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A clinical study on effectiveness of LM potency in osteoarthritis of knee joint

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Abstract

Background: Osteoarthritis (OA) is a progressive degenerative joint disorder, often leading to pain, stiffness, and disability, impacting quality of life. This study investigates the efficacy of LM potency in the Homoeopathic management of patients with Osteoarthritis of the knee joint.

Methods: This prospective interventional study was conducted at the OPD, IPD and Rural health centres of Sarada Krishna Homoeopathic Medical College and Hospital, Kulasekharam. Thirty patients clinically diagnosed with Osteoarthritis of the knee joint were enrolled after obtaining informed consent. Each participant underwent individualized Homoeopathic treatment using the LM potency over a period of three months. Assessment tools included the Western Ontario and McMaster Universities Osteoarthritis Index (WOMAC) recorded at 3 months. Statistical analysis was performed using paired t-tests to evaluate changes in symptom severity and function.

Results: In the 30 cases, statistically significant improvement was observed in before and after treatment scores using the WOMAC scoring index.

Conclusion: Individualized Homoeopathic treatment demonstrated beneficial effects in managing Osteoarthritis of the knee joint. These findings suggest that Homoeopathy may serve as a safe and effective in the management of Osteoarthritis of the knee joint.

Keywords: Osteoarthritis, knee joint, LM potency, homoeopathy, individualized, medicine, WOMAC

Introduction

Osteoarthritis (OA) is an irreversible degenerative inflammatory disorder affecting the cartilage in the joints which eventually ends in joint capsule degradation ^[1]. The WOMAC is intended as an Osteoarthritis-specific severity scale. It comprises an uncomfortable subscale ^[2]. A brief overview of the LM-potencies from their inception to the up-to-date; such an investigation is unprecedented in the background of Homoeopathy, and there are only a few prior investigations that one can build on. The terms used for 50 millesimal potencies have remained ambiguous ^[4]. It varies by the maker, for reasons of historical significance, with certain ones using the abbreviation 'Q' and others using the original nomenclature 'LM-potencies' ^[5]. Hahnemann called it 'Renewed Dynamisation'. This dissertation analyzes the effectiveness of LM potencies in controlling Osteoarthritis symptoms in the knee joint ^[6]. This study aims to contribute to our comprehension of how Homoeopathic treatment, especially those using LM-potencies, could potentially hold therapeutic promise for Osteoarthritis of the knee joint by analyzing both scientific and clinical perspectives ^[7].

Scope

To acquire knowledge about the effectiveness of LM potency in knee Osteoarthritis. To study the effectiveness of Homoeopathic management in treating Osteoarthritis of the knee joint using the WOMAC score. To know about the frequently indicated medicines in Osteoarthritis of the knee joint.

Aim

To study the efficacy of fifty millesimal potency (LM potency) in managing patients with Osteoarthritis of the knee joint.

Objective

- To determine the effectiveness of LM potency in treating Osteoarthritis of the knee joint with the WOMAC scale.

using the WOMAC score. To know about the frequently indicated medicines in Osteoarthritis of the knee joint.

Aim

To study the efficacy of fifty millesimal potency (LM potency) in managing patients with Osteoarthritis of the knee joint.

Objective

- To determine the effectiveness of LM potency in treating Osteoarthritis of the knee joint with the WOMAC scale.
- To study the frequently indicated medicine in Osteoarthritis of the knee joint.

Materials and Method

Site outview

Thirty patients chosen from SKHMC's outpatient and inpatient departments who were previously diagnosed with Osteoarthritis of the knee joint.

Participants

Thirty patients with previously diagnosed with the Osteoarthritis of knee joint.

Methodology

Thirty patients who had been previously diagnosed with Osteoarthritis of the knee joint. The selected patients were given Homoeopathic treatment by forming the totality of the patients. The patients were administered with LM potency as enrolled in the clinical study. Data will be collected using the case taking, prescribing according to the patient's susceptibility, follow-up in each scenario of cases every two weeks, and pre- and post- assessment using the WOMAC scale.

Inclusion criteria

Patients of men and women, patients within the 50-60 age range and patients with symptomatology of Osteoarthritis of the knee joint w have given informed permission that is

consent for treatment.

Exclusion criteria

Cases in which surgical intervention becomes necessary. Patients suffering from other severe systemic diseases do not suffer from any diagnosed pathology. Pregnant women. Patients under allopathic medication for Osteoarthritis of knee joint and other diseases.

