

Case II Alternate Medicine Pitfalls

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43 yrs old male College Professor known as diabetic, hypertensive x 6 – 7 yrs came to the hospital with complaints of extreme weakness, stiffness in limbs, difficulty walking, burning feet, unsteadiness, and urinary retention – catheterised in another hospital.

Had taken Sidda medicines for 7 months for haemorrhoids. Clinically tachycardia, BP - 100/70mmHg. CNS – Slurred speech – appeared depressed. HMF normal. Resting tremors+, Cog wheeling++, stiffness+ Power 4+/5. DTJ++ sensory blunting distally. Clinically – Mild Parkinsons' disease. Depression. ? Toxic neuropathy. (Heavy metal poisoning) Routine investigations normal.

CT Brain normal. Treated with antihypertensives, OHA, antiparkinsons medication, anxiolytics, antidepressants, and pregabalin. Slowly improved over 2 weeks. Mobilised. Toxic profile (heavy metals) done in Thyrocare revealed markedly elevated Arsenic mercury. Progressively improved. During follow-up after 1 month. No neurological deficit – mild stiffness gait. Ambulant no urinary complaints. Final Diagnosis: Toxic Neuropathy. (Heavy Metal Poisoning Sidda Medication)

Why do people go to alternative medicine treatment?

“The person who takes medicine must recover twice, once from the disease and once from the medicine” Sir William Osler.