



ISSN: 2230-9926

Available online at <http://www.journalijdr.com>

IJDR

International Journal of Development Research
Vol. 15, Issue, 01, pp. 67569-67572, January, 2025
<https://doi.org/10.37118/ijdr.29163.01.2025>



RESEARCH ARTICLE

OPEN ACCESS

CAUSES OF DISEASES

*Dr. Sangita Pagire, Tompe Bharat, Tupe Sanjana, Rahul Vishe, Vitonde Aishwarya and Khatik Adil

Sharadchandraji Pawar Homoeopathic Medical College and Hospital

ARTICLE INFO

Article History:

Received 07th November, 2024
Received in revised form
16th December, 2024
Accepted 26th December, 2024
Published online 30th January, 2025

Key Words:

Diseases are disorders,
Environmental influences.

*Corresponding author: Dr. Rekha Naik,

ABSTRACT

Diseases are disorders that disrupt normal bodily functions, and they can arise from a variety of causes. These causes can be broadly classified into several categories, including infectious agents, genetic factors, environmental influences, and lifestyle choices. Understanding these causes helps in the prevention, diagnosis, and treatment of diseases. Below is an overview of the main causes of disease.

Copyright©2025, Dr. Sangita Pagire et al. This is an open access article distributed under the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

Citation: Dr. Sangita Pagire, Tompe Bharat, Tupe Sanjana, Rahul Vishe, Vitonde Aishwarya and Khatik Adil. 2025. "Causes of Diseases". International Journal of Development Research, 15, (01), 67569-67572.

INTRODUCTION

Causes of Diseases

1. Infectious Agents: One of the most common causes of disease is the invasion of the body by infectious agents such as bacteria, viruses, fungi, and parasites. These microorganisms can enter the body through various means, such as through the respiratory system, skin, digestive system, or mucous membranes. Once inside, they can multiply and cause damage to tissues or organs, leading to symptoms of illness.

- Bacterial Infections:** Diseases like tuberculosis, pneumonia, and cholera are caused by harmful bacteria that infect various parts of the body.
- Viral Infections:** Viruses, such as the flu, HIV/AIDS, and COVID-19, can invade host cells and hijack cellular machinery to reproduce, often damaging tissues and impairing immune responses.
- Fungal Infections:** Fungi can cause diseases like athlete's foot, candidiasis, or more serious conditions in immunocompromised individuals.
- Parasitic Infections:** Malaria, giardiasis, and other parasitic diseases result from organisms that live on or in a host and derive nutrients at the host's expense.

2. Genetic Factors: Genetics are Very Important in Transferring Some Heritable Diseases Like a Diabetes, Haemophilia Etc. Some individuals are born with mutations in their DNA that increase their susceptibility to

certain health conditions. These inherited genetic defects can lead to congenital disorders or contribute to the development of diseases later in life.

- Inherited Diseases:** Conditions such as cystic fibrosis, sickle cell anemia, and Huntington's disease are directly linked to specific genetic mutations.
- Cancer:** Some types of cancer, like breast cancer or colon cancer, can have a hereditary component, with certain genes increasing the risk of developing these cancers.
- Genetic Mutations and Disorders:** In some cases, gene mutations can predispose individuals to other conditions such as heart disease, diabetes, and autoimmune diseases.

3. Environmental Factors: Environmental factors play a crucial role in the development of many diseases. Pollution, toxins, climate, and even the availability of food and clean water can significantly impact health. These factors can either directly cause diseases or contribute to conditions that make the body more vulnerable to illness.

- Air Pollution:** Long-term exposure to pollutants can lead to respiratory diseases, cardiovascular issues, and even cancer.
- Water and Soil Contamination:** Diseases like cholera, dysentery, and lead poisoning can be transmitted through contaminated water or food.
- Climate Change:** Changes in climate can affect the spread of infectious diseases, such as malaria or dengue, by altering the

habitats of disease-carrying organisms like mosquitoes.

4. Lifestyle and Behavioral Factors: Many modern diseases are influenced by lifestyle choices. Poor eating habits, lack of physical activity, excessive alcohol consumption, smoking, and chronic stress can all contribute to disease development.

- a) **Diet and Nutrition:** Poor nutrition can lead to a range of diseases, including obesity, diabetes, and cardiovascular diseases. A lack of essential nutrients can also result in conditions like scurvy or rickets.
- b) **Sedentary Lifestyle:** A lack of physical activity is a major risk factor for chronic diseases, including heart disease, diabetes, and certain cancers.
- c) **Substance Abuse:** Alcohol, tobacco, and drug abuse can cause a range of diseases, including liver disease, lung cancer, and mental health disorders.
- d) **Stress:** Chronic stress has been linked to a variety of physical and mental health issues, such as heart disease, high blood pressure, and depression.

