



MIGRAINE: A HOMOEOPATHIC VIEW

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Abstract:

Migraine is a typical variety of headache causing severe pain in head. The clinical picture varies from patient to patient which incorporates the person & decreases the quality of life. No investigation is contributory to the diagnosis of migraine. So it is diagnosis of clinical entity only.

Homoeopathic management is expected to be more effective when one should have thorough knowledge of its clinical presentation, triggering factors & knowledge of material medica.

This article discusses the homoeopathic view on Migraine as a clinical entity with homoeopathic management in view of Materia Medica.

Key Words: Migraine, Materia Medica

Introduction:

Migraine is most common cause of headache affects approximates 15% Female & 6% Male. It is second most common cause of headache.¹Migraine can be defined as benign & recurring syndromes of headache, nausea, vomiting & or other symptoms of neurological

dysfunction. It is triad of paroxysmal headache, nausea or vomiting or aura of focal neurological events².

The pain of migraine might be so severe that can lead to disruption of work, school, relationship & social activities. Exact etiology of migraine is not known mostly. But some researchers believes neuronal mechanism/ blood vesicles play a critical role. Several Triggering factors are responsible for attack of migraine³ as hormonal changes in women, certain food habits, drinks, stress which is an important factor, sensory stimuli & certain physical factors may provoke the attack of migraine.

Homoeopathic medicines have been selected on the basis of concept of totality& concept of miasm. Homoeopathy does not treat the migraine, but the patient of migraine.

Homoeopathic View:

Homoeopathy is system of medicine which is based on the principle that the substance that causes disease in healthy person, can cure the same disease in sick person. To understand the homoeopathic concept of migraine, the classification of disease should be known as laid down by Dr Hahnemann in 6th edition of organon of medicine⁴.By going through homoeopathic literature, many terminologies were found to describe the migraine such as, "Megrim", "American sick Headache" or "Sick Headache" or "Chronic Sick Headche".Description of migraine are mentioned as symptoms in Materia Medica & Repertory^{5,6}.

Homoeopathy with its individualistic approach may be useful in decreasing intensity of headache with frequency of attack of migraine, & subsequent disabilities. Homoeopathic medicines not only remove complains but the chronic tendency of migraine, with the help of some life style modification.

Miasmatic view of migraine:⁷

Psora- Patient complains about morning headache. The headache goes worse as sun rises & decreases as sun sets. Headache better by hot application.

Sycosis: Patient's Headache is relieved by motion. Though in migraine patient wants to keep quiet here patient wants to move.

Syphilis: Patient is having dull heavy headache < at night,> in morning. Basilar type of migraine where there is congestion of blood vessels.

List of commonly used Homoeopathic remedies for Migraine^{5,6}:

1. Actea Recemosa- Frontal, occipital or vertical headache with great pain in eyeball, better by pressure & stupefying pain in the forehead. Character of the pains are pressing inwards & outwards, they are increased on slightest touch.

2. Alumina- Headache is worse before and during the menses, during binding hair, biting teeth together, stepping heavily, better by moving the head, walking, cold air & cold application

3. Belladonna-Headache in healthy & plethoric people. The cause is disturbance of circulatory system. Eyes become reddish. Face flushing. The pain appears & disappears suddenly. Bursting & throbbing headache in temples with fiery red and hot face.

4. Bryonia Alba-Headache appears when stooping as if brain would burst through forehead. Worse on motion. Pain in the head brought on by playing or watching the play from ironing.

5. Calcarea phosphorica-The headache of school girls & boys who involve themselves too closely to books, those children are growing rapidly & whose mental development is out of proportion to their physical strength.

6. Glonine-Headache appears due to working under the gas light, in the sun when heat falls on the head. Head feels as if enormously large, sunstroke & sun headache without unconsciousness.

7. Iris V-Frontal headache with nausea. Scalp feels constricted, right temple is affected specially < rest, > vomiting

8. Natrum Muriaticum-Headache increases during the rise of sun & decreases during the sunset. Headache with sweat. Greater the pain, greater the sweat. The headache of the school girls or boys, worse on eye straining.

9. Onosmodium-Occipeto frontal pain in morning specially left side, due to strain or using eyes

10. Sanguinarina Canadensis-Bilious headache when going without food. Headache once in every seventh day, begins in the morning in occiput & travels to the right eye & temple, the patient is driven into the dark room & has to lie down. Starts vomiting bile which relieves his headache.

11. Silicea-Headache is relieved by covering & wrapping. Increased in dark & better in light. Nervous headache caused by excessive study at school.

12. Spigelia-Nervous headache beginning in the morning at the base of the brain spreading over the head & locating in eye orbit & temple of the left side, intolerable pressive pain in eye balls, pain disappears in evening.

Various studies were conducted to find the role of homoeopathic medicine in treatment of migraine & was published in various journals.

Studies conducted about Migraine in homoeopathy:

1. HOMEOPATHIC TREATMENT OF PATIENTS WITH MIGRAINE: A PROSPECTIVE OBSERVATIONAL STUDY WITH A 2-YEAR FOLLOW-UP PERIOD. (8)

Summary: In this observational study, patients seeking homeopathic treatment for migraine showed relevant improvements that persisted for the observed 24 month period. Due to the design of this study, however, it does not answer the question as to whether the effects are treatment specific or not.

2. DOUBLE-BLIND RANDOMIZED PLACEBO-CONTROLLED STUDY OF HOMOEOPATHIC PROPHYLAXIS OF MIGRAINE. (9)

Summary: On the evidence we cannot recommended Homoeopathic medicine in prophylaxis in migraine, but cannot conclude it is without effect

3. HOMOEOPATHIC TREATMENT OF MIGRAINES: A RANDOMIZED DOUBLE-BLIND STUDY OF SIXTY CASES

(HOMOEOPATHIC REMEDY VERSUS PLACEBO).⁽¹⁰⁾

Summary: An analysis of the homeopathically-treated patients demonstrates a significant reduction in the periodicity, frequency, and duration of migraine attacks. This study shows the real efficacy of homeopathy in comparison to classical experimental study

models which can be adapted to the specific character of Homeopathy. In this randomized, placebo controlled double blind study, 60 people suffering from migraine were treated using constitutional homoeopathy over a period of 4 months. Those patients in the control group experienced a reduction in migraine frequency from 9.9 attacks per month to 7.9 per month, while those in the treatment group reduced their monthly attack rate from 10 to between 1.8 and 3 per month.

4. Homoeopathic Remedies for Successfully Curing the Migraine. ⁽¹¹⁾

Summary: In this study, patient is undergoing with treatment and cured by Natrium Mur within 3 months.

5. Homoeopathic Treatment of Headaches & Migraine: A Meta-analysis of the Randomized control Trials⁽¹²⁾

Summary: A total of four randomized placebo-controlled trials involving 390 patients were considered for the analysis. showing positive trend, but no statistically significant difference in favour of homeopathy.

6. Efficacy of Homeopathic medicine in the treatment of Migraine: A Literature Review ⁽¹³⁾

It is estimated that 5% population suffers from migraine. In most people it attacks recur again and again as frequently which disrupt the normal activity and produce anxiety and other suffering. As we know that it will be provoked by different exciting factors and hidden maintaining cause. So, our duty is to removing that cause and effect will be removed automatically. Homoeopathy plays the important role for this type of affection. Large number of medicines which was verified frequently in healthy proves by which we can rely on that drug and it also clinically verified. The selection of medicine is strictly on the basic principle SIMILIA SIMILIBUS CURENTUR, the efficacy of the drug helps to gain confident as well as helps in future study. By the only medicine its not possible to control any disease but we must follow proper diet and regimen as well as mental exertion.

