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A CLINICAL STUDY ON THE HOMOEOPATHIC MANAGEMENT OF FIBROMYALGIA USING FIQR QUESTIONNAIRE

Homeopathy

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ABSTRACT

Fibromyalgia is a disorder characterized by widespread musculoskeletal pain accompanied by fatigue, sleep, memory, psychological distress, and mood issues. The pain and tenderness tend to come and go and move about the body. Most often people with this chronic illness are fatigued and have sleep problems.The world over 3-4% of the population has fibromyalgia. In India, the prevalence is lower at 0.5% to 2%.[2] Although fibromyalgia can occur at any age including in teenagers, it shows a progressive increase with age, reaching a maximum prevalence of 7% in women aged over 70. There is a strong female predominance of around 10:1. Risk factors include life events that cause psychosocial distress, such as marital disharmony, alcoholism in the family, traumatic injury or assault, low income and self-reported childhood abuse. Epidemiological studies show that widespread body pain, fatigue, psychological distress and multiple hyperalgesic tender sites cluster together and associate with stressful life events. The prospective clinical study has been done by individualization of a remedy or medicine to match the features displayed by the patient.

KEYWORDS

Fibromyalgia, Chronic fatigue syndrome, Chronic pain, Prospective clinical study.

INRODUCTION :

As per " Fibromyalgia :The Complete Guide from Medical Experts and Patients' by Sharon Ostalecki *"Fibromyalgia is a chronic pain illness characterized by widespread musculoskeletal aches and pain, and stiffness, soft tissue tenderness, general fatigue, and sleep disturbance"*. In the 1940s and 1950s fibromyalgia was called non-articular rheumatism, soft tissue rheumatism, fibrositis, or fibrositis syndrome, among other names later went by the names fibromyalgia or fibromyalgia syndrome. Because of the criteria for this condition a need to arose to standardize diagnostics. In 2021 a study investigated the auto-immune contribution of the disorder, and demonstrated that immunoglobulin G antibodies from patients recapitulate multiple symptoms of fibromyalgia after administration to mice. Fibromyalgia is recognized as a disorder in both U.S by the US National Institutes of health and American College Of Rheumatology, and in Canada by the Canadian Rheumatology Association and the Canadian Pain Society. There is no specific diagnostic test, although as of 2020 several diagnostic blood tests were in the process of moving towards certification and wider use for diagnosing fibromyalgia in conjuction with a physical examination.

Etiology:

Fibromyalgia previously known as fibrositis, majorlyoocur in patients with conditions that lowers the power of muscles such as connective tissue disorders, infections, trauma, sleep disorders. Fibromyalgia syndrome caused by neurohormonal imbalance and autonomic nervous system dysfunctions.

Risk Factors:

- Age: 20-60 years.
- Gender: Women are more likely to diagnose with fibromyalgia than men.
- Menopause: Sudden loss estrogen during menopause may increase the risk of being diagnosed with fibromyalgia.
- History of Rheumatic disease: Rheumatoid arthritis or Systemic lupus erythematosus increases the risk of getting Fibromyalgia.
- Family History: Positive family history of fibromyalgia increase the prevalence
- Trauma of spinal cord or brain
- Stress
- Insomnia
- Depression.

Clinical Features :

Main characteristic features of fibromyalgia are widespread gnawing pain [24] and presence of multiple tender points on either side of the body, below and above waist the waist for more than 3 month[25]. Other symptoms are

- Fatigue
- Stiffness
- Arthalgia
- Headache
- Abdominal pain
- Depression and Anxiety
- Heartburn
- Interstitial cystitis
- Irritable bowel syndrome

Complications:

Fibromyalgia can cause pain, disability and a lower quality of life. People with fibromyalgia have complications such as:

- More hospitalization
- Lower quality of life, Women with fibromyalgia may experience a lower quality of life.
- Higher rates of major depression, Adults with fibromyalgia are more than 3 times more likely to have major depression than adults without fibromyalgia.
- Higher death rates from suicide and injuries.
- Some patients with fibromyalgia experience mental fog, often known as fibro fog which includes cognitive issues and lasting memory problems that interfere with their ability to concentrate.

Method Of Collection Of Data

A prospective Clinical study design without control group. Purposive sampling done as per inclusion and exclusion criteria. Minimum Sample size taken was Thirty in number. Inclusion criteria are-Sample age ranges from 30-50 years, Sample of both male and female were included, Patients diagnosed with Fibromyalgia. Exclusion criteria are- patients with other locomotor systemic illness were excluded. Primary and secondary data collected through a predesigned case sheet. Data analysis was done by collection of data done through priorly formed case sheet, collected data are recorded based on homoeopathic case taking, Analysis of data done based upon cardinal principles of homoeopathy. Totality of symptom derived after proper analysis & evaluation. Homoeopathic prescription is based on the totality of the patient's life span that includes illness, family history, constitution, temperament, miasmatic background, and peculiar symptoms of present illness. Follow-up is taken according to the prognosis and symptoms of the patient. Cases will be followed for a period of six month to one year. Prognostic criteria is based on FIQR Questionnaire. Statistical technique used for data analysis used is wilcoxon signed ranked test.

