

Utility of *Lycopodium Clavatum* in Clinical Practice with Special Emphasis on Jaundice in Children

Dr. Ratneshwar Ramrao Dhanure, Dr. Deepak Bhagwanrao Deshmukh, Dr. Subhash N. Uttarwar
Mauli Homoeopathic Medical College and Research Institute Tondar Tq Udgir Dist Latur

Abstract: **Introduction:** Jaundice is a common condition in pediatric patients, characterized by the yellowing of the skin and eyes due to elevated bilirubin levels. Conventional treatments may not always be effective or suitable for all cases, prompting interest in alternative therapies such as homeopathy. **Methods:** A comprehensive literature review was conducted, assessing the pharmacological properties of *Lycopodium clavatum*, including its hepatoprotective, anti-inflammatory, and cholagogue effects. Clinical studies, case reports, and homeopathic practice guidelines were analyzed to understand its efficacy in managing jaundice in children. **Results:** *Lycopodium clavatum* has shown promise in alleviating symptoms associated with jaundice through its potential to improve liver function and promote bile flow. Clinical evidence suggests it may be beneficial in cases where conventional treatments have limited success. Patient responses indicate a favorable safety profile with minimal adverse effects. **Conclusion:** *Lycopodium clavatum* may serve as a valuable adjunct in the treatment of jaundice in children, particularly in cases resistant to standard therapies. However, further clinical trials are needed to establish definitive efficacy and safety parameters. This review highlights the need for greater integration of homeopathic remedies in pediatric care for jaundice management.

Keywords: *Lycopodium clavatum*, homeopathy, jaundice, children, pediatric medicine, liver function.

INTRODUCTION

Science demands an unfolding of the mystery that intrigues the inquisitive, the research minded. This unfolding in the time space dimension is an essential part of scientific development. Homeopathy being a science is not an exception to this. Homeopathy system is very unique and different as compare to other systems of health sciences. It is a system of drug therapeutics based on Law of Similars. This law states that a substance which is capable of producing

symptoms in healthy individual is also capable of curing the same in sick individual. The successful application of law of similar depends on the concept of individualization, which forms the Nobleness of Homoeopathic practice. It considers the total response of the organism to the unfavourable environment in the emotional, intellectual and physical plane. So it is mandatory for every homoeopath to understand the individual in all these planes and deal with each case holistically and individually. Homoeopaths are fighting against various Natural original diseases, artificial diseases, occupational disorders, and in modern era maximum complex diseases more or less due to Drug induced diseases with help of strong powered, wide spectrum, dynamic homoeopathic medicines; as ever winning Tools, when used accurately. Homoeopathic Materia Medica has now come a long way through the investigatory process initiated by Master Hahnemann. While bringing to the fore the neglected relationship between a drug and disease, through the formulation of the law of similar, Hahnemann placed before profession the solution, which nature has so kindly bestowed upon all of us. Nature has within it the fundamental, irrefutable law of similar and nature has in it the protean resources as drugs. Hahnemann perceived both fields, linked them, processed them, irrestigated them on rational and scientific basis and developed as salubrious system basis and developed a salubrious system of therapeutics, for the along humanity.

The ubiquitous source of Homoeopathic Materia Medica is Mother Nature itself and through the hands of man that phenomenon continues. The homoeopathic remedies are prepared from various sources. Even the substances which seem to be so inert in crude form come out strongest when potentized and form medicines of wonderful use. One such remedy is the great antipsoric of Dr. Hahnemann

- Lycopodium Clavatum. It is one of Hahnemann's precious gifts and one that exhibits and justifies his teachings in regard to potentization. It is monument to Hahnemann. Though classed among inert substances, this drug has wonderful medicinal properties, which can only be disclosed by trituration and succession. It holds a place of honour in Homoeopathic Pharmacopoeia. According to Dr. M.L. Tyler, "There is no disease acute or chronic where Lycopodium may not be the remedy – IN A LYCOPODIUM PATIENT." Dr. Clarke regarded it as one of the pivotal remedies in homoeopathy around which all the other remedies can be grouped. All these stalwarts are of bygone era. Now there are innumerable changes in the contemporary period with regards to one's lifestyle, psyche and above all the environment. Hence it becomes imperative to study and understand Lycopodium in every minute detail vis a vis contemporary period. It is also essential to evolve this great drug in a consequential manner. In order to understand the drug picture of Lyco, "A similitude is being drawn between the inert substance, the drug source and the personality of Lycopodium.

