# DANDRUFF CONSTIPATION CHRONIC -FATIGUE SYNDROME

(HOMOEOPATHIC TREATMENT)

## BY: DR. YAMIN MEMON (BHMS)

# **CONTENTS OF THIS BOOK:**

DEDICATED TO PREFACE DANDRUFF CONSTIPATION CHORINIC FATIGUE SYNDROME (CFS) REFERENCES

Note: This book is available on Internet also.

With the blessings of the almighty God this book is dedicated to my Father, Mother, Sister and last but not the least my beloved Wife without whose persistence and co-operation none of this could have been possible.

- DR. YAMIN

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# PREFACE

As the awareness and acceptance about Homoeopathy is increasing day by day this is my humble effort to help the suffering humankind. In this book I have first mentioned general medical information related to the disease condition from Introduction, Causes, Signs and Symptoms Treatment and Prevention. In the Section for treatment I have mentioned Homoeopathic treatment of that particular disease condition. The mentioned Homoeopathic Medicines are to be taken three times a day for 15 days. It is better to take Homoeopathic medicines in 30 number globule form soaked in liquid medicine. First I have mentioned the name of the medicine then its Potency or Power in numerals like 6, 30, 200, and then the symptoms of the disease. This pattern is followed in my entire book in the section of Homoeopathic treatment. Consult а Homoeopath for treatment of your disease condition. For the aim of helping the suffering humankind any person after informing me can publish this book of mine free of charge with a condition that he/she or any entity doing so will not change any of the contents of this book and will let my name remain with this book. Readers' feedback is welcome. You can contact me at my following address.

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# DANDRUFF (SEBORRHOEA)

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INTRODUCTION SIGNS AND SYMPTOMS CAUSES RISK FACTORS TIME FOR MEDICAL ADVICE DIAGNOSIS COMPLICATIONS TREATMENT PREVENTION

### **INTRODUCTION:**

Dandruff is medically known as Seborrhoea. It is not just dryness of the skin. Actually, the word "Seborrhoea" means "too much oil." Seborrhoea is also known as Seborrhoeic Dermatitis or common Dandruff. Skin has a natural mechanism that its cells flake off regularly. Skin contains glands called Sebaceous glands. Function of these glands is to keep our skin moist. The function of these glands is to release oily material or discharge, which is known as Sebum. Dandruff is a mixture of flaked off skin cells Sebum. and Seborrhoea can present as a variety of conditions such as Dandruff, thick scales on the scalp, Redness on the face or in the armpits, or raw, Red patches below the breasts. Although some of these conditions

may feel "dry," moisturizing only makes them Redder. In other cases the skin may seem oily or even oily and dry at the same time. Seborrhoea (Dandruff) is a skin disorder that results from neither too little moisture nor too much oil. It is a form of skin inflammation (Dermatitis), which has no known cause. This condition can appear at any time from infancy to old age, and can come and go more or less at random, treatment of Seborrhoea (Dandruff) is directed at fighting the skin inflammation. This is done either directly, by using cortisone-based creams and lotions (which Reduce inflammation), or by reducing the yeast that builds up on scaly areas and adds to the problem.

Dandruff is not a yeast infection. Simple Dandruff does not cause hair loss. Excessive flaking can also be a symptom of Seborrhoeic Dermatitis, Psoriasis, Fungal infection or excoriation associated with infestation of head lice. Dandruff is a global phenomenon and many people find that Dandruff can cause social or self-esteem problems. treatment may be important purely for psychological reasons.

### CAUSES:

As the epidermal layer continually replaces itself, cells are pushed outward where they eventually die and flake off. In most people, these flakes of skin are too small to be visible. However, certain conditions cause cell turnover to be unusually rapid, especially in the scalp. For people with Dandruff, skin cells may mature and be shed in 2 - 7 days, as opposed to around a month in people without Dandruff. The result is that dead skin

cells are shed in large, oily clumps, which appear as White or Grayish patches on the scalp and clothes.

Dandruff has been shown to be the result of three required factors:

1. Skin oil commonly referred to as Sebum or sebaceous secretions;

2. The metabolic by-products of skin microorganisms (most specifically Malassezia yeasts);

3. An individual susceptibility.

4. Due to stress

Common older literature cites the fungus Malassezia furfur (previously known as Pityrosporum ovale) as the cause of Dandruff. While this fungus is found naturally on the skin surface of both healthy people and those with Dandruff, it has recently been shown that a scalp specific fungus, Malassezia Globosa, is the responsible agent. This fungus metabolizes Triglycerides present in Sebum by reacting with Lipase, resulting in a lipid by product known as Oleic Acid (OA) .OA is a fatty acid. Penetration by OA of the top layer of the Epidermis, the Stratum Corneum, results in an inflammatory response, which disturbs Homeostasis and results in erratic cleavage of Stratum Corneum cells. Rarely, Dandruff can be a manifestation of an allergic reaction to chemicals in hair gels/sprays, hair oils, or sometimes even Dandruff medications like Ketoconazole.

### **RISK FACTORS:**

Any adult can become a victim of Dandruff, but certain factors can make you more susceptible:

>AGE: Dandruff usually begins in young adulthood and continues through middle age. That doesn't mean older adults don't get Dandruff, however. For some people, the problem can be lifelong.

**SEX:** Because more men than women have Dandruff, some researchers think male hormones may play a role in Dandruff. Men also have larger sebaceous glands that produce oil called Sebum.

**SCALP AND OILY HAIR:** Malassezia feeds on oils in the scalp. For that reason, having excessively oily skin and hair makes you more prone to Dandruff.