7. "Homoeopathic Management of Migraine in School Going Children Based On Disease Intensity Using Constitutional Remedies ⁽¹⁴⁾

Summary: The effectiveness of homoeopathic constitutional treatment for Migraine in school going children was thus proved in this study by showing marked improvement like reduction in intensity, frequency and recurrence of attacks

Conclusion:

Available information in homoeopathic literature related to migraine shows that homoeopathy may come with relief the complaints regarding migraine in the sense of intensity of attack, recurrence, disabilities thereby improving the quality-of-life style of patients.

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A Systematic Review of Homoeopathic Drugs in the Treatment of Haemorrhoids

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ABSTRACT

Due to modern civilized life style, eating habits and ignorance towards own health, many people facing many health problems. One of these health problem that the physician face in their day to day practice is haemorrhoids. It is a condition characterised by prolapsed of an anal cushion that may results in bleeding and pain from rectum. It is considered fourth leading OPD gastrointestinal diagnosis. Then modern medical science has treatment alternative such as diet, life style modifications, sclera therapy, banding, laser, etc. But no one satisfied with modern treatment of haemorrhoids, because of its recurrence after treatment. Homoeopathy, a system of medicine is based on one fixed principle that is 'similiasimilibuscurentur' with the help of this basic principle in this study, sign and symptoms of haemorrhoids is compared with sign and symptoms present in individual medicine mentioned in Homoeopathic materiamedica and conclusion is carried out.

KEYWORDS: Haemorrhoids, Modern aspects of haemorrhoids, and Homoeopathy

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INTRODUCTION

Sedentary lifestyle, stressful life, junk food makes people more prone to many gastrointestinal diseases. Use of western commode, competitive lifestyle gives rise to anorectal diseases such as haemorrhoids, fissure. The dilatation of veins of the internal rectal plexus constitute the condition of the internal haemorrhage which are covered by the mucus membrane.¹Haemorrhoids is most common in 40-60 of age but it affects all age groups. In India, 1 million new cases are reported annually.⁴⁷ people per 100 people around the world have haemorrhoids. Male are more prone than female for haemorrhoids. Due to site of disease, many of the patients feel hesitation to go doctor and they delay the examination and treatment which ultimately leads to worsen the condition of disease. In modern medicine, there are many procedures for haemorrhoids, but due to recurrence of haemorrhoids after procedure, no one is satisfy with the modern treatment².In contrast Homoeopathy does not advocate any procedures and it's medicine are very much palliative. So in this study, aetiology, pathogenesis, clinical manifestations of haemorrhoids and its various treatment alternatives from modern surgery and homoeopathy are dealt with detail.

Methodology:

In this review article, information form modern surgery takes in review of definition, etiology, pathophysiology, sign

and symptoms and gist of contemporary text of homoeopathy, related to the signs and symptoms of hemorrhoids have been documented to understand holistic approach towards hemorrhoids management.

Modern Perspective:

Definition of hemorrhoids:

Hemorrhoids also called as piles are the masses or the clumps of tissues which consist of muscle and elastic fiber with enlarge bulging blood vessels and surrounding supporting tissue present in anal canal of an individual. It is condition characterized by prolapse of anal cushion that may result bleeding and pain.³

Pathogenesis:

The development of hemorrhoids begins from dilatation within the cavernous bodies of anal cushion primarily due to passing hard stool or straining at defecation, leading to browsing of engorged venous cushion and rupture of arterio-venous shunts resulting in bleeding(Spontaneous during defecation)³

Etiology:

The common etiological factor seen are congenital, anatomical, sedentary life style, alcohol, constipation, enlargement of prostate, asthma/weight lifting which causes

increase intra-abdominal pressure and over feeling of blood vessels similarly few distinct factors responsible in female are pregnancy, labor phase and uterine fibroids causing increase in intra abdomen pressure.

Classification:

It is classify into internal and external hemorrhoids on the basis of their location that is above or below the dentate line. Further internal hemorrhoids are classified into four degrees
 1st degree – project into anal canal and cause bleeding.
 2nd degree – hemorrhoids prolapse but spontaneously reduce back into canal.
 3rd degree – Must be reduce manually.
 4th degree –Irreducible hemorrhoids.

On physical examination they are critically located on right anterior, right posterior or left lateral position (3, 7, 11 O'clock position respectively)

Clinical manifestation:

External Hemorrhoids : patients usually present with perianal hematoma due to sever straining and per rectum bleeding due to rupture of dilated arterio-venous shunts (anal cushion). It has sudden onset of painful lump/swelling at the anus bluish in color, covered with smooth shining skin.

Internal Hemorrhoids:

They are usually present with bleeding per rectum associated with defecation and sense of fullness from prolapse tissue which may require manual reduction. Bleeding is spontaneous and painless.

Acute haemorrhoidal prolapse can be very much tender, producing irreducible edematous tissue, pressure necrosis, ulceration and secondary infection can occur.³

Differential Diagnosis:

Anal fissure, anal prolapse and ca rectum

Homoeopathic Perspective:

Homoeopathy is a holistic science as it is based on 'similia similibus curentur' means like cures like. The aim of homoeopathy is to stimulate the inner self mechanism or vital force. So homoeopathy offers better chance to cure the disease because treatment is best on individual constitution. Homoeopathic understanding of health is connected to understanding of mind. Dr. Kent says that affection first in man's mind and proceeding from mind to physical economy. Homoeopathy gives concept of remedies for individual constitution rather than for disease. As Homoeopathy treat the man not the disease.⁴

The point to be emphasized is that the relief of symptom is obtained with absolute gentleness and without invasion or surgery of any kind. Homoeopathic medicine works at the root level and can modify genetic tendencies reducing chances of relapse and recurrence of the condition significantly.

Miasmatic Background

Accordingly Dr. Hahnemann, there are three basic miasmas responsible for the cause of various suffering of mankind and this are

- 1. Psora (Mother cause of all diseases - Functional disturbances**

- 2. Sycosis (constructive structural changes)**
- 3. Syphilis (Destructive Structural changes)**

The selection of remedy depends on miasmatic Background of patient to cure.

Psoric Presentation of Piles

1. Obstruction of venous out flow secondary to pregnancy or pelvic mass
2. Prolonged force full pressure during defecation
3. Venous congestion

PsoricoSycotic Presentation of Piles

1. Itching with sensitiveness
2. Increased size of vessel of anal wall
3. Increased intra abdominal pressure

Tubercular Presentation of Piles

1. Bleeding leads to asthma
2. Suppression

Sycotic Presentation of Piles

1. Painful
2. Heredity
3. Thrombosis

Sycosyphilitic Presentation of Piles

1. Bulgiing

Syphilitic Presentation of Piles

1. Cushion deterioration
2. Weakness of Blood vessels wall

Uncommon reportorial rubric presentation form Murphy's repertory

Haemorrhoids abdominal plethora with - aloe, sulph.
 Children in - mur ac
 Irritability with -apis, NUX V.
 Itching - calc, calc p, CAUST, coll, ferr, ham, lilt, mur ac, petr, petros.
 Mental exertion- caust
 Morning agg - DIOS
 Night agg - merc, uls, SULPH
 Pendulous - nit ac
 Pregnancy during - aesc, am-m, caps, COLL, lach, lyco, nat-m, nux-v, SEP,
 Purple - aesc
 Standing agg- aesc, am-c, caust, sulph
 Thinking of them agg - caust
 Touch agg - BELL, carbn-s, CAUST, hep, kali-c, MUR-AC, RAT, SULPH, THUJ

Various remedies for piles in Homoeopathy are

1. Aloe Socotrina

Is a medicine used to treat for external piles that are sore and tender. Sharp or burning pain in the rectum and a constant feeling of bearing down in the rectum may be felt. Application of a cold compress may help relieve the pain or burning sensation. This medicine is also used to treat anal fistula.

