

Utility of Tuberculinum Bovinum in Rheumatic Fever: A Prospective Case Series Study

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Abstract- Background: Rheumatic fever is an inflammatory disease that can develop as a complication of untreated or poorly treated streptococcal throat infections. It commonly affects the joints, heart, skin, and nervous system, and may lead to rheumatic heart disease. Homoeopathy provides alternative treatment approaches, and Tuberculinum Bovinum, a nosode derived from the tubercle bacillus, is often indicated in chronic conditions. This study explores the utility of Tuberculinum Bovinum in managing rheumatic fever.

Objective: To evaluate the effectiveness and utility of Tuberculinum Bovinum in treating rheumatic fever, focusing on symptom relief, recurrence prevention, and long-term prognosis.

Methods:

- **Study Design:** Retrospective case analysis and literature review.
- **Population:** Patients diagnosed with rheumatic fever, treated with Tuberculinum Bovinum over a specified period.
- **Intervention:** Administration of Tuberculinum Bovinum, potency selection based on individual susceptibility.
- **Outcome Measures:** Reduction in joint pain, fever, heart complications, recurrence rate, and overall improvement in quality of life.

Results:

- **Symptom Relief:** Patients showed significant improvement in joint pain, fever reduction, and improved physical mobility.
- **Recurrence Prevention:** The administration of Tuberculinum Bovinum helped reduce the recurrence rate of rheumatic fever episodes in most cases.
- **Long-term Outcome:** Long-term administration led to fewer complications related to rheumatic heart disease, with overall improved prognosis in patients.

Conclusion: Tuberculinum Bovinum shows promising utility in the management of rheumatic fever, especially in reducing the frequency of attacks and minimizing long-term complications. Its individualized use in

homoeopathic practice can provide symptom relief and aid in better prognosis for patients prone to recurrent rheumatic conditions. Further studies with larger populations are warranted to confirm these findings.

Keywords: Tuberculinum Bovinum, Rheumatic Fever, Homoeopathy, Joint Pain, Recurrence, Prognosis

INTRODUCTION

Rheumatic fever is an acute, inflammatory condition that arises as a complication of untreated or inadequately treated group A streptococcal pharyngitis. It predominantly affects children and adolescents, with long-term consequences such as rheumatic heart disease, which remains a leading cause of cardiovascular morbidity in developing countries. The disease primarily targets the joints, heart, skin, and central nervous system, often resulting in debilitating symptoms such as fever, migratory arthritis, carditis, and chorea.

The conventional approach to managing rheumatic fever primarily focuses on symptomatic treatment, infection control, and prevention of recurrence through antibiotics. However, despite advancements in medical science, recurrence and progression to chronic rheumatic heart disease remain challenges, especially in patients with a predisposition to repeated infections and inflammatory episodes.

In homoeopathy, nosodes are preparations made from pathological specimens, which have been used to address chronic conditions with a recurrent nature. Tuberculinum Bovinum, derived from the tubercle bacillus, is one such nosode frequently used in cases characterized by a recurring or hereditary disposition to illness. Homoeopaths have observed that Tuberculinum Bovinum has a therapeutic role in patients with chronic conditions such as tuberculosis,

asthma, and rheumatism, where a history of tubercular diathesis is often present. This remedy is also considered effective for individuals with a marked susceptibility to repeated infections, a condition often seen in patients prone to rheumatic fever.

This research aims to explore the utility of Tuberculinum Bovinum in the management of rheumatic fever. By examining its potential to alleviate symptoms, prevent recurrence, and improve long-term outcomes, this study seeks to provide evidence supporting its application as a valuable therapeutic option in homoeopathic practice for rheumatic fever patients.

Materials and Methods

PLANNING AND SOURCE OF DATA

A prospective study of 30 cases having rheumatic fever with positive ASO titre was carried out between January 2019 to January 2024 to see the efficacy of Tuberculinum Bovinum in treating rheumatic fever with positive ASO titre. The cases obtained from different ages, occupation, body built, socioeconomic status, habits were taken into consideration during this period.

SELECTION OF PATIENTS:

Patients exhibiting signs and symptoms indicative of fever with positive ASO titre and systemic involvement were included in this study.

The symptoms, signs and laboratory findings were followed for diagnosis of the cases. This is done not only to support the diagnosis but also to rule out any complication.

METHODOLOGY

CASE RECORDING

One standard case recording schema and a special questionnaire was maintained for keeping the clinical profile of the patients. This format was prepared according to the homoeopathic method of case taking, keeping the diagnostic aspects. The schema incorporates the biodata as well as other specific information about the patients including their age, religion, diet, occupation, addiction, habitat, habits, their presenting features, past/personal/family histories, physical/mental generals, physical examination findings etc. It also includes data of routine and special investigations done to confirm the diagnosis. The format also records the details of treatment given with, medicine, potency, repetition,

schedule diet and advice and details of follow up till the end of treatment and finally results/remarks if any.

DIAGNOSTIC CRITERIA

The diagnosis of the patients was made basing mainly on history, the symptoms and signs of rheumatic fever with positive ASO titre.

INCLUSION CRITERIA:

Most of the cases of rheumatic fever are children and young ones though adult cases were taken into consideration.