>OTHER CAUSES: Still there are inadequate researches regarding these factors. It is believed that Adults with Neurological diseases, such as Parkinson's disease, are more likely to develop Seborrhoeic Dermatitis and Dandruff. So are people recovering from stressful conditions, particularly Heart Attack, and those with compromised immunity.

### **SIGNS AND SYMPTOMS:**

For most people, the signs and symptoms of Dandruff are very clear sometimes elaborate enough to embarrass the patient in public. White, oily looking flakes of dead skin that dot your hair and shoulders and an Itchy, scaling scalp. But it's not quite that simple — many conditions cause excessive skin scaling, including: >Dry Skin. Simple dry skin — the kind you get in winter when the air is cold and rooms are overheated — is by far the most common cause of Itchy, flaking skin. But flakes from dry skin are generally smaller and less oily than those caused by Dandruff.

>Seborrhoeic Dermatitis. This condition, a frequent cause of Dandruff, is marked by Red, Greasy skin covered with flaky White or Yellow scales. Seborrhoeic Dermatitis affects not only your scalp but also other areas rich in oil glands, such as your eyebrows, the sides of your nose and the backs of your ears, your breastbone, your groin area, and sometimes your armpits.

>Cradle Cap (Seborrhoeic Dermatitis of the Scalp). This disorder, which causes a scaling, crusty scalp, is most common in newborns, but it can occur anytime during infancy. Although it can be alarming for parents, Cradle Cap isn't dangerous and usually clears up on its own by the time a baby is a year old.

Psoriasis. This skin disorder causes accumulation of dead skin cells that form thick silvery scales. Psoriasis commonly occurs on your knees, elbows and trunk, but it can also affect your scalp.

Contact dermatitis. Sometimes sensitivities to certain hair-care products or hair dyes can cause a Red, Itchy, scaling scalp.

### **MISCONCEPTIONS**:

Dandruff is sometimes confused with dried shampoo. This usually occurs when hair isn't rinsed properly. Dandruff is not an organism like Lice; it is just dead skin that accumulates in the scalp. Dandruff is unlikely to be the cause of hair loss, although excess Sebum which is linked to Dandruff contains DHT (Dihydrotachysterol), the primary agent in Alopecia.

### **PREVENTION:**

You can't prevent Dandruff, but you can take steps to Reduce your risk:

>Learn to manage stress. Stress affects your overall health, making you susceptible to a number of conditions and diseases. It can even help trigger Dandruff or exacerbate existing symptoms.

Shampoo often. If you tend to have an oily scalp, daily shampooing to remove the excess oil may help prevent Dandruff.

>Cut back on styling products. Hair sprays, styling gels, mousses and hair waxes can all build up on your hair and scalp, making them oilier.

**Eat a healthy diet.** A diet that provides enough Zinc, B Vitamins and essential Fatty Acids may help prevent Dandruff.

**>Get a little Sunlight.** Do not take Sunbath. Instead, just spend a little time outdoors. Sunlight may be good for Dandruff. But because exposure to Ultraviolet light damages the skin and increases the risk of skin Cancer.

# TREATMENT

# HOMOEOPATHIC TREATMENT

Below mentioned Homoeopathic medicines are to be taken 3 times daily for up to 10 days. First I have mentioned the name of the medicine then its Potency or power in numerals like 6,30,200 and then symptoms of the disease. This pattern will be followed in my entire book in the section of Homoeopathic TREATMENT.

Arsenicum album 30: Scalp dry, sensitive, and very hot, unbearably Itchy at night, round bare patches of scalp show through hair. With marked burning.

*Graphites 30* Scalp moist, encrusted, and smelly, crusting worse behind ears.

Sepia 30 Scalp moist, greasy, and sensitive around hair roots.

*Mezereum 30* Intense itching, thick leathery crusts with pus underneath and white scabs on top.

Sulphur 30 Dandruff thick, a lot of scratching at night. Which causes skin to burn, scalp made even drier by washing hair.

Fluoric ac. 30 Flaky scalp, hair loss.

*Natrum Mur. 30* White crusting around hairline, hair lank and greasy

*Oleander 30* Itching like insect bites all around hairline of forehead, moist, smelly spots behind ears, itching made worse by heat

#### OTHER COMPLEMENTARY AND ALTERNATIVE MEDICINE:

While there are many home remedies being used for the TREATMENT of Dandruff, one therapy that seems to be effective is daily shampooing with tea tree oil. This oil is generally well tolerated but may cause allergic reactions in some people. Tea tree oil, which is extracted from the leaves of the Australian tea tree (Melaleuca alternifolia), has been used for centuries as an Antiseptic, Antibiotic and Anti fungal agent. It's now included in a number of shampoos.

# CONSTIPATION

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INTRODUCTION SIGNS AND SYMPTOMS CAUSES RISK FACTORS TIME FOR MEDICAL ADVICE DIAGNOSIS COMPLICATIONS PREVENTION TREATMENT

### **INTRODUCTION:**

**Constipation** is a digestive system related disorder in which a person experiences hard feces, which are difficult to eliminate; it may be extremely painful, and in severe cases (fecal *impaction*) lead to symptoms of bowel obstruction. **Obstipation** refers to severe Constipation. Causes of Constipation may be Dietary, Hormonal, side effect of medications, an illness or disorder, and anatomical.

TREATMENT is with a change in dietary and exercise habits. The pain can be even worse if you have Haemorrhoids or Anal Fissure. In common Constipation, the stool is hard and difficult to pass. Usually, there is an infrequent urge to void. Straining to pass stool may cause Haemorrhoids and anal fissures.