2. Muriatic Acid

Is a medicine used to treat conditions of piles that are intensely painful, sore and protrude outside the anus. The hemorrhoids are very swollen and look bluish. The pain may get worse while passing stools. Stitching pain that gets worse on touch is present, and it gets better from warm-washing. This medicine is also used to treat cases where the soreness in the hemorrhoids worsens during menses in females.

3. RatanhiaPeruviana

Is a medicine used to treat piles where a burning sensation after defecation is present in the rectum. The person may have to strain to pass stool. Knife like stitching pains in the anus or the feeling of a sharp splinter of glass in the rectum may be present.

4. HamamelisVirginiana

Is a medicine used to treat piles with profuse bleeding. Weakness due to bleeding, soreness at the anus, hard stool and anal itching are other symptoms that indicate the need for this medicine.

5. Collinsonia Canadensis

Is a medicine used to treat piles accompanied by constipation. The stool in such cases is lumpy, dry and is passed with a lot of strain. Other symptoms include aching and burning at the anus, a sensation of sharp sticks in the rectum, anal itching and a constricted sensation in the anus.

6. AesculusHippocastanum

Is a medicine used to treat piles with sharp, shooting pains where the stools are knotty, dry and hard. This medicine is used to treat external, blind and bleeding piles.

7. Nux Vomica

Is a medicine used to treat piles where there is pronounced burning and itching around the anus. A constant desire to pass stools may be there, but constipation and passing of scanty stool is the main symptom.

8. PulsatillaNigricans

Is a medicine used to treat blind piles with a cutting, sticking or burning pain. The pain gets worse during lying down. Itching in piles and constipation with a backache and pressure in the rectum is another symptom.

9. Sepia Succus

Is the medicine used to treat piles that develop after the delivery of a child. It is also used in cases of constipation where the stools are very hard.

10. Kali Carb

Is a medicine used to treat piles in females that develop post childbirth. The piles are extremely tender to touch. There may be stitching, smarting, pricking and tingling sensation at the anus along with sharp pain. Constipation lasting for days along with hard stool, and white mucus after bleeding from piles may also be present.

11. Silicea

Is a medicine used to treat piles and anal fistula. The piles tend to protrude during the passage of stool. The stool is hard and tends to recede into rectum several times during defecation. Burning in anus after passing hard stools, and a

foul smelling discharge of pus or serum from the anal fistula may also be present.

12. Merc sol

Is a medicine used to treat piles in people suffering from diarrhoea. There is an urge to pass stool, more frequently during the night. The stools in most cases smell and are undigested bits of food. Burning at the anus while passing stools, protrusion of piles during defecation, exhaustion, and chilliness with shivering and a feeling of nausea is also present.

13. Baryta Carb

Is a medicine used to treat piles which protrude during urination. Other symptoms that indicate the need for this medicine include an urgent need to pass stools, and an itching, burning, soreness and shooting pain in piles.

14. LachesisMuta

Is a medicine used to treat piles that protrude during a cough or sneeze. In most cases, a stitching pain and a throbbing sensation in the piles is present. Piles in females during menopause are also treated with this medicine.

15. Sepia Succus

Is a medicine used to treat piles that develop during pregnancy in females. The piles may be bleeding or non bleeding and a protrusion of piles during stool occurs. Itching at the anus and rectum, constipation and the presence of hard and large stools also indicate the need for this medicine.

16. Ammonium Carb

Is a medicine used to treat piles that get worse during the menses in a female. The piles tend to bleed during menses, and the affected person feels better upon lying down.

17. LycopodiumClavatum

Is a medicine used to treat piles in cases where there is a rectal prolapse. The piles may be swollen and painful, and the pain gets worse upon touching and sitting. Chronic constipation with a scanty stool, painful constriction at the anus and excessive flatulence and bloating in the abdomen may also be present.

18. Phosphorus

Is a medicine used to treat internal piles where there is bleeding during stool. Excessive exhaustion, an urgent need to empty bowels and rectal tenesmus (desire to evacuate the bowels) are some other symptoms.

19. Causticum

Is a medicine used to treat large, swollen piles that hinder the passage of stool from the anus. The person needs to pass stool by straining hard in a standing position. The piles are hard, painful and constant and get worse upon sitting, standing and walking. There may be a pressing and sticking pain in the anus along with a burning, stinging sensation.

20. NitricumAcidum

Is a medicine used to treat piles and anal fissure when there are tearing pains in the anus while passing stools. The stool can be hard or soft but is passed with difficulty and may also bleed. There may be splinter-like pains in the anus.

21. Sulphur

Is a medicine used to treat piles when there is soreness and tenderness at the anus along with a hard, knotty stool. Weakness after passing stool, excessive rectal pain, and a biting sensation at the anus that gets better upon lying down are some other symptoms that indicate the need for this medicine.

22. Sedum Acre

Is a medicine used to treat painful piles that feel worse after a few hours of passing stool. In a majority of cases, the pain is constricting. Sedum acre is also useful for treatment of anal fissure with pain that worsens a few hours after passing stool.

23. Graphites Naturalis

Is a medicine used to treat painful piles that get worse during sitting. Cutting pains and swelling with cracks at the anus are present. The stool tends to be hard, knotty and scanty.

Discussion:

Conventional treatment for piles involves use of medicines that make the conditions more manageable but do not help to treat it. Homoeopathy offers comprehensive treatment option that helps to treat the conditions and ease the symptoms of piles.

Some benefits of Homoeopathic treatment includes

1. No side effects

Homoeopathic treatment does not cause any side effect because these are made from natural substances and are in very low quantity.

2. Natural remedies to treat the Piles

Homoeopathic follows Nature's law of cure. Homeopathic treatment for piles involve the comprehensive treatment plan that works in harmony with the system.

3. Holistic approach to treat Piles

Homoeopathy aims to treat the problem internally by understanding the cause of different symptoms instead of suppressing. Out of ten people at least one person is recommended for Piles related surgery. It may cause complications like rectal prolapse and haemorrhoid recurrence.

4. Simple and Effective

A single dose of the correct medicine can help to relieve the symptoms and also treat the piles by restoring the internal process of the body, these medications helps to great extend Invasive procedure can be held off with the help of Homoeopathy.

5. This are safe

Medicines for piles to treat the problems by reducing the engorgement of blood in rectal veins and also including blood circulation. As these medicines are prepared from natural substances, these are the very safe on long term basis without any complication.

From above literature we can say that Homoeopathy works by analyzing individual symptom of the disease in a person. Depending on grade, severity and symptom of piles, different

medicine are there to decrease the severity of the symptom and treat the condition on long term basis.

Aloe socotriana is a medicine used to treat external piles with psoric manifestation. **Muriatic acid** used to treat condition that are worsen during the menses in the female with psoric manifestation. **Hamamelis virginiana** is a medicine used to treat bleeding piles with syphilitic manifestation. **Nux vomica** is used to treat blind piles with psora is in background. **Sepia** is used to treat piles that develop after delivery of the child with psoric manifestation. **Kali Carb** is used to treat piles in a females that develop post child birth with psoric manifestation, **Silicea** is used to treat the piles with anal fistula with all three miasms. **Murc Sol** is used to treat piles in a people who suffer from diarrhea with sycotic manifestation,

Baryta Carb is used to treat piles which protrude during urination with psoric manifestation. **Lycopodium** is used to treat the piles in cases where there is bleeding during stool with all three miasms. **Causticum** is used to treat large, swollen piles that hinder the passage of stool from that anus with psoric manifestation. **Nitricum Acidum** is used to treat the piles and anal fissure with all three miasms. **Sulphur** is used to treat the piles with psoric predominance. **Graphites** is used to treat the painful piles with psoric manifestation.

