



EFFICACY OF HOMOEOPATHY IN THE TREATMENT OF CONSTIPATION IN DESK-BOUND INDIVIDUALS DURING LOCKDOWN.

Homeopathy

Dr. Dariker Bateilin Kharmujai Lecturer, Department Of Materia Medica, North Eastern Institute of Ayurveda & Homoeopathy, Mawdiangdiang, Shillong, Meghalaya, India.

Dr. Mukta Nivedita Bera Assistant professor, Department of Anatomy, Bhargava Homoeopathic Medical College, Dahemi, Anand, Gujarat, India.

ABSTRACT

Sedentary habits with the lack of physical activities slow down the digestion which reflects as anorexia causing to less food intake which in turn reflects as constipation. The whole world has come to a stage where shortcuts are given much priority. Pre and post symptom intensities were compared on basis of fixed criteria as subjects who Recovered, improved and not improved. This study was taken during our post graduated course 2 years back. In this study 30 subjects from A. M. Shaikh, Homoeopathic Medical College and Hospital, OPD's were selected during 2020-2021. **Methodology:** Based on predefined inclusion and exclusion criteria 30 subjects were selected for the study, remedy was given on the basis of constitution after detailed case taking and an explanation on how and when to take the medication was given. **Aim** - Effectiveness of Homoeopathic constitutional remedies in the treatment of constipation in desk-bound individuals during Lockdown. **Conclusion:** Subjects reported better quality of life metrics post treatment, showing subjects benefitted with homeopathy.

KEYWORDS

Constipation, Deskbound; Constitutional, Individualisation, Miasms, Homoeopathy treatment.

INTRODUCTION:

Constipation as an area of research is studied henceforth. Available literature with respect to definition, physiopathology, histopathology, further we explore miasmatic condition of presentation, clinical presentation and diagnostic tools is reviewed. The homoeopathic aspects, individualizing approach, general management, dietary guidelines are put forth, materia medica aspects are explored, the drugs found useful in the trial are listed by various classic authors, therapeutics related to constipation is also mentioned. Constipation can occur in any age group starting from newborn to older people; overall, it is seen more commonly in females than males. Also, the non-white population has been reported to have a 30% higher prevalence than the white population.¹

According to Abbott Gut-Health Survey, it shows that "22% of Indian adults suffer from constipation where 13% complaining with severe constipation and 6% suffer from constipation associated with certain comorbidities."²

Desk-bound is defined as engaged in or involving sedentary work. <https://www.collinsdictionary.com/dictionary/english/desk-bound>.³ Thus, desk-bound is also known as sedentary lifestyle. Sedentary word comes into English from French word 'sedentaire' which is derived from a Latin word 'sedere' which means "to sit." Hence, it is characterised by much sitting and little physical exercise. This includes prolonged sitting at home, at work, business centres, car driving and leisure time.⁴ Under risk factors, a contributory cause to constipation deskbound sedentary life is listed.⁵

Sedentary lifestyle is a type of lifestyle with no or irregular physical activity. A person who lives a sedentary life is also known as a "Couch Potato" or "Desk-Bound" to simply mean "idler" or "layabout." The word "Couch potato" was coined by Tom Lacino in 1976 and trademarked by Robert Armstrong from 1976-91. He showed that a group of couch potato in series of comics that featured sedentary characters who constantly watched television as a form of meditation.⁶ When we are sedentary, the body metabolizes less, leading to constipation. Sitting for long hours can do a lot more damage to our body than we think. Prolonged sitting leads to digestive problems, spinal pain and other muscular ache.⁷

Constipation is generally defined as the infrequent or unsatisfactory defecation fewer than 3 times per week. Patients may also complain of passing hard stool or straining, a sensation of incomplete evacuation or painful defecation and abdominal discomfort.⁶

Signs Of Constipation:

Fewer than three bowel movements a week. Passing hard or lumpy stools. Straining or pain during bowel movements. A feeling of fullness, even after having bowel movement. Experiencing a rectal blockage.⁷

ETIOLOGY OF DESK- BOUND CONSTIPATION:

- Not being active, not enough water or fibre in the diet
- Eating a lot of dairy products, eating disorders, irritable bowel syndrome
- Antacid medicines containing calcium or aluminium
- Change in diet and activities
- Overuse of laxatives
- Stress
- Resisting the urge to have a bowel movement
- Problems with the nerve and muscles in the digestive system
- Some medications (especially strong pain drugs such as narcotics, antidepressants or iron pills)⁸.

