



A Pilot Study to Assess the Effect of Adrenalinum 3X on Short Term and Long-term Complications of Lifestyle Disorders like Hypertension, Cancer, Diabetes, Anti-Social Behaviour, Anxiety and Depression

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Abstract

Adrenalinum is a sarcodes (extracted from healthy adrenal gland). In homoeopathy system of Medicine, we use the tincture and trituration. As per the principles of Homoeopathy by Dr.Samuel Hahnemann "similia similibus curentur", or "like cures like", the symptoms shown by Adrenalinum during its drug proving will cure the same symptoms when they appear in diseased individuals if similimum matches and is due to its stimulation of vital force in the body - a quintessence, spiritual, harmonic and dynamic entity.

Modern-day lifestyle as seen in fast developing world led to emergence of many psycho-somatic disorders like Hypertension, Diabetes, Cancers, Anxiety, Depression, Anti-social behaviour, extremism and increase incidence of suicidal attempts. In stress related situations, when normal physiological response to stress gets aggravated, the Homoeopathic medicine "Adrenalinum" in infinitesimal doses, can act as a wonderful remedy to regulate the secretion of Adrenaline hormone in the body, thereby overcoming the adverse effects of high levels of adrenaline and maintaining the homoeostasis of human Sympatho-adrenal physiology. This will have a profound impact in terms of large scale applications to communities, in modifying their Socio-economic-cultural-dietary (SECD) patterns so as to mitigate sufferings of mankind.(PISCOV trial).

Adrenaline is secreted by the adrenal/supra-renal glands and also in small amount by neurons of locus coeruleus in medulla oblongata. Its fight-or-flight response is mediated by increasing blood flow to muscles, tachycardia, pupil dilatation, and hyperglycaemia via sympathetic nerve endings of the Autonomous Nervous System. The theory that Adrenaline has a central role in controlling all aspects of human health, physical, mental as well as spiritual was first propounded mercifully by Most Gracious Revered Huzur Prof. PREM SARAN SATSANGI SAHAB on 2nd July 2022 in his discourse. (Chairman, Advisory Committee on Education, Dayalbagh Educational Institutions, Dayalbagh, Agra, India -282005).

It is a randomized controlled trial, with one study group and other group as control. The study group receives Adrenalinum and control group received placebo. They were assessed subjectively as well as objectively by measuring the catecholamine levels in urine. and other parameters like blood pressure, resting heart rate, blood glucose, electrocardiogram. The subjective assessment is being done by a standard questionnaire. The Aims of this study conforms to the GRAND REVELATIONS made around 205 years ago with the advent of MOST MERCIFUL PARAM PURUSH PURAN DHANI PARAM GURU HUZUR SOAMI JI MAHARAJ.

That the Adrenalinum has been scientifically investigated and reviewed and the null hypothesis of this study gets refuted, thereby proving significant association of Adrenalinum in improving physical and mental parameters in various life style disorders.

Keywords: Adrenaline; Life Style Disorders; Mathematical Abstraction; Radhasoami

Introduction

Adrenaline, also known as epinephrine, is a hormone and medication which is involved in regulating visceral functions of human body (e.g., respiration, heart rate and muscle activity).

Adrenaline hormone is normally secreted by the adrenal or supra-renal glands, situated on superior poles of both kidneys, but also in small amount by neurons of locus coeruleus in the medulla oblongata of human brain. It plays an important role in the fight-or-flight [1] response by increasing blood flow to muscles, cardiac output and contractility of the heart, increasing heart rate by acting on the SA node or pacemaker of the heart, pupil dilatation response, and increasing blood sugar levels via sympathetic nerve endings of the Autonomous Nervous System [2]. It does this by binding to alpha and beta adreno-receptors situated on walls of blood vessels, heart muscles, skeletal muscles and smooth muscles of eyes. It is found in humans, many animals and some single-celled organisms.

The theory that Adrenaline is a Chemical Hormone that has a central role in controlling all aspects of human health, which includes physical, mental as well as spiritual well-being was first propounded mercifully by Most Gracious Revered Huzur Professor Prem Saran Satsangi Sahab on 2nd July 2022 in HIS discourse [3], which was telecasted globally, universally and metaversally in both audio and video mode. It was further declared open in HIS merciful exposition that those who can control their adrenaline can control the nature and will eventually become part of the SUPREME BEING. (Hindi Prem Pracharak- Issue 39, 8th August 2022.).

