



International Journal of Homoeopathic Sciences

E-ISSN: 2616-4493

P-ISSN: 2616-4485

www.homoeopathicjournal.com

IJHS 2024; 8(1): 239-243

Received: 07-11-2023

Accepted: 12-12-2023

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Efficacy of homoeopathic similimum in comparison with biochemic medicines in the management of recurrent pharyngitis: A randomized control trial

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DOI: <https://doi.org/10.33545/26164485.2024.v8.i1d.1074>

Abstract

This study aimed at determining the efficacy of homoeopathic medicine as compared to biochemic system of medicine in the management of recurrent pharyngitis, its prevalence, study of obstacles and other maintaining causes as well as to apply the clinical approach to recurrent pharyngitis with homoeopathic principles as laid down by master hahnemann & other stalwarts and to develop evidence based support on the efficacy of homoeopathic medicine in comparison of biochemic system of medicine in the management of recurrent pharyngitis.

Keywords: Pharyngitis, homoeopathic similimum, biochemic medicine, RCT

Introduction

This study examined the efficacy of homeopathic medicine in comparison with biochemic system of medicine in the management of recurrent pharyngitis. Among the patients attending our college opd & ipd and self-camp thirty clinically confirmed cases of recurrent pharyngitis in which homoeopathic medicine and biochemic system of medicine indicated were recruited randomly during this 18 month study.

Aim and Objective: To study the efficacy of homoeopathic similimum in comparison with bio-chemic medicines in the management of recurrent pharyngitis

Materials and methods for study

Study setting: The study was conducted at homoeopathic medical college and attached hospital. Patients for the study were selected from the college & peripheral opds, ipd department.

Study duration: 18 months. Each case was followed up to 6 months and more if required.

Study design (type of study): An experimental randomized control trial.

Sampling technique: The sample for the study was selected by simple random sampling method.

Method of selection of study subjects

Inclusion criteria

1. Patients of both genders irrespective of socioeconomic status.
2. Clinically diagnosed pharyngitis with recurring episodes.
3. All the patients was included after clinical examination, pathological investigations wherever necessary.
4. Many cases previously under different modes of treatment for recurrent pharyngitis was also included.
5. Patients who were willing to participate.

Exclusion criteria

1. Patients with complications of recurrent pharyngitis was excluded.
2. Patients suffering from systemic diseases who were on active treatment for the same.
3. Similarly, patients with known immune-compromised disease was also excluded.

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Sample size and selection of sample

Approximately 30 cases were selected by simple random sampling technique. Selected 30 cases were divided in two groups i.e. Group a and group b respectively. Both the group comprised 15 cases each. Group a (i.e. Treatment group) received appropriate homoeopathic medicine along with dietary advice, group b (i.e. Control group) received biochemic medicine along with dietary advice. All the cases were prescribed as per their allocated groups as mentioned above and assessment criteria was pre-fixed to know the effectiveness of homoeopathic medicine and biochemic medicine. The criteria fixed to know the results of treatment were cured, improved or not improved.

Selection of tools

The clinical diagnosis was made on the basis of physical examination of, ICD 10 criteria, throat swab, blood examination like CBC, ESR as per according to case. Categorization of patients into mild moderate and severe

cases was done as per sore throat questionnaire at the time of screening of patients.

Pain in pharyngitis was catagorized as per comparative pain scale chart. Mild: 1-3, moderate: 4-6, severe: 7-10. The cases were analyzed properly and results was assessed through the comparative pain scale chart in order to clinical assessment of improvement.

Outcome assessment criteria: evaluation parameters:
 cured: If comparative pain scale chart score turn to 0 after taking homoeopathic similimum or biochemic medicine
 Improved: if comparative pain scale chart score reduced than the previous comparative pain scale chart score after taking homoeopathic similimum or biochemic medicine.

Not improved: if comparative pain scale chart score remains same after taking homoeopathic similimum or biochemic medicine.