In this way one can say that natural medicine work to stimulate the internal healing process of the body with long term use. They can manage piles without surgery depending upon the severity of the problem.

Homoeopathy offers comprehensive treatment option that help to treat the condition and ease the symptom of the piles. There is definitely significant benefit of homoeopathy in the treatment of the piles on long term basis without any complication and recurrence with some exception where surgery is must.

Conclusion:

The homoeopathic constitutional treatment of hemorrhoids take care of underline medical and psychological causes of hemorrhoids and can help in preventing the complication of the same. Homoeopathic medicine on piles improve your digestion, formatting appropriate consistency of stool and defecation makes easy.

Thus we conclude that homoeopathy is effective in cure of first and second degree hemorrhoids provided they follow auxiliary line of treatment (Diet and regimen) advised. Grade 3 piles can find some relief of symptoms with homoeopathy but may not be completely cured. Grade 4 piles can get symptomatic relief with medicine.

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**A SYSTEMATIC REVIEW ON HOMOEOPATHIC ORGAN REMIDIES
IN THE TREATMENT OF DIABETES MELLITUS TYPE 2**

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ABSTRACT

Type 2 Diabetes Mellitus is chronic metabolic disorder in which prevalence has been increasing steadily all over the world. It is fast becoming an epidemic in some countries with the number of peoples attacked expected to double in the next decade, due to increasing in aging, burden for health care provider. Type 2 Diabetes Mellitus is increasingly responsible for Hypertension, Obesity and further diabetic complication. Cause of Diabetes Mellitus type 2 is genetic and environmental with various treatment regimen available. But it is with hazardous effect on body. So, Homoeopathic medicine can be effectly post pone diabetic and its complications. The present review mainly deals with organ remedies in treatment of Diabetes Mellitus type 2.

KEYWORDS: Homoeopathy, Type 2 Diabetes Mellitus,

Hypertension, Obesity, Organ remedies.

METHODOLOGY

In this review article, information from internet, books in the review of definition, aetiology, pathophysiology, signs and symptoms and gist of contemporary text of Homoeopathy related to Signs and symptoms of Diabetes Mellitus type 2 have been documented to understand approach towards the review on organ remedies in the treatment of Diabetes Mellitus type 2.

INTRODUCTION

Diabetes is known to ancient's physician of India as "Madhumeh" meaning sweet discharge in urine. It was consider to be the kind of "Prameh" that is vital drain. This definition of diabetes is clinically correct even today.

The first instant of writing about diabetes comes in charaka samhita in 400 B.C. It was written by charaka. It is disease of sedentary, obese person in home the intake of food is very high. The description of diabetes by charaka in his book matches very much with the symptomatology of the type 2 diabetes mellitus.

Diabetes Mellitus is a chronic metabolic disorder of protein, fat and carbohydrate metabolism characterized by hyperglycaemia. Diabetes mellitus has higher prevalence in urban area than rural area because of so called modern life style, socio-economic factors, culture, obesity, stresses and different mode of living and adaptation. Diabetes mellitus is silent killer sometime it is present asymptotically but patient is not aware about the disease.

Definition

Diabetes mellitus is a chronic clinical syndrome characterized by hyperglycaemia due to deficiency or defective response of insulin. (Harsh Mohan 2000)^[1]

Predisposing factors

- 1) **Age** : the disease develops generally after the age of 40 years
- 2) **Sex**: Both sex almost equally affected.
- 3) **Heredity**: The disease runs in families.
- 4) **Stress and strain**: Physical and/or mental stress and strain precipitate the disease from latent state.
- 5) **Obesity**: It has been observed to be associated with diabetes mellitus.
- 6) **Infection**: It plays an important role in causation of diabetes.

Clinical manifestation

This is start with hyperglycaemia associated with increase thirst and dryness of Mouth, Polyuria, Tiredness, Fatigue, and Irritability, Apathy, Sudden loss in weight pruritus valvae, Nausea Headache and desire for sweet food. Many type 2 diabetics are asymptomatic and remain silent for many years and at diagnosis many have feature of long term complications. A middle aged female often consult a Gynaecologist for pruritus vulvae, a

male subject may consult for banalities, because chronic hyperglycaemia makes a subjects prone to several type of bacterial or fungal infections (API textbook of Medicine).^[2]

Investigation

- 1) Blood testing
- 2) Urine testing for glucose

Complications

Complications are best considered under two heads

1) Macro vascular complication

- Diabetic Retinopathy
- Diabetic Nephropathy
- Diabetic Neuropathy

2) Micro vascular complication:

- Coronary heart disease
- Cerebrovascular disease
- Peripheral vascular disease (Harrison)^[3]

Joslin's Diabetes mellitus (1993) states quite categorically "In dealing with a chronic disease such as diabetes, our goals are aimed at maintenance of wellbeing of the affected individual and minimizing long term complications"^[4]

Now as diabetes has spread so much that, it has become a challenge to all medical fraternity, high level of research is going on all around to understand the disease, it's clinic pathological correlations and the possible solutions in term of new therapeutic drugs. These drugs due carry effects and side effect and only function at altering the effect of disease, but not the cause. Disease continue to progress as well as continue to evade vital organs.in most of the cases it has been seen that gradually dose of OHA increase and some of them need insulin for controlling the BSL.

Homoeopathic concept of diabetes mellitus

Homoeopathy can help to improve the general health of Diabetic person. This can be achieved by administering proper homoeopathic medicine. The effect will be to improve the general sense of wellbeing, to lower the drug requirement and to improve the diabetes

control. Hence the attempt should be made to understand the utility of homoeopathic medicine exclusively on diabetes.

Hahnemann was the first clinician to advocate accurate, unprejudiced observations as basis of scientific clinical investigation of the disease. He recognizes the importance of unfavourable factors, tangible, intangible. He does not lose sight of importance of constitutional predisposition in genesis of illness.

Study of the individual in a holistic way burn back the back one of homoeopathic practice. Similarly study of materia medica with holistic approach allow us to have a better and more comprehensive idea of the similimum. Study of diabetes mellitus from source book and clinical experiences it combined with the individual study allows us to evolve general guide lines and helps in including lite in the remedies we study.

Diabetes is a very serious disease, but the treatment does not to be. Lifestyle modifications, weight loss, exercise, along with the right vitamins, supplements and Homoeopathic remedies, can make large difference. But due to the fact that, natural approaches can alter the need for both insulin and insulin control drugs, it is highly important to monitor one's glucose level carefully, either with the help of glucose monitoring test or through a physician. It is good idea to find practioner who is supportive of alternative treatment and can further advice on necessary life style changes. The goal of any doctor and patient should be bring high blood sugar under control and to stabilize it at normal level. This can best be achieved by treatment approach that encourages diabetics to become actively responsible for their own health. (Dr. Lynn Hardy ND)^[5]

In 4th monograph in series Homoeopathic approach to disease, published by CCRH, New Delhi, deals with Homoeopathic management of disease, which has reached epidemic proportion in our country. Diabetes is also a life style disease hence in addition to medical management taking care of diet, exercise, regular follow up and prevention of life threatening complications are of utmost importance in improving the quality of life of these this patients.

In allopathic medicine numerous drugs, recombinant and genetically modified insulin are flooding the market to optimize type 2 diabetes.

A book defining management of diabetes Mellitus using Homoeopathic approach is timely. The main editor and members of editorial board of this monograph are very well known

Homoeopaths in their own right and they have laid the foundation of this monograph by inviting experts from allopathic school of medicines to right pathogenesis, available allopathic drugs and principle of allopathic management for diabetes. These chapters will allow a Homoeopathic physician to get acquainted with allopathic management for diabetes. This will be extremely helpful as many diabetic patient may seek Homoeopathic treatment as an add on therapy along with allopathy believing that additional Homoeopathic medicines will stabilize the disease. More over the dietary advice given in this book for diabetes is applicable to any system of medicine (Kanjaksha Ghosh).^[6]

At the end, it must maintained that, change of lifestyle, yoga, diet modification and exercise are equally significant in the management of diabetes. They are symbiotic to the holistic application of Homoeopathy. (Dr. Ajit Kulkarni)^[7]

Miasmatic background

According to Dr.J.H.Allen "The internal nature of the disease is made manifests wholly in the study of chronic miasms.