Though the hormone was first isolated by physiologist Napoleon Cybulski in the year 1895¹ the use in medical science was till now limited to very few conditions. But with the exposition done by Most Revered Prof. P.S. SATSANGI SAHAB, the research is being carried out for vast medical conditions, including critically ill patients.

Homoeopathic view

It is a sarcocode (substance extracted from healthy tissues), and is obtained as an extract from the healthy adrenal gland [4]. In Homoeopathy, we use the tincture and trituration. As per the principles of Homoeopathy by Dr. Samuel Hahnemann "similia

similibus curentur", or "like cures like", the symptoms shown by Adrenalinum during its drug proving (Homoeopathically) will cure the same symptoms when they appear in diseased individuals if similitum matches and this action shown by Homoeopathic drug is due to its stimulation of vital force in the body, which is a non-physical, a quintessence, spiritual, harmonic and dynamic entity.

Modern-day lifestyle changes as seen in fast developing world, have led to emergence of many psycho-somatic disorders like Hypertension, Diabetes, Cancers, Anxiety, Depression, Anti-social behaviour, extremism and increase incidence of suicidal attempts. In stress related situations, when normal physiological response to stress gets aggravated, the Homoeopathic medicine "Adrenalinum" in infinitesimal doses, can act as a wonderful remedy to regulate the secretion of Adrenaline hormone in the body, thereby overcoming the adverse effects of high levels of adrenaline and maintaining the homeostasis of human physiology.

****Low potency of Adrenalinum like '2X' / '3X' is advisable in this trial to prevent the adverse effect of the drug in high potency**.**

Study protocol

Approval of the SHIRB institutional ethics committee was obtained prior to commencement of the study. Written informed consent was obtained from respondents after ensuring that the subjects understood and accepted his/her role in the study.

Aims and Objectives

Aims- "Ra Dha Soa Aa Mi" The whole existence has evolved from these spiritual dhwanyatmak (phonetic) words and is aiming to attain the pure spiritual region and to become part and parcel of their Fountainhead source.

The Aim of the existence of this world is to attain and become part of Supreme Being. The fourth lok, which is pure spiritual region of Supreme Being and, the souls lying in neither pole has never experienced its bliss, until 205 years ago, when the First Saint of RadhaSoami Faith PARAM PURUSH POORAN DHANI HUZUR SOAMI JI MAHARAJ, most mercifully manifested on the planet earth of the Milky Way Galaxy to reveal and Guide all sentient beings about it.

Primary objective

It is imperative for all sentient beings to become part of SUPREME BEING or become Super-natural being. This can be attained by

those who have the capacity to control the nature, which exists only with its creator, the one who has created nature. This objective can be attained, if one can control his/her Adrenaline. So, this research on the hormone Adrenaline has been undertaken with the above objective, with particular reference of creating an ideal healthcare habitat, which encompasses agroecological practices and precision farming with lacto-vegetarianism.

Material and Methods

It is a randomized controlled trial, with one study group and other group as control. The study group receives Adrenalinum and control group, a Placebo.

20 subjects in each group within the age range of 10-80 years, suffering from life-style disorders like Hypertension, Diabetes, Cancers, Anti-social behaviour disorders and psycho-somatic disorders (anxiety and depression) were matched and were assigned by blinding technique to either a control or study group. They were being followed up over a period of 3 months. They were assessed subjectively as well as objectively by measuring the catecholamine levels [5]. (Including adrenaline, dopamine) in urine, fasting and post prandial sugar levels, blood pressure, resting heart rate and oxygen levels at rest and after exercise. The subjective assessment is being done by a standard questionnaire which include the symptoms such as tremors, shaking of legs, feeling of ghabrahat or palpitations, insomnia, eating disorders, wandering mind, excessive anger, tendency to fight or shout, avoidance behaviour etc.

Observation and Results

As this is an ongoing research trial the Observations and Results available by the end of 3 months period are presented here. The preliminary data so far in 40 subjects, which also includes 4 critically ill patients who were admitted in Saran Ashram Hospital, Integrated Medicine Ward, clearly establishes superiority of study arm receiving Adrenalinum in 3X potency over control arm, as a potential drug to stimulate “vital force” of body which can correct the deranged physiology during disease and stress. The four serious cases which were moribund and had miraculous recovery after receiving Adrenalinum in 3X potency were:

- Ca Pancreas (Cancer) with metastases to Liver, left sided massive pleural effusion with congestive heart failure.

