

Verification of Effectiveness of Homeopathic Medicine in Managing Patients of Urticaria

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Abstract—Urticaria is an inflammatory skin disorder that affects up to 20% of the world's population at some point during their life. It presents with wheals, angioedema, or both due to activation and degranulation of skin mast cells and the release of histamine and other mediators.^[1]

Skin diseases have been earnestly treated by Homeopathic medications for a long time with good results. Applying the vital principles of Homeopathy and a holistic approach to skin diseases has given wonderful results. This also entails the patient maintaining the dosage and repetition schedule. A clear understanding of the cause of the disease helps the physician to be aware of the obstacles to cure the patient.^[1]

According to NCBI, 0.5–1% of the general population is affected by chronic spontaneous urticaria, which peaks between 20 and 40. In India, up to 1% of the population suffers from chronic urticaria, and all age groups are affected.^[1]

Index Terms—Urticaria, homeopathy, methodology, aims, objectives, observation and results

AIM: To Manage Patients of Urticaria Using Homeopathic Medicines Selected Using Synthesis Repertory (9.1)

OBJECTIVES

To Manage Patients of Urticaria Due To Any Cause Using Homeopathic Medicine.

To Explore Utility of Synthesis Repertory (9.1) in Treating Cases of Urticaria.

To Decrease the Effects of Various Triggering Factors of Urticaria on the patients.

I. INTRODUCTION

Skin is an organ on which we all take greater or lesser pride, the one that receives the greatest amount of attention, the one for which more pains are taken to beautify and is adored than all others

and this is the one in which any change is readily noticed and hence a relief is most promptly sought.

Urticaria is a hypersensitivity reaction caused by either an external or an internal cause. The signs and symptoms sometimes annoy the patient to a greater extent and lead to both mental and physical disturbance. Another aspect to be taken into consideration is that these symptoms will have an effect on the psychic aspect of the patient. Since the manifestations are external, people are in a hurry to conceal the disease and hence go in for topical applications that take the disease further deep into the body.

Skin diseases should not be considered as local diseases. The use of external applications should be strictly avoided. These diseases should be regarded as the ones resulting from internal derangement of vital force and disharmony and they should be treated with internal medicine. Urticaria is an inflammatory skin disorder that affects up to 20% of the world's population at some point during their life. It presents with wheals, angioedema, or both due to activation and degranulation of skin mast cells and the release of histamine and other mediators.^[1]

Applying the vital principles of Homeopathy and a holistic approach to skin diseases has given wonderful results. This also entails the patient maintaining the dosage and repetition schedule. A clear understanding of the cause of the disease helps the physician to be aware of the obstacles to cure the patient. [1]

II. MATERIALS AND METHODOLOGY

STUDY SETTINGS

Patients will be chosen from the Outpatient Departments (OPDs), Peripheral OPDs, and organized

camps conducted by "Sainath Homoeopathic Hospital" affiliated with Rajkot Homoeopathic Medical College

STUDY DURATION: The study will last for 9 months. First-time screening, case-taking, and

processing registration will occur within 6-7 months of starting the research.

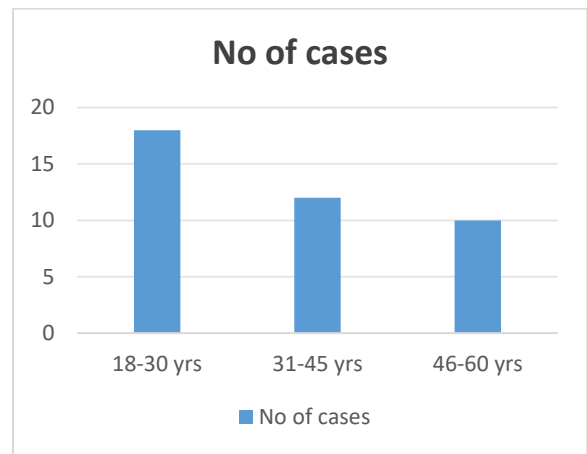
An average of 2-3 follow-ups, spaced 7 days apart per individual case, will be conducted.

