

Case Report

A Case Report of Erectile dysfunction successfully treated with Individualized Homoeopathy

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ABSTRACT:

Erectile dysfunction is a widespread medical condition that affects the psychological as well as social health of patients. Here a case of a 43-year-old man has been presented who suffered from this complaint. Individualised homoeopathic medicine was prescribed on the basis of the totality of symptoms. Improvement was measured by IIEF- 5 scoring at baseline and every month thereafter. Improvement in quality of life was also measured using WHO QOL BREF at the beginning and at the end of the treatment. Possible causal attribution of changes was explicitly depicted by Modified Naranjo Criteria. Homoeopathic medicine *Nux vomica* was found useful. Individualised homoeopathic intervention may be a potential alternative in the treatment of Erectile dysfunction, though further research with better methodology is suggested.

Keywords: Erectile dysfunction, Homoeopathy, IIEF-5, WHO QoL BREF.

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BACKGROUND

The persistent inability to achieve and maintain an erection adequate to permit satisfactory sexual intercourse is known as Erectile dysfunction (ED)¹. It is a widely prevalent and significant medical condition that not only affects the physical health but also affects the psychological and social health of the patient. It limits the quality of life of an increasing number of men.² According to recent studies, approximately 10% of men suffer from severe or complete and 25% of men from moderate or intermittent erectile dysfunction in the age group of 40-70. It affects 5%-10% of men below the age of 40.³ It is highly prevalent in men over the age of 40.¹ About 40% of erectile dysfunction (ED) cases are considered psychogenic.⁴ Current conventional treatments for ED have some limitations and side effects.^{5,6}

Homoeopathy is the system of therapeutics based on the law of similia, which states that a drug capable of producing a disease state in a healthy person can cure a similar state in a diseased person if it is in a curable state.⁷ Homoeopathy is an individualistic therapeutic approach, based on totality of symptoms, which may

be an essential tool for treatment of Erectile Dysfunction. Homoeopathic treatment has been found to be very efficacious and cost-effective.⁸ There are many medicines mentioned in the homoeopathic material medica which can be prescribed for or whose symptoms match with that of Erectile Dysfunction. Some of the medicines are *Nux vomica*, *Phosphorus*, *Picric acid*, *Baryta carbonica*, *Agnus castus*, *Caladium seguinum*, *Staphysagria*, *Conium maculatum*, *Lycopodium clavatum*, *Medorrhinum*, *Selenium*, *Sepia officinalis*, *Sulphur*, *Cinchona officinalis*, *Calcarea carbonica*, *Cantharis vesicatoria*, etc.⁹⁻¹² Homeopathy can be quite effective in such cases and provide a better alternative. But documentation and evidence of Homoeopathic treatment for this disease are very poor. Here a case of erectile dysfunction is presented which was treated successfully using individualized homeopathic medicine based on the totality of the symptoms.

PATIENT'S INFORMATION

A 43 years old male, a schoolteacher with a good socioeconomic condition and a sedentary lifestyle presented with complaint of partial to no erections

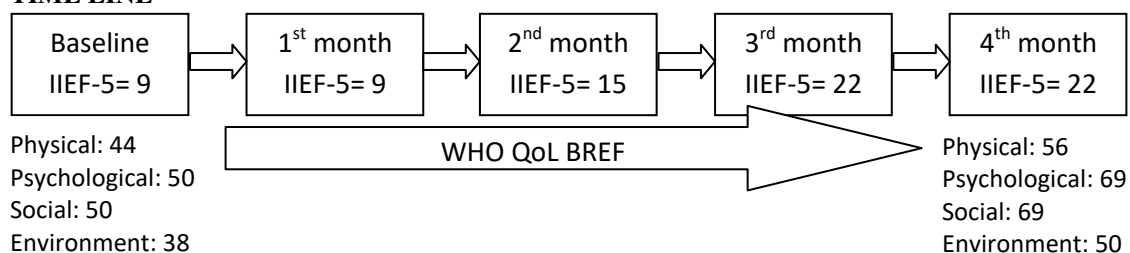
with early ejaculation during intercourse for past one year. His complaints started gradually one year back after he got transferred to a different place in job. His new work place was very stressful with constant pressure due to which all his complaints started. The patient was a known case of Hypertension since 5 years and had been taking allopathic treatment for that. He took allopathic and Ayurvedic treatment for his complaints with only temporary relief. The patient had a desire for sweets with normal appetite and increased thirst for large quantities. He had no complaints with stool and urination. He sweats profusely specially on back and chest but non offensive in character. His thermal reaction was chilly with tendency to catch cold on every change of weather. He was non vegetarian, had the addiction for

smoking and takes alcohol occasionally. His father was also Hypertensive and Diabetic. Mentally he was very anxious for his health and want relief immediately.