- Stroke/Paralysis of Right side with Diabetes and Hypertension.
- Septicaemia with Coma.
- Panic attack with severe Anxiety Neurosis presented with Acute Respiratory Distress.

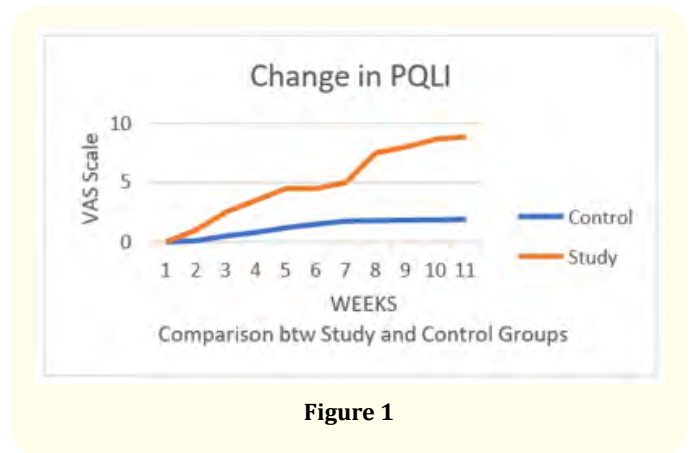


Figure 1

In Study Group and Control Group over 12 weeks period (PQLI- Physical Quality Life Index, VAS- Visual Analogue Scale).

Tables are given Separately at the end of this paper.

S.No.	Parameters	Pre-Test	Post-Test at 4 weeks	Post-Test at 12 weeks
1.	Blood Pressure (Mean Arterial Blood Pressure) [in mm/hg]	110.56 Normal Range (less than 100)	99	90
2.	ECG	NAD	NAD	NAD
3.	Change or decrease in primary medications	Patients on 2 or more anti-Htn. Drugs (N=11)	Pat. On 1 Anti-Hypertensive Drug	Pat. On 1/ no Anti-Hypertensive Drug
4.	Quality of life (VAS Scale)	Poor	Good	Better
Vital Signs~				
5.	Pulse Rate (per min.)	113	100	90

Table 1: Hypertensive patients comparison.

S.No.	Parameters	Pre - Test	Post- Test at 4 weeks	Post- Test at 12 weeks
1.	Type	Pancreas		
2.	Staging (T NM)	4	4	4
3.	Grading	4	4	4
4.	Pain Relief	No	Yes	Yes
5.	Appetite	Poor	Good	Good
6.	Sleep Quality	Poor	Improved	Good
7.	Change or decrease in primary medications		Decrease in Allopathic medicine	Pt. passed away peacefully
8.	Quality of life(VAS Scale)	Poor	Improved	Maintained
Vital Signs~				
9.	Pulse Rate(in min.)	110	90	78
10.	Temperature (F)	96	97	97
11.	Respiratory Rate (per min.)	20	20	18
12.	SpO ₂ Levels	84%	90%	93%

Table 2: Cancer Patients comparison.

S. No.	Parameters	Pre- Test	Post- Test at 4 weeks	Post- Test at 12 weeks
1.	Fasting Blood Sugar	193.5	130	110
2.	Random Blood Sugar	210	170	155
3.	HbA1c Levels	9.1	8.0	8.0
4.	Diabetic Neuropathy	Present in 50%	Better	Better

8.	Diabetic Nephropathy	Present in 25%	Better	Better
9.	Diabetic Retinopathy	Present in 25%	Better	Better
10.	Cardiac Disease	Present in 40%	Better	Better
11.	Change or decrease in primary medications	Patient on 2 or more Anti- Diab. Drugs	Same	Same
12.	Quality of life (VAS Scale)	Poor	Good	Good

Table 3: Diabetes.

S.No.	Parameters	Pre-Test	Post- Test at 4 weeks	Post- Test at 12 weeks
1.	Heart Rate	130	110	100
2.	Ghabrahat	Present	Absent	Absent
3.	Muscle Activity	Hyperactive	Normal	Normal
4.	Change or decrease in primary medications	Patients on Allopathic Anti-Anxiety Drugs	Pill burden reduced	No allopathy medicine
5.	Quality of life (VAS Scale)	Poor	Good	Good

Table 4: Anxiety Patients comparison.

