, High fasting blood glucose (diabetes), High body mass index (obesity) and out of four the only Smoking/passive smoking is the self or environmental risk factor while rest are the chronic disordered state affecting an individual itself.
- The Smoking and tobacco product shows major effect on the cardiovascular and respiratory diseases including Cancer and both system disorder reduce the patients' quality of life as well as neighbors.

- The age, sex, genetic factors and ethnicity are the non preventive risk factors but they help the individual, the family, the group or the community to takes the earlier measures for forthcoming unwanted health event.
- The risk factors are origin due to dietary habit, working pattern and social atmosphere are the preventive for the diseases, if the health education are given by the clinician in the proper way and observe it , as per indicated in the **Aphorism 208 and 261**.
- The diabetes, hypertension and obesity are directly influence by the dietary habit, working pattern and social atmosphere.
- When an asymptomatic individual assess underneath all risk factors then clinician can predict the disease incidence in an individual with its unique features (e.g., risk factors) Currently, there are many types of data are available predict the disease incidence in asymptomatic individual i.e. physiologic (e.g., blood pressure, growth curves), biochemical (e.g., cholesterol, glucose),
- The materia medica also mentions the various risk factors in the descriptions of different section of remedy in the form of constitution, desire, aversion, amelioration and aggravation.
- The rubric of the different section in repertories is also indicated about the risk factor.

There are limited studies which support the role of Homoeopathy in NCDs, such as hypertriglyceridemia, diabetes mellitus, hypertension, cancers, stroke and related issues.<sup>(8)</sup> Systematic well-designed pragmatic controlled trials needs to conduct for establishing effectiveness via real world practice condition maximise external validity studying interventions contextually.<sup>(9)</sup> Moreover, a conscious effort needs to be made to reduce sedentary lifestyle, break unhealthy habits like low physical activity and unhealthy food habits that have become integral aspects of modern-day lifestyle and have been found to have the most significant role in causing NCDs.<sup>(10)</sup>

In this issue, a review article explores the homoeopathy strengths in managing the chronic kidney disease through pre-clinical, clinical and anecdotal data casting light on the need for well-designed studies.<sup>(11)</sup> A drug standardization study compares the in-house homoeopathic mother tincture and market samples of *Hydrocotyle asiatica* by evaluating their antioxidant activity and high-performance thin-layer chromatography study.<sup>(12)</sup> Another in vitro study reported in this issue, which analyses the anti-cholesterol activity of homoeopathic medicine *Colchicum autumnale* on cholesterol level of blood.<sup>(13)</sup> Two evidence-based case reports of homoeopathic management of nephrotic syndrome, and multimorbid gynaecological complaints are also reported.<sup>(14,15)</sup> A case series demonstrates the homoeopathic management of polycystic ovarian syndrome that is also presented in this issue.<sup>(16)</sup>

## Conclusion –

The non-communicable diseases pose a major threat to global health in the present era. Addressing the burden of NCDs requires a collaborative effort from all stakeholders, with an emphasis on prevention and early intervention. By implementing effective public health policies, enhancing healthcare services, and promoting healthy lifestyles, it is possible to mitigate the impact of NCDs and improve the overall health and well-being of individuals worldwide. It is imperative that concerted efforts are made to address this burgeoning crisis and ensure a healthier future for generations to come. Homoeopathy plays the vital role on the treatment of non-communicable diseases. The fundamental requirements of an individual are to lead a healthy and joyful life. Homoeopathic treatment influences a person internally, tailoring the approach based on their constitution. In homoeopathic practice, the focus is on treating the patient rather than just the disease. However, further research is essential to yield substantial results in this field in the future.<sup>(17)</sup>

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