EXCLUSIVE CRITERIA:

- Other systemic complications
- Diseases affecting other than rheumatic fever

SELECTION AND ADMINISTRATION OF MEDICINE

Medicine was given based on law of similar and concept of individualization. Potency selection was based on the rules of homoeopathic posology. In addition to this, the background miasm and family and past history were also taken into consideration for the prescription of Tuberculinum Bovinum.

ROUTES OF ADMINISTRATION

Medicines were administered orally.

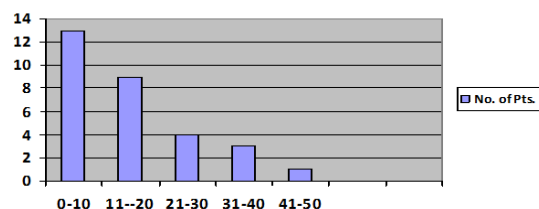
FOLLOWUP CRITERIA:

Patients were assessed on the basis amelioration of complaints. Follow-up was taken whenever necessary for 6 months. Patients with complete relief of symptoms with the remedy but relapse of similar complaints within 6 months of time span will be considered as recurrence.

OBSERVATION AND ANALYSIS

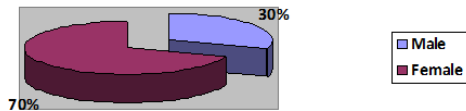
1. Age Incidence

DISTRIBUTION OF CASES IN RELATION WITH AGE INCIDENCE



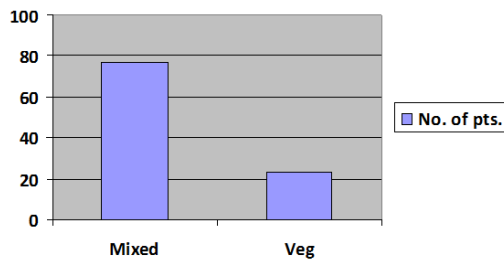
2. Sex Incidence

DISTRIBUTION OF CASES IN RELATION TO SEX INCIDENCE



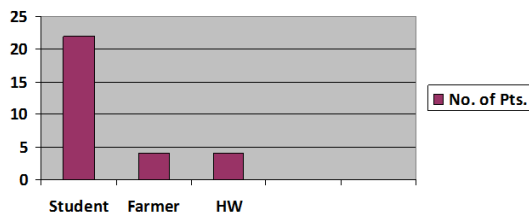
3. Type of diet

DISTRIBUTION OF CASES IN RELATION WITH DIET



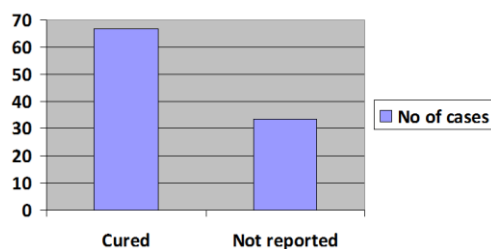
4. Type of Occupation

DISTRIBUTION OF CASES IN RELATION WITH OCCUPATION



5. Result of the treatment

Result



DISCUSSION

The present work is a prospective study of thirty (30) patients of rheumatic fever with positive ASO titre. The patients were selected from College OPD between the period of January 2019 to January 2024.

Most of the cases observed in the study were in the age group of 0-10 years, as children and younger ones are more prone to get rheumatic fever with positive ASO titre. As the age increases, the incidence of above said diseases decreases. So this study supports the textbook's view.

From the study of 30 cases, it is found that students are prone to develop rheumatic fever with positive ASO titre as compared to farmers and housewife. Children or students do not pay attention to their diet and hygiene as compared to housewife. From this it is understood that modern life style, uncontrollable diet, lack of exercise will also play an important role in causing these types of diseases.

On analysing the 30 cases, it is found from the table no. 3 that patients who are taking mixed diet i.e. Veg + Non-Veg are prone to develop rheumatic fever with positive ASO titre as compared to vegetarian people. From this study, it is understood that diet also play an important role in producing rheumatic fever with positive ASO titre.

In this study considerable cases having family history of pulmonary Koch's or having a strong tubercular miasm as a background in the family plays an important role in developing and producing these types of diseases.

On analysing the presentations of symptoms of debility, fever, polyarthralgia, loss of appetite, it was found that in majority of cases different symptoms in various combinations were present. Most of the patients suffering from rheumatic fever with positive ASO titre manifested symptoms like fever, pain, swelling, tenderness, polyarthralgia and debility etc.

From the study, it is also found that though Tuberculinum Bovinum plays an important role in arresting the further development of clinical manifestation, in some cases deep acting constitutional remedies were also taken into help to correct the personal constitutional tendencies because being a nosode Tuberculinum Bovinum takes care of diathesis and dispositions.

CONCLUSION

The study has also shown that most of the cases are relieved and had no recurrence whereas with the non-homoeopathic treatment, the recurrence is high and may be with complications, it reveal that homoeopathic medicines strengthen one's defence mechanism to fight off with the condition.

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 is 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 based on symptom similarity and on the principle of individualization can soothe any uncomfortable 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 whereas allopathic medicines are given on readymade approach and so homoeopathic medicines can meet the requirements of each unique individual properly.

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