MATERIALS AND METHODS

1. TYPE OF STUDY:
 - a. Theoretical study-theoretical study of Lycopodium in Jaundice in children shall be studied in detail from various textbooks of Paediatrics, Journals and Homoeopathic Materia Medica.
 - b. Clinical study: Each patient will be studied by taking their case according to standard proforma.
2. CASES DEFINITION:

Cases included in study, will be diagnosed cases of Jaundice and prescription will be based on totality of symptoms.
3. STUDY DESIGN:
 - a. Selection of cases of Jaundice.
 - b. Lycopodium will be prescribed in indicated cases
 - c. Effects of Lycopodium will be studied.
4. SOURCES: Sources from own OPD and R.P. Chordiya Hospital, Chandwad.

Procurement and preservation of medicines, medicine will be brought from standard homoeopathic pharmacies, which prepare with

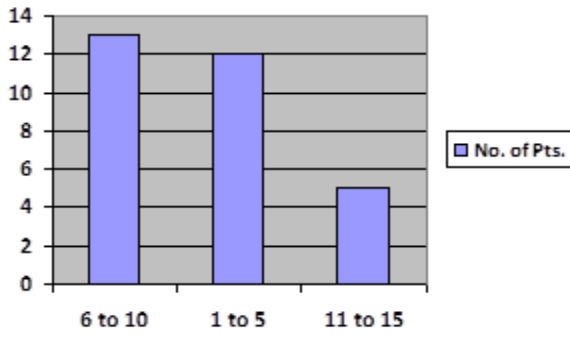
standard rules of IHP. Medicines will be kept away from strong sunlight and strong smell. It will be kept as homoeopathic laws and principles.

5. SELECTION OF REMEDY: The most similar remedy will be selected by taking into consideration the constitution, temperament and totality of symptoms as per principles of homoeopathy
 - Selection of potency and repetition will be done as per the case requirement and homoeopathic posology.
 - Doses: Doses used as per the case and second best remedy will be based as per dose.
 - Route of administration: Orally
 - Follow-up: Follow-up will be done according to case requirement.
6. INFORMATION OF REMEDY:

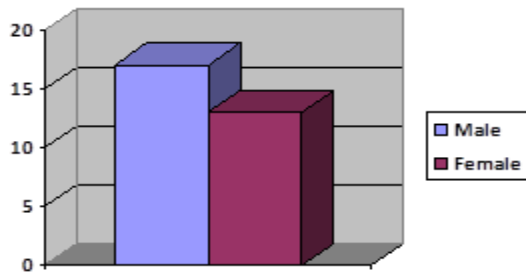
Phyllum- Tracheiphyta
Prover – Dr. Hahnemann
Lycopodium belongs to the series Cryptogamia, which includes ferns and mosses and propagates by means of minute bodies technically known as "spores". It is said to lie between mosses and ferns.
7. INCLUSION CRITERIA:
 - Patient suffering from Jaundice
 - Age: 01 to 12 years
 - From different socioeconomic status will be considered for the study
 - Diagnostic criteria are mainly based on clinical presentations, examination findings and investigation report
8. EXCLUSION CRITERIA: The chronic cases with gross pathological changes and complicated cases will not be included.
9. CRITERIA FOR ASSESSMENT:
 - Regular follow-up will be done
 - Each case will be evaluated which includes intensity of complaints before and after treatment, functional ability to do daily work etc.
 - Importance will be given to the general sense of patient's evaluation keeping in mind homoeopathic principles.