COMPLICATIONS:

Haemorrhoids, Anal fissures, Faecal impaction, Bowel perforation, Weakens the body's immune system, Colon cancer, Narrowing of colon (bowel stricture), Rectal cancer, Rectum bulge through the back wall of the vagina (rectocele), Other abdominal cancer that presses on the colon.⁹

The Bristol stool scale is a diagnostic medical tool designed to classify the form of human faeces into seven categories. It is used in both clinical and experimental fields.¹⁰

Investigations and Diagnosis/Diagnostic Evaluation

Variables may be identified for clinical evaluation like stool frequency, consistency, symptom intensity, prolonged obstruction and history of avoiding a defecation call, and feeling of insufficient evacuation. To determine common constipation signs (alarming signs), medical history and environmental causes and also medicines.¹¹ Some of the investigation includes: Anorectal manometry, Balloon expulsion testing, Barium enema, Colonic transit study.

Miasmatic Background

- Psora - Constipation obstipation, ineffectual urge for defecation
- Sycosis - Stool with colic
- Syphilis- Rectal hemorrhage. Pus and mucous in the stool.¹²

Homoeopathic Remedies for Constipation in Desk-Bound Individuals were based on individualized case taking.

MATERIALS AND METHODS

Sources Of Data-

The subjects for this study will be taken from the OPD & IPD of A.M. Shaikh Homoeopathic Medical College, Hospital and Post Graduate Research Centre, Belagavi during the period of 1st May 2020- 1 October 2021.

Methods Of Collection Of Data:

Type of Research - interventional study. Study Design - Prospective

case study. The sample size is calculated based on the prevalence of constipation in adults above age of 20 years and below 60 years visiting OPD and IPD of A.M. Shaikh Homoeopathic hospital, Belagavi. Subjects will be selected on the basis of inclusion criteria, exclusion criteria, history and findings.

Inclusion Criteria:

- i). Subjects suffering from constipation due to desk-bound on the basis of clinical history and findings.
- ii). Subjects with cases constipation above age of 20 years and below 60 years of both sexes irrespective of their occupation will be considered.

Exclusion Criteria:

- i). Subjects currently on the treatment of constipation
- ii). Subjects on medication which have constipation as side effect
- iii). Subjects with structural disease and pre diagnosed colon cancer, cancer of rectum, irritable bowel syndrome constipation dominant, spastic colon or diverticulitis, hirschsprung's disease and hemorrhoids
- iv). Subjects who required surgical intervention due to complication
- v). Subjects who have had a stroke
- vi). Non gastrointestinal causes of constipation like metabolic, endocrine disease, diabetes mellitus, benign prostate enlargement, hypercalcaemia, hypothyroidism, pregnancy and neurological disorders associated with constipation.

Intervention

After enrollment, the patient was conducted according to Homoeopathic principles and was recorded in case recording performa. After complete case taking, repertorisation was done for the constitutional group based on individualization of patient, after consulting Materia Medica. The study undertaken here was constipation one of the most common condition found in our day to day life. Findings of the research are discussed below.

The outcome of this study has shown that individualizing homeopathy is effective in management of constipation as proved in this study.

Age Incidence -

As shown in the bar chart figure 1, the maximum age incidence of 15 cases (50%) was found in age group between 20-30 years. Further in the age group 31-40 years, 3 cases were seen (10%), 41-50 years 7 cases (23%) and 51-60 years 4 cases (17%) were seen, in subjects in the constitutional group.