CLINICAL FINDINGS

Patient was mesomorphic with moderate nutrition. His Blood pressure was 130/ 90 mm Hg and pulse rate 80 bpm. His Body mass index (BMI) was 26 Kg/m² with a weight of 75 Kg and a height of 170 cm. His tongue was moist and clean. After analyzing the case characteristic of general and particular symptoms considered were anxiety for health, indisposed to talk, impatient, desire for sweets, increased thirst, profuse sweating, and chilly thermal reaction.

TIME LINE



DIAGNOSTIC ASSESSMENT

Patient was clinically diagnosed as case of erectile dysfunction. In order to measure the degree of complaints and its effect on quality of life, International Index of Erectile Function (IIEF-5) Questionnaire and WHO Quality of life BREF were used respectively. Index of Erectile Function (IIEF-5) questionnaire, with a score of 1–7 indicates severe, 8–11 moderate, 12–16 mild–moderate, 17–21 mild and

22–25 no erectile dysfunction.¹³ IIEF- 5 score of patient at the first visit was 9.

THERAPEUTIC INTERVENTION

The case was repertorised by the complete repertory of HOMPETH software [Figure 1] considering the prominent symptoms of the patients including the mental generals and physical generals.

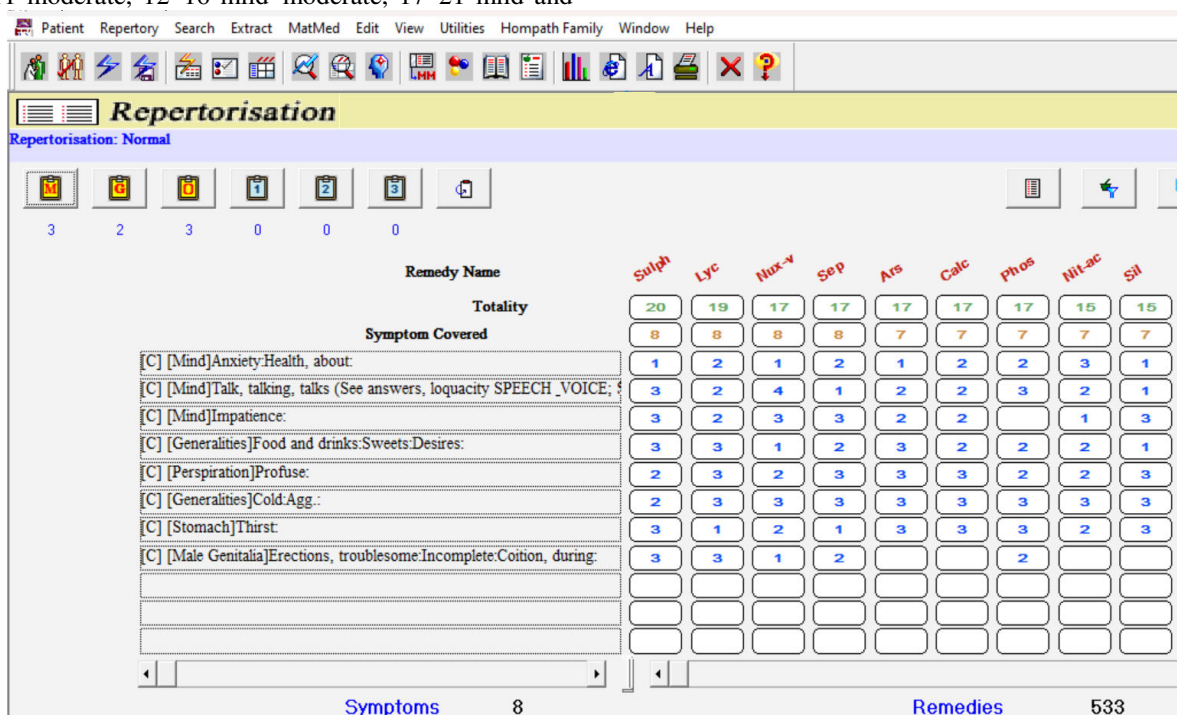


Fig-1

Medicines with maximum scores were *Sulphur*, *Lycopodium*, *Nuxvom*, *Sepia*, *Arsenic album*, and *Calcarea carb*. Treatment was started with *Nux Vomica*, considering the chilly thermal reaction of the patient, as covers all the symptoms and placed in the 3rd position of the repertorization chart. The medicine was prescribed in the fifty millesimal potency anticipating frequent repetition and speedy recovery. Along with homoeopathic medicine patient was advised for stress reduction and relaxation techniques. During treatment, significant improvement was noted in symptoms as well as in IIEF-5 scores.

