



## ROLE OF HOMOEOPATHIC IN ONE SIDED DISEASE AND IT'S RECOGNITION AND MANAGEMENT IN CLINICAL PRACTICE

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### ABSTRACT

**Background-** Now a day's most of the people are affected with one sided disease. The cases of one sided diseases include physical and mental symptoms having lack of secondary education which is more common in today's modern life. Homoeopathic medicines treat the cause of disease and give effective result in cases of one sided disease.

**Method:** It is a Monocentric non randomized clinical single blind study in which 30 cases of one sided diseases are included. the study was conducted at outpatient department of Bharati Vidyapeeth Deemend University Homoeopathic College and Research Center, Katraj, Pune.

Total 32 patients (Male & Female) age group 18-75 years were enrolled in this study. Out of which, Two patients are dropped out and 30 patients completed their follow up.

**RESULTS:** In this study 32 patients was registered but 30 was taken for study and 2 cases as dropped out due to exclusion criteria. In this 30 cases, 9 showed marked (good improvement), 13 cases showed moderate improvement, while 6 cases showed mild improvement and 2 cases showed no improvement.

**CONCLUSION:** Homoeopathic medicines are effective in reducing physical and mental symptom in one sided disease. Further studies with control group can provide greater resources for proving effectiveness of homoeopathic medicines in treating one sided disease.

### KEYWORDS : Homoeopathy, One sided disease

#### INTRODUCTION

Master Samuel Hahnemann classified disease as Indispositions, surgical disease and the remaining he classified, as chronic disease.

Theory of chronic disease was first introduced in 1829, 4<sup>th</sup> edition of Organon of Medicine.

Hahnemann observed that, despite proper administration of homeopathic medicines, the patients had recurrence of symptoms. He investigated this observation for 12 years and finally concluded that Miasms are the real cause of all chronic diseases.<sup>[1]</sup>

Miasm in simple terms is a predisposition to certain disease conditions, or dynamic disease causing powers.

In which chronic disease with fully developed symptoms is known as miasmatic chronic disease or Non miasmatic chronic disease.

But in which chronic disease with few symptoms is known as one sided disease or Local disease.

#### RULES FOR CURING THE DISEASE WITH TOO FEW SYMPTOMS (\$172-184)

**Def.:** One-sided diseases are chronic disease with one or two principle symptoms which obscure almost all the symptoms. Hence, they are less amendable to cure.

Chronic diseases which are having too few symptoms are called one sided diseases. The availability of symptoms is less in number in such diseases, as a results construction of totality becomes very difficult. Hence they are difficult to cure (\$172-\$173)

A one-sided case is a case that shows itself only from one side and that only has one or a few symptoms, making it difficult to find a remedy or to make a prescription with confidence.

#### Types of One-Sided Diseases (8 174)

Depending upon the principle symptoms exhibited by the patient, one-sided diseases are classified into 2 types:

- One-sided disease with internal complaint
- One-sided diseases with external complaint

**One-sided disease with internal complaint:** These group of diseases exhibit more of the internal symptoms that are mostly affecting the internal parts of the body. They are of again two types.

- i. Diseases with physical symptoms: Example: Headache of many years duration, diarrhoea of long standing, an old cardialagia etc.
- ii. Disease with mental symptoms: example: mania, insanity etc.<sup>[2]</sup>

#### METHODOLOGY

**Theoretical study:** Theoretical study of this topic was done from various books, Homoeopathic Journals, Research Journals, Researches and authentic internet search through websites such as Google Scholar, PubMed, etc.

**Clinical study:** 32 cases of one sided disease of both sexes under the age group of 18-75 years were considered for the study. Out of which 30 were considered for the study and rest were dropped out as they could not complete the follow-ups.

#### CASE DEFINITION:

Patient presenting only too few symptoms of the disease and

belongs chiefly with the class of chronic disease will be treated on homoeopathic prescription of both sexes from age group between 18-75 years with a given consent form will be included in my study.

**STUDY DESIGN:**

A prospective non randomization single blind control trail.

**Study Population:**

**Study site:** Bharati Vidyapeeth Homoeopathic Medical College & Hospital, Pune Study Setting:

- Indoor Patient Department (I.P.D.)
- Outdoor Patient Department (O.P.D.)
- Rural OPD

**INCLUSION CRITERIA:**

- All the patients fulfilling the case definition will be included in the study.
- Who can give consent form?

**EXCLUSION CRITERIA:**

- Patients not taking medicine as per direction or not co-operating for follow up.
- Patient suffering from life threatening diseases.

**Selection of Remedy:**

The remedy was selected on the characteristic symptoms (keynote prescription)

**Dose and strength**

The drugs were administered in various potencies (30, 200, 1M). As per the susceptibility of the patients.

**Root of administration:**

Remedies were administered through the orally root.

**Drug collection:**

Cases were collected from OPD of Bharati Homeopathic Hospital, Peripheral OPD at Bhor. It's was taken in completed from including. Chief complaints, past history, family history, present illness past history of any medical illness, surgical procedure of drug history, mental and emotional state of patient and general and systemic examination along with required investigations were done.