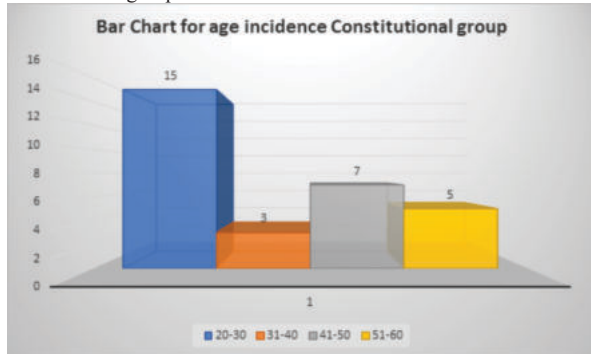


Figure 1

Sex Incidence -

The incidence of male: female ratio for the 13 :17, 13 male subjects (43%) and 17 female subjects (57%). More Female subjects were seen in figure 2.

Pie Chart for Sex Incidence Constitutional Group

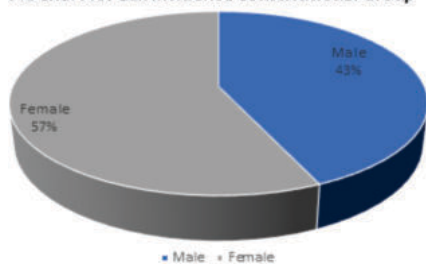


Figure 2

Occupation wise in the constitutional group it was seen that there were Drivers 3(10%), Businessman 4 (13%), House wife 7 (23%), Students 9 (30%), Professor 1 (3%) Reception 1 (3%), Retired 1 (3%), Govt Service 1 (3%), Software 1 (3%), Tailor 1 (3%), Labor 1 (3%). Figure 3.

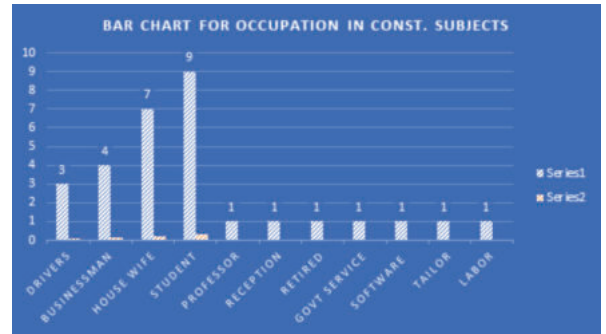


Figure 3.

Incidence of past medical illness found associated in the subjects in Cascara group was dyspepsia was seen in 8 subjects (27%), Gastritis in 5 subjects (17%) Typhoid in 4 subjects (13%) Migraine in 5 subjects (17%) Tonsillitis in 6 subjects (20%) Influenza in 2 subjects (7%). Figure 4.

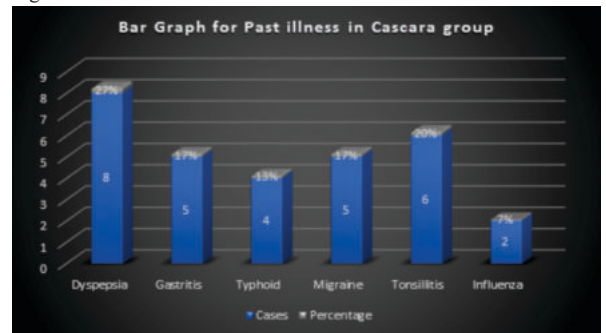


Figure 4

Symptom incidence in the constitutional group seen was hard stools were seen in 11 subjects (37%), mucoid Stools in 5 subjects (17%), no urge in 8 subjects (27%), unsatisfactory feeling in 12 subjects (40%), stitching pain in 11 subjects (37%), burning pain was seen in 8 subjects (27%), colic pain was seen in 9 subjects (30%), flatulency in 7 subjects (23%). Figure 5.