5. Immune System Dysfunction: When the immune system is weakened or malfunctioning, it can lead to an increased susceptibility to infections or the development of autoimmune diseases, where the body mistakenly attacks its own cells.

- a) **Autoimmune Diseases:** Conditions like rheumatoid arthritis, lupus, and multiple sclerosis occur when the immune system targets the body's tissues, causing inflammation and damage.
- b) **Immunodeficiency:** Some people are born with or acquire weakened immune systems, making them more vulnerable to infections. Human Immunodeficiency Virus / AIDS for example, compromises the immune system and leaves individuals susceptible to opportunistic infections.

6. Aging and Degeneration: As the body ages, its cells, tissues, and organs undergo changes that can lead to diseases. Age-related degeneration can result in conditions such as Alzheimer's disease, osteoarthritis, and cardiovascular disease. While aging is a natural process, certain age-related diseases are linked to genetic factors, environmental exposures, and lifestyle choices throughout life.

7. Psychological Factors: Mental health is closely linked to physical health, and psychological factors such as depression, anxiety, and chronic stress can influence disease development. For example, mental health issues can weaken the immune system, increase the risk of infections, and exacerbate conditions like heart disease and hypertension.

- a) **Chronic Stress:** Ongoing stress can increase the risk of cardiovascular diseases, digestive problems, and even some types of cancer.
- b) **Depression:** This condition has been linked to a variety of physical health problems, including chronic pain, weakened immunity, and heart disease.

CONCLUSION

The causes of disease are multifactorial and complex, involving a combination of genetic, environmental, infectious, and lifestyle factors. In many cases, the development of disease can be prevented or mitigated by addressing modifiable risk factors, such as improving nutrition, increasing physical activity, avoiding harmful substances, and reducing stress. Understanding the underlying causes of diseases is essential for effective prevention, treatment, and the promotion of overall health.

Causes of Disease in Homeopathy

Miasmatic Causes: Homeopathy identifies three primary miasms or predispositions:

Psora: Associated with chronic conditions arising from suppressed skin eruptions or weakness in metabolism. Symptoms often include itching, hypersensitivity, and anxiety.

Sycosis: Linked to suppressed gonorrheal infections. Symptoms include warts, growths, and conditions with excess or discharge.

Syphilis: Related to suppressed syphilitic infections. Symptoms include ulceration, tissue destruction, and deformities.

Tubercular Miasm (later added): Combines traits of all three miasms, often linked with respiratory and wasting diseases.

Digestive Disorders

Indigestion and Acidity:

- **Nux Vomica:** For overindulgence, bloating, and irritability.
- **Carbo Vegetabilis:** Excessive flatulence and exhaustion.

Respiratory Diseases

Cold and Flu: Aconite: Sudden onset with fever, anxiety, and restlessness.

Belladonna: High fever with throbbing headache and red face.

Skin Diseases

Eczema:

- **Graphites:** Cracked, dry skin with oozing discharge.
- **Sulphur:** Itching and burning, worse at night.

Headache and Migraine

- **Belladonna:** Throbbing pain, worse from light or noise.
- **Nux Vomica:** Headache from stress, alcohol, or lack of sleep.

Joint and Musculoskeletal Disorders

Arthritis

- **Rhus Toxicodendron:** Pain and stiffness, worse in damp weather.
- **Bryonia:** Joint pain aggravated by motion and relieved by rest.

Mental and Emotional Disorders

Anxiety and Stress:

- **Arsenicum Album:** Anxiety with restlessness and fear of death.
- **Kali Phosphoricum:** Nervous exhaustion and insomnia.

Remedies should be chosen based on individual symptoms and overall constitution.

Prevention

Lifestyle Changes

- **Healthy Diet:** Eat a balanced diet rich in fruits, vegetables, whole grains, and lean proteins.
- **Regular Exercise:** exercise, such as brisk walking, cycling, or swimming, for at least 30 minutes a day.
- **Don't Smoke:** Quit smoking to reduce the risk of heart disease, lung cancer, and other smoking-related illnesses.
- **Limit Alcohol:** Consume alcohol in moderation (up to one drink per day for women and two drinks per day for men).
- **Get Enough Sleep:** Aim for 7-8 hours of sleep

Health Check-Ups

1. **Regular Health Check-Ups:** Visit your healthcare provider regularly for check-ups, screenings, and vaccinations.
2. **Screenings:** Get screened for diseases such as cancer, diabetes, and heart disease.
3. **Vaccinations:** Stay up-to-date on recommended vaccinations, such as flu shots and HPV vaccines.