Since miasms are the basic inherent dynamic morbid entities of all the disease & they are not restricted to pathological diagnosis of any disease but only on its peculiar susceptibility the disease and modifies course of illness.

According to master, there are 3 basic miasms responsible for the cause of various sufferings of mankind.

Dr.J.H.Allen introduced the tubercular miasms. In his book "The chronic miasm" He described it as "Pseudopura" (Allen 2001).^[8] Pseudopura is an affliction due to complication of mixed miasm. The tubercular aggravation indicates parental nature of its old syphilitic basis. suppression give miasm a new impetus.

"The tubercular is the combination of psoric and syphilitic. In this combination we find all mental and emotional reaction, the subjective symptoms, of predominant parent psora and pathological and destructive changes of the younger parent syphilis (Robert 1996).^[9]

It is rapidly progressing with erratic pattern, fast pace with increased sensitivity and low immune process with moderate to high susceptibility which may take very little time develops the disease process as well as its complications which may be life threatening.

Thus it is necessary for true homoeopathic to know about the chronic miasms and their pressure in organism to find out the similimum which always based on exusting miasms.

Tubercular miasm and its correction with diabetes mellitus type 2

The clinical presentation of Diabetes Mellitus type 2 in the tubercular miasm shows following features

- Loss of strength after and copiousness of uring
- The majority of renal difficulties have tubercular basis that can be careful study of all latent miasm of whole person
- Neuralgic Pain
- Excessive suppuration, abscess and ulcers at skin
- Slight injuries at skin turn into abscess and then to ulcers
- Gangrenes
- Perverssion of turn, shape or size are tubercular in origin
- Hunger with all give sensitive in pit of stomach
- Tendancy to secondary complication
- Fibrous changes in kidneys
- Dtabetic patients are as nile strongly tubercular, with tubercular physiology throughout them(Banerjee 2000)^[10]

Homoeopathic therapeutics

1. Samuel Lilienthal^[11] recommends following organ remedies Syz Jambolanum, Uranium Nitricum
2. William Boericke^[12] recommeds following organ remdedies Syz Jambolanum, Uranium Nitricum
3. E.A.Farrington^[13] says Phosphoric Acid and lactic acid are principle acid for diabetes mellitus
4. T.S. Iyser^[14] suggest Phosphoric Acid corresponds diabetes for nervous origin, urine is increased, Milky in colour contains much sugar.
5. Rechard Hugs^[15] Gives importance to phosphoric acid, Syz Jambolanum, Uranium Nitricum

1. Abroma augusta

It is useful in those patients who are losing flash and suffer from extreme weakness due to diabetes mellitus. It is very useful in complaints. Like increased thirst and urination frequent day and night. It is also great help in treating sleeplessness in person with diabetes, in various skin troubles like boils and carbuncles in diabetes patients burning sensation in the whole body is prominent general symptom.

2. Syzygium jambolanum

Its acts promptly and efficiently in decreasing the sugar levels. Excessive thirst and Excessive urination are always present in the patient. It is also useful in treatment of lung standing ulcers. In diabetic patients.

It causes marked demination this medicine is used in patient diabetes mellitus whom there at sugar in the urine is prickly heat in upper part of body, specific gravity of urine is very high with great thirst. The patients emaciated in spite of proper nutritive diet.

3. Gymnema sylvestre

It is very useful in patients of diabetes mellitus who are one losing weight with weakness and exhaustion. In such patient this remedy acts as tonic resulting in improvement of overall health.

4. Phosphoric acid

It is useful in patients with diabetes mellitus who are extremely weak physically or mentally. Such Patient beds exhausted all the time. They have weak memory and are forgetful. Some sorts of history of gnetis may be found for numbness of feet in patient of Diabetes mellitus is act best.

5. Uranium nitricum

This remedy is useful in patient with diabetes mellitus in whom there is excess urine output, excess thirst dryness of mouth and skin. This remedy reduces sugar blood and urine. It acts better when patients suffers from diabetes and gastric problem together. This is excellent remedy for urination, Appetite, Excessive thirst with nausea, Dryness of mouth complete loss of sexual power vomiting, burning in stomach due to gastric ulcer. This lead to great emaciation debility and tendency to ascites.

The kind of diabetes in which it is especially successful is hepatogenic.

6. *Cephalandra indica*

This remedy is very effective in lowering and maintaining blood sugar level and heading diabetes related symptoms. It is used in patient with diabetes mellitus who is suffering from intolerable burning pain all over the body. It is very effective remedy for skin complaints associated with diabetes mellitus like abscess and carbuncles. It is also effective in dealing with frequent urine and thirst in diabetes where patient feels weak and exhausted after passing urine. It is also useful in diabetes related complication like burning in limbs, Muscular tenderness, etc.

7. *Helonias*

It is indicated in Patient with diabetes mellitus who suffers from frequent urination which is whitish in colour and clear due to presence of albumin in urine.

Patient have very weak memory, extremely melancholic, depressed and irritable people who cannot bear slightest contradiction.

8. *Insulinum*

It is useful in treatment of DM types by restoring the lost ability to oxidise carbohydrate and storing glycogen in liver. It is also beneficial in patient with diabetes having acne, carbuncles, erythema with itching eczema, varicose ulceration with polyuria.

CONCLUSION

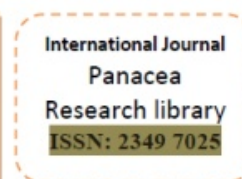
There are many more remedies for diabetes mellitus type 2 in Homoeopathy which are rarely used and very less known about their action and efficacy. Organ remedies can be tool to stabilize blood sugar level in glucose dysregulation syndrome in diabetes mellitus type 2, and in controlling acute exacerbation of disease state, in short term management, where susceptibility is on lower side.

Organ remedies are useful in Diabetes Mellitus type 2 cases where further research and re-proving of them is necessary for their use in future.

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Review Article

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A REVIEW ON EFFICACY OF HOMOEOPATHIC REMEDIES IN THE TREATMENT OF VARIOUS INJURIES

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Abstract:

Injury is the general term for any damage to body that may be minor or life threatening caused by either hits, falls, Accidents, chemicals, Weapons etc. Treatment varies according to location and severity of injury. In modern medical science, they used Anti-inflammatory, Analgesic drugs internally and dressing, stitches it required externally to the person suffering from injury.

Homoeopathic treatment not only helps to heal the injury but also the psychological symptoms associated with it. In Homoeopathy, every individual gets unique remedy which suits him.

In Homoeopathy, various remedies are available and are proved to be effective against various types of injuries.

Thus, in this review article, we totally focused upon efficacy of such remedies on various type of injuries.

Methodology:

In this review article, various information is collected from internet, various books in the review of definition, types of injury, signs and symptoms and gist of contemporary text types of Homoeopathy related to various injuries have been documented to understand the efficacy of Homoeopathic remedies in the treatment of various injuries.

Keyword:

Injury, Anti-inflammatory Analgesic, Homoeopathy

Introduction;

Injury is the leading cause of death and disabilities in people of working age. Person is so busy and fast that, one has very less time to be spent on one's own health, family and friends. Due to modern and fast life style, many people will experience various types of injury that can be caused by accidents or acts of violence and may occur at home, work or play, indoors or outdoors.