Diagnostic criteria

Age more than 50 years. Morning stiffness less than 30 minutes. Crepitus on active movements. Bony tenderness. Mild to moderate warmth. X-ray findings.

Interpretation of data

For analysing the statistics the paired "t-test" has been was used. The data has been displayed using charts, tables, and schematics, along with pre- and post-treatment assessments.

Observations and Results

Distribution according to age criteria

In the study of 30 cases of Osteoarthritis of the knee, 23 patients (76.6%) were between the ages of 55 and 60, whereas 7 patients (23.3%) were aged 50 to 54.

Distribution according to gender criteria

In the study of 30 cases, there were ten male patients (33%) and twenty female patients (67%) who were affected with the Osteoarthritis of knee joint.

Distribution according to duration of the disease

Out of thirty cases 9 patients were affected with one patient has had Osteoarthritis of the knee joint for a year, Three people have had the disease for a total of 10 years, a total of six months, and two months, while one had it for a period of five years, three months, and one month. According to the observation, 30% of patients have had Osteoarthritis in their knee joint for at least a year.

Distribution according to the medicines prescribed

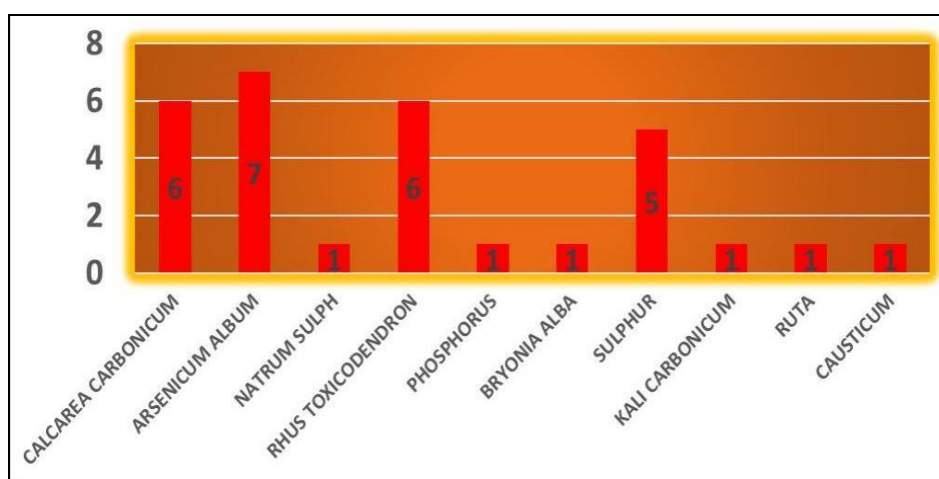


Fig 1: Distribution according to the medicines prescribed

Out of the 30 cases, Arsenicum album was prescribed for 7 cases, Calcarea carbonica, Rhus toxicodendron was prescribed for 6 cases each, Natrum sulphuricum, Phosphorus, Bryonia alba, Kali carbonicum, Ruta

graveolans, Causticum 1 each and Sulphur for 5 cases. The observation shows that Calcarea carbonica is the most frequently used medicines for Osteoarthritis of the knee joint.

Distribution according to the before and after treatment using womac scoring scale

