



## A PROSPECTIVE, OPEN-LABEL, OBSERVATIONAL STUDY OF SULPHUR IN CLINICAL PRACTICE.

**Dr. Archana Dubey\***

Post Graduate Scholar In Department of Homoeopathic Materia Medica, Government Homoeopathic Medical College & Hospital, Bhopal, (M.P).  
\*Corresponding Author

**Dr. Sindhu Suryawanshi**

Professor & Head of Department, In Department of Homoeopathic Materia Medica, Government Homoeopathic Medical College & Hospital, Bhopal, (M.P).

**Dr. S. K. Mishra**

Principal & C.E.O., Government Homoeopathic Medical College & Hospital, Bhopal, (M.P).

### ABSTRACT

Sulphur is such a complete Homoeopathic medicine that it is somewhat difficult to tell where to begin. Sulphur seems to contain a likeness of all the sickness of men and a beginner on reading over the proving of Sulphur might naturally think that he would need no other remedy, as the image of all sicknesses seems to be contained in Sulphur.

**Aim:** To study the symptoms of Sulphur in clinical practice and identifying its true totality after obtaining results.

#### Objectives:

- To verify the symptoms of Sulphur in clinical practice.
- To restore the health of the sick individual.

#### Study design :

- Prospective
- Observational
- Open-label

#### Inclusion criteria :

- Patients in all age group
- Both gender

**Material & Methods:** In this study 30 cases were selected from the OPDs of Government Homoeopathic Medical College & Hospital, Bhopal. Case taking was done for each case as instructed by Dr. Hahnemann. Medicine was selected after analysis/evaluation of symptoms and forming the prescribing totality. Help of computer repertorization was also taken by using RADAR-synthesis repertory. Follow-up was done as per the need in each case; three consecutive follow-ups are studied for further observation. For outcome assessment 'Patient Global assessment Scale' was used to get the data for analysis.

**Results:** The results have shown that maximum number of cases has shown moderate improvement with the treatment that is 60%, and 27% of cases has shown marked improvement, only 4 cases were recorded as mild improvement. There is no case which has shown no significant improvement.

**Conclusion :** A group of mental generals, physical generals and particular symptoms of Sulphur have been emerged in this study, based on repetition in many patients.

**KEYWORDS :** Homoeopathy, Sulphur, Individualization, Totality of Symptoms

### INTRODUCTION

The era of scientific medical experimentation begins with Dr. Hahnemann and nobody else. In 1790, Dr. Hahnemann made his celebrated experiment with china. From the time he experimented with ninety-nine drugs and recorded his observations of their actions on human body. [1]

The knowledge of the curative powers of drugs is based up on the gradual experiments over a long period of careful observations, which have been checked and verified again and again, both in experimental provings and in clinical use. [2]

Among all the medicines present in the Homoeopathic Materia Medica, Sulphur is the most important and talked about medicine to the profession.

The reputation of Sulphur as a remedy is perhaps as old as medicine. "As early as 2,000 years ago," says Hahnemann, Sulphur had been used as the most powerful specific against the itch.... [3] Sulphur has been employed for many centuries, by medical and non-medical persons, in the itch of workers in wool. [4]

Sulphur is one of the greatest of "polychrest" (drugs of many uses), - is Hahnemann's Prince of "antipsorics" (remedies of

non-venereal chronic disease), - and is one of the constituents of protoplasm. Its great and wide range in homoeopathic prescribing, is evidenced by the fact that Allen's Encyclopaedia gives no fewer than 1,040-odd symptoms. [5]

As the image of all sicknesses seems to be contained in Sulphur. Yet the Sulphur will not cure all the sicknesses of man, and it is not well to use it indiscriminately any more than you would any other remedy. It seems that the less a physician knows of the Materia Medica the oftener he gives Sulphur, and yet it is very frequently given, even by good prescribers; so that the line between physicians' ignorance and knowledge cannot be drawn from the frequency with which Sulphur is prescribed by them. [6]

The present study is to focus on the symptoms of Sulphur, finding its totality in the patients and with the help of follow-ups finally getting the clear-cut indications of Homoeopathic remedy 'Sulphur'.