**OBSERVATION AND RESULT**

In this study 32 participants were registered out of which 2 cases were dropped-out, and 30 cases were taken and minimum with 5 follow ups . In this study 6 females (20%) and 24 males (80%) were taken around the age group of 18 – 60 yrs. The history taking and examination of each case was done according to standardized format designed format designed for my dissertation. The selection of case was based on inclusion and exclusion criteria. The diagnosis was done on the basis of clinical sign and symptoms. Selection of remedy was based on the presenting totality. Each remedy was selected by referring to Materia Medica and Repertory. Potency selection was based on principles of posology. Cases were followed up as per case requirement, for a period of 12 months on an average. The subsequent diagram display the observation and outcome of the research look at.

**(Table No.1 - Total No. of Participants)**

Sr. No.	Participants	No. of Patient
1.	Completed	30
2.	Drop Out	2
3.	Total participants in the study	32

In this study 93.75% patients were enrolled into the study. 6.25% patients were dropped out.

**(Table No. 2 Response to the treatment according to result criteria.)**

Progress	No. of subject	Percentage (%)
Marked	9	30%
Mild	6	20%
Moderate	13	43%
No Improvement	2	7%

In this study Marked results was seen in 9 cases (30%), Moderate results was seen in 13 cases (43%), Mild result was seen in 6 cases (20%) and No improvement results are seen in 2 cases (7%).

**(Table No. 3 Case-wise distribution of the selected remedy)**

Name of Medicine	No. of time prescribed medicine	Percentage	outcome
Acid Phos	1	3.00%	Mild
Ars Alb	1	3.00%	Marked
Baryta Carb	1	3.00%	Marked
Belladonna	1	3.00%	Marked
calc. carb	1	3.00%	Moderate
Causticum	1	3.00%	Moderate
China	2	7.00%	Moderate
Colocynthis	1	3.00%	Moderate
Discoera	1	3.00%	Marked
Euphresia	1	3.00%	Marked
Nat. Mur	6	21%	Marked Mild Moderate No improvement
Nux Vom	2	7.00%	Moderate Marked
Phosphorus	2	7.00%	Moderate No Improvement
Phytolacca	1	3.00%	Moderate
Pulsatilla	2	7.00%	Moderate
Rhus Tox	2	3.00%	Mild Moderate
Selenium	1	3.00%	Mild
stramonium	1	3.00%	Marked
Sulphur	1	3.00%	Moderate
Thuja	1	3.00%	Marked

**DISCUSSION**

Homoeopathy is a device of alternative remedy that's based at the doctrine of similia similibus Curentur i.e. Likes heal Likes. It is a system of medicine which treats the internal cause of the disease and does not merely suppress the presenting symptoms. In homeopathy we believe that every disease has some internal cause and the presenting symptoms are just a part of the disease and not the entire disease. According to dr. Hahnemann there cannot be, strictly speaking any local disease of the living organism. The organism is indivisible and hence acts and reacts as a whole. Though the disease may seem to affect only a specific part of the organism In this study, my major intention was to understand the importance of physical and mental state of patient. I had tried to understand the physical and mental reaction of patient and prescribed the remedy only by perceiving the reaction of patients about their disease and changes in life due to disease.

30 patients were studied, in my study each patient was treated by observing the physical and mental state of the patients. In the study out of 30 patients, 6 were female and 24 were male (Table no-2). Age wise incidence was high between the age group of 18-75. I distributed the age of the patients as 10-20 years, 21-30, 31-40, 41-50, and 51-61. Each accounted for 4, 16, 8, 0, 2 cases out of 30 respectively. Out of 30 cases, 9 showed marked (good improvement), 13 cases showed moderate improvement, while 6 cases showed mild improvement and 2 cases showed no improvement.

In study of my 30 cases I have seen that the presenting symptoms are more important than the persistent and predominant symptoms. In forming a symptomatic, either on the basis of mental or physical level I came to a conclusion that the following pattern may be considered i.e. (a) only on the basis of presenting symptoms. (b) Presenting symptoms + Predominant symptoms + persistent symptoms. (c) Presenting symptoms, the best thing I learnt that different pathophysiological condition of different remedies which I never practiced in my clinics like colocynth for fever, argentum nitricum for URTI. Physical and mental states of patients are important in gradation of symptoms<sup>(3)</sup> Master Hahnemann was right when he taught that "the remedy must meet the totality of symptoms." But with our present knowledge this is impossible except by the aid of repertories<sup>(4)</sup>

### CONCLUSION

One sided disease is the silent killer. Persistent and sustained are physical and mental disease has damaging effects on the brain, kidney, heart etc. by diagnosis and giving correct treatment, we can prevent complications due to one sided disease. One sided disease is widespread and very common lifestyle disease that has severe impact on adults and old age group. In this research study 30 patients completed this study. The remedies distinguished on the basis of physical and mental through present complaint, predominant symptoms and persistent symptoms have been associated with moderate improvement in patients. Hence the role of physical and mental has been established as positive predictor of cure. This shows the success rate of one sided disease in homoeopathy and we can easily conclude that in homoeopathic medicines in one sided disease are effective in the management of any disease condition.

### CONFLICT OF INTEREST

The authors have no conflict of interest among them regarding the research.

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