Disease-Specific Prevention

1. **Heart Disease:** Manage blood pressure, cholesterol, and blood sugar levels.
2. **Cancer:** Get screened regularly, avoid tobacco, and limit exposure to UV radiation.
3. **Diabetes:** Maintain a healthy weight, exercise regularly, and eat a balanced diet.
4. **Infectious Diseases:** Practice good hygiene, get vaccinated, and avoid close contact with people who are sick.

Mental Health

1. **Manage Stress:** Engage in stress-reducing activities, such as meditation, yoga, or deep breathing exercises.
2. **Seek Help:** If you're experiencing mental health issues, seek help from a mental health professional.

Environmental Factors

1. **Air Quality:** Avoid exposure to poor air quality, such as secondhand smoke or pollution.
2. **Water Quality:** Drink clean and safe water to reduce the risk of waterborne illnesses.
3. **Food Safety:** Handle and prepare food safely to reduce the risk of foodborne illnesses.

REFERENCES

Organon Translations and Editions

1. "Organon of the Medical Art" by Samuel Hahnemann (translated by W. Boericke and R.E. Dudgeon)
2. "The Organon of the Healing Art" by Samuel Hahnemann (translated by C. Hering)
3. "Organon of Medicine" by Samuel Hahnemann (translated by R.E. Dudgeon)

Commentaries and Interpretations

1. "The Organon of Homeopathic Medicine" by Samuel Hahnemann (commentary by J.H. Clarke)
2. "A Commentary on the Organon of Homeopathy" by Charles W. Doorly
3. "The Organon: A Guide to Understanding" by Robert J. Samuel

Analysis and Critique

1. "The Organon: A Critical Analysis" by Harris L. Coulter
2. "Homeopathy and the Organon" by André Saine
3. "The Organon Revisited" by David Little

Modern Applications and Perspectives

1. "The Organon in the Modern World" by Jeremy Sherr
2. "Homeopathy and the Organon: A Modern Perspective" by Peter Fraser
3. "The Organon: A Living Guide to Homeopathy" by Didier Grandgeorge
 - **Hypertension:** Same criteria as above, but accompanied by one or more of the following:
 - **Proteinuria:** Urine protein ≥ 300 mg/24 hours or a

protein/creatinine ratio ≥ 0.3 . Alternatively, a dipstick reading of +1 or more.

- **Severe Headache:** Often unrelieved by medication, indicating potential cerebral involvement.
- **Visual Disturbances:** Blurred vision, photophobia, or seeing spots (scotomata). Upper Right Abdominal Pain:
- Suggestive of liver involvement or stretching of the liver capsule.
- **Edema:** Sudden onset of swelling, especially in the hands, face, or feet (non-dependent edema).
- **Rapid Weight Gain:** Often due to fluid retention.
- **Nausea and Vomiting:** Can indicate severe disease or HELLP syndrome.
- **Oliguria:** Reduced urine output due to kidney dysfunction.
- **Neurological Symptoms:** Seizures (in eclampsia), hyperreflexia, or clonus.

Severe Features of Preeclampsia

- **Severe Hypertension:** Systolic BP ≥ 160 mmHg or diastolic BP ≥ 110 mmHg.
- **Thrombocytopenia:** Platelet count $< 100,000/\mu\text{L}$.
- **Impaired Liver Function:** Elevated liver enzymes (ALT/AST) and severe epigastric or right upper quadrant pain.
- **Renal Insufficiency:** Serum creatinine > 1.1 mg/dL or doubling of baseline levels.
- **Pulmonary Edema:** Shortness of breath or difficulty breathing due to fluid accumulation in the lungs.

Eclampsia: Defined by the occurrence of seizures in a woman with preeclampsia, without other attributable causes.

Complications

Maternal complications: Stroke, renal failure, HELLP syndrome

Fetal complications: Preterm birth, intrauterine growth restriction, stillbirth.

Prevention

1. Lifestyle Modifications

- **Healthy Diet:** Focus on a balanced diet rich in fruits, vegetables, whole grains, lean proteins, and low-fat dairy. Limit salt intake to manage blood pressure. Avoid excessive caffeine and alcohol.
- **Regular Exercise:** Engage in moderate physical activity (e.g., walking, swimming) for at least 30 minutes most days of the week, unless contraindicated.
- **Weight Management:** Maintain a healthy weight before and during pregnancy to reduce the risk of hypertension.
- **Stress Reduction:** Practice relaxation techniques such as yoga, meditation, or deep-breathing exercises.

2. Regular Prenatal Care:

Attend all scheduled prenatal visits to monitor blood pressure and detect early signs of hypertension or preeclampsia.

- **Blood Pressure Monitoring:** Use a home blood pressure monitor if advised by a healthcare provider.
- **Early Screening for Risk Factors:** Assess for risk factors like obesity, pre-existing hypertension, diabetes, kidney disease, or a history of preeclampsia.

