

Myelodysplastic Syndromes with Ring Sideroblasts Well Managed with Homeopathic Treatment

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Abstract

Case Report

Myelodysplastic syndromes (MDS) are the number of hematological conditions that affect the stem cells in the bone marrow. In these conditions stem cells in bone marrow fail to mature for proper functioning then lead to cytopenias, which cause anemia, increased risk of infections, and easy bruising and bleeding. The majority of the patients are aged >60 at presentation. Diagnosis is made upon bone marrow biopsy. MDS can develop into acute myeloid leukemia which is an aggressive cancer of bone marrow. A 68-years old male patient presented to our Homeopathic OPD with clear signs and symptoms of anemia. He had a pallor complexion, shortness of breath that aggravated on walking, progressive weight loss, vertigo, and loss of concentration. He was diagnosed with Myelodysplastic syndrome with multilineage dysplasia and ring sideroblasts 8 months ago. His Hb level was 7.7g/dl and WBCs $3.2 \times 10^9/l$ and Platelets $179 \times 10^9/l$. His Hb was decreasing gradually. After complete examination and evaluation, he was prescribed Homeopathic medicines and asked for follow-up after one week. In one week his health improved markedly on all levels. Medicines prescribed for 2 weeks again. After 3 weeks his Hb level increased 8.3g/dl. He began walking on his own before that he must required support in climbing stairs. His shortness of breath on exertion also improved. His concentration level also increased, he started writing his research work without difficulty. After one more month his Hb level raised up to 8.4g/dl and he was almost symptoms free within first 2 months of treatment. Same Homeopathic prescription continued for 2 more months. His serological report showed Hb level of 9.2g/dl after 4 months of the treatment. He was absolutely doing well with excellent health condition. He was prescribed *Calcarea Phos 3x* and *Lacithenium 3x* for the regeneration of bone marrow-as these Homeopathic medicines work to cure cytopenias. *Avena Stiva Q* was given as energy booster. This case illustrates the potential for the cure of Myelodysplastic syndrome with multilineage dysplasia and ring sideroblasts. It suggests that Homeopathy can be thought for the treatment of rare diseases where other medical systems fail to treat. The improved health condition of the patient is evident that this group of hematological diseases can be cured without blood transfusions or injections of erythropoiesis-stimulating agents. Recognition of the syndrome and early induction of treatment can prevent further complications of the disease.

Keywords: Myelodysplastic syndrome, ring sideroblasts, Homeopathy, Bone marrow, Cytopenia.

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INTRODUCTION

Myelodysplastic syndromes (MDS) is a group of multiple bone marrow failure disorders in which patients suffer from cytopenias and progressive complications of the disease [1]. MDS characteristics contain ineffective hematopoiesis and a propensity progression to acute myeloid leukemia. MDS patients often remain asymptomatic and often diagnose by routine checkups. Current projections revealed that MDS is as common as AML in the United States. Almost 12,000 cases are reported every year in the US, which makes it more common than acute lymphoblastic leukemia as chances of MDS are at least twice of AML [2]. Another study showed the incidence of estimated cases of MDS is between 5.2-13.1 per 100,000 using keyword pathology electronically [3]. It is rare below the age of 40 years and considered as a

heterogeneous group of myeloid clonal disorders due to failure of blood cell maturation. Symptoms vary from patient to patient. Some individuals have mild to moderate symptoms that develop slowly while some show rigorous development of symptoms. Most commonly patients present with low levels of circulating blood. Patients with MDS present with fatigue due to a low level of red blood cells. Anemia causes tiredness, increase desire to rest or sleep, loss of concentration, irritability, blurred vision, headache, and pallor complexion. Low levels of white blood cells increase the risk of bacterial and fungal infections. A low level of platelets increases the susceptibility to bleed after a minor injury or spontaneous bleeding from gums or nose [4].

