



STUDY OF MECHANISM OF ANALGESIC ACTION OF HOMOEOPATHIC MEDICINE IN HOMOEOPATHIC CLINICAL PRACTICE

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ABSTRACT

The present study summarizes potential homoeopathic modulators of those routine analgesic targets for which substances have reached at least the clinical development in individual practice. This avoids an inflated set of all possible targets that have not yet left basic research and their cardinal implementations are not yet acute. A complete set of all targets of analgesics that are presently considered as promising can, therefore, be found elsewhere. Several new (homoeopathic) analgesics will soon increase the choice of targets addressed for control of pain as based on homoeopathic drug proving. This broader selection of analgesics (similar homoeopathic medicines) targets and individual modulators may increase the clinical utility of homoeopathic medicinal information in pain treatment, which so far with mainly similimum related proposed applications is modest. The already considerable specific knowledge of functional variants, summarized here, may allow for specific hypothesis testing and help improving the statistical power of association studies that without a narrow selection of candidate variants would require large sample. Greater benefits of individualizing on the basis of totality of symptoms in pain therapy could be seen in the opportunity to choose the individual optimum homoeopathic analgesic before the start of cure. The chances for similimum based individualized pain therapy increase with an increasing number of targets. However, the challenge remains to compile this into clinically feasible guidance to treatment that provides additive value to healing decisions made without biological information.

KEYWORDS : similimum, analgesic, homoeopathy, pain, Pathophysiological response, individualization.

INTRODUCTION

Homoeopathy, an approach to treatment introduced by Hahnemann, is widely used in daily medical practice^{1,2}. It is based on preparations of substances whose effect is intended to correspond to the clinical manifestations of the diseases. Homoeopathy is based on two principles³: that the administration of the active element at higher concentrations causes the clinical signs of the disease and the homoeopathic treatment retains its biological activity after dilution, even if after successive dilutions the probability of the presence of any active molecule is very low⁴. You know it at once. It may be the fiery sensation of a burn movements after your finger touches the stove^{5,6}. or it's a dull ache above your brow after a day of stress and tension^{7,8,9}. Or you may recognize it as a sharp pierce in your back after you lift something heavy¹⁰ it is pain. In its most benign form, it warns us that something isn't quite right, that we should take medicine or see a doctor. At its worst, however, pain robs us of our productivity, our well-being, and, for many of us suffering from extended illness, our very lives. Pain is a complex perception that differs enormously among individual patients¹¹, even those who appear to have identical injuries or illnesses.

In 1931, the French medical missionary Dr. Albert Schweitzer wrote, "Pain is more terrible lord of a mankind than even death itself. "Today, pain has become the universal disorder, a serious and costly public health issue, and a challenge for family, friends, and health care providers who must give support to the individuals suffering from the physical as well as the emotional consequences of pain^{12,13}.

Inflammation is a pathophysiological response of living tissue to injury that leads to local accumulation of plasmatic fluid and blood cells. Although it is a defense mechanism that helps body to protect it against infection, burns, toxic

chemicals, allergens or other noxious stimuli, the complex events and mediators involved in the inflammatory reaction can induce, maintain or aggravate many diseases¹⁴. Pain has been defined by international association for the study of pain (IASP) as an unpleasant sensory and emotional experience associated with actual or potential tissue damage. Failure to relieve pain is morally and ethically unacceptable. Due to having adverse side effects, like gastric lesions, caused by NSAIDs and tolerances and dependence induced by opiates, the use of these drugs as analgesic agents have not been successful in all the cases. Therefore, analgesic drugs lacking these effects are being searched all over the world as alternatives to NSAIDs and opiates. During this process, the investigation of the efficacy of plant-based drugs used in the traditional medicine have been paid great attention because they are cheap, have little side effects and according to WHO still about 80% of the world population rely mainly on plant based drugs¹⁸.