3. Medical Interventions for High-Risk Pregnancies

- **Low-Dose Aspirin:** Recommended for women at high risk of preeclampsia (e.g., prior history, multiple pregnancies) starting at 12–16 weeks of gestation.
- **Calcium Supplementation:** For women with low dietary calcium intake, supplementation may reduce the risk of hypertension, especially in low-resource settings.
- **Medications:** In some cases, antihypertensive medications may be prescribed to control blood pressure safely during pregnancy.

4. Avoidance of Risky Substances

- **Smoking and Alcohol:** Completely avoid smoking and alcohol, as they can increase the risk of hypertension and other

complications.

- **Caffeine:** Limit caffeine intake, as excessive consumption may contribute to elevated blood pressure.

5. **Personalized Care for Chronic Conditions:** Women with pre-existing conditions like chronic hypertension or diabetes should work closely with healthcare providers to optimize their health before and during pregnancy.

Management Guidelines: Recent guidelines emphasize the importance of early diagnosis and management of hypertension in pregnancy. Antihypertensive therapies have been shown to reduce the risk of severe hypertension during pregnancy and improve outcomes. The goal of treatment is to maintain blood pressure below 140/90 mm Hg.

CONCLUSION

Hypertension in pregnancy is a critical condition that requires prompt recognition and effective management to prevent adverse maternal and fetal outcomes. While conventional therapies are essential in acute cases, complementary approaches like homeopathy may offer supportive care in managing symptoms and improving overall well-being.

Homeopathy and pregnancy induced hypertension: Homeopathy offers a complementary approach to managing pregnancy-induced hypertension (PIH), focusing on individualized treatment to address physical, emotional, and mental symptoms. It is essential to use homeopathic remedies under the supervision of a qualified practitioner, especially during pregnancy, to ensure the safety of both mother and baby.

Principles of Homeopathy in PIH Management:

1. **Individualization:** Remedies are chosen based on the unique symptoms of the patient, including physical and emotional states.
2. **Gentle Healing:** Homeopathy aims to support the body's natural healing processes without causing harm.
3. **Holistic Approach:** Focuses on treating the underlying causes and not just the symptoms.

Common Homeopathic Remedies for PIH

1. Belladonna

For sudden-onset hypertension.

Symptoms: Throbbing headaches, flushed face, sensitivity to light, and heat in the body. Indicated when blood pressure is very high with restlessness.

2. Glonoinum

For acute episodes of hypertension.

Symptoms: Severe headaches with a sensation of fullness or heat in the head, fluctuating blood pressure, and a feeling of constriction in the chest or throat.

3. Natrum Muriaticum

For hypertension linked to emotional stress or grief.

Symptoms: Persistent headaches, emotional sensitivity, puffiness around the eyes, and dryness of the lips.

4. Lachesis

For hypertension with a feeling of tightness or constriction, especially around the neck.

Symptoms: Worsening of symptoms during sleep, restlessness, and intolerance to heat or tight clothing.

5. Sepia

For PIH in women experiencing emotional detachment or apathy.

Symptoms: Weakness, irritability, pelvic dragging sensation, and fatigue.

6. Apis Mellifica

For hypertension with noticeable edema.

Symptoms: Puffy face, swelling of extremities, and sensitivity to touch or pressure.

7. Nux Vomica

For stress-induced hypertension.

Symptoms: Irritability, digestive complaints, and sensitivity to noise or light.

8. Calcarea Carbonica

For hypertensive women with obesity or a tendency to fatigue.

Symptoms: Breathlessness, sweating, and sensitivity to cold.

Precaution: Homeopathy should not replace conventional medical care in cases of severe PIH, preeclampsia, or eclampsia. Always inform your obstetrician about homeopathic remedies you are using.

If symptoms worsen (e.g., severe headaches, visual disturbances, sudden swelling), seek immediate medical attention.

REFERENCES

1. Cunningham FG, Leveno KJ, Bloom SL, et al. Williams Obstetrics. 25th ed.
2. Magee LA, Pels A, Helewa M, et al. Hypertension guideline by the Society of Obstetricians and Gynaecologists of Canada. J Obstet Gynaecol Can.
3. Boericke W. Homeopathic Materia Medica.
4. World Health Organization. Hypertension in pregnancy
- 5- American College of Obstetricians and Gynecologists (ACOG) (ACOG Practice Bulletin No. 222, 2020)
- 6- (WHO Guideline, 2013) National Institute for Health and Care Excellence (NICE) "Hypertension in Pregnancy: Diagnosis and Management."(NICE Guideline NG133, 2019)
- 7- "How to Plan for a Healthy Pregnancy."(March of Dimes)
- 8- American Heart Association (AHA) "Prevention and Treatment of Hypertensive Disorders in Pregnancy.