Definition:

An injury or wound is defined as a solution or disruption of the anatomical continuity of any of the tissue of body.(Dr.C.K.Parikh)⁽¹⁾

Causes:

Anything that can damage the body can cause an injury. It can be accidental or intentional. The numerous causes of injury includes:

- Acts of violence by others
- Bicycle or motor vehicle accidents
- Bite or Sting injuries
- Burns (thermal, chemical or electrical)
- Falls, impacts
- Sports or athletic injuries

www.helathgrades.com)⁽²⁾

Sign and Symptoms:

It varies depending on type and severity of the injury. It include

- Abrasion (scrapes)
- Hemorrhage
- Bone deformity or other type of deformity
- Burns which may redden skin cause blistering or have a leathery white appearance
- Joint swelling
- Lacerations (Cut)
- Pain
- Reduced mobility
- Tissue swelling with or without discoloration

Risk Factors:

A number of factors increases the risk of developing injuries. It Includes

- Age
- Aggressive or violent behavior
- Alcohol and illicit drug use
- Bone or joint disorders
- Certain medicine that depresses CNS or reduce BP.
- Chronic illnesses
- Decreased sensations
- Dementia and other conditions that affect mental functions
- Poor judgment and vision
- Gait disturbances

Classification of injuries:

Depending on how they are caused, e. g. blunt force, sharp weapon, or fire arm, they are classified as follows:

- 1) Strain and sprains
- 2) Scrapes
- 3) Animal, insect or snake bites
- 4) Cuts and punctured wounds
- 5) Electrical injuries
- 6) Bruises
- 7) Fractures
- 8) Dislocations
- 9) Burns

www.myupchar.com/en/disease/injury)⁽³⁾

Homeopathy not only help in healing the various types of injuries but also various psychological symptoms associated with injuries. The effect will be to improve the general sense of wellbeing, to lower degree of disability caused by injury and to improve the mental wellbeing also. Hence an attempt should be made to understand and review on the efficacy of homoeopathic remedies in the treatment of various types of injuries.

Aims and objectives:

Aim: To Assess the effectiveness of various homoeopathic remedies in the treatment of various types of injuries.

Objective: 1) To understand various type of injury, signs and symptoms and risk factors of injury.

2) To review the utility of homoeopathic remedies in the treatment of various types of injuries from available sources.

Homoeopathic Perspective:

Homoeopathy is personalized mode of treatment where every individual will get unique remedy which suit him physically, mentally, socially and spiritually. Homoeopathic remedies stimulates body's innate healing mechanism that not only promote the healing of injury but also relieve the associated symptoms. These remedies can be given to treat minor cuts, wounds, or before and after surgery to get quick recovery and to minimize bad effects of anesthesia, anxiety or shock. Homeopathic remedies are likely to be safe in children, old people and in pregnant woman as it will not get any allergic response or side effects, as being prepared from natural ingredients and given in very minute doses.

Homoeopathy encourages non-surgical interventions by medications as only in unavoidable circumstance, to fasten healing process. The integration of homoeopathic medicines with surgical care uses the best of both world to create comprehensive and more effective health care. In cases of injuries, fractures severe wound (Mechanical causes), surgical treatment is necessary to the extent that the part injured required mechanical aid.

Aphorism 186 of organon of medicine, the book of doctrine of homoeopathy, written by Dr.Hahnemann, describes the homoeopathic approach on injuries and surgical conditions:

“Those so called local maladies which have been produced a short time previously, solely by external lesion, still appear at first sight to deserve the name of local disease.... The treatment of such diseases is relegated to surgery: but this is right only in so far as the affected part require mechanical aid, where by the external obstacle to cure, which can only be expected to take place by the agency of the vital force, may be removed by mechanical means, e g. by the reduction of dislocations, by needles and bandages to bring together the lips of wound, by the mechanical pressure to still the flow of blood from open arteries, by the extraction of foreign bodies that have penetrated into living parts, by making an opening into the cavity of body in order to remove an irritating substance or to procure the evacuation of effusions or collection of the fluids by bringing

into opposition the broken extremities of fractured bone and retaining them in exact contact by an appropriate bandage, etc.”⁽⁴⁾

He further states that, “But when in such injuries, living organism requires as it always does, active dynamic aid to put it in a position to accomplish the work of healing e.g. When the violent fever resulting from extensive contusion, lacerated muscle, and tendons requires to be removed by medicine given internally, or when the external pain scalded or burnt part need to be homoeopathically subdued, then the service of dynamic physician and his helpful homeopathy come into requisition.”⁽⁵⁾

The Homoeopathic remedies can be given to treat minor cut and wounds or before and after surgery to achieve quick recovery and counter any hazardous effects of anesthesia, anxiety or shock. Injuries whether minor or severe can be painful and disabling. Conventional treatment depends on the severity of injury and surgery remains the only options for severe injury.

Homoeopathic remedies are considered to be safe as compared to conventional treatment being producing no side effects, Allergies, or addictions even with long continued treatment.

Homoeopathic Medicines for injury:

1. Arnica Montana: Concealed injury to soft parts.
2. Bellisperennis: Injuries to deeper tissues after major surgical work, traumatic neurosis
3. CalendulaOfficinalis: Lacerated injury
4. Hamamelisvirginica: Capillary injury
5. RhusToxicodendron: Sprained injury
6. LedumPalustre: Punctured Injury
7. HypericumPeforatum: nerve injury
8. Symphytumofficinale: Bone injury
9. Conium: Gland injury
10. Allium Ceba: Rubbing injury
11. Cantharis: Burn injury
12. Staphysagria: Incised injury/clear cut wound
13. Ruta: sprain, strain or rupture of tendons

1. Arnica Montana:

- Common name : Leopard’s Bane

- This remedy is best suited to treat traumatic injury, strains and overuse of any organs.
- It is king of traumatic injuries.
- Bruised and sore feeling in the body
- Intense sensitiveness due to excessive pain
- It is applicable in the bad effects of sprain, Strain, bruises, concussion, contusion and other mechanical injuries with lacerations of the soft parts.
- Early application of Arnica retards suppuration
- Soreness in aims arms and legs due to over exertion
< In cold and damp conditions, on moving or touching the affected part

>lying down or keeps head low

2. Bellies Perenis:

- Common name : Daisy
- It is effective remedy for bruises and contusion in the breasts and sprain and strain in body.
- It is useful in bruises and injuries of superficial muscles and deeper tissues due to mechanical causes.
- Its action is chiefly centered in muscular fiber of the blood vessel.
- Fluid filled wounds on the skin
- Sore muscles
- Joint pain
- Sprain in the arms and legs, the joint feels as if an elastic band is wrapped around it.
- < An exposer to cold winds and on lying a left in warm bed.

3. Calendula officinalis:

- Common name : Marie gold
- It is useful in incised and lacerated wound. This remedy retards suppuration and assist in quickening primary union along incised surface.
- It is especially suited to cases where there has been loss of soft parts
- Bloody and serous infiltration of cellular tissue meets in calendula a ready help.