In later stages of Constipation, the abdomen may become distended and diffusely tender and crampy, occasionally with enhanced bowel sounds. Constipation is usually easier to prevent than to treat. Constipation is most common in children and older people, and affects women more than men. One in 200 women have severe, continuous Constipation and it is most common before a period and in pregnancy.

### SIGNS AND SYMPTOMS:

#### You're likely constipated if you:

- Have abdominal bloating or discomfort
- Pass a hard stool fewer than three times a week
- Strain frequently during bowel movements
- Infrequent bowel movements (typically <3 times per wk)</li>
- Difficulty during defecation (straining during more than 25% of bowel movements or a subjective sensation of hard stools)
- The sensation of incomplete bowel evacuation.
- Types 1 and 2 on the Bristol Stool Chart indicates Constipation
- Constipation is one of the most common digestive complaints. It varies greatly between different people, as each person's bowel movements differ. Most cases of Constipation are caused by a low fiber diet or dehydration.

Medical authorities accept wide variations in toilet frequency as long as this does not cause any other symptoms. Defecating depends on dietary habits, exercise, fluid intake, and various other factors.

Severe cases ("fecal impaction") may feature symptoms of bowel obstruction (vomiting, very tender abdomen) and "Paradoxical Diarrhoea", where soft stool from the small intestine bypasses the impacted matter in the colon. Constipation in children can lead to soiling (Enuresis and Encopresis).

### **CAUSES:**

The main causes of Constipation include:

#### Hardening of the feces:

- Insufficient intake of dietary fiber
- Dehydration or inadequate water intake

#### Medicines:

Diuretics and those containing Iron, Calcium, Aluminium, Loperamide, Opioids (e.g. Codeine & Morphine) and certain Anti-Depressants

#### Endocrine Dysfunction:

- Hypothyroidism (inadequate or slow functioning of the Thyroid gland)
- Hypokalemia (Low Potassium level)
- Acute porphyria (a very rare inherited condition)

Plumbism (Lead poisoning)

#### Anatomical or Tumours:

Damaged or injured Anal Valve or Sphincter Constriction, where part of the intestine or Rectum is narrowed or blocked, not allowing feces to pass

- Tumors, either of the bowel or surrounding tissues
- Strictures
- Paralysis or slowed transit, where peristaltic movement of the intestines is diminished or absent, so that feces are not moved along
- Diverticula
- Retained foreign body

#### **Psychiatric causes:**

- Psychosomatic Constipation, based on anxiety or unfamiliarity with surroundings.
- Malingering or Functional Constipation

### **RISK FACTORS:**

• Not having a bowel movement every day doesn't necessarily mean the person is constipated.

- Intake of medications like including Sedatives or Narcotics, or receiving Chemotherapy.
- Sedentary life
- Bedridden patient
- During pregnancy women may have bouts of Constipation because of hormonal changes. Later in your pregnancy, pressure on your intestines from your uterus also can cause Constipation.
- Intake of daily diet which low in fiber content
- Drinking inadequate quantity of water (daily)

# TIME FOR MEDICAL ADVICE:

You should visit your family Doctor if you experience a recent, unexplained onset of Constipation or change in bowel habits, or any of the following signs or symptoms, which might indicate a more serious health condition:

- Blood in stool
- Intense abdominal pain
- Bowel movements just once or twice a week, despite corrective changes in diet or exercise
- Thin, pencil-like stools
- Unexplained weight loss
- Rectal pain
- Constipation that alternates with Diarrhoea

# **DIAGNOSIS**:

- The DIAGNOSIS of Constipation is essentially made from the patient's description of the symptoms. Bowel movements that are difficult to pass, very firm, or made up of small like pellets qualify as Constipation, even if they occur every day. Other symptoms related to Constipation can include bloating, distention, abdominal pain, or a sense of incomplete emptying.
- Inquiring about dietary habits may reveal a low intake of dietary fiber or inadequate amounts of fluids. Constipation as a result of poor or total loss of movement or physical activity should be considered in the elderly.
- Constipation may arise as a side effect of medications (especially Antidepressants and Opiates).

- During physical examination, *Scybala* (manually palpable lumps of stool) may be detected when a diagnostician presses on the abdomen.
- Rectal examination gives an impression of the Anal Sphincter tone and whether the lower Rectum contains any feces or not; if so, then suppositories or enemas may be considered. Otherwise, oral medication may be required.
- Rectal examination also gives information on the consistency of the stool, presence of Hemorrhoids, and whether any tumors or abnormalities are present.
- X-rays of the abdomen, may reveal impacted fecal matter in the Colon, and confirm or rule out other causes of similar symptoms.
- Chronic Constipation (symptoms present for more than 3 months at least 3 days per month) associated with abdominal discomfort is often diagnosed as *Irritable Bowel Syndrome (IBS)* when no obvious cause is found.

A DIAGNOSIS of Constipation generally depends patient's Medical on history and physical examination. Your Doctor will first want to make sure you don't have a blockage in your small intestine or Colon (intestinal obstruction), an endocrine condition, such as Hypothyroidism, or an Electrolyte Disturbance, such as excessive Calcium in the blood (Hypocalcaemia). He or she will also want to check your medications in case they may be causing your Constipation.

### **Diagnostic procedures:**

• **Stool analysis.** In some cases, your Doctor may request a stool sample, to

be analyzed for the presence of hidden (occult) blood.