*"One remedy well studied is better than several not half understood. One of the best methods of gaining a practical acquaintance with our Materia Medica, is to master one remedy at a time; both in itself, and its relation to, and correspondence with, other remedies."*

- NASH Eugene Beauharnais, Leaders in Sulphur

**REVIEW OF LITERATURE**

Sulphur is the king of remedies, around which centers the whole *Materia Medica*. It acts especially upon the vegetative or ganglionic system, and through this, Sulphur acts upon every organ and tissue in the body. [7]

Dr. Hughes has mentioned, The pathogenesis of Sulphur has grown from the 151 symptoms it had on its first appearance in the *Materia Medica Pura* (Vol iv, 1<sup>st</sup> edition, 1818) to the 1969 it here presents in *Chronic Diseases*. [8]

In his book, Dr. Hering has mentioned symptoms in different grades under various medicines, out of those, the symptoms presented with the double thick line (II) are repeatedly verified. [9]

**METHODOLOGY**

**Study design**

- Prospective
- Observational
- Open-label

**Inclusion criteria**

- Patients in all age group
- Both gender

**Exclusion criteria**

- Patients suffering from any irreversible pathology
- Idiosyncratic patients

**Outcome assessment and Response**

**Outcome** was assessed using Patient Global assessment Scale comprise of patients suffering from any disease symptoms.

Ask the patient "Considering all the ways in which this illness affects you, please mark an X on the line below to show how you are doing."

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0 1 2 3 4 5 6 7 8 9 10

0 = None

1 - 3 = mild (symptoms clearly present but easily tolerable)

4 - 6 = Moderate (symptoms bothersome but tolerable)

7 - 10 = Severe (symptoms difficult to tolerate-interfere with activities)

**Response** to treatment was assessed by Subtracting post-treatment score from pre-treatment score. Improvement percentage was calculated using formula  $\{[(\text{baseline score} - \text{score at end}) / \text{baseline score}] \times 100\}$ .

**Gradation of Response/ Improvement**

- No significant improvement: - No significant change in patient's state, reduction in symptoms of less than 25%.
- Mild improvement: - Symptomatic improvement with improvement of physical and mental state, recorded as reduction in scale of less than 50% but more than 25 %.
- Moderate improvement: - Symptomatic improvement with physical and mental state improvement, recorded as reduction in scale of more than 50 % and less than 75%.
- Marked improvement: - Symptomatic improvement with improvement of physical and mental state, with reduction in scale of more than 75%.

**OBSERVATION & RESULTS**

After studying the various aspects of cases, the data has been put into the following frequency distribution tables for further analysis.

**DISTRIBUTION OF CASES ACCORDING TO AGE**

**Table No. 1**

AGE GROUP	NO. OF CASES	PERCENTAGE
10-30 years	08	27%
30-50 years	11	37%
50-70 years	10	33%
70-90 years	01	3%
Total	30	100%

**DISTRIBUTION OF CASES ACCORDING TO GENDER**

**Table No. 2**

SEX DISTRIBUTION	NO. OF CASES	PERCENTAGE
Males	14	47%
Females	16	53%
Total	30	100%

**DISTRIBUTION OF CASES ACCORDING TO IMPROVEMENT GRADATION**

**Table No. 3**

GRADATION	NO. OF CASES	PERCENTAGE
Marked Improvement	08	27%
Moderate Improvement	18	60%
Mild Improvement	04	13%
No Significant Improvement	00	-
Total	30	100%

**DISTRIBUTION OF CASES ACCORDING TO COMPLAINTS/ DISEASE IN PARTICULAR SYSTEM OF BODY**

**Table No. 4**

DISEASES	NO. OF CASES	PERCENTAGE
Musculoskeletal Diseases	07	23%
Gastrointestinal diseases	07	23%
Skin Diseases	03	10%
Respiratory Diseases	04	14%
Neurological Diseases	08	27%
Urinary Diseases	01	3%
Total	30	100%