Management of MDS is always considered as challenging to the hemato-oncologists due to the many

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obstacles in the course of treatment as the elderly patients are difficult to deal and MDS mostly occurs in patients in their 60s that cannot tolerate relevant therapies [5].

CASE PRESENTATION

We herein present a case of a 68-years-old male patient, who was diagnosed with myelodysplastic syndrome, multilineage dysplasia, and ring sideroblasts 8 months ago. He presented with all the signs and symptoms of anemia i.e shortness of breath, pallor complexion, loss of concentration, and excessive weakness. Serological reports showed a Hb level of 7.7g/dl at the time of presentation. He went through all the investigations. Diagnosis of the myelodysplastic syndrome was confirmed on bone marrow evaluation where ring sideroblasts constitute 30% erythroid precursors and myeloid precursors showed dysplasia. Histological examination showed adequate length trephine biopsy with normal bony trabeculae and hypercellular bone marrow. Bone marrow findings were suggestive of myelodysplastic syndrome with multilineage dysplasia and ring sideroblasts. He already went through all the possible treatment options that the conventional system offers. He had injected Erythropoiesis-stimulating agents, initial doses of 10,000 IU for three months every week then the dose increased to 20,000 IU. This exercise continued for 6 whole months. But his hemoglobin level decreased again. Then his hematologist suggested going for regular blood transfusions as a final management plan. But the patient and family were reluctant to go through this. So, they thought to give a try to homeopathic medicines.

After complete case taking, evaluation of general physical characters and complete examination of the patient Homeopathic medicines were prescribed, initially for 15 days and asked for a follow-up. He reported with markedly improved health condition after one week. His Hb level started increasing gradually. Initially, after 2 weeks his Hb raised up to 8.3g/dl from 7.7g/dl. After second prescription Hb level raised up to 8.4g/dl. After first 2 months of medicines he was free from all the symptoms of anemia. He became more active and his level of concentration improved. His skin color changed from pale to normal healthy skin color and other symptoms of anemia also cured gradually. Regular Homeopathic medicine for 4 months helped to increase his Hb level. His blood reports showed an increase in Rbcs and his Hemoglobin level raised to 9.2 g/dl without any sort of transfusion. Other blood cells were also in normal ranges. His condition has been improved clinically and he is living normal healthy life. He is still under observation to avoid future complications.

Homeopathic medicines *Calcarea Phos 3x*, *Lacithenium 3x* and *Avena Stiva Q* were prescribed. *Calcarea Phos 3x* and *Lacithenium 3x* work effectively on regeneration of bone marrow. These remedies help to increase blood cells and cure anemia and anemia-associated diseases. *Avena Stiva Q* fights off the disease and enhance immunity in patients suffering from chronic diseases that deteriorate the energy level of patient.

DISCUSSION

Chronic and other degenerative diseases have increased treatment cost which limits access to health care facilities [6]. Alternative treatments are cost-effective than other conventional treatment therapies. Homeopathy is a famous and cheap system of medicine that is purely based on its laws and individualized medication. Every remedy in Homeopathy has a specific mechanism of action and unique [7]. The current material philosophy of treatment of diseases is truly based upon scientific identities that explain myelodysplastic syndromes are caused by genetic mutations leading to the obvious sign and symptoms of the disease [8].

Myelodysplastic syndromes have different types that are thought to be almost incurable in elderly patients. But Homeopathic medicines have ability to increase blood count and manage the health condition of patients. No matter on which stage the patient is.

CONCLUSION

The narrated case report is evident for the marked management of the myelodysplastic syndrome, where the patient was almost disappointed for recovery due to continues deterioration of health condition. At the start of treatment, his hemoglobin level was low and its value was going down day by day. But during treatment, he well responded and his hemoglobin level raised up to 9.2g/dl in 4 months from 7.7g/dl. Besides the lab reports, other signs and symptoms of disease also improved gradually. He is still under observation with high chances of cure.

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