OBSERVATION AND RESULT

Thirty cases diagnosed as fibromyalgia with age limit of 30-50 years

were included in this study. All these 30 cases were followed up for a period of 6-12 months and it is considered for statistical study. Following are the observations and results made from the study.

Distribution Of The Cases According To The Age Group

AGE	TOTAL NUMBER OF CASES	PERCENTAGE
30-35	1	3.33
36-40	12	40
41-45	13	43.33
46-50	4	13.33

Findings

30 patients selected from the Out patient for the study purpose. Age group 30 to 50 was selected for the study. From the above table we can observe that maximum number of patients affected from 41-45 years age group 13 (43.33%) and 36-40 years age group 12 (40%). The next intensity seen in the age group 46-50, affected 4 (13.33%). The next intensity seen in the age group 30-35, affected 1 (3.33%).

Observation Based On Sex

SEX	TOTAL NUMBER OF CASES	PERCENTAGE
MALE	16	53.33
FEMALE	14	46.67

30 patients selected from the Out patient for the study purpose. Both sex male and female were selected for the study. From the above table we can observe that maximum number of patients affected are males 16 (53.33%) and then comes female patients 14 (46.67%).

Observation Based On Prescription

REMEDY GIVEN	TOTAL NUMBER OF CASES	PERCENTAGE
ARSENICUM ALBUM	4	13.33
CALCAREA CARBONICUM	4	13.33
ARGENTUM NITRICUM	4	13.33
PULSATILLA NIGRICANS	8	26.67
LYCOPODIUM CLAVATUM	5	16.67
PHOSPHORUS	4	13.33
NUX VOMICA	1	3.33

Findings

30 patients selected from the Out patient for the study purpose. Pulsatilla nigricans was prescribed in 8 (26.67%) cases. Arsenicum album, Calcarea carbonicum, Argentum nitricum and Phosphorus each prescribed cases(13.33%), Lycopodium clavatumin 5 cases (16.67%) and Nux vomica for one case (3.33%).

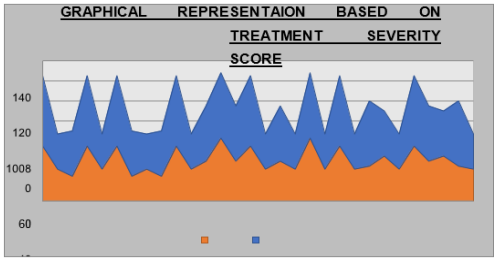
Observation Based On Improvement

IMPROVEMENT	TOTAL NUMBER OF CASES	PERCENTAGE
NO IMPROVEMENT	2	6.67
MILD IMPROVEMENT	10	33.33
MODERATE IMPROVEMENT	2	6.67
MARKED IMPROVEMENT	16	53.33

Findings

30 patients selected from the Out patient for the study purpose. From the above table we can observe that 16 cases (53.33%) show marked improvement. Whereas 10 (33.33%) shows Mild improvement. 2(6.67%) cases each shows no improvement and Moderate improvement.

Observation Based On Before And After Treatment Score



Findings

Based on the treatment severity scores, before treatment scores range from 0- 70, on comparison to the before and after scores among the 30 cases studied, most of the cases showed marked recovery, determined from the reduction in the after score. After treatment 10 cases showed score as 32,7 cases showed as 55, 4 cases showed as 40, 3 cases showed as 25, and2 case each showed after score as 45 & 63

CONCLUSION

The study has given more deep insight into the various aspects of the homoeopathic approach towards Fibromyalgia. It is a disorder characterized by widespread musculoskeletal pain accompanied by fatigue, sleep, memory, psychological distress and mood issues.

- Based on the study following conclusions were arrived;
- High incidence of 13 (43.33%) subjects was reported in the age group of 30- 50 years.
- Male's preponderance was noted with affection of 16 (53.33%) than females.
- Dominant miasm that covered majority was psora 27 (90%) subjects, followed by sycosiswith 3 (10%).
- Fundamental miasm that covered majority were Psora with 27 (90%) and Sycosis with 3 (10%).
- Most frequent indicated remedy was Pulsatilla nigricans was prescribed in 8 (26.67%) cases. Arsenicum album, Calcarea carbonicum, Argentum nitricum and Phosphorus in 4 cases (13.33%), Lycopodium clavatumin 5 cases (16.67%) and Nux vomica for 1 case (3.33%)
- Based on the result of treatment of Fibromyalgia patients, among 30 cases, 16 patients (53.33%) with marked recovery, 2 patients (6.67%) with moderate recovery, 10 patients (33.33%) with gentle recovery and 2 patients (6.67%) with no recovery.
- This study illustrates that homoeopathy have a high scope in the management of Fibromyalgia.

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