Observation and Analysis:

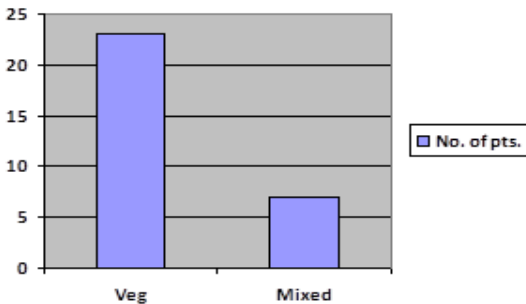
1. Distribution of cases in relation with age Incidence:



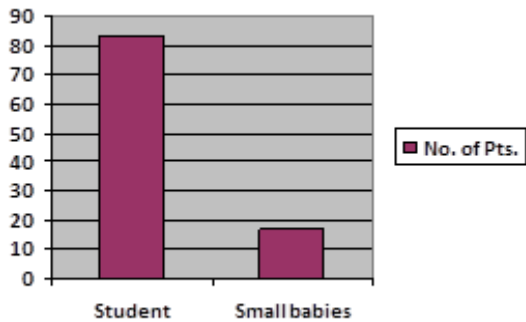
2. Sex Incidence



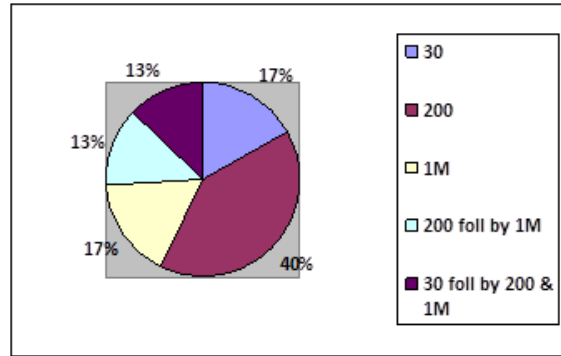
3. Distribution of cases in relation with type of diet



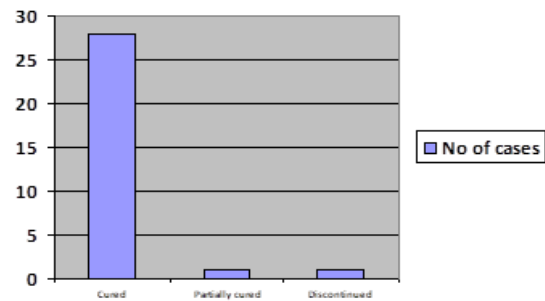
4. Distribution of cases in relation with type of Occupation



5. Distribution of cases in relation with Posology



6. Distribution of cases in relation with result of the treatment



DISCUSSION

Lycopodium clavatum, a prominent remedy in homeopathy, has garnered attention for its potential therapeutic benefits in various clinical conditions, including jaundice in children. This discussion delves into the properties of Lycopodium, its mechanism of action, its relevance in pediatric jaundice, and the implications for clinical practice. Lycopodium clavatum is derived from the clubmoss plant and is traditionally used in homeopathic practice for its reputed hepatoprotective and anti-inflammatory effects. Several studies suggest that its constituents may promote liver health by enhancing bile secretion and supporting detoxification processes. These properties are particularly significant in managing jaundice, where bilirubin metabolism is disrupted. The homeopathic principles underlying Lycopodium's efficacy suggest that it may stimulate the body's self-healing mechanisms. In the context of jaundice, Lycopodium may help restore normal liver function and improve biliary flow, thereby reducing bilirubin levels. Homeopathic remedies are often tailored to the

individual's symptoms, which aligns with the holistic approach of treating children with jaundice, where symptom patterns can vary widely. Jaundice in pediatric patients can stem from various etiologies, including neonatal jaundice, hemolytic disorders, and liver diseases. While conventional treatments, such as phototherapy, are widely used, they may not always suffice, especially in cases of persistent or severe jaundice. *Lycopodium clavatum* offers a complementary approach, potentially addressing underlying causes and alleviating symptoms when traditional therapies fall short. Case studies and anecdotal evidence highlight positive outcomes when *Lycopodium* is integrated into treatment regimens for jaundice. Patients often exhibit improvements in overall well-being, reduction in bilirubin levels, and enhanced liver function markers, suggesting a role for *Lycopodium* in clinical practice. One of the strengths of homeopathic remedies, including *Lycopodium*, is their generally favorable safety profile. Adverse effects are rare, making it a suitable option for sensitive populations such as children. However, clinicians should remain vigilant about the need for thorough assessments and monitoring, particularly when integrating homeopathic treatments with conventional care.

