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A clinical study to evaluate the efficacy of viburnum opulus mother tincture in the management of primary dysmenorrhoea in young females through visual analogue scale

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Abstract

Primary dysmenorrhea, the most prevalent and unsettling issue that affects women worldwide, which has a significant influence on women's quality of life, productivity at work, and use of health care. Homoeopathy is one of the best complementary and alternative medicine systems now in use, and its few side effects are contributing to its growing popularity. It has a vast potential for treating dysmenorrhea. A one year project was taken up to study the effectiveness of Homoeopathic mother tincture "Viburnum Opulus" in improving the primary dysmenorrhea, in young females, through Visual Analogue Scale. The results were statistically analyzed using a paired "T" Test, which revealed that p value is significant.

Keywords: Primary dysmenorrhea, homoeopathic mother tincture, viburnum opulus, visual analogue scale

Introduction

The word "dysmenorrhea" comes from the Greek words "DYS", means difficult, painful, "MENO", means month, and "RRHEA", means flow. Adolescent girls with dysmenorrhea had a prevalence incidence of 64.7%. Of these, about 61% experience dysmenorrhea on a regular basis of moderate severity. More than 40% of females worry about pain and discomfort during their periods. Cramping is a feature of primary dysmenorrheal syndrome in about 80% of cases.

There are 2 types of dysmenorrhea, primary and secondary. Menstrual pain brought on by an underlying illness, condition, or structural abnormality inside or outside the uterus is known as secondary dysmenorrhea. Primary dysmenorrhea lacks a clear pathophysiological cause, and the discomfort is caused by increased myometrial contractility and ischemia in the myometrial walls. It is the primary cause of young female's absence from work or school, which has a detrimental effect on their Quality of Life (QOL).

Viburnum Opulus belongs to natural order Caprifoliaceae. The wild species of this drug is known in America as "Cramp Bark" as it is used to treat painful spasmodic diseases, particularly dysmenorrhea. When dysmenorrhea began with menarche, lasted for decades, and refused conventional treatment, it can be effectively treated with this homoeopathic remedy. Its symptoms include restlessness before periods, loud flatulence and eructation's with dysmenorrhoea, severe excruciating pain in the back, going around loins and across the pubic bones, which is aggravated with movement and ameliorated with rest; additionally, it is impossible to lie on the left side during dysmenorrhea.

Objective of the study: To show the effectiveness of Viburnum Opulus mother tincture in treating Primary dysmenorrhea, through Visual Analogue Scale

Null hypothesis (H0): There is no difference in the improvement scores before and after treatment with viburnum Opulus Q in Primary dysmenorrhea.

Alternate hypothesis (H1): There is difference in the improvement scores before and after treatment of with viburnum Opulus Q in Primary dysmenorrhoea.

Materials and Methods

Source of data: Patients from OPD and CAMPS of MNR Homoeopathic Medical College & Hospital.

Type of study: Experimental study

Sample size: 20

Inclusion criteria

- Females experiencing primary dysmenorrhea.
- Age group between 15 and 25 years.
- Females without any pelvic pathology.
- History of regular menstrual cycle.

Exclusion criteria

- Samples below 15 and above 25years of age are not included.
- Females with other dysmenorrhea or with any pelvic pathology or any other organic diseases are excluded.
- If they had used contraceptive pills or injections in previous 3-6 months are excluded from the study.
- If they had experienced sexually transmitted diseases (or) infections before (or) currently experiencing sexually transmitted diseases are not included in the study.

Data collection

A pre-designed case pro-forma of MNR Homoeopathic Medical College and Hospital used to collect data. The case history was taken with holistic concept (etiological factors, mental generals, physical generals, concomitants, characteristics particulars). The intensity of primary dysmenorrhea is estimated through visual analogue scale.

Medicine intervention

Each patient selected for this study receives Viburnum opulus mother tincture, and are asked to take it at bed time 5 drops in half cup of warm water, one day before and during period of menses.

Follow ups

Cases were evaluated for the subjective and objective changes every month.

For the purpose of the study, each case was followed for a minimum of 9 months after the commencement of treatment.

Each case was carefully examined during the follow-up, including the severity of symptoms before, during, and after treatment.

Assessment of effectiveness

The effectiveness of the drug was assessed based on three criteria: improved overall health, symptom eradication or alleviation, and clinical improvement.

After finishing the course of treatment, the pre and post-treatment illness intensity was compared through Visual Analogue Scale.

Plan and data analysis: Descriptive statistics were used to analyse the data, and the results were then presented using tables, percentages, and graphs as necessary. Paired "t-test" was used to determine the significance of the treatment

before and after utilising homoeopathic mother tincture "Viburnum Opulus".