On the contrary many medicines of a plant origin had been used since ages without any adverse effect. It is therefore essential that efforts should be made to introduce new medicinal plants to develop more effective and cheaper drugs¹⁹. Plants represent a large natural source of useful compounds that might serve as lead for the development of novel drugs²⁴. Pain is a sensorial modality which in many cases represents the only symptom for the diagnosis of several diseases. It often has a protective function. Throughout history man has used many different forms of therapy for the relief of pain, among them; medicinal herbs are highlighted due to their wide popular use. An example is Papaver somniferous from which morphine was isolated. It is regarded as the prototype of opiate analgesic drugs. In the relief of pain, opiates are generally considered to act on the central nervous system exercising their effects through three opioid receptors

(k), such drugs are especially important for the treatment of chronic pain. Although Morphine has reigned for centuries as the king of pain killers, its rule hasn't been totally benign. There are concerns about its addictive properties and side effects²², which include respiratory depression, drowsiness, decreased gastrointestinal motility, nausea and several alterations of the endocrine and autonomic nervous systems. The question of whether the infinitesimally diluted substances used in homeopathy really exert biological activity is of considerable interest and importance and involves scientific, economic^{4,5}, and medical aspects. A meta-analysis in the BMJ in 1991 of 107 controlled clinical trials of homeopathy included that evidence of the efficacy of homeopathy in humans is positive but not sufficient to draw definite conclusions. Classic based on individualized treatment with a single drug selected according to the signs and symptom of the patient¹⁰.

METHODOLOGY: (MATERIAL AND METHODS)

a)theoretical Study: -

Study of mechanism of analgesic action of homeopathic medicine was done in detail from various books of Homoeopathic pharmacy, Homoeopathic philosophy, Materia medica and clinical records and verifications published in various journals and clinical Trials etc.

b) Clinical Study: -

30 cases were studied. The case taking done by using Standard case taking Performa as per Homoeopathic principals.

c)Case Definition: -

Mechanism is equal to characteristic unique peculiar intensifying symptom or symptoms pertaining to pain which individualize the given case.

d)Study Design: -

Minimum 30 cases satisfying the case definition & inclusion &exclusion criteria have been studied.

e) Sampling Procedures: -

Cases as per the case definition were selected from multiple centers &Bharati Vidyapeeth Homoeopathic Hospital Pune OPD & IPD at random

f) Selection Of Drug & Remedy: -

After detailed case taking &physical examination as per the format most similar remedy was administered in different potencies which are based up on severity of disease. All the patients have been provided medicines on strict individualization, in minimum dose along with placebo wherever necessary.

g)Dose & Strength Of The Drug (posology): -

The drug was administered in various potencies on the basis of low of Homoeopathic posology. The Dose will be varying patient to patient as per case.

h)Drug Preparation: -

Drug prepared according to the Homoeopathic pharmacopoeia of India, 1974.

i)Drug Administration: -

Administered through an oral route in liquid or pills

j)Storage: -

Drug acquired from standard pharmacy and drug will be store as per the rules of Homoeopathic pharmacopoeia.

k)Declaration: -

It is declared that the drug in study is not harmful to human being.

l)Clinical Protocol: -

1. The ethical committee approval taken.
- 2.Data was collected by proper method & will be processed in a standardized format with the following aspects.
3. The research project sanctioned by" Ethical committee ".
4. Patients were selected on basis of case definition.
- 5.Details of the research work was explained to the patient & their consent will be taken.
- 6.Nosological diagnosis of the case was performed with adequate investigations.

7.Patient were followed at minimum 15 days as per the case.

8.Record of all the cases in detail as per the standard Performa is maintained with follows ups.

9.Patient were asked to report in emergency.

m) Inclusion Criteria: -

In cases of medical, surgical, dynamic, adynamic, pediatric, geriatric, gynecological, Acute, Chronic & infectious diseases etc.

n) Exclusion Criteria: -

In cases of pregnancy, critical ill patients, in lactation, obstetrics, malignancies, HIV, Diabetics, Malaria, Childhood diarrhea etc.

o) Problem Definition & Resolution: -

1.Diagnosis - Clinical guidance of senior homoeopath or teacher, practitioner or physician from allied sciences have been taken. Investigations will be done at standard laboratories.

2.Patients as a person- Detailed case taken as per the Performa prepared.

3.Symptomatic picture was derived accordingly.

I. Patient were identified in correct group.

II. Data utilized for the selection of the patient.

III. Treatment was as follows - - Homoeopathic treatment.

-Proper diet & regimen.