- It is intensely soothing and antiseptics it restores vitality of injured parts and acts as impregnable barrier to infections and germs.
- It prevents suppuration and brings on healing with wonderful promptitude.
- It is suitable to all cases of injury where the skin is broken and where the soft part have been lacerated
- After surgical operations, it promotes healthy granulations and a best gangrene.
- It can be used both internally and externally and it is excellent hemostatic
- Skin wounds with raised edges and proud flesh
- Large red patches on skin due to infections
- <Damp and cloudy weather

4. HamamelisVirginica:

- Common name : Witch hazel
- It is given to those who experience bruising pain in the affected parts
- It helps to treat traumatic wounds, contusions, scalds and wounds that bleed profusely.
- Profuse bleeding from nose
- Piles with profuse bleeding and soreness
- Sore ulcers on skin
- Varicose veins pains
- Sore muscles and joints
- Skin burns
- Ecchymosis
- Phlebitis
- <Moist and warm air

5. RhusToxicodendron:

- It is best suited to people who experience tearing pain that feels like the tissue is being torn into two.
- It provides relief from strains, contusions, sprain, and traumatic injuries

- It is useful in erysipelas also play an important role in traumatic lesion attacking the cellular fibre or articular tissue and in effect of straining over lifting.
- It has marked action on ligaments of joints
- Inflammation of fibrous tissues like tendons, ligaments, Apo neurosis due to over exertion or exposer.
- Swelling and pain in joints
- Stiffness and paralysis of limb
- Swollen lymph nodes
- Burning skin eruptions that tend to form scales
- <During cold and rainy season, while sleeping and taking rest and on lying on the Right side or back
- >By warm application on rubbing the attached area, on stretching out the limb.

6. LedumPalustre:

- Common Name : Marsh-Tea
- It is best suited for people who lack body heat
- It is useful to treat puncture wound due to bites or sharp pointed objects especially if the wounded area feels cold to touch
- Prolonged discoloration of skin after injuries
- Crepitus (Cracking in joints) worse by lying in warm bed
- Swollen ankles
- Lacerating (deep/gashing)wounds
- Slit and puncture wounds
- Ecchymosis
- Shooting pain in limbs, especially in small joints
- <At night, warmth of bed
- >Cold condition, by putting one's feet in cold water.

7. Hypericum:

- Common Name : St.Johns wart
- This remedy is used for treating puncture wounds, bruise and injured nerves.

- It reduces the anxiety and depression following injuries and operations.
- It is useful when nerves are injured along with soft parts as in treading on nails, needles, pins, splinters and in bites of insects and animals
- There is intolerable pain due to damage to nerve
- Twitching and jerking of muscles
- Injury to coccyx due to fall
- Hair loss at the site of injury
- Bruised sensation in joints
- Its usefulness is more confined to injuries of parts rich in sentient nerves.

8. Symphytumofficinale :

- Common Name : Comfrey bone
- It is best suited for the treatment of nonunion fractures.
- It is also helps to treat strains, bruises in eyes, sprains, lacerated wound, contusions and wounds that penetrate the bones and periosteum.
- This is often used as local application over sores and ulcers as a dressing to expedite healing
- It is useful for mechanical injury due to blow with blunt instrument
- It is especially useful in the injuries of flat bones
- It is useful in irritable stump after amputation
- It is useful in cases of injury to soft part and periosteum and bony tissues
- Tendon and ligament injuries
- Inflammation of bones with swelling and redness
- Bones sensitive and prone to fracture

9. Conium :

- Common Name : Poison Hemlock
- It is used in induration of gland such as mammae, testicles, etc. caused by contusion or bruises.
- It is useful in cases specially when hardness becomes intense

- Infiltration in deep seated disease in the region of ulcer, in the gland in the region of inflamed part and along the course of lymphatic
- <Seeing moving objects exertion sexual abuse, pressure, jar, night
- >By motion, walking, on sitting down, better in sun.

10. Cantharidiers:

- Common Name : Spanish fly
- Applied in burns or in skin lesion when vesicles are numerous and affected parts look burnt.
- Hearing recommended that, the injured parts should be bathed constantly with the solution of cantharis (PP 237 Mohanty) ⁽⁶⁾
- Itching vesicles which burns when rubbed
- Tendency to gangrene, sunburn, burn, scald with rawness and smarting pain relieved by cold application
- <Touch, heat
- >Cold application, rubbing

11. Staphysagria :

- Common Name : Larkspur
- It should be thought of in mechanical injuries from sharp cutting instruments and in clean incised wound such as knife, glass, etc.
- For shock after big surgical operations
- It is very serviceable in any kind of injury to the cornea. Hering mentions a case of laceration of cornea with prolapse of iris in which staph effected a cure. He also advices its application in incised wound of cornea as an operation for contract. (PP 986, Mohanty).
- <Emotion-chagrin, vexation, indignation, onanism,touch
- >Warmth, rest, coitions

12. Ruta :

- Common Name : Rue
- It is useful to injuries of periosteum and fibrous tissue
- Great pain and soreness as after fall or a blow
- It is useful in sprains, strain or rupture of tendons, wounds of joints,synovitis the result of injuries,in mechanical injuries to tarsals or carpal joints

- All complains of Ruta are brought on from overstraining or overexertion of parts
- It is often suits to troubles from injury where flesh is thin over the bone
- <Over exertion, colder, sitting
- >Lying on back, warmth, motion, rubbing

13. Allium Cepa :

- Common Name : Red Onion
- It is useful in neuralgic pains like a fine thread, following the amputations or injuries to nerves
- Also useful in traumatic chronic neuritis
- It is also useful in case of Rubbing injury
- <Warm room, in evening
- >In open air, in cold room.

Discussion:

It is because of such remedies that we are able to dispense with knife in many instances when knife seems inevitable and it is on account of marvelous effect of these remedies that the belief has gained ground that in homoeopathy knife is superfluous.

In cases of injury, Arnica should be thought of when soft parts are involved. It is suited more to tumefaction of other tissues. It is useful in the injuries of muscles, fractures of bones, contusion of periosteum and in subcutaneous and external hemorrhage due to mechanical injuries, contusion of the soft parts.

Calendula is to be thought of when the injury causes a torn or ragged wound with loss of substance. It removes the inflammatory condition of the parts and favours healthy granulations. Hypercom is useful when the nerves have been injured with other soft parts. It relieve the pain and promotes healing. It follows Arnica in concussion of Spine. It is splendid remedy for punctured wound with extreme sensitiveness of the affected parts. When any parts of our body or limb gets smashed and in spinal concussion as is caused by fall on coccyx and also in laceration attended with intolerable pain which shows involvement of nerve tissues.

Staphysagria is the remedy for smooth, clean, cut such as are made by surgeon's knife hence it is called for in symptoms which are traceable to surgical operations. Ledum is useful after Arnica when arnica fails to relieve the soreness. It is a great remedy in fractured wound and in injuries

inflicted with sharp instruments. It gives cold sensation around the injured part. It is useful for punctured wounds caused by bites of animals and insects leaving long lasting discoloration

Symphytum is a proper remedy for bone injuries. It may also be administered in case of irritable stump after amputation and also for irritability of the bone at the point of fracture. It facilitates union of fractured bone by favoring Production of callus. Allium cepa is a remedy for violent burning, stinging pain in stump after operation. Rhus tox is preferably used in the injuries where ligaments of the joints are affected. It affects the fibrous tissue markedly joints, tendon, sheath, aponeurosis, etc. producing pain and stiffness.

Ruta is useful where complains arises from straining especially the flexor tendons. It is useful for injured bruised bones with feeling of intense lassitude, weakness and despair. Bellis per is useful in injuries to deeper tissues after major surgical work. It is also useful for pelvic traumatism and auto traumatism. It is excellent remedy for sprain and bruises. Exudation, swelling, stasis came within the range of this remedy. Burnet's says truthfully that, Bellis is a remedy for old laborers especially gardeners. (7)

Hamamelis is used for capillary injury with bruised soreness of the affected part. Conium is used in the induration of gland such as mammae, testicle, etc. caused by contusion or bruises where hardness of gland becomes intense.

Conclusion:

Injuries, whether minor or major can be painful and responsible for disabilities. In conventional treatment, surgery remains the only options for severe injuries. Homeopathic medicine can be used effectively as a standalone therapy or along with conventional treatment to heal various injuries and various psychological factors associated with the injury with as minimal disability to injured person as possible.

So there is definite the role of homoeopathic remedies in treatment of various types of injuries.