Observations and Results

Table 1: Distribution of cases according to age

S. No	Age	Cases	Percentage
01	15-18	09	45%
02	19-22	06	30%
03	23-25	05	25%

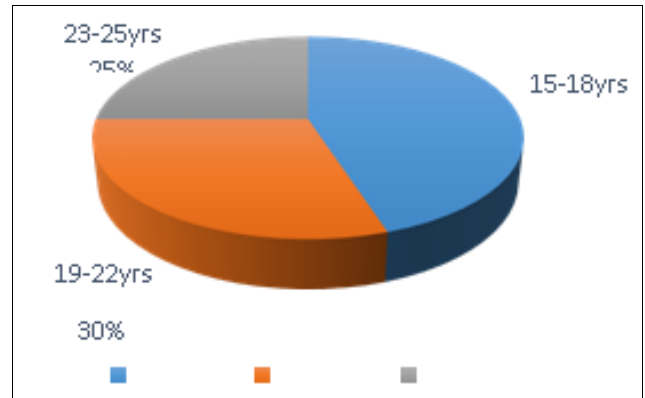


Fig 1: Showing distribution of cases according to age.

Table 2: Distribution of cases according to socioeconomic class

S. No	Class of people	No. of patients	Percentage
1	Upper class	4	20%
2	Middle class	11	55%
3	Lower class	5	25%

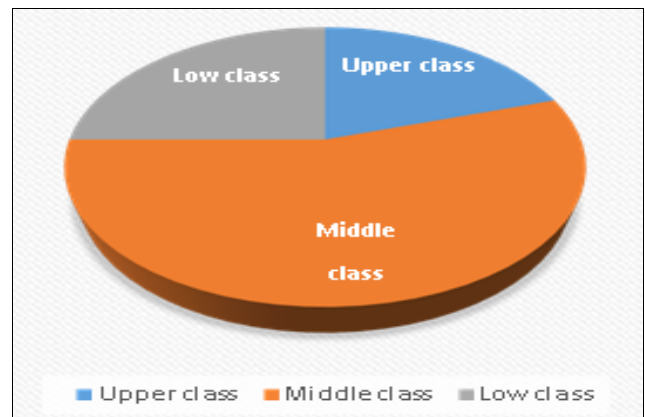


Fig 2: Showing distribution of cases according to socioeconomic class.

Table 3: Distribution of cases according to weight.

S. No	Weight	No. of Patients	Percentage
1	35-45 kgs	8	40%
2	46-55kgs	10	50%
3	56-65kgs	2	10%

Table 4: Distribution of cases according to the associated symptoms.

S. No	Symptoms	No of cases	Percentage
1	Irritability	8	40%
2	Weakness/giddiness	5	25%
3	Headache	7	35%

Table 5: Vas score before and after treatment

S. No	Case	Before	After	S. No	Case	Before	After
1	Ms. A	8	3	11	Ms. K	5	5
2	Ms. B	6	3	12	Ms. L	4	1
3	Ms. C	4	1	13	Ms. M	5	5
4	Ms. D	7	4	14	Ms. N	5	1
5	Ms. E	5	5	15	Ms. O	7	3
6	Ms. F	8	3	16	Ms. P	4	4
7	Ms. G	5	1	17	Ms. Q	4	1
8	Ms. H	7	4	18	Ms. R	6	6
9	Ms. I	5	1	19	Ms. S	3	1
10	Ms. J	4	1	20	Ms. T	7	7