Diagnostic evaluation

DATE	WHEAL – (0-3)	PRURITUS – (0-3)	TOTAL UAS – (0-6)	REMARKS / OBSERVATIONS
BASELINE (DAY 0)				
FOLLOW-UP DAY 7				
FOLLOW-UP DAY 17				
FOLLOW-UP DAY 30				

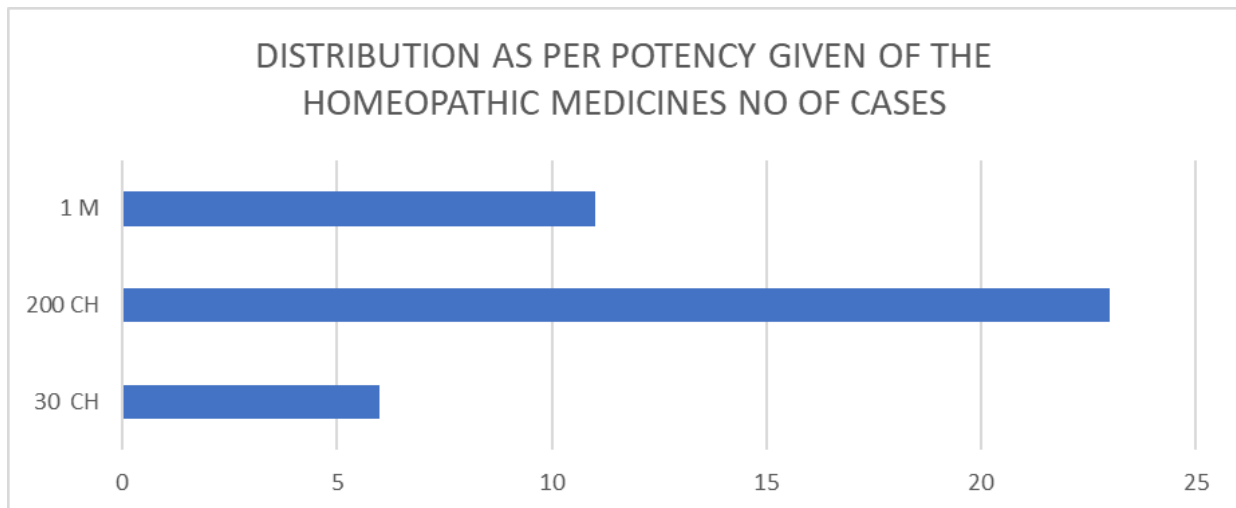
OBSERVATION
DISTRIBUTION AS PER AGE GROUPS

Age Group	No of cases	Percentage
18-30 yrs	18	45
31-45 yrs	12	30
46-60 yrs	10	25
total	40	100