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“Scope of Homeopathy in the Treatment of Osteoarthritis.- A Case study”

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Abstract:

The incidence of arthritic diseases in clinical practice are very common in now- a- days. This disease produces a definite problem for aged persons/senior citizens as it hampers their walking habit & also normal routine works. So, life becomes disgust for them. This troublesome disease has extremely less amenable in other pathies including modern medicine. Most sophisticated knee surgery has also no surety for them. In this context, Homoeopathy has some scope in this disease to prevent further damage of knee joints, minimizing the most troublesome pains, stiffness & immobility. it is a degenerative disease , difficult to permanent cure with time to time troublesome symptoms .So, This article suggested a scientific clinical homoeopathic protocol basing on personal clinical experience, where at least within a period of 06 months, patient to be applied different groups of homoeo medicines singly basing on the character/symptoms of the disease with need of the patient & found it as good success.

Keywords:-

Osteo-arthritis, Homoeopathic treatment Protocol.

Introduction

Osteoarthritis of Knee:-

Osteoarthritis of Knee, is a very common disease in now- a- days after Diabetes & Hypertension. Commonly, it is known as wear-and-tear arthritis because the natural cushioning between joints & cartilages — wear away. Due to this, the bones of the joints rub more closely against each other. So, the shock-absorbing benefits of cartilage is loosed in a great way.

Epidemiology:

Incidence-The chance of developing osteoarthritis of Knee rises after age of 45. Women are more likely to have Osteoarthritis than men. It may be also hereditary. In some cases, it may result from injury/infection to knee or due to obese condition.

Pathophysiology in OA of Knee-

This rubbing results in-

- Pain.
- Swelling
- Stiffness
- Decreased ability to move & Sometimes, formation of an extra bits of bone is known as Bone spurs. It is just like a hard lump & remains around the affected joint.

Causes Of OA :-

- Age-:(after 45 years) is the most common cause of OA, because, the ability of cartilage to heal decreases as a person gets older. It may also develop at earlier but % are less.
- Weight-: more body weight increases much pressure on the knees. So, obese persons are the more suffers of this disease.
- Heredity-:genetic mutations might make a person more likely to develop Osteoarthritis of the knee. It may also be due to inherited abnormalities in the shape of the bones that surround the knee joint.
- Gender-: women ages 45 and older are more likely than men to develop osteoarthritis of the knee.
- Repetitive stress injuries-: People with certain occupations like lifting heavy weights (55 pounds or more) are more likely to develop Osteoarthritis of the knee because of the constant pressure on the joint.

Research Question:

Is Homoeopathic medicine effective in improving Osteoarthritis ?

Hypothesis:

Homoeopathic medicine is effective in improving Osteoarthritis.

Objective:

To study the effect of Homoeopathic medicines in improving Osteoarthritis by

1. Reducing pain,
2. Stiffness and
3. Limiting the disease progress.

Materials and Method:

Case Study:

Diagnosis of the Osteoarthritis Knee:- Taking detail case history of affected Patient.

Physical examination of Knee joint & its adjacent affected parts can give clear diagnosis of OA of knee.

Homoeopathic approach to Osteo-arthritis of Knee

Homeopathy has wide scope for its treatment with its varieties of medicines in different forms. The selection of homoeopathic remedies must be based upon the theory of individualization and symptoms similarity by detail case taking. But, the difficulty here is, due to the unbearable recurrent knee joint pains, stiffness & immobility felt by the patient, it may not give sufficient time to the treating doctor for a smooth treatment. So, it is better to formulate a well programmed homoeopathic treatment protocol for a certain period of time(at least for 06 months) rather than giving a single or one type of remedy through out the treatment period. However, all types of the medicines in the protocol should neither be mixed nor to be given simultaneously. As per the need, they may be given singly in due course.

As per
select
affect

1. Kali. iod—Rheumatism of Knee with effusion in joint- so huge swelling of Knee found.

Pain—< night, while bending the knee & lying on affected side..

Resu

>by motion & open air.

Follc

2. Calcarea carb.—Osteoarthritis of knee joint especially in fat and obese persons. < when getting up from a sitting position , by walking & Cold. Cold , clammy knees is another feature of Calcarea carb. There is cramps in calves when stretching out the legs at night. They have a special craving for eggs and undigestable things.

18/8

Rx,

3. Benzoic acid —Arthritis of Knee joints, cracking sound on walking.

5/9.

Pains-Tearing, stitching type.

Knee- Swollen hugely with redness,.

Rx,

< at night, motion.

Urine-highly offensive, dark brown colour. Blood examination- ↑ of Uric acid

23/

Rx

Case study:-

Presenting complaints:.

A woman with 40 years of age visited with the complaint of pain in bilateral knee joints for last 8 months. The pain was so severe as if the bone was being cut by knife with contraction of knee. Complaints aggravated in the morning, while ascending and ameliorated by uncovering the affected part. The patient was also suffering from constipation since 8 months.

5/

R

20

History of presenting complaints:.

The pain in knees started 8 months ago, for which she took conventional medicines. The medicines gave her temporary relief, but after discontinuing the medicine, the pain reappeared. For last 15 days, the severity of the pain increased with cracking sound on motion along with hand stiffness.

3

Past history:

She suffered from psoriasis long time back, which was treated by homoeopathy.

Family history:

Father suffered from bronchial asthma for last 5 year and Mother suffered from hypertension for last 2 years.

Personal history:

Her diet was irregular. She had no addiction.

Mental general and physical general:

No significant mental symptoms was found. While enquiring her physical general aspects, it was found that she had good appetite but still lost her weight. She was obese, and had a phlegmatic constitution. She easily get cold and could not tolerate it.

Prescription:-

After repertorisation, Calcarea carbonicum was at the highest grade with highest matching of the symptoms. Hence, Calcarea carbonicum was selected on the basis of completeness of symptoms of the patient and after consulting with materia medica.

Date-4/8/2022

Calcarea carbonicum 200/ 1 dose, early morning mixing with ½ cup of water for 2 days along with Placebo every day, two times after eating for 7 days

Selection of dose and potency:

As per Organon of Medicine, (aphorism 247 5th edition)(8), according to the susceptibility of the patient, the potency was selected. The patient was highly susceptible and intensity of the symptoms was also increased. Also, she suffered from that affection since long, so the case was started with high potency.

Result:

Follow up:-

18/8/2022--No changes took place. Pain in both knee joints with stiffness.

Rx, Placebo30/1drop BDx 15 days

5/9/2022--Patient had more pain along with cutting pain, but bowel movements improved.

Rx,Placebo -30/ 1 drop BD x 15 days

23/9/2022--She had slight improvement in the pain, felt better.

Rx,Placebo-30/ 1 drop BD x 7 days

5/10/2022--No changes after improvement.

Rx,Calcarea carbonicum -200/1 dose

20/10/2022--Moderate improvement on pain with slight stiffness and regular bowel movement.

Rx,Placebo-30/ 1 drop BD x 7 days

30/10/2022--No pain with much improvement, no stiffness with feeling of comfort

Rx,Placebo-30/ 1 drop BD x 15 days

24/11/2022--No symptoms occurred after considerable time

Discussion

Repetition of Medicine:-

As per Organon of Medicine, every well chosen medicine should be repeated at suitable interval aphorism 246 5th edition. In this case, after initial improvement of the patient, symptoms were unchanged and came to a standstill, therefore, at that time, it is necessary to repeat the same medicine with same potency.

Conclusion

1. In case of any kind of joint disorders, homoeopathy proves to be of vast scope.
2. A homoeopath treats the patient according to the symptomatology and the dynamic medicine does not produce any kind of side-effects like conventional medicines.
3. Homoeopaths believe in the individualistic approach, and in the above case, with the help of Boenninghausen Repertory, the case was completely cured without any side effects.

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