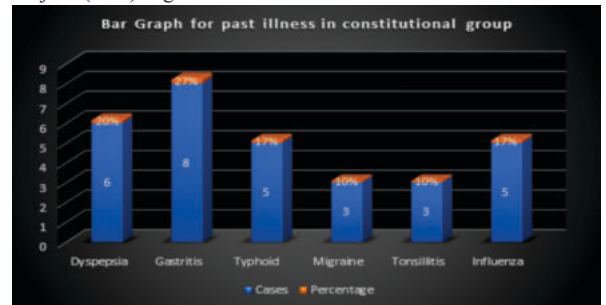


Figure 5

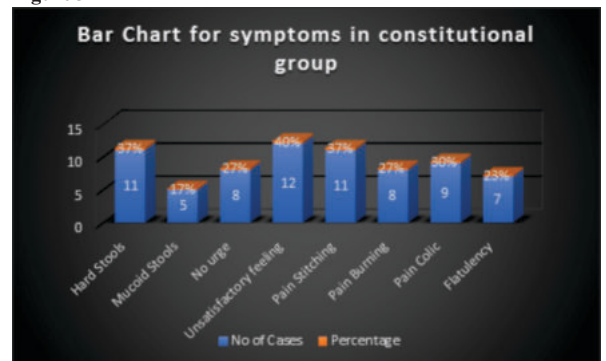


Figure 6.

Incidence of presenting complaints were studied as uncommon and common to constipation. The research subjects were studied for common symptoms no. of Cases Hard Stools 11 subjects (37%), Mucoid Stools subjects 5 (17%), no urge 8 subjects (27%), Unsatisfactory feeling 12 subjects (40%), Pain Stitching 11 (37%), Pain Burning 8 (27%), Pain Colic 9 (30%), Flatulency 7 subjects (23%). The findings suggest that the symptoms incidence were as per other studies, the area incidence of constipation in Belagavi due to the lockdown the physical activity in general was reduced. Figure 6.

Individual symptoms have been very helpful in the assessment and final selection of remedies as they corresponded to symptoms recorded in classic Materia Medica of homeopathic remedies.

Remedies utilized in the constitutional group, Alumina in one subject 1 (3%) Ambra Griseal (3%) Ars Alb in 1 subject 3%, Bryonia in 1 (3%) Calc Carb in 1 subject (3%), Causticum in 1 subject (3%) Lycopodium in 3 subjects (10%), Mag Mur in 1 subject (3%) Nat Carb in 2 subjects 7% Nat Mur in 1 subject (3%), Nat Sulp in 1 subject (3%) Nitric Acid in 2 subjects 7%, Nux Vom in 3 subjects (10%) Phos in 2 subjects (7%) Puls in 1 subject (3%), Ratanhia in 1 subject (3%), Sepia in 2 subjects (7%) Silicea in 1 subject 3%. Sulph 2 7%. Figure 7

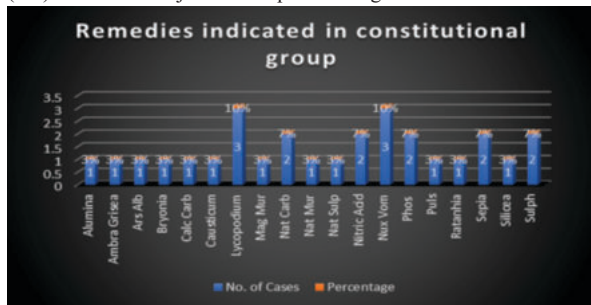


Figure 7

Table 14. Distribution Of Cases According To Results .

Sl. No.	Result	No. of Cases	Percentage
1	Recovered	12	40%
2	Improved	16	53%
3	Not Improved	2	7%
	Total	30	100%

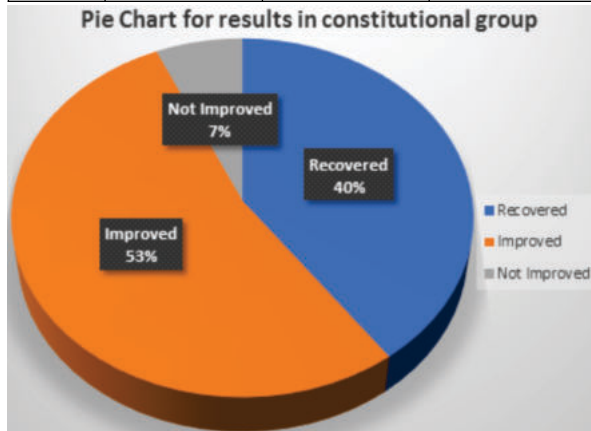


Figure 19 Pie Chart For Results In Constitutional Group

No of subjects recovered were 12 (40%), subjects who improved were 16 (53%) and subjects who did not improve were 2 (7%).