- **Barium enema.** In this test, the lining of your bowel is coated with a contrast dye (barium) so that your Rectum, colon and sometimes a part of the small intestine can be clearly seen on an X-ray.
- **Sigmoidoscopy.** In this procedure, your Doctor uses a lighted, flexible tube to examine your sigmoid colon and Rectum.
- **Colonoscopy.** This diagnostic procedure allows your Doctor to examine the entire colon with a flexible, camera-equipped tube.
- Anorectal manometry. In this procedure, your Doctor inserts a narrow, flexible tube into your Anus and Rectum and then inflates a small balloon at the tip of the tube. This allows your Doctor to measure the coordination of the muscles you use to move your bowel. You may undergo this test if your Doctor suspects pelvic floor dysfunction.

### **COMPLICATIONS:**

- Although Constipation can be extremely harrasing, it usually isn't serious. If it persists, and especially if straining results, you may develop complications such as Haemorrhoids and cracks or tears in your Anus called abrasions or fissures.
- Very severe or chronic Constipation can sometimes cause a fecal impaction, a mass of hardened stool that you can't eliminate by a normal bowel movement. An impaction can be dangerous, and

you may need to have it manually removed.

• If you use laxatives frequently, you may develop **Lazy Bowel Syndrome**, a condition in which your bowels become dependent on laxatives to function properly. In fact, laxative use can cause a number of problems, including poor absorption of Vitamins and other nutrients, damage to your intestinal tract and worsening Constipation.

### **PREVENTION:**

- Drink plenty of liquids. The exact amount of water and other fluids you should drink each day varies and depends on your age, sex, health, activity level and other factors. Average adult individual should drink 3 liters of water daily.
- **Try fiber supplements:** Psyllium Husk can be taken with water or milk after consulting your family Doctor. Check with your Doctor about using stool softeners. If you use fiber supplements, be sure to drink plenty of water or other fluids every day. Otherwise, fiber supplements may cause Constipation or make Constipation worse. Add fiber to your diet slowly to avoid problems with gas
- Limit problem foods: Foods that are high in Fat and Sugar and those that tend to be low in fiber content, such as lce cream, Cheese and processed foods, may cause or aggravate Constipation.

- Increase physical activity: Engage in regular exercise, such as walking, biking or swimming, on most days.
- Eat fiber regularly: Choose lots of high-fiber foods, including fruits, vegetables, beans and whole-grain cereals and breads. Experiment to see if particular fruits or vegetables have a laxative effect for you. Adding fiber to your diet gradually may help Reduce gas and bloating.
- Don't rely on stimulant laxatives. • These include products such as Correctol and Dulcolax, which cause muscle contractions in the intestines. Habitual use can damage your bowels and make Constipation worse. For occasional relief try saline laxatives, such as milk of magnesia. Saline laxatives draw water into the colon to allow stool to pass easier. Keep in mind that long-term use of laxatives dependency. For can cause constipated children, give them plenty of fluids to drink, but avoid giving them laxatives unless your Doctor says it's OK.
- **Respect nature's call.** The longer you delay going to the toilet once you feel the urge, the more water that's absorbed from stool and the harder it becomes.

# TREATMENT

Constipation that resists all the above measures requires physical intervention. *Manual disimpaction* (the physical removal of impacted stool) is done by patients who have lost control of bowels secondary to Spinal injuries. Manual disimpaction is also used by physicians and nurses to relieve rectal impactions. Finally, manual disimpaction can occasionally be done under sedation or a general anesthetic—this avoids pain and loosens the anal sphincter.

In alternative and traditional medicine, Colonic irrigation, enemas, exercise, diet and herbs are used to treat Constipation.

Consult a qualified Yoga Trainer. There are special Asanas for the treatment of Constipation.

### HOMOEOPATHIC TREATMENT:

Following is a list of some Homoeopathic medicines to be taken 3 times a day for up to 15 days.

Sulphur 30: Ineffectual urging accompanied by painful burning sensation, when passed stools are dark, large, hard, and dry, always feeling that there is more to come, person suffers from piles or anal fissure. alternates Constipation with bouts of Diarrhoea, stools are passed every 2-4 days when constipated

*Nux Vomica 30:* Great urge to pass stool, but nothing passed, or passing stools and feeling that there is more to come, especially if person is sedentary, elderly, or studying hard, chronic use of laxatives, chilliness, irritability

*Natrum Mur. 30:* Rectum feels dry and painful when straining, stools hard and crumbly, and only passed every second day, or at longer intervals during periods. Constipation as a result of abuse of salt (in diet)

*Bryonia 200:* Stools large, dry, hard, and burnt-looking, especially in elderly person, dry mouth, head aches and feels congested, abdomen distended, burning feeling in Rectum after passing stool, great thirst and irritability.

Aesculus 30: Rectum feels dry and hot, as if full of sticks or spikes, sensation of knife being jabbed upwards on attempting to open bowels, sensation of fullness in Rectum, pain in lower back, crawling sensation in Anus, symptoms worse after sleep, in person elderly. Associated with piles.

*Opium 30:* No desire to open bowels for days on end, then stools are hard and pill-like, bowels lazy, appetite poor, person drowsy during day but wakeful at night, alert to the slightest sound.

*Plumbum 200 (also known as 200 c):* Sharp griping pains, straining produces little pills which are hard, black, and dry, and at the same time bowels feel as if they are being drawn up towards the spine on a piece of string, person habitually constipated.

Alumina 200: No desire to open bowels until Rectum is completely full, even soft stools are difficult to pass, and may be covered with mucous or soft and clayey, sensation of stools getting caught up under left ribs, where colon starts to descend

*Lycopodium 30:* Great flatulence, no desire to open bowels for days on end, hard incomplete stools passed with pain and difficulty, patches of wind in intestines relieved by rubbing, person craves sweet things and feels worse between 4 and 8 pm. Boiling sensation in bowels, splinter-like pains last for hours after passing stools as if something has been torn, also burning and itching.