S. No.	Parameters	Pre- Test	Post- Test at 4 weeks	Post-Test at 12 weeks
1.	Overall Health	Poor	Good	Good
2.	State of Happiness	Sad	Cheerful	Cheerful
3.	Satisfaction	Absent	Present	Present
4.	Sleep Quality	Poor	Fine	Good
5.	Change or decrease in primary medications	Pt. on Anti-Depr. Drugs	Frequency and dosages reduced	Frequency and dosages reduced
6.	Quality of life (VAS Scale)	Poor	Good	Good

Table 5: Depression Group comparison.

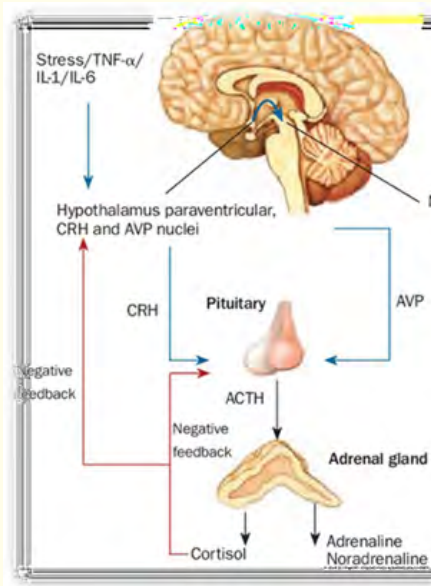


Diagram 1: Anatomy and Physiology of Adrenal gland and adrenaline hormone with HPA axis.

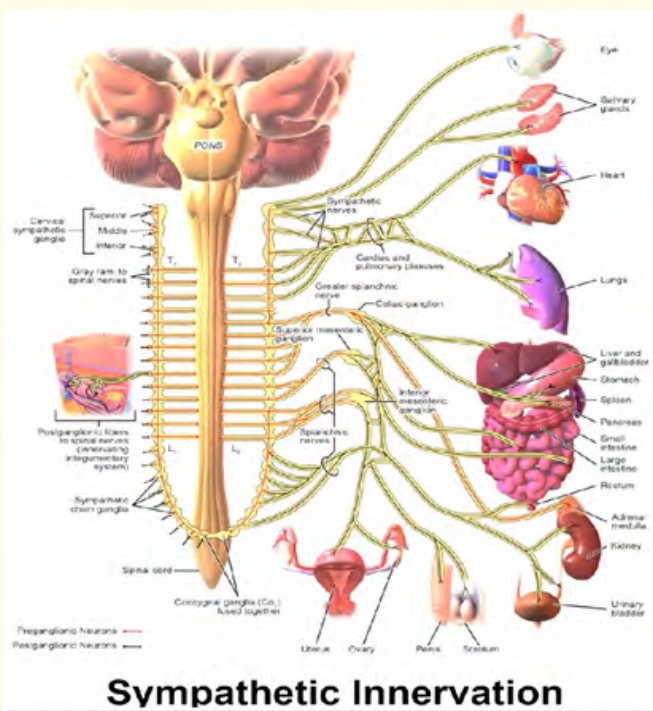


Diagram 2: Sympatho-Adrenal System and Ganglias.

Conclusion

The interim findings of pilot study at 12 weeks are follows-

- That the hormone Adrenaline has been investigated and reviewed thoroughly. It evolved that Adrenaline is a safe substitute for steroids and broad-spectrum Antibiotics, which carry the potential of producing serious and harmful side-effects, while treating various critical illnesses and lifestyle disorders.
- The Adrenaline in infinitesimal small doses, when used in Homoeopathy as low potency of 3X has proved to be immensely beneficial in controlling the life style disorders like Anxiety, Depression, Anti-Social and extremistic behaviour. Alcohol addiction, Hypertension, Diabetes, Cancer and their complications.
- If an individual can control his internal secretion of hormone Adrenaline, then he can control the nature and may even become part of SUPREME BEING. The easy and practical means of attaining this is following the instructions of Sant Satguru of the time.
- The theory and experiential discourse by Gracious Huzur Revered PROF. PREM SARAN. SATSANGI SAHAB that hormone Adrenaline has the potential of creating an ideal state of physical, mental and spiritual well-being is thus proved in our interim findings.

Acknowledgment

Revered Gracious Huzur Prof. PREM SARAN SATSANGI SAHAB for guiding and enlightening us for this research.

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