SUMMARY

The success of every Homeopath lies in his art of case taking. After a careful case taking, one can know the exact phase of disease i.e. acute or chronic. While treating conditions acute totality, pathology involved should be consider first. The prescription on the basis of acute totality gives fantastic results. Once case is improved then it must be followed by constitutional remedy. Thorough knowledge of materia medica, therapeutics, posology, susceptibility is very essential while making an acute prescription.

The aim basically was to promote basic knowledge on which *Lycopodium* is capable of cure of Jaundice in children.

Every possible source was referred to review the available material for treatment and cure of Jaundice in children.

30 different patients of Jaundice were considered to examine their response to *Lycopodium* in view of cure.

The constitution of the patient and any symptoms of ill health it may have, must be taken into account in the prescription.

1. The prevalence of Jaundice is more in male children 17(56.66%), than in female children 13(43.33%).
2. Through my study it has been conclude that the maximum incidence of Jaundice was in the age group of 6-10 years 13 (43%). The minimum incidence of age group is 10-15 years 5 (17%) & the medium incidence in the age group of 1-5 years 12 (40%). In the selected inclusion criteria.
3. A polychrest remedy *Lycopodium* was selected on symptom similarity works well in cure of the Jaundice in 28 (93%) cases.
4. Among the cases seen 25 (83%) were students and 05 (17%) were not taken admission in school up till now.
5. Among the cases seen 23 (77%) jaundices cases were of vegetarian diet and 07 (23%) were of mixed diet
6. Most of the patients presented with yellowish discoloration of skin and mucous membrane, heaviness in right side of abdomen, nausea, loss of appetite and decreased thirst
7. *Lycopodium* in high potency i.e. 200 was seen to be effective in majority of the cases i.e. 12 (40%) cases with repetition, then 30 and 1M potencies were found to be effective in 5 (17%) cases. And in remaining 4 (13%) cases 200 followed by 1M and 30 followed by 200 and 1M potencies were found effective.
8. The statistical scale used for the assessment of the effect of the treatment also showed significant improvement after treatment. Out of 30 patients more than half the number of cases that is 28 (94%) patients got tremendous improvement and 1 (3.33%) patient discontinued the treatment because of no significant improvement and 1 (3.33%) patient was partially cured.

The plan of treatment varies with the class of case. However keeping the Philosophy of homoeopathy in view, while prescribing for acute case Causative modalities, affected PHYSICAL GENERALS, must be consider first in the selection of the remedy.

The human body is a perfect machine made self-sufficient by the creator, it has hot computers to take decisions and chemical factories in the form of glands to produce chemicals etc. required for proper working of this machine. The human body has primarily two systems that are defensive and reparative. Homoeopathic medicines help in strengthening these both mechanisms. Every new case we get is a different puzzle to solve and that's the beauty and challenging part of homoeopathy. Homoeopathy cannot stand without the pillar of individualization and this was again confirmed through this small study. Homoeopathic medicines when given on the basis of symptom similarity and on the principle of individualization can soothe any discomfortable condition and give rapid, gentle and permanent restoration of health. Each is a unique individual, of unique heredity, of unique environment, of unique biochemical structure and unique mental background and so homoeopathic medicines are given on the tailor-made approach where as allopathic medicines are given on readymade approach and so homoeopathic medicines can meet the requirements of each unique individual properly. Homoeopathic medicines are better when prescribed on the basis of acute totality while treating acute cases. The observations made by physician and others play an important role in Homoeopathic prescribing.

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