



EFFECTIVENESS OF HOMOEOPATHIC CONSTITUTIONAL PRESCRIBING IN IRRITABLE BOWEL SYNDROME

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ABSTRACT

The use of homoeopathic constitutional medicine was done to evaluate its effectiveness in the patients of Irritable Bowel Syndrome. This clinical study was conducted to see the extent to which constitutional medicine can be used in treating the symptoms of Irritable Bowel Syndrome patients.

KEYWORDS : IBS, IBS-SSS assessment, Homoeopathic Constitutional medicine

Background and Objectives:-

As irritable bowel syndrome are very common problems, with increasing number of patients day by day due to stress and psychological factors. Constitutional prescribing can be of great and immense scope. The study aimed to evaluate the effectiveness of the homoeopathic constitutional medicine in treating IBS. The study was a non randomized study comprising of 30 patients of IBS. The IBS patients were evaluated for their symptom severity by IBS-SSS assessment questionnaire at each follow-up of the patients in order to assess the symptom severity. The data collected was analyzed by statistic tool ANOVA test with the help of the graph Pad Prism 8.0.2.

Results:-

The various constitutional remedies helped to improve the HRQOL of the patients. It has beneficial effects and also gives relief to the level of their Symptoms, Emotional as well as Social and Physical conditions of the patients

Conclusion:-

The study concluded that homoeopathic constitutional medicine is very much effective in treating the patients of IBS. Abbreviations:- IBS (Irritable Bowel Syndrome), IBS-SSS (Irritable Bowel Syndrome-Symptom Severity Score)

I. INTRODUCTION

Irritable bowel syndrome (IBS) is the most common functional gastrointestinal (GI) disorder with worldwide prevalence rates ranging generally in the area of 10–15%. Approximately 20 to 40% of all visits to gastroenterologists are due to IBS symptoms. The impact of IBS can range from mild inconvenience to severe debilitation. It can control many aspects of a person's emotional, social and professional life.

Persons with moderate to severe IBS must struggle with symptoms that often impair their physical, emotional, economic, educational and social well-being. IBS is unpredictable. Symptoms vary and are sometimes contradictory. Diarrhea can alternate with constipation. Long-term symptoms can disrupt personal and professional activities, and limit individual potential.

IBS comes under psychosomatic diseases and in chronic disease in Hahnemann's Organon of Medicine (6th edition). Dr. Hahnemann mentions it in his aphorisms 5,7,2,73,78,79,80,81,82,83. Dr. Hahnemann talks about the various maintaining cause, fundamental causes of disease.

Dr. Hahnemann also speaks of the chronic diseases which evolved from the miasms namely Psora, Sycosis & Syphilis.

Dr. Samuel Hahnemann has introduced the word Constitution in his Organon of Medicine in aphorism 5. "CONSTITUTION", came from the Latin word 'CONSTITUERE' or 'CONSTITUTE'.

Constitution represents a person as whole & his hereditary plan of organisation as determined by the genes. It represents the end result of the influence of the environment on hereditary characteristics. As IBS are very common problems, with increasing number of patients day by day due to stress and psychological factors thus constitutional prescribing can be immense scope.

II. Materials and Methods:-

Case Definition:- Patients presenting with symptoms of Irritable Bowel Syndrome were treated with homoeopathic constitutional medicine in the age group of 18 to 55 years in both sexes with a given consent form were taken up in this study.

Study setup:- The clinical study was approved by the Ethical Committee of Bharati Vidyapeeth Deemed To Be University, Pune. Patients presenting complaints of IBS were enrolled at Bharati Vidyapeeth Homoeopathic Hospital, Pune India.

Subjects:- 30 cases of IBS with a written consent form were enrolled in this clinical study.

Inclusion Criteria:-

- All the patients who fulfilled case definition.
- All the patients who presented with functional Irritable Bowel Syndrome.
- All patients who fulfilled ROME III criteria of diagnosis were included.
- Patients of both sexes in the age group of 18-55 yrs.
- Patient who provided the written consent form.

Exclusion Criteria:-

- The patients who did not fulfill the case definition.
- Patients who required emergency medical intervention and systemic disease with complication.
- Advanced pathology of GIT like CA, Intestinal obstruction, Crohn's disease, Volvulus, Intussusceptions, GIT polyp and surgical cases were not included in the study.
- Patients without written consent.
- Pregnant Female patients and Lactating female patients were excluded.

Duration:- 12 to 18 months

Study Procedure:-

30 patients of IBS were enrolled for receiving homoeopathic

constitutional medicine. Homoeopathic medicine was prescribed in 30CH, 200CH, 1M potencies according to the susceptibility of each individual patients. Placebo was also given in between the treatment according to the severity of the symptoms of the patient. Regular follow ups of the patient was taken every 10-15 days for all the 30 patients.

II. Questionnaire:-

IBS-SSS assessment score was used to evaluate the symptom severity of the patients of IBS. The IBS-SSS assessment score includes score from 0-30. The score helped to classify the severity of IBS with 7-17 being mild form of IBS, 17-30 being moderate and more than 30 score indicated severe form of IBS. This assessment was done at each and every visit of the patient for upto 5 to 7 visits of the patient. The assessment done indicated the HRQOL of the patients suffering from IBS.

Statistical Analysis:-

The data was statistically analyzed by ANOVA test with the help of IBS-SSS assessment taking each follow up score into due consideration.

III. RESULTS

The 30 cases included 15 males and 15 females. IBS is common in both females as well as males. The Constitutional remedies included Phosphorus, Arsenic Album, Nux Vomica, Sulphur and many such remedies. This study found that the occurrence of IBS is more in the age group of 21-30 years with mean age of the study group being 35.66.

Age Distribution:-

AGE	STUDY GROUP
Mean Age	35.66
Upto 20	2
21-30	11
31-40	5
41-50	8
Above 50	4

IV. Statistical Analysis:-

Statistical analysis was done with the help of Graph Pad Prism 8.0.2 and the p value was calculated to be 0.0001 by using the IBS-SSS assessment scale at each follow up by using ANOVA test.

V. Discussion:-

The conclusion drawn from the study was that IBS-SSS assessment tool is a highly effective tool to check the severity of the patients suffering from IBS. The study benefits to find the HRQOL of the patients suffering from IBS. The constitutional remedies were highly effective in treating the patients physical as well as the mental symptoms. The IBS-SSS determines the pain and frequency of the symptoms and gave a great insight on the patients sufferings. The ANOVA test used with the help of graph pad prism 8.0.2 statistically helped to determine that the study was significant.

The homoeopathic constitutional medicine was given on the basis of the patients individual susceptibility, miasmatic background and the cause of the disease.

VI. Conclusion:-

This study concludes that homoeopathic constitutional medicine is highly effective in not only treating the physical symptoms of IBS but also helped in giving relief to the patients mental complaints and thus help in the betterment of the individual.

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