Table 6: Distribution of cases according to the remarks

S. No	Remarks	Cases	Percentage
1	Improved	8	40%
2	Partially improved	6	30%
3	Uncured	6	30%



Fig 3: Showing distribution of cases according to weight

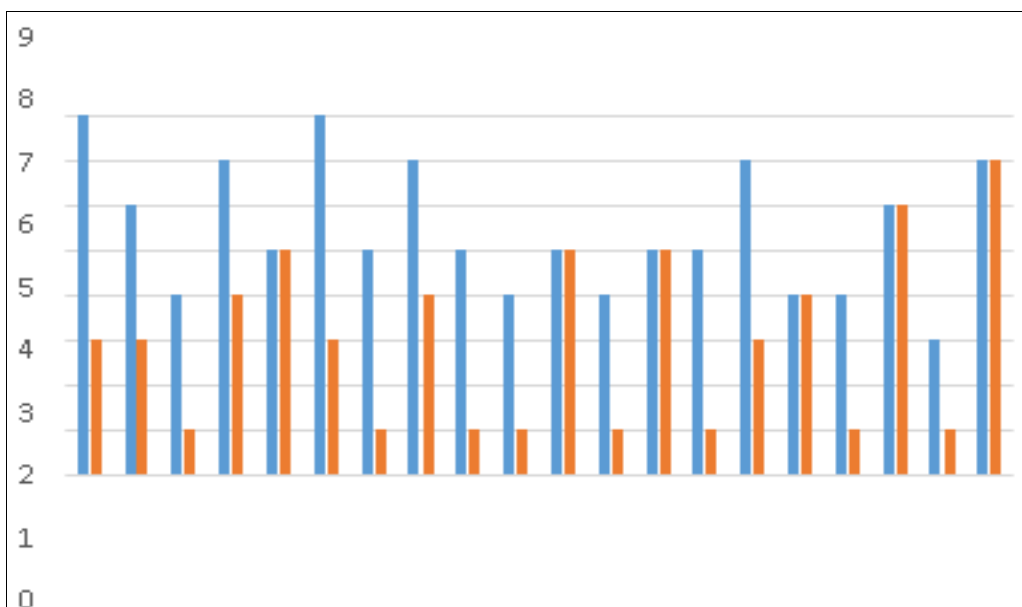
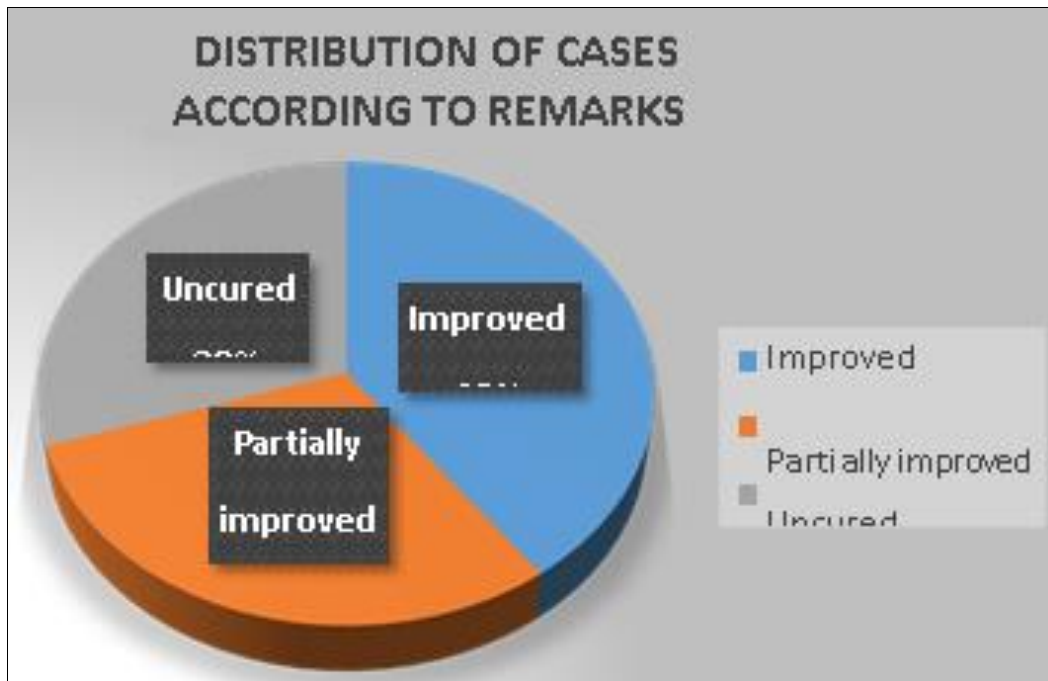


Fig 5: Showing vas score before and after treatment.

Table 6: Distribution of cases according to the remarks

S. No	Remarks	Cases	Percentage
1	Improved	8	40%
2	Partially improved	6	30%
3	Uncured	6	30%

**Fig 6:** Showing distribution of cases according to remarks.**Paired t-test results**

P-Value and statistical significance.

The two-tailed p-value is less than 0.0001

By conventional criteria, this difference is considered to be extremely significant.

Confidence interval

The mean of before treatment minus after treatment equals 2.45 95% confidence interval of this difference from 1.61 to 3.29 Intermediate values used in calculations.

T = 6.1175

DF = 19

Standard error of difference= 0.400

Discussion

Of the 20 cases that were studied, 9 cases (45%) fall between the ages of 15 and 18, 6 cases (30%) fall between the ages of 19 and 22 and 5 cases (25%), fall between the ages of 23 and 25. These findings suggest that primary dysmenorrhea is more frequently observed during the early menarche phase. Of the 20 cases, 4 cases (20%) belonged to the high class, 11 cases to the middle class, and 5 cases to the lower class, suggesting that middle class individuals are frequently affected. Out of 20 cases studied, 40% (8 cases) are between the weights of 35-45kgs, 50% (10 cases) are between the weight of 46-55kgs and 10% (2 cases) are between the weights of 56-65kgs. These results show that patients with low body weight frequently experience primary dysmenorrhea. Out of 20 cases studied, 40% (8 cases) are presented with irritability during menses, 25% (5 cases) are presented with weakness/giddiness during menses and 35% (7 cases) are presented with headache during menses. The most frequent finding observed in the cases of

primary dysmenorrhoea is irritability. Based on the Visual Analogue Scale, of the twenty primary dysmenorrhoea cases treated with viburnum opulus, six (30%) exhibited improvement, eight (40%) showed only slight improvement, and six (30%) showed no improvement, which is elicited through vas scale. These results imply that Viburnum Opulus had a substantial role in alleviating dysmenorrhoea.

Conclusion

From the above study findings, a significant two-tailed p value of less than 0.001, indicates that Viburnum Opulus has a significant role in primary dysmenorrhoea. Additionally, the aforementioned study indicates that young girls, aged 15 to 18, who belong to middle-class families and have lower body weights experience primary dysmenorrhoea in most cases, irritability is noted.

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Conflicts of interest: None declared.

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