Silicea 30 Contraction of anal sphincter not strong enough to expel stool, so stool slides back in again, Anus feels sore, stools scanty, hard and covered with mucous, person chilly and prone to sweating of head. *Platina 30:* For constipation of people who travel frequently from one city to another

### Other approaches:

If pelvic floor dysfunction is the cause of your Constipation, your Doctor may suggest biofeedback TREATMENT. This as а technique may help you learn to better coordinate the muscles you use to defecate. If you're pregnant — and in general — it's a good idea to check with your Doctor before usina laxatives other than fiber any supplements. It's good to check the content of prepared foods for their claims of fiber content. Drink plenty of fluids and get as much exercise as you can. Swimming and walking are good choices.

# CHRONIC FATIGUE SYNDROME

### **CONTENTS**:

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> SIGNS AND SYMPTOMS
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### **INTRODUCTION:**

As the name suggests Chronic Fatigue Syndrome (CFS) is a condition, which is characterized mainly by extremely low levels of energy over a prolonged period. Such low levels may be accompanied by a variety of other symptoms. It is also known as Post-Viral Syndrome, Post-Viral Fatigue Syndrome, Myalgic Encephalomyelitis (ME), Royal Free disease (called after the London hospital where the disease was first identified) and Yuppie Flu.

If one wants to have a general idea about CFS he/she can take a useful analogy that the body's energy is being distributed between two bank accounts - a current account and a deposit account. A person who develops Chronic Fatigue Syndrome has been, in effect, running the current account off the deposit account for a prolonged period so that the later has become critically low in funds. When the body next falls prey to infection, the extra resources needed by the immune system for recovery are simply not there. The patient therefore becomes chronically tired and develops sub-acute symptoms instead of recovering.

As this condition lacks a clear diagnostic test and the symptoms resemble those of many other diseases it is still a topic widely debated in medical circles. As conditions of patients suffering from this disease vary widely the names of this disease also vary. There have been cases of CFS reported in children of eight years of age and women in their early Twenties.

The main symptom is extreme tiredness that affects the patient for approximately 12 hours out of 24 hours for a period of at least six months

It generally becomes easy for the patient to identify the onset of symptoms. The person feels very much exhausted mentally and physically

There can be some associated symptoms like recurrent Sore Throat, Fever, Cough, Headache, Stomach upset, Nausea, Loss of appetite, Weight fluctuations, Swollen lymph glands, Feeling of confusion, Rashes, Pins and Needles or Numbness, Twitching of muscles, Consciousness of heart beats, Giddiness, Photophobia, Intolerance to noise and/or weakness. Blurring of vision, Soreness of eyes, Cramps in muscles.

Women may suffer from Vaginal discharge.

The symptoms of Chronic Fatigue Syndrome become worse during premenstrual period.

CFS can get worse because of Alcohol intake.

Inability to cope with mental or physical stress

Mental Symptoms: Mentally, the patient may experience lack of concentration, weakness of memory, general confusion, inability to express him or herself clearly and difficulty articulating speech.

Emotionally the patient may suffer from Panic Attacks Anxiety, Depression, Sudden loss of temperament, Frequent attacks of weeping. Again, these symptoms may be worse in women prior to a menstrual period.

### **SIGNS AND SYMPTOMS:**

Chronic fatigue syndrome shares symptoms with many other disorders.

- Fatigue for instance, is found in hundreds of illnesses and 10% to 25% of all patients who visit general practitioners complain of prolonged fatigue.
- The nature of the symptoms, however, can help clinicians differentiate CFS from other illnesses.

Primary Symptoms Other Common Symptoms Clinical Course

#### **Primary Symptoms**

- As the Chronic name Fatique Syndrome suggests, this illness is accompanied by fatigue. However, it's not the kind of f fatigue patients experience after a particularly busy day or week, after a sleepless night or after a stressful event. It's a severe, exhausting fatigue that isn't improved by bed rest and that may be exacerbated by physical or activity. lt's an allmental encompassing fatigue that results in a dramatic decline in both activity level and stamina.
- People with CFS function at a significantly lower level of activity than they were capable of prior to becoming ill.
- The illness results in a substantial reduction in occupational, personal, social or educational activities.
- A CFS DIAGNOSIS should be considered in patients who present with six months or more of unexplained fatigue accompanied by other characteristic symptoms.

#### These symptoms include:

 Cognitive dysfunction, including impaired memory or concentration malaise lasting more than 24 hours (exhaustion and increased symptoms) following physical or mental exercise

- Unrefreshing sleep, joint pain (without redness or swelling), persistent muscle pain
- Headaches of a new type or severity tender cervical or axillary lymph nodes sore throat

# OTHER COMMON SYMPTOMS:

In addition to the eight primary defining symptoms of CFS, a number of other symptoms have been reported by some CFS patients. The frequency of occurrence of These symptoms vary among patients.

These symptoms include:

- Irritable bowel, abdominal pain,
- Nausea, Diarrhoea or bloating
- Chills and night sweats
- Brain fag
- Chest pain
- Shortness of breath
- Chronic cough
- Visual disturbances (blurring, sensitivity to light, eye pain or dry eyes)
- Allergies or sensitivities to foods, alcohol, odors, chemicals, medications or noise
- Difficulty maintaining upright position (Orthostatic instability, irregular Heartbeat, dizziness, balance problems or fainting) Psychological problems (depression, irritability, mood swings, anxiety, and panic attacks) jaw pain weight loss or gain

The severity of CFS varies from patient to patient. Some can maintain comparatively active lives. CFS significantly limits day to day activities.