Observations and Results

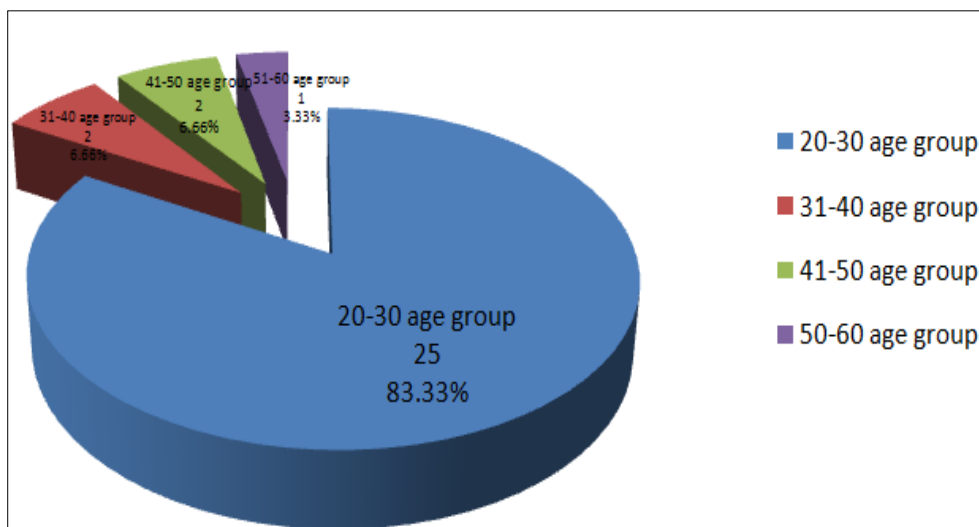


Fig 1: Age Incidence

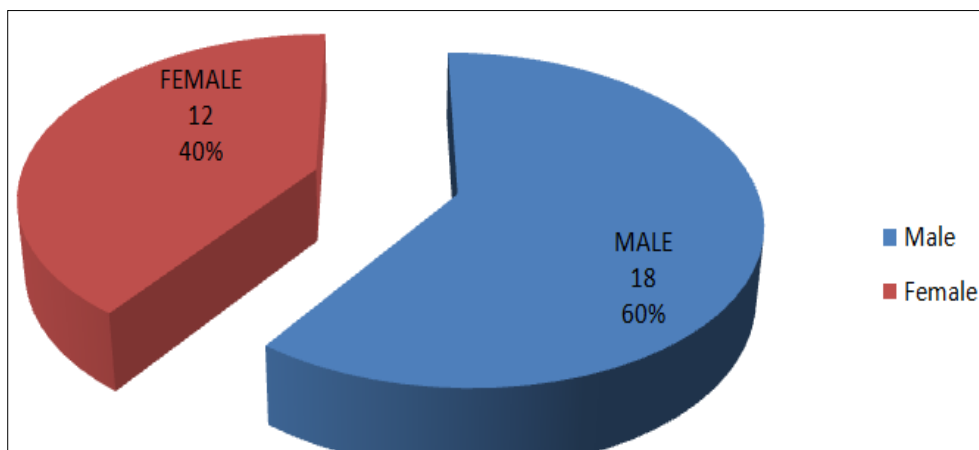


Fig 2: Gender incidence

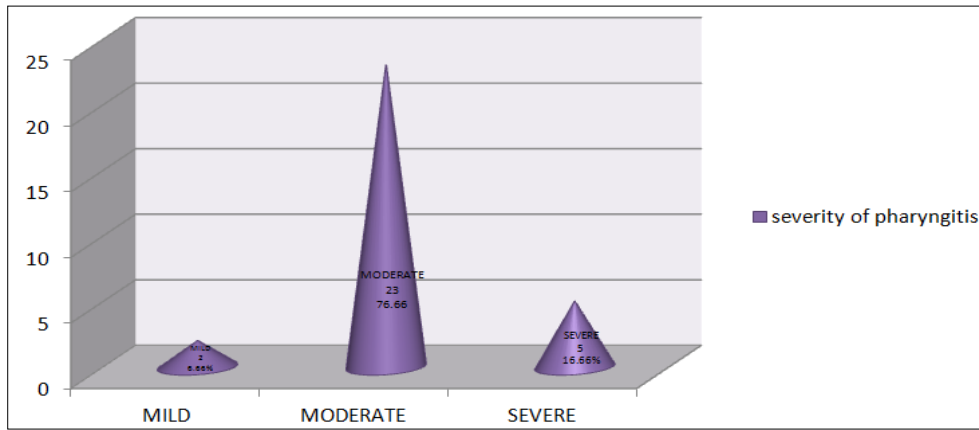


Fig 3: Severity of pharyngitis

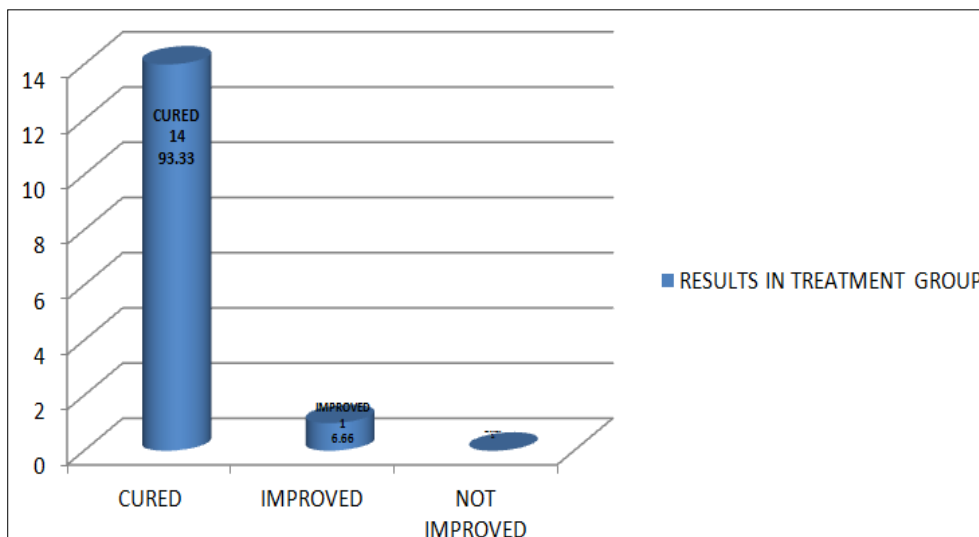


Fig 4: Results in treatment group

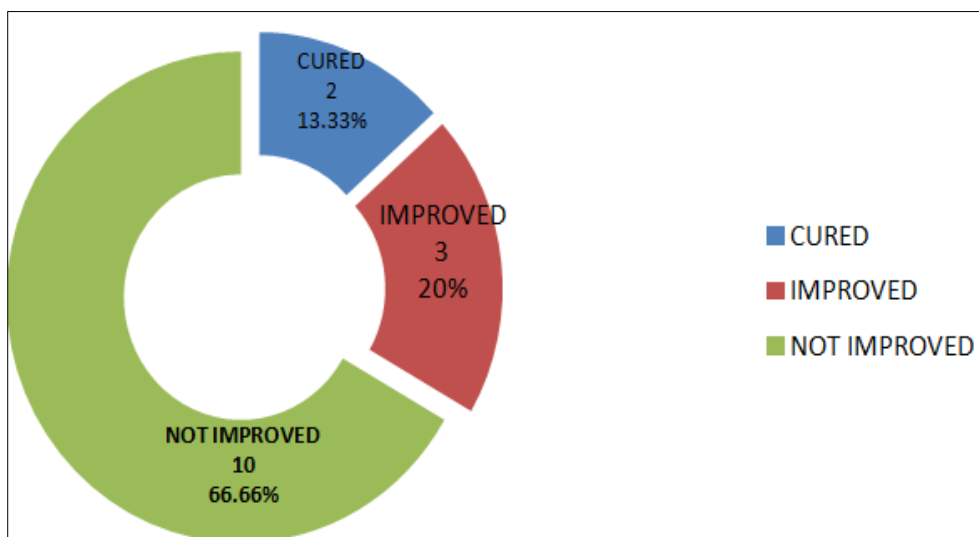


Fig 5: Results in control group

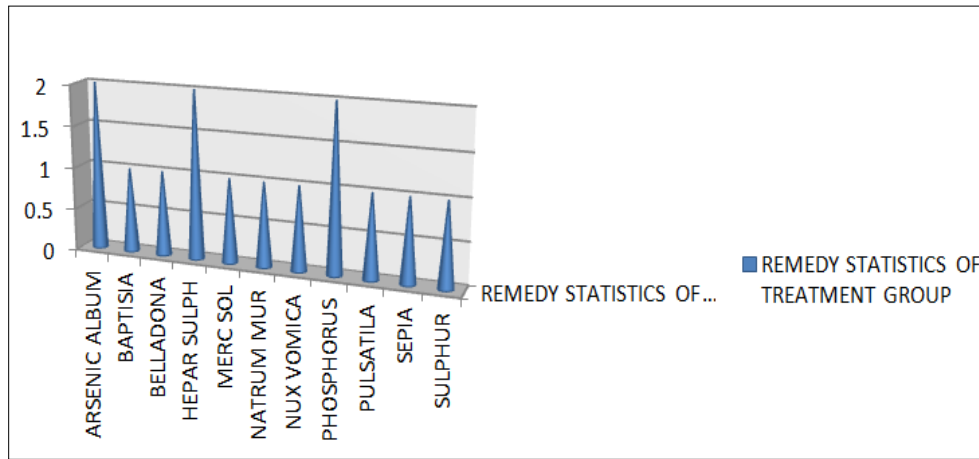


Fig 6: Remedy statistics of treatment group

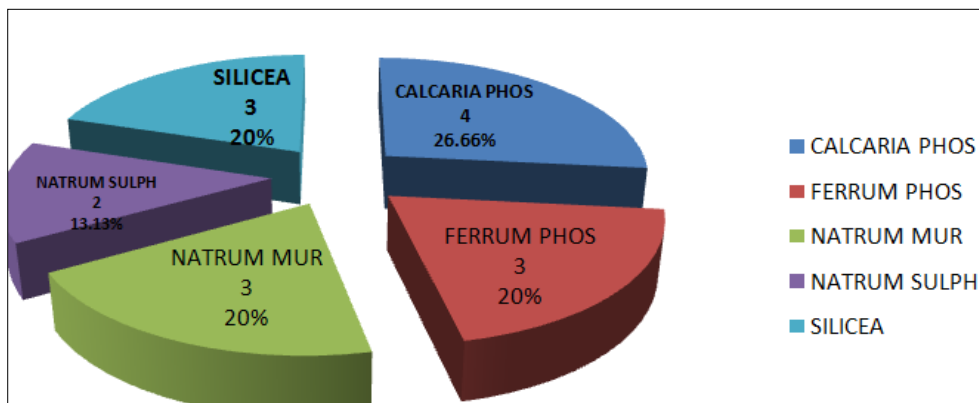


Fig 7: Biochemic remedy statistics of control group

Discussion

The current study was done on 'efficacy of homoeopathic similimum in comparison with biochemic medicines in the management of recurrent pharyngitis: a randomized control trial; in the age group of 20-60 years.

Total number of 30 cases were taken randomly for the study. The screening of the patients was done with the help of sore throat questionere which measured the severity level of the patients.

For the assessment of the clinical status before and after the treatment the comparative pain scale chart score was used.

The score before and after the treatment was considered and paired t- test was applied.

Among the 30 cases taken for the study 25 cases belonged to age group 20-30yrs accounting 83.33%, 2 cases were from age group 31-40 years accounting 6.66%, 2 cases were from the age group 41-50 yrs accounting 6.66% while 1 case was from the age group 51-60 years accounting 3.33%. Recurrent pharyngitis showed high occurrence in the age group 20-30 years of age.

