Utility of BBCR in management of osteoarthritis

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Abstract
Introduction: Osteoarthritis (OA) is an enlightened disorder of cartilage degradation, synovial inflammation osteophytes formation thinning of joint space and sub-chondral sclerosis. Cartilage act as cushion between the bones of joints and prevent the rubbing of bones on each other. In between two cartilage of bone joint, synovial fluid filled, which secreted by synovial membrane for lubrication of the joints. OA leads to pain, disability as well as difficulty in joints and restrict the routine movements of human beings [1].

Methods: Study Design: An Open label single arm Trial 100 cases of Osteoarthritis were randomly recruited and followed up for 3 months. The diagnosis was based on clinical examination & radiography. The Homoeopathic medicines were prescribed on the basis of totality of symptoms with the help of BBCR. Potency selection, dosage & repition of medicine were done according to 5th and 6th edition of Organon of Medicine respectively. The assessment of utility of homoeopathic medicine selected with the help of BBCR in OA cases by using NPRS.

Results: NPRS before and after score concludes effectiveness of treatment with significant improvement in pain with individualized Homoeopathic medicine selected with the help of BBCR.

Conclusion: Homoeopathic medicine offers significant relief in pain management to patients suffering from Osteoarthritis. Homoeopathic medicines were selected with the help of BBCR on the basis of symptoms.

Keywords: Osteoarthritis, boger boeninghausen’s characteristics & repertory, homoeopathic medicines
Sample size & Selection Of samples: Total 100 cases were Selected through randomization table, under the consideration of exclusion and inclusion criteria.

Inclusion criteria
Screening: Screening will be done on the basis of presenting complaints.
- Patients aged 35-90 years of both sexes were included.
- Radiographically confirmed cases Osteoarthritis.

Exclusion criteria:
- Females who want to concieve, Pregnant or lactating.
- Other joint disease or any systemic disease.
- Cases Taking medicines from other mode of treatment & were not willing to leave it.
- Immuno compromised Patient.

Study Design: An Open label single arm Trial
Study Duration for 12 months.

Brief procedures
a. After Institutional Ethical Clearance, identified cases as per the inclusion and exclusion criteria had been taken up for study.
b. Detailed case definition beginning from LSMC (Location, Sensation, Modalities, and Concomitant) including the Onset, Duration and Progress of the presenting manifestations.
c. Life space investigation of each patient through detailed case receiving, with designed Case record format and Numerical Pain rating Scale.
d. Case processing, selection and administration of the similimum based on the concept of Individualization as stated by our stalwarts.
e. Studying the response of homoeopathic medicine as per the outcome assessment parameters.

Outcome Assessment Criteria
Assessment of the changes in the following domains:
b. Other associated complaints and its evaluation in each follow up.

Results and Discussion

The most frequently prescribed homoeopathic medicines were Ars. Alb (n=6), Aur.met (n=2), Bryonia (n=8), Cal.c (n=3), Caust (n=3), China (n=8), Graphites (n=2), Lachesis (n=3), Lycopodium (n=14), Nat.carb (n=1), Nat.mur (n=5), Nux.vom (n=8), Phosphorus (n=5), Platina (n=2), Pulsatilla (n=10), (Rhustox n=8), Sepia (n=5), Sulphur (n=5), Verat.Alb (n=2).

Fig 1: As shown in figure 100 case of Osteoarthritis were treated with Homoeopathic medicine selected on basis of totality of symptoms.

Fig 2: As shown in above figure among 100 cases of Osteoarthritis 10(10%) cases were markedly improved, 22(22%) cases were mild improved, 57(57%) cases were moderately improved, 7(7)% cases were not specific improvement and 4(4%) cases had no improvement.
Fig 3: As shown in above figure among 100 cases of Osteoarthritis 48 (48%) were male and 52 (52%) were female.

Fig 4: As shown in above figure among 100 cases of osteoarthritis 89 cases were improved either mild moderate or marked and 11 case had status quo condition or no specific improvement.

References