CONCLUSION

Homeopathic remedies selected on constitutional basis provide a promising alternative to conventional treatment in management of subjects with constipation. The study undertaken here was constipation one of the most common condition found in our day to day life. Findings of the research are discussed below.

The outcome of this study has shown that individualizing homeopathy is effective in management of constipation as proved in this study where the 12 subjects (40%) recovered, 16 subjects (53%) improved and 2 (7%) subjects did not improve.

The study findings imply constipation can be successfully treated and managed with constitutional homeopathy. This research has shown that it can be used very well in desk bound individuals suffering from constipation, it also aided in better digestion and satisfactory sleep. This study suggests that Homeopathic remedies have promising scope in the treatment of constipation.

The uncommon and common presentation of constipation in subjects in clinical practice is put forth. The common presenting symptoms of constipation have helped in diagnosing the condition. The uncommon symptoms of constipation found associated with the subjects help decide the individual drug in practice. The study objectives set for the study are fulfilled and add to our understanding for better management of constipation in clinical practice. Further research would be required to systematically examine the clinical effectiveness of homeopathy through well designed longitudinal large scale randomized controlled trials with more diverse participant group of subjects. General management, advice to subjects to take up appropriate physical activity should be helping them do better.

Acknowledgement

We would like to express our gratitude to our respected guide and teacher **Dr. Afshan A Balekundri Mam, M.D. (Hom)**, Professor and Head of Department of Materia Medica, for providing us with support and inspiration and also her guidance throughout our post-graduation course has been helping us always. It is definitely our fortune to be her student and learn from her. We consider it to be an honour and privilege to have worked under her supervision. We express my sincere and deep gratitude to our late Principal **Dr. Girish Moogi Sir, M.D. (Hom)**, A. M. Shaikh Homoeopathic Medical College, Hospital and PG Research Centre, Nehru Nagar, Belagavi Karnataka.

REFERENCES

1. Diaz Sorangel; Khaled Bittar; Magda D. Mendez, Constipation, NCBI last updated, July 26,2021 <https://www.ncbi.nlm.nih.gov/books/NBK513291/>.
2. Chaturvedi Smritee, 22% of Indian adults suffer from constipation: Abbott' gut health survey. <https://www.abbott.in/media-center/press-releases/indian-adults-suf-fer-from-constipation.html>.
3. <https://www.collinsdictionary.com/dictionary/english/desk-bound>
4. Inyang P. Mferekemfon and Orji-Okey, Stella. Sedentary lifestyle: health implications. (IOSR- JNHS) journal. Volume 4, March –April 2015. pp 20,21.
5. Dr. Mahtab Alam Khan [https://www.nhp.gov.in/Constipation-\(Qabz\)_mtl](https://www.nhp.gov.in/Constipation-(Qabz)_mtl).
6. Jain A.K. Textbook of physiology. Published by Avichal publishing company Volume 1. APC Seventh edition. pp 163, 164.
7. Available from www.healthline.com/constipation.
8. Layer P, Stanghellini V. Constipation in the general population and pregnancy. Ailment Pharmacol Ther. 2014; 18:291-301.
9. Available from www.standforhealthcare.org/complication-of-constipation.
10. <https://www.webmd.com/digestive-disorders/poop-chart-bristol-stool-scale>.
11. Lam TJ. Clinical approach to anorectal disorders. 2015; Thesis. Research VU University Amsterdam, graduation VU University Amsterdam. unknown (vumc.nl).
12. Banerjea Subrata Kumar. Miasmatic prescribing-2nd edition. B. Jain Publisher (P) Ltd; India, pp 104, 106, 107.