Table 1: Follow-up and Outcomes

Follow update	Indications	IIEF-5 & WHO QoL BREF score	Medicine with dose
First Visit (baseline) 27/10/2021	Partial to no erections with early ejaculation during intercourse, anxiety for health, indisposed to talk, impatient, desire for sweets, increased thirst, profuse sweating, and chilly thermal reaction. BP: 130/ 90 mm Hg	IIEF-5: 9 (moderate) WHO QoL: Physical: 44 Psychological: 50 Social: 50 Environment: 38	<i>Nux vomica</i> 0/3, 16 doses, OD for 16 days.
10/11/2021	Status quo, no change in symptoms hence potency of same medicine was increased. BP: 134/ 90 mm Hg		<i>Nux vomica</i> 0/4, 16 doses, OD for 16 days.
29/11/2021	Slight relief in erections and premature ejaculation. Anxiety same. BP: 130/ 90 mm Hg	IIEF-5: 15 (mild)	<i>Nux vomica</i> 0/5, 32 doses, OD for 32 days.
27/12/2021	Further improvement in erections and premature ejaculation, anxiety better. Patient improving hence placebo was given. BP: 128/ 90 mm Hg	IIEF-5: 22 (WNL)	Placebo 30/ TDS/ 14 days
10/01/2022	Marked improvement in erections, Premature ejaculations persisting, and anxiety better.		Placebo 30/TDS/14 days
24/01/2022	Erections & ejaculation normal. Anxiety much better now.	IIEF-5: 22 (WNL) Physical: 56 Psychological: 69 Social: 69 Environment: 50	Placebo 30/TDS/21 days

The possible causal attribution of the treatment outcome was assessed using 'The modified Naranjo Criteria' as proposed by the HPUS clinical data working group (**Table 2**). The score obtained (09) reflects that there is a probability that improvement in the patient can be attributed to the homeopathic medicine administered.

Table 2: Modified Naranjo Criteria

Item	
Was there an improvement in the main symptom or condition for which the homeopathic medicine was prescribed?	+2 (Y)
Did the clinical improvement occur within a plausible time frame relative to the drug intake?	+1 (Y)
Was there an initial aggravation of the symptom?	0 (N)
Did the effect encompass more than the main symptom or condition, i.e. were other symptoms ultimately improved or changed?	+1 (Y)
Did overall well-being improve?	+1 (Y)
The direction of cure: did some symptoms improve in the opposite order of the development of symptoms of the disease?	0 (NS)
The direction of cure: did at least two of the following aspects apply to the order of improvement of symptoms - from organs of more importance to those of less importance - from deeper to more superficial aspects of the individual - from the top downwards	0 (N)
Did old symptoms (defined as non-seasonal and non-cyclical that were previously thought to have resolved) reappear temporarily during improvement?	0 (N)

Are there alternate causes (other than the medicine) that with a high probability- could have caused the improvement? (consider the known course of the disease, other forms of treatment, and other clinically relevant interventions)	+1 (N)
Was the health improvement confirmed by any objective evidence? (e.g. lab test, clinical observation, etc.)	+2 (Y)
Did repeat dosing, if conducted, create similar clinical improvement?	+1 (Y)
Total	09

DISCUSSION

Erectile dysfunction impacts significantly on mood, interpersonal functioning, and overall quality of life.³ It negatively affects a man's relationships, emotional and psychological well-being, and partner relationships. There is also very limited scope in other systems of medicines which only provide temporary cure or palliation. In this case the also the patient initially adopted allopathic and ayurvedic medicines without any satisfactory relief. The patient was smoker which corroborates with the literature as smoking is one of the leading risk factors of Erectile dysfunction. About 40% of erectile dysfunction (ED) cases are considered psychogenic.⁴ In this case also the symptoms of the patients started after transfer in job which is a quite stressful condition therefore the patient was advised for relaxation and stress reduction procedures. *Nuxvom* was selected as covered all the symptoms, came in the 3rd position in the repertorization chart and as the patient was a chilly. Symptomatic improvement, positive changes in the IIEF-5 score and WHO-QOL BREF indicated the effectiveness of individualized homoeopathic medicines in successful management of Erectile dysfunction.

CONCLUSION

Erectile dysfunction is condition which has limited scope of treatment in other system of medicines and affects mental state of patient adversely. This case report shows that individualized homoeopathic medicine selected on holistic approach considering both physical as well as mental symptoms, with appropriate potency and repetition, can bring out a perfect resolution with improved quality of life. Though single case studies like this have substantial contribution in evidence generation, however, experimental study with improved methodology is suggested.

DECLARATION OF PATIENT CONSENT

The authors certify that they have obtained all appropriate patient consent forms. In the form, the patient has given his consent for his clinical information to be reported in the journal. The patient understands that his name and initials will not be published and due efforts will be made to conceal his identity, but anonymity cannot be guaranteed.

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Nil.

CONFLICTS OF INTEREST

None declared.

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