Majority of the patients of CFS patients are functionally impaired to some degree. Researches show that CFS can be as disabling as Multiple Sclerosis, Lupus, Rheumatoid Arthritis, heart

disease, end-stage renal disease, Chronic Obstructive Pulmonary Disease (COPD)

and similar chronic conditions.

CFS often follows a variable course. There are intervals of illness and

Some relative well-being. patients experience partial or complete remission of symptoms during the course of the illness, but symptoms generally comes back. Such zig-zag or variable occurrence of symptoms makes CFS especially hard for patients and their health care professionals to manage. When patients are feeling better they overdo of their activities. Such some an overenthusiastic gesture ultimately worsens the sufferings and tiredness. In fact. postexertional malaise is a very prominent feature of this illness.

There are scanty researches regarding the percentage of CFS patients who recover. There is some evidence to indicate that the sooner symptom management begins, the better the chance of a positive recovery. This means early detection and

TREATMENTS are of utmost importance. Researches indicates that delays in

DIAGNOSIS and TREATMENT may complicate and prolong the clinical course of the illness.

### CAUSES:

The causes of CFS are not yet understood well. Those who develop the condition often have a recent history of viral infection, usually an Upper Respiratory Tract Infection - such as a Cold or Flu - or a digestive tract problem that includes Diarrhoea and Vomiting. Instead of making a steady and complete recovery, the patient develops a long lasting feeling of tiredness. Most of the times this feeling can be associated with other symptoms like low-grade fever, which subsides gradually.

Once the patient feels this tiredness it takes little longer time to get back to his/her normal necessary muscular power. In other words we can say that the recovery of muscle power is very slow. So, a moderate amount of exercise that a reasonably fit, healthy person can do will help recover earlier. Any activity involving hard work by the patient is likely to take a two- or three-week recovery period to help recover the patient. Any more exertion during that time will delay the recovery still further.

There can be many causes of Chronic Fatigue Syndrome. Malfunctions of the immune system or metabolism especially in muscles are sometimes detected in CFS patients. In addition to this other factors are believed to be contributory. These factors are lack of rest, Mineral and Vitamin deficiencies, Dysfunctional Hormone production particularly involving the Adrenal and Pituitary Glands. Diet poor in nutrition or quantity, Crash Dieting.

The presence of Candida Albicans (a fungus which causes ulcers in mouth), Carbon Monoxide poisoning caused by faulty gas appliances, Environmental pollution and Chronic Intestinal Parasitic infection. The over-dose or long term intake of Antibiotics can weaken the Immune System, as can immunization. Recently changes in MRI scans have been found in some patients.

#### STRESS:

Stress is a significant factor affecting approximately 75 percent of patients. It works as a catalyst in the final stages of development and identification of the condition. CFS is more likely to afflict those people who drive themselves for going to workplace and in life also. Medical researches suggest that this attitude to work, among other things, inhibits the production of T-cell lymphocytes by the immune system. These cells are extremely important for defending body against attacks of microbes like viruses.

### **DIAGNOSIS:**

Many people suffering from Chronic Fatigue Syndrome look surprisingly well externally. An examination is necessary but it is least likely to reveal conclusive evidence. The lymph glands in the neck, under the arms or in the groin may be tender and swollen; the throat may be inflamed; or muscles may be more or less painful. Many diseases that display similar symptoms to those of CFS have to be ruled out: these include infections such as Brucellosis, Toxoplasmosis, Tuberculosis, AIDS and Epstein-Barr virus (which is responsible for glandular fever); Multiple Sclerosis, Epilepsy, Auto-Immune Disorders, Anaemia, certain forms of Cancer, Drug Addiction, Alcoholism, Depression, Anxiety; Endocrine abnormalities such as Thyroid gland related disorders; Addison's Disease, Cushing's Syndrome and Liver Disorders.

### **RECOVERY FROM CFS**

As with the disease itself, controversy surrounds the TREATMENT of Chronic Fatigue Syndrome. Most practitioners recommend rest. Psychiatry - believe that a graded exercise programme is much better TREATMENT. Confusion arises perhaps because recovery from CFS is a two-stage operation.

If you are suffering from this condition, you should rest. To return to the bank account analogy, rest is necessary in the first phase of your recovery until the deposit account starts to be replenished. You may have become ill in the first place because you failed to recognize the body's signals that supplies reserve energy were being depleted. So, you will have to learn what you are capable of in order to determine a level of activity - either in terms of the amount of time that you can sustain an action or the distance you can cover, if you are walking for example. This will enable you to pay back the deposit account and start to recover. At the beginning of your recovery, you should only use 50 per cent of the energy you are capable of expending before you become tired. It may be necessary to take to your bed for a few days or even a week or two. If you can walk 200 metres before getting tired, for example, and then you feel tired or even ill for a couple of days, the next time you should attempt only 100 metres. If this is still too tiring, walk 50 metres the next time. You are thus leaving some energy in reserve with which to repay the deposit account. Once you are confident this is happening you can increase the proportion of possible energy you can use before tiring to 75 per cent. You should stay at this level until you reach the second phase of your recovery.

You will eventually get to the point when the deposit account can support the current account again. What this means in practical terms is that if you overdo things, you will not experience such great tiredness or for as long as you would have done before.

You should now consider an exercise programme that gently and gradually increases your level of activity. It is important to avoid the harmful effects of inactivity on muscles and the respiratory and cardiovascular systems. Also, you should not seek to avoid situations or activities that were the apparent cause of your illness.