-Auxiliary line of treatment.

p) Follow up criteria: -

All the patients were duly followed & details of the symptomatic, clinical, investigative changes were recorded & prognosis was studied along with appearance of new & medicinal symptoms. Duration of the follow up differed patient to patient as per the patient's condition.

Standard follow up was prepared by given details. follow up will be based on Homoeopathic principle. In case emergencies patients were asked to report as and necessary.

***NRS was used to access the patient as well as medicinal response clinically

Pain Assessment Tool Guidelines for use: Numeric Pain Scale

No Pain -----Worst Pain
0 1 2 3 4 5 6 7 8 9 10

Instructions for use: -

The numerical rating scale (NRS) is perhaps the most common pain assessment tool used. it is important to recognize this an 11- point scale (0-10 not 1-10). Ask the patient weather or not they are experiencing discomfort right now. If so, ask them to describe the discomfort.

- To ascertain their understanding of the scale, ask if they would recognize.
- State of no pain ("0") (or specific discomfort they describe)
- The worst pain ("10") (or specific discomfort) imaginable.

Have the patient rate the intensity of their pain/discomfort "right now" verbally with a number or by pointing to the number that represent their pain intensity.

This process can be repeated with similar questions about emotional distress.

Scoring Instructions: -

Record the corresponding numerical value based on the patient's response.

Populations For Use: -

The NRS is widely used tool that is appropriate for adults, and may be used in the mildly cognitively impaired adult. patients report lower pain scores when they are educated about the proper use of this scale.

Validity And Reliability: -

The validity of the NRS has been established and it has been

shown to be use.

q) Investigation:-

Necessary laboratory investigations were done time to time wherever indicated

Criteria For Assessment:-

Criteria for assessment according to Kent's 12 remedy reactions.

Numerical rating scale for pain (validated).

OBSERVATION & ANALYSIS:-

Table.no.1. Distribution Of Sexing Given Study.

Male %	Female %
11(36.66)	19(63.33)

Table.no.2. Distribution Of Age Group In Studies.

Age group	Number of cases (%)
0-10	2(6.66)
10-20	5(16.66)
20-30	8(26.66)
30-40	4(13.33)
40-50	7(23.33)
50-60	2(6.66)
60-70	2(6.66)

Table.no.3. Distribution Of Pain According To Their Anatomical Position In Body.

Pain related to anatomical position	Number of cases (%)
Head, neck, face	14(46.66)
Thorax, abdomen	10(33.33)
Upper extremity	3(10)
Lower extremity	3(10)

Table.no.4 Administration Of Homoeopathic Remedies.

Remedies administered	Number of subjects (%)
Belladonna	5(16.66)
Rhus Tox	7(23.33)
Natrum Mur	5(16.66)
Arsenic album	1(3.33)
Ledum pal	2(6.66)
Silicea	1(3.33)
Mag. Phos	2(6.66)
Staphysagria	3(10)
Bryonia	1(3.33)
Colocynth	2(6.66)
Lycopodium	1(3.33)

Table.no.5. Comparison Between Different Study Groups To Evaluate Pain Relief On NRS Scales.

Source of variation	% of total variation	P value
Column factor	74.87	P<0.001
Row factor	16.94	P<0.001

RESULT:-

The study of 30 cases included 11 males i.e. (36.66) and 19 females (63.33).

The study shown that pain disorder is common to all age group.

The remedies used in this case are Rhus tox, belladonna, Staphysagria, Natrum mur, Bryonia, Colocynth, Arsenic album, Lycopodium, Ledum pal and Mag Phos was indicated the most i.e. 7 out of 30 cases.

Distribution of pain according to anatomical position on body are head, neck, face is 14 cases, thorax and abdomen 10 cases, upper and lower extremity is 3.

During the study of 30 cases shows difference in the NRS score after homoeopathic treatment and also in the follow up for pain relief.

DISCUSSION:-

In this study we are showing the efficacy of homoeopathic

medicine on the bases of general constitutional and particular for reducing the pain intensity in many age groups and sex, by applying the standard scale for the analysis and evaluation of the effectiveness of medicines before and after the treatment. This shown that homoeopathic medicine is one of the good choices for the selection of remedy for relief in pain with intensity at any parts of body hence, we also showing distribution of effectiveness of homoeopathic medicine on certain parts of our body like face, neck, head, upper and lower extremity etc.

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