While reviewing severity of the sore throat in screening with the help of sore throat questionere 5 cases belonged to high severity level accounting 16.66%, 23 cases belonged to moderate severity level accounting 76.66% and 2 cases belonged to mild severity level.

While reviewing miasm in the study there was psorosycotic miasm which was presented in 1 case accounting 3.33%, 29 cases were having psora accounting 96.66%. Of total sample respectively in miasm.

In present study for 15 cases remedies were prescribed in treatment group which showed the most commonly used

homoeopathic remedies in which arsenic album, hepar sulph and phosphorus covered 2 cases each accounting 13.33% each.

Baptasia, belladonna, nux vomica, pulsatila, silicea, sulphur, sepia, merc sol, natrum mur: each one of them covered 1 case accounting 6.66% each.

In the control group i.e. Biochemic medicine and dietary advice was given in the management of recuurent pharyngitis.

Among these 15 patients of control group the most commonly used biochemic medicines were calcaria phos which covered 4 cases accounting 26.66%, ferrum phos covered 3 cases accounting 20%, natrum mur and silicea covered 3 cases each accounting 20%each and natrum sulph covered 2 cases accounting 13.33%.

In treatment group which consisted of 15 cases which received homoeopathic similimum and dietary advice 14 cases were cured accounting 93.33% and 1 case showed improvement accounting 6.66%.

In control group which consisted of 15 cases which received biochemic medicine along with dietary advice 10 cases were not improved accounting 66.66%, 3 cases were improved accounting 20% and 2 cases were cured accounting 13.33%