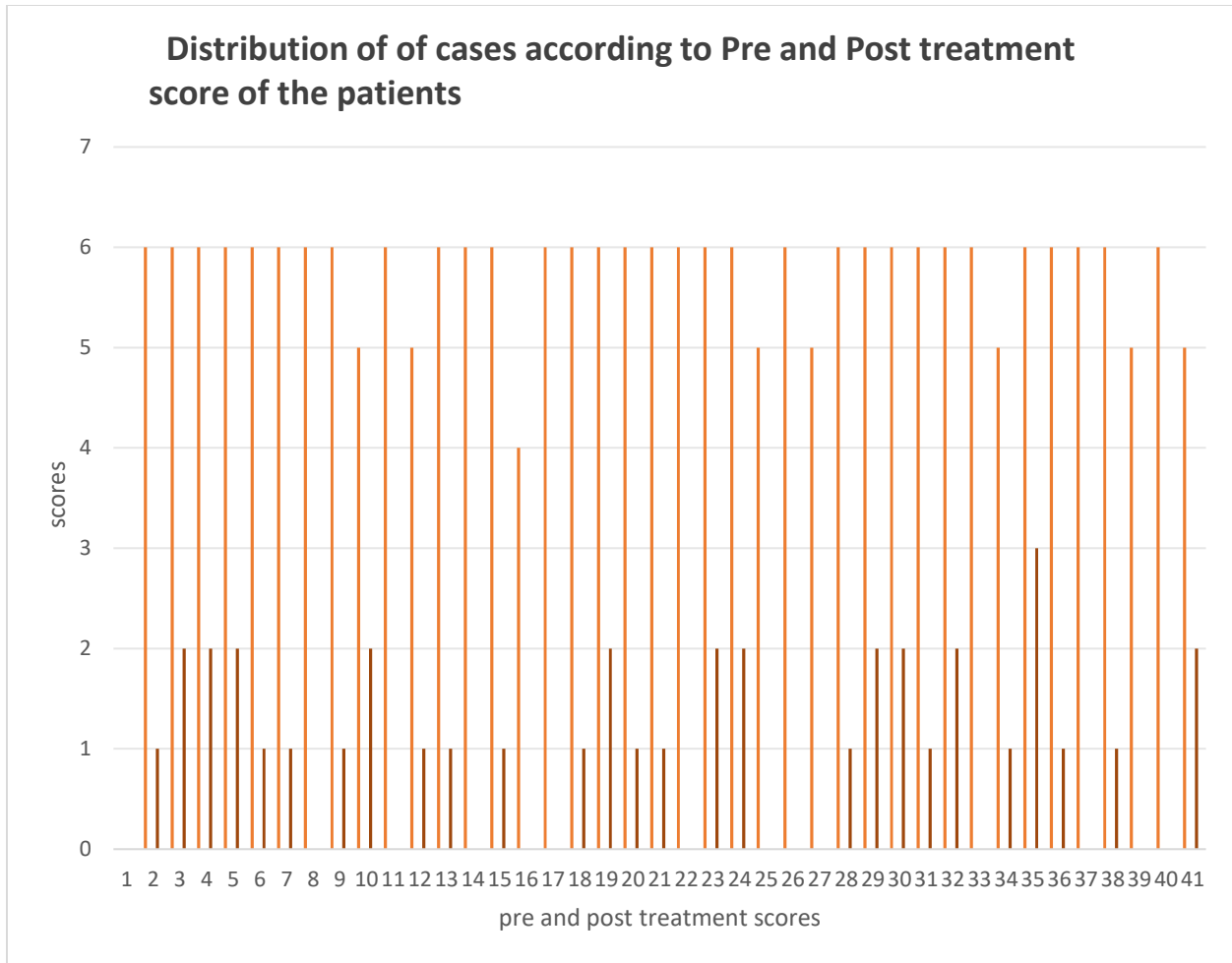
DISTRIBUTION AS PER POTENCY GIVEN OF THE HOMEOPATHIC MEDICINES

POTENCY USED	NO OF CASES
30 CH	6
200 CH	23
1 M	11
TOTAL	40



Distribution of of cases according to Pre and Post treatment score of the patients

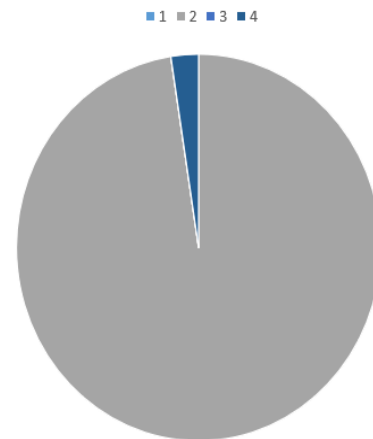
Sr no	Pretreatment score	Post treatment score	Difference
1	6	1	5
2	6	2	4
3	6	2	4
4	6	2	4
5	6	1	5
6	6	1	5
7	6	0	6
8	6	1	5
9	5	2	3
10	6	0	6
11	5	1	4
12	6	1	5
13	6	0	6
14	6	1	5
15	4	0	4
16	6	0	6
17	6	1	5
18	6	2	4
19	6	1	5
20	6	1	5
21	6	0	6
22	6	2	4
23	6	2	4
24	5	0	5
25	6	0	6
26	5	0	5
27	6	1	5
28	6	2	4
29	6	2	4
30	6	1	5
31	6	2	4
32	6	0	6
33	5	1	4
34	6	3	3
35	6	1	5
36	6	0	6
37	6	1	5
38	5	0	5
39	6	0	6
40	5	2	3



Distribution of cases according to Result Obtained

Results	No Of Cases	Percentage
Significant improvement	38	95%
Mild improvement	2	5%
No improvement	0	0%
Total	40	100%

Distribution of cases according to Result Obtained



STATISTICAL ANALYSIS

Paired t test was done in Microsoft Excel using the Pre and Post Treatment Score.

ANALYSIS OF DATA:

To study the role of synthesis repertory by Dr.Frederik Schroyens- edition 9.1in cases of urticaria

RESEARCH QUESTION –

Whether patients of urticaria will get beneficial results after prescribing homoeopathic medicines with use of essential synthesis repertory by Dr.Frederik Schroyens?

HYPOTHESIS –

□ Null Hypothesis –

- There will be no improvement after prescribing homoeopathic medicines.
 - Here, we have to test null hypothesis in the study.
 - Null hypothesis: H_0
 - H_0 means $d = \mu_1 - \mu_2 = 0$
 - $d =$ difference
 - $\mu_1 =$ pre-treatment
 - $\mu_2 =$ post treatment
- above the formula suggests that there is no difference between the pre-treatment score and post-treatment score.

So, the null hypothesis is accepted.