**DISTRIBUTION OF CASES ACCORDING TO MOST FREQUENT MENTAL SYMPTOMS FORMING PRESCRIBING TOTALITY**

**Table No. 5**

SYMPTOM	NO. OF CASES
Irritability	06
Startles easily	05
Anger	02
Desire to be alone	05
Desire for company	03
Dreams of water	05
Dreams of dead people	02
Sensitivity to noise	04
Fear of height	06

**DISTRIBUTION OF CASES ACCORDING TO MOST FREQUENT PHYSICAL GENERAL SYMPTOMS FORMING PRESCRIBING TOTALITY**

**Table No. 6**

SYMPTOM	NO. OF CASES
Can't tolerate hunger	21
Drinks water between meals	16
Desire for sweet	13
Desire for spices	15
Thermal hot	18
Aggravation to Sunlight	11
Constipation, Ineffectual urging	22
Offensive discharges	07
Burning in soles	12
Profuse perspiration	07
Desire for open air	10
Desire for loose clothes	04
Sleep disturbed easily	08

Dry skin	06
Morning aggravation	05
Delayed menarche	03
Sleep position on abdomen	03

**DISTRIBUTION OF CASES ACCORDING TO MOST FREQUENT PARTICULAR SYMPTOMS FORMING PRESCRIBING TOTALITY**

Table No. 7

SYMPTOM	NO. OF CASES
Fissured tongue	04
Imprints of teeth on tongue	05
White coat on tongue	05
Dry mouth	04

**DISCUSSION**

The observations and results founded in analysis of data can be further interpreted as follows.

**Age:**

Among the patients, who needed Sulphur as their remedy was more in the young, adult and old age group, as the maximum number of cases are attained between the age group 30-50, and 50-70 years. It shows that Sulphur shows its relation to all age group.

**Sex:**

In this study slight female preponderance was seen with 16 (53%) cases of females and 14 (47%) male cases. But this difference is not as much high, showing that Sulphur, as the remedy is indicated in both sexes.

**Improvement:**

In this study, the results have shown that maximum number of cases has shown moderate improvement with the treatment that is 60%, and 27% of cases has shown marked improvement, only 4 cases were recorded as mild improvement. There is no case which has shown no significant improvement. It is showing that the medicine selected on strictly homoeopathic principles and individualization, gives relief to the patient.

**Diseases/ Complaints:**

The study has shown that patients have recovered from the medicine Sulphur suffering from various complaints or pathology relating to all systems of the human body. It means homoeopathic medicines work on symptoms similarity and individualization.

**Symptoms:**

The study was done to note the clinical presentation of the homoeopathic medicine Sulphur. In 30 cases of patients suffering with different morbidities following symptoms were noted repeatedly in many patients, which are forming the totality of prescribing symptoms.

**MENTAL GENERAL SYMPTOMS –**

- Irritability
- Startles easily
- Anger
- Desire to be alone
- Desire for company
- Dreams of water
- Dreams of dead people
- Sensitivity to noise
- Fear of height

**PHYSICAL GENERAL SYMPTOMS –**

- Can't tolerate hunger
- Drinks water between meals
- Desire for sweet
- Desire for spices

- Thermal hot
- Aggravation to Sunlight
- Constipation, Ineffectual urging
- Offensive discharges
- Burning in soles
- Profuse perspiration
- Desire for open air
- Desire for loose clothes
- Sleep disturbed easily
- Dry skin
- Morning aggravation
- Delayed menarche
- Sleep position on abdomen

**PARTICULAR SYMPTOMS –**

- Fissured tongue
- Imprints of teeth on tongue
- White coat on tongue
- Dry mouth

**CONCLUSION**

This study enables to draw some valid conclusions. They are as follows:

- A group of mental generals, physical generals and particular symptoms of Sulphur have been evolved in this study, based on repetition in many patients.
- The symptoms evolved in this study are not new, but already present in the source books of homoeopathic Materia Medica.
- The study again proves the principles and laws of Homoeopathy.

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