Walking is good exercise to start with. You should be able to walk about seven or eight kilometers without suffering any ill effects before you can progress to a good form of all-round exercise such as swimming or cycling. You have now reached stage two of your recovery from CFS and the deposit account has at least 60 per cent of its funds restored. You should be thinking more clearly and be able to read or even study for much longer periods than at the outset of your recovery. You should be able to tackle would situations in which you have previously become ill. Do not be concerned about ordinary tiredness. This may well be a sign that your muscles are not doing as much work as they are capable of rather than the fact that they have done too much. If, however, you develop some of the symptoms associated with your illness, such as a fever or swollen glands, then these are signs that you have done too much and that you need to slow down. But even then, you will not sink as low as you would have done before and your recovery will be quicker.

It is always important to remember that most recover from Chronic people Fatique Syndrome, regardless of how debilitating it was in the beginning. Recovery can be a lengthy process, however, and you will need enormous amounts of energy, determination, patience and time. Consulting a practitioner who specialises in treating CFS can be of particular value. Recovery can be a very frustrating experience. There is an extremely fine line between overdoing it and therefore experiencing a return of the symptoms of your illness and not doing enough so that you become discouraged by a lack of progress.

Decisions about work will be among the most difficult issues you have to tackle. If you have suffered a moderate to severe attack of Chronic Fatigue Syndrome you may only be able to work for half a day at most while you are recovering. Many patients find that going to work in the morning, coming home and resting after lunch, and then doing a little more work from home later in the day means that they avoid having to drive themselves on through a whole day. This sort of struggle when their bodies were telling them to slow down was possibly the reason for their illness in the first place.

Top-class athletes sometimes find that the constant stress of having to maintain fitness levels that enable them to compete eventually causes their immune systems to break down. Alternatively, common viruses may "wear down" the immune system so that another factor, such as environmental pollution, is the final straw in inducing chronic illness. The removal of both mental and physical stress is therefore very important before recovery from CFS can begin. This may necessitate the resolution of longstanding conflicts in your life.

#### **EFFECTS OF CFS ON PREGNANCY:**

Obvious worry for a pregnant woman could be that she will be unable to cope with pregnancy and the effects of Chronic Fatigue Syndrome. CFS will adversely affect her baby. There is no evidence to suggest that CFS is inherited, although it is possible that some of the factors believed to be instrumental in causing the disease, such as poor diet, allergies, toxic overload, Candida infection and stress, may be passed on. If pregnant women follow the guidelines for recovery. however, this is less likely. Pregnancy does not appear to make the condition worse. In fact, in some instances symptoms seem to improve. It is, however, very important to make plans for after the baby is born so that rest periods can be maintained, especially if there are other children to be looked after.

### TREATMENT:

There are no drugs to deal with most of the viruses associated with CFS (excluding Homoeopathic Medicines), and indeed some of those present are not the cause of the illness but one of the effects. TREATMENT therefore concentrates on strengthening the immune system by a variety of methods.

Food allergies need to be identified and eliminated. They can be detected by a method known as Enzyme Potentiated Desensitisation (EPD). Extracts of foods are combined with an enzyme that stimulates the immune system to respond to the foods. This is administered by injection or by scratching the skin.

- Constitutional Homoeopathic TREATMENT by a qualified practitioner may help recovery from CFS.
- The stimulation and detoxification of the body's metabolic processes is important in supporting the immune system. Measures include the control of Hypoglycaemia, Hyperventilation and the proliferation of Candida infection. Eating whole foods is recommended, especially organically grown ones, in order to eliminate chemicals and dietary toxins from the body. Dietary planning such as the twice a week rule is helpful. (All foods belong to one of five types and you should eat food from each group no more than twice each week).
- A special diet that includes Alfalfa tablets, Psyllium husks can help to cleanse the colon, but it is wise to consult a Doctor before embarking on this. Drinking up to 10 glasses of water each day (filtered or boiled unless you are sure that your water supply is good) is also recommended.
- Gentle exercise that stretches the muscles, Callisthenics or Yoga will stimulate the lymphatic system.
- The Alexander Technique may be of benefit to Chronic Fatigue Syndrome patients, many of whom have back and joint problems.

- Stimulation of the circulatory system by means of dry-skin brushing is also recommended. Sit with your legs higher than the level of your bottom and, using a (bristle) bath brush and a flicking motion, brush the skin up to the chest (do not brush the face or any areas of skin eruption). Do this for two minutes, before rather than after a bath.
- Two dietary supplements have been shown to help those with CFS: a mixture of fish and plant oils, such as marine oils and Gamma-Linolenic acid (GLA), and Magnesium.

### HOMOEOPATHIC TREATMENT:

As we have seen, recovery from Chronic Fatigue Syndrome involves a sustained campaign of energy replenishment and lifestyle changes. Some patients benefit from healing bio-enerav greatly or treatments. By far the best course of action from the point of view of Homoeopathic treatment is to consult an experienced practitioner for constitutional treatment. However, in the meantime, specific remedies can be self-prescribed in the 30c potency and taken twice a day for up to 15 days (unless otherwise specified).