The percentage of cured and improved cases was high in treatment group which was 93.33 and 6.66% as compared to control group whose cured cases and improved cases was only 13.33% and 20% respectively. The number of cases which showed no improvement was high in control group and that was 66.66% whereas treatment group didn't include any case which showed no improvement.

The cases which were cured or improved were advised to

follow the strict lifestyle changes as suggested in counseling if there will be any relapse of complaints should attend college opd for further management. Most of the cases from control group didnt not show any improvement, in such cases they were advised to continue treatment at the end of the study in college opd.

Conclusion

Homoeopathic medicine has predominant curative action over recurrent pharyngitis as compared to biochemic medicine was confirmed by this study.

Homoeopathic similimum is very much effective in checking the progression of the recurrent pharyngitis and also preventing the recurrence of the pharyngitis as compared to biochemic medicine was confirmed by this study. it will be more proved if more number of cases and prolonged time is given to the study. Psoric miasm was found predominantly in 29 cases out of 30 cases which confirms its fundamental role in the development of recurrent pharyngitis.

Conflict of interest: None.

Source of funding: None.

Consent: Written consent was taken from the patient.

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How to Cite This Article

Mane PR. Efficacy of homoeopathic similimum in comparison with biochemic medicines in the management of recurrent pharyngitis: A randomized control trial. *International Journal of Homoeopathic Sciences*. 2024;8(1):239-243.

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