Alternate Hypothesis –

- There will be improvement after prescribing homoeopathic medicines.
- H_1 means $d = \mu_1 - \mu_2 \neq 0$
- Here, there may be two possibilities
- $d = \mu_1 > \mu_2$
- $d = \mu_1$

Sample size:
 $n = 40$

Mean Difference
 $d_i -$ difference

$$\bar{d} = \frac{\sum d_i}{n} = \frac{\sum d_i}{n} \quad \bar{d} = \frac{\sum d_i}{n}$$

From data:

$$\bar{d} = 4.825 \quad \bar{d} = 4.825 \quad \bar{d} = 4.825$$

Standard Deviation of Differences

$$s_d = \sqrt{\frac{\sum (d_i - \bar{d})^2}{n-1}}$$

From data:

$$s_d = 0.844$$

Standard Error of the Mean Difference

$$SE = \frac{s_d}{\sqrt{n}} = \frac{0.844}{\sqrt{40}} = 0.133$$

t-statistic

$$T = \frac{\bar{d}}{SE} = \frac{4.825}{0.133} \approx 36.16$$

Degrees of Freedom

$$df = n - 1 = 40 - 1 = 39$$

Paired Samples Test	Mean Difference	Std. Deviation	Std. Error Mean	95% CI Lower	95% CI Upper	t	df	p-value (2-tailed)
Column 1 vs Column 2	4.825	0.844	0.133	4.555	5.095	36.16	39	1.3×10^{-31}

Since the calculated value 36.16 is greater than the table value 5%? And 1%
Hence the null hypothesis is rejected.

III. DISCUSSION

The study was conducted on 40 patients with the complaint of Urticaria. During this Study, I found different causative factors for Urticaria as well as explored the different rubrics mentioned in different repertories. This Study has given me the opportunity to get knowledge about how our Homoeopathic Medicines work uniquely and improve tendencies and a deep study into role of our repertories in treatment of the cases of urticaria.

Based on observations and results of the study - following discussion points arise.

Observation-1

As shown in Table no. 1, out of 40 selected cases, 18 cases are of 18-30 Years of age group, 12 cases are of 31-45 Years of age group, 10 cases are of 45-60 Years of age group.

Observation -2

As Shown in Table no. 2, out of 40 cases, 20 cases were of male and 20 were of female

Observation-3

As Shown in Table no. 3, there were more improvements in cases with remedies prescribed in 200 potencies.

No of cases given 30 c were 6, cases given remedy in 200 c were 23, and in 11 cases remedies were prescribed in 1M potency

Observation-4

The various remedies found to prescribed in cases of urticaria are as follows as

in table no 4;

Arsenicum Album -3, Antimonium Crudum -1, Apis mel -2, Bryonia Alba -2

Calcarea carb -2, Copaiva -2, Dulcamara-2, Kali Phos -1, Merc sol-1, Nat mur -4

Phosphorus -1, Psorinum -1, Pulsatilla -4, Rhus tox -2, Sepia -5, Staphy -1

Sulphur -3, Urtica Urens -3.

Observation-5

As Shown in Table no.5, out of 40 cases, in 13 cases the post treatment score came zero,

in 16 cases the post treatment score came one, in 10 cases the post treatment score came two, in 1 case the post treatment score came three, Observation - 6
As shown in table no. 7 out of 40 cases, 38 (95%) cases from Significant improvement, 2 cases (5%) from

Mild Improvement, 0 cases (0%) from No Improvement.
I found that maximum no. of cases showed improvement and minimum cases belonged to mild improvement. As in statistical analysis, calculated

Paired Samples Test	Mean Difference	Std. Deviation	Std. Error Mean	95% CI Lower	95% CI Upper	t	df	p-value (2-tailed)
Column 1 vs Column 2	4.825	0.844	0.133	4.555	5.095	36.16	39	1.3×10^{-31}

hence we reject the null hypothesis. This means there is a significant association between the potency of the medicine and the treatment outcomes.

IV. SUMMARY AND CONCLUSION

I prescribed Homoeopathic medicine in different potency to the patients as per applicability, after symptom similarity, their susceptibility at mental as well as physical plane. All the cases were analysed according to their score under different tables.

From observation 1, it can be concluded that, out of 40 selected cases, maximum cases were from 18 - 30 years of age.

From observation2, it can be concluded that, out of 40 selected cases, there is equal ratio of affected males and females.

From observation 3-it is concluded that 1 M and 200 potency remedies have found to be more effective in such cases.

From observation 4 - it can be concluded that there were different individual medicines prescribed as per the symptom similarity, there were no fixed medicines for this condition.

From Observation 5, it can be concluded that maximum number of patients had post treatment score zero and subsequently post treatment scores as one, two, three, in few numbers of cases.

From observation 6 it can be concluded that maximum patients showed significant improvement and minimum cases belonged to the group of mild improvement. The Paired t test value after statistical analysis concludes that Homoeopathic medicines in 200 CH potency is more effective in cases of Urticaria. This projects thus signifies, justifies and advocates the use of Homoeopathy for addressing the urticaria and is suggestive of the changes which needs to be brought to oneself, society for the care of family member and the care they needs.

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