- Natrum mur: For swollen, painful glands in the neck; muscular pain; allover aches that are worse for stress; articulating: difficultv in areat tearfulness, especially premenstrually; premenstrual depression and irritability; confusion; dizziness; Itchy scalp and hair loss; headache with fever; pain going from the back of the head to the front; tired eyes; blurred vision; acidity; flatulence; numb fingers; Irritable Bowel Syndrome; Thrush, in women, all symptoms may be worse and there is weakness and weariness premenstrually; muscular tension.
- Calcarea For swollen glands in the groin and swollen, painful glands in the neck; constant chilliness; painful joints; weakness after the slightest exertion; memory; poor depression; great tearfulness; anxiety; great panic attacks; confusion; Itchy scalp; pain going from the back of the head to the forehead; burning pains in the sides of the head; bloated stomach; cramping abdominal pains; numb fingers; aching arms; Insomnia; Thrush, in women, all symptoms may be worse premenstrually.
  - Solanum Lycoper.: Specific medicine for bad effects of viral fevers should be taken in 200<sup>th</sup> potency for 5 days, three times.
  - Arsenicum: For constant chilliness; painful joints and muscular pain; allover aches and burning pains with stiffness, all of which are worse for stress; weakness after the slightest

exertion; panic attacks; great anxiety; depression; poor memory; dizziness after the slightest exertion; headache with fever; Migraine; sore, tired eyes; blurred vision; numb fingers and toes; aching arms; Insomnia; breathlessness; Irritable Bowel Syndrome, fainting in the morning.

- Belladonna: For swollen glands in the groin; swollen, tender glands in the neck; muscular pain and painful joints; all-over aches and burning pains that are worse for stress; constant sore throat; confusion; anxiety: difficulty great in poor concentrating; memory: difficulty in articulating; dizziness; headache with fever; pain in the temples; Migraine; burning pain in the sides of the head; sore eyes; flatulence: cramping abdominal pains; Insomnia; Thrush, in women, premenstrual weakness and weariness.
- **Lycopodium:** For swollen glands in the neck; painful joints and muscular pain; all-over aches and stiffness that are worse for stress; constant sore throat; poor memory; difficulty articulating; difficulty in in concentrating; anxiety; tearfulness, especially premenstrually; premenstrual irritability and depression; dizziness; Itchy scalp and hair loss; pain in the temples; sore, tired eyes; bloated stomach; flatulence: cramping abdominal pains; numb fingers; aching arms;

Irritable Bowel

- Pulsatilla: For swollen glands in the groin and neck; painful joints and muscular pain; all-over aches that are worse for stress; difficulty in articulating; great tearfulness and depression, especially premenstrually; dizziness that is worse premenstrually; headache with fever; fatigue is better for eating but worse premenstrually; muscular tension. Pain in the temples; Migraine; sore eyes; blurred vision; flatulence: cramping pains; breathlessness: numb fingers; Irritable **Bowel** aching arms: Syndrome: Thrush.
- Lachesis: For swollen glands in the groin and neck that are worse for stress: constant sore throat. especially the side: on left depression: confusion: poor memory; difficulty in articulating; difficulty in concentrating; in women, symptoms all mav be worse premenstrually, premenstrual dizziness; hair loss; headache with fever; pain going from the back of the head to the forehead; sore eyes; numb toes; aching arms; Insomnia; Syndrome. Irritable Bowel
- Nux Vomica: For constant • chilliness; painful joints; all-over aches that are worse for stress; confusion; premenstrual irritability; difficulty in concentrating and articulating; dizziness; headache with fever; Migraine; fainting in the morning; muscular tension sore

eyes; blurred vision; flatulence; cramping abdominal pains; Irritable Bowel Syndrome; Thrush.

- Mercurius: For swollen glands in • the groin and swollen, tender glands in the neck; painful joints and muscular pain; all-over aches: constant sore throat; weakness after the slightest exertion; offensivesmelling perspiration; intolerance of heat and cold; confusion; panic attacks; great tearfulness; poor memory; pain going from the back of the head to the forehead; sore eves; flatulence; numb toes; aching arms; Insomnia; dribbling on the sleep; pillow during Thrush.
- Phosphorus: For swollen glands in the neck; constant chilliness; painful joints that are worse for stress; weakness after the slightest exertion; confusion; panic attacks; fatigue that is better by eating; muscle tension. premenstrual tearfulness: poor memorv and difficulty in concentrating; dizziness; hair loss; burning pains in the sides of the head; tired eyes; flatulence; Irritable Bowel Syndrome.
- Sepia: For swollen glands in the • neck; all-over stiffness that is worse for stress: weakness after the slightest exertion; numbness in the throat: premenstrual irritability: tearfulness: difficultv in concentrating: poor memory: difficulty in articulating; hair loss; Migraine; sore, tired eyes; digestive acidity; flatulence; Thrush, fatigue is

better by eating and worse premenstrually; muscular tension.

- Causticum: For people having intense sympathy for suffering of others, constant chilliness; muscle pain and painful joints; all-over stiffness: weakness after the sliahtest exertion: premenstrual irritability; great tearfulness; anxiety depression; difficultv and in concentrating; poor memory; blurred vision; aching arms. Fatigue that is better after eating: great weakness after the loss of a loved one.
- Kali carb: For swollen glands in the • groin and neck; in women, all be symptoms may worse premenstrually, constant chilliness; painful joints; numbness in the panic throat: attacks: anxiety: difficulty in articulating; hair loss; pain in the temples; pain going from the back of the head to the forehead; Migraine; blurred vision; bloated stomach: flatulence: breathlessness; Insomnia; Irritable Bowel Syndrome.
- **Carbo Veg.:** For swollen, tender glands in the neck; all-over aches and burning pains; confusion; anxiety; difficulty in concentrating; hair loss; pain going from the back of the head to the forehead; sore eyes; bloated stomach; flatulence; abdominal cramping pains; Thrush, fainting in the morning.

• China: For painful joints; weakness after the slightest exertion; premenstrual weakness, great anxiety; depression; headache with fever; pain in the temples; pain going from the back of the head to the forehead; Migraine; digestive acidity and bloated stomach; flatulence; Insomnia.

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