



From Practice - For Practice

Polyneuropathy

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Polyneuropathy is a very complex event with very many causes. In a large number of diseases its symptoms may superimpose themselves on top of the original disease picture. It is a disease of peripheral nerves arising from a non-traumatic cause.

In most cases the onset of polyneuropathy is insidious and, for the aforementioned reasons it is easy to make an initial misdiagnosis.

Symptoms:

It is very often described as a distally focussed sensitivity disorder, for instance like a stocking-shaped hypaesthesia and pallhypaesthesia (depressed sensitivity to vibration). In most cases polyneuropathy begins in the lower extremities, and the first thing to be noticed is the weakening of the triceps-surae reflex.

As it progresses, it is augmented by flaccid paralysis, areflexia, muscular atrophy and disorders of the autonomic nervous system (cardiovascular system, bladder, rectum, sexual function, skin). In most cases there is typically a symmetrical disposition of symptoms. However, it is not uncommon to observe an asymmetrical occurrence (mononeuropathia multiplex, focal polyneuropathy), in diabetes mellitus and vasculitis, among others.

The range of possible manifestations is broad, and to demon-

strate this I shall divide it by aetiologies:

1) Genetically determined polyneuropathy, hereditary sensitivity neuropathy or hereditary motor-sensitivity neuropathy, syndrome of Refsum (autosomal-recessive hereditary metabolic disorder with storage of Phytanic acid) in primary amyloidosis, porphyria

2) Metabolic disorders, e.g. diabetes mellitus (with disordered gait, possibly pseudotabes), uraemia

3) Malabsorption and malnutrition (coeliac disease and intestinal allergy to dairy products)

4) Infectious diseases (leprosy, borreliosis, HIV)

5) Endocrine polyneuropathy (hypothyroidism, acromegaly)

6) Exogenous toxically (metabolically) determined diseases (lead poisoning, thallium poisoning, alcohol and medicaments, isoniazid, vinblastine, nitrofurantoin); acrodynia = pink disease = polyneuropathia infantum: infantile brain-stem encephalopathy (as a result of mercury poisoning)

7) Ischaemia of vascular origin, and in collagenosis and immunological diseases (sarcoidosis, panarteritis nodosa, rheumatoid arthritis)

8) Paraneoplastic syndrome

9) Paraproteinaemia, Hodgkin's disease

10) Idiopathic polyradiculoneuritis (Guillain-Barré syndrome)

11) The most important diseases with an almost obligatory occurrence of polyneuropathy are diabetes and alcohol abuse.

Diagnosis:

Electromyography (denervation activity): this establishes how rapidly the partial or total loss of function of an organ or organ system is progressing as a result of degeneration; electro-neurography (measurement of the slowing down of neural conductivity, reduced amplitude); biopsy of peripheral nerves (e.g. Suralis biopsy).

Isotherapeutic Treatment:

1. Treatment of the fundamental disease and elimination of noxae; physiotherapy; CITROKEHL, 10 drops twice a day, throughout the whole course of treatment; ALKALA N, 1 coffee-spoonful twice a day in warm water; SANUVIS drops, 1 coffee-spoonful three times a day in warm water, plus Vitamin B Complex forte (Hevert),

1-2 tablets a day. If the cause of the polyneuropathy is alcohol-related, please add

Vitamin B12 SANUM, 1 ampoule twice a week i.v.

2. NOTAKEHL 5X, 10 drops twice a day for 3 weeks, then switch from NOTAKEHL 5X to:

3. SANKOMBI 5X, 10 drops twice a day (or better: in the



mornings MUCOKEHL 5X,
10 drops, and in the evenings
NIGERSAN 5X, 10 drops, from
Monday to Friday;
at weekends NOTAKEHL 5X
drops); in case of autonomic
nervous syndrome we prescribe
MUCEDOKEHL 5X, 10 drops
in the morning and at noon, and
RUBERKEHL 5X, 10 drops
each evening from Monday to
Friday, and at the weekends
NOTAKEHL 5X drops.
Prescribe this treatment program
for months.

4. It is important to give LEP-
TUCIN 6X capsules, 1 three
times a week,
LEPTOSPERMUSAN drops,
5 drops 3 times a day and
LIPISCOR capsules: for
children 2 once a day, for
adults 5 once a day; maybe also
LATENSIN 6X drops, 3-5 drops
massaged in once a day.

**First published in the German
language in the SANUM-Post
magazine (90/2010)**

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Institut GmbH, 27318 Hoya (Weser),
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