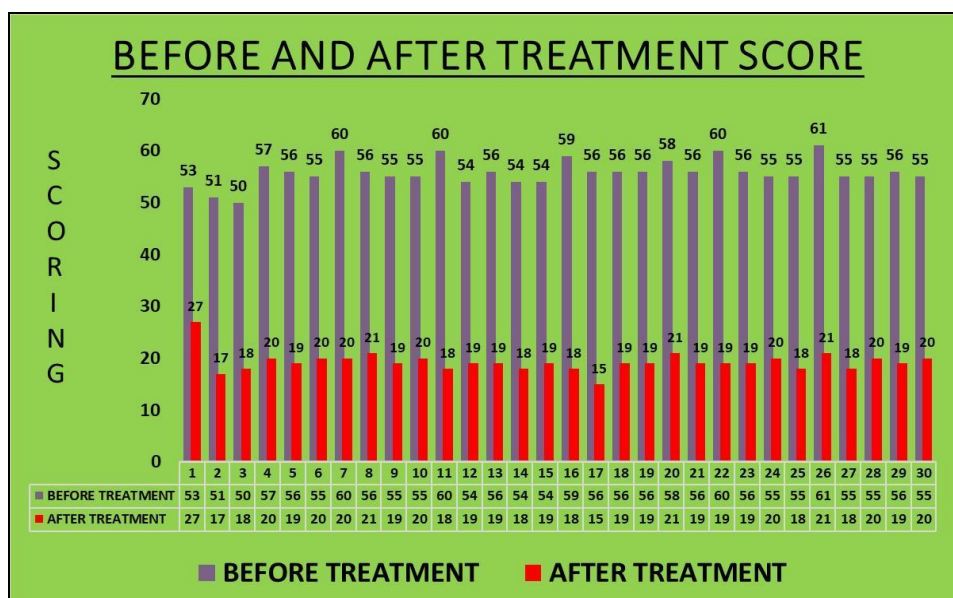


Fig 2: Distribution according to the before and after treatment using womac scoring scale

In accordance with the observations made from the thirty pre-diagnosed cases enlisted above of the Osteoarthritis of the knee joint. The majority of the cases were mild to moderate. The entire cases was treated based on constructing the totality of the patient. Every single case was treated with the medicine that was most similar. The WOMAC score ranging from a maximum of 61 and to a minimum of 21. The patient shown 66.66% of reduction in the intensity of the Osteoarthritis of the knee joint after treatment and assessed using the WOMAC scoring scale and the lowest percentage of reduction is indicated was only 26.74% and all other cases out of the 30 cases shown more percentage of reduction in the intensity of the disease Osteoarthritis of the knee joint.

Distribution according to the frequently used potency

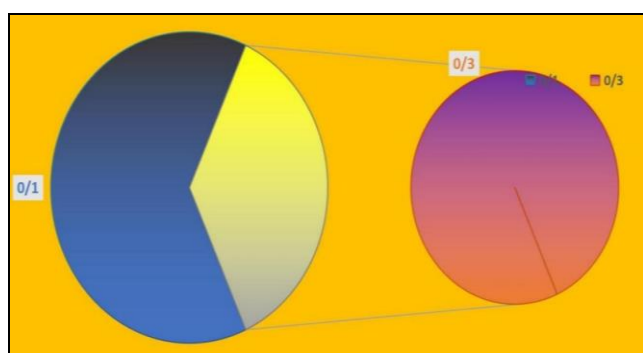


Fig 3: Distribution according to the frequently used potency

In accordance with the observations made from the thirty pre-diagnosed cases enlisted above of the Osteoarthritis of the knee joint 0/1 was prescribed for 19 cases (63.33%) and 0/3 was prescribed for 11 cases (36.33%). The observation shows that 0/1 potency was more frequently prescribed potency than the 0/3 potency out of the thirty cases studied.

Discussion

The present study conducted at Sarada Krishna Homoeopathic Medical College on 30 cases of osteoarthritis

of the knee joint revealed that the majority of patients were between 55-60 years (76.6%) and females (67%) were more affected than males. Housewives constituted the largest occupational group (66.6%), showing a greater vulnerability, while most patients had a disease duration of about one year (30%). Among the prescribed medicines, *Calcarea carbonica* was the most frequently used, and LM 0/1 potency was preferred in 63.3% of cases. The WOMAC scoring scale showed marked clinical improvement, with reduction in pain, stiffness, and functional limitation, where the highest reduction reached 66.6%. Most patients received 42 doses (73.3%), which proved effective. Overall, individualized homoeopathic medicines in LM potency demonstrated significant efficacy in relieving symptoms and improving joint function in knee osteoarthritis.⁹ However, limitations such as small sample size, restricted age group, and absence of a control group highlight the need for larger, long-term controlled studies for validation.

Conclusion

The study's objective was to evaluate the efficacy of fifty millesimal (LM potency) in the treatment of Osteoarthritis of the knee joint. This study concludes that individualized Homoeopathic management using LM potencies is both clinically and statistically effective in reducing the symptoms of Osteoarthritis of the knee. The significant improvement in WOMAC scores after treatment, with a mean difference of 36.47 and a highly significant t-statistic of 63.99 ($p < 0.001$), provides compelling evidence of therapeutic benefit. The absence of adverse effects and the subjective reports of well-being further enhance the credibility of Homoeopathy as a safe, non-invasive, and holistic system of care. These results validate the foundational principles of Homoeopathy as laid out in Hahnemann's Organon of medicine, particularly the efficacy of LM potencies in chronic conditions. However, within the scope and limitations of this study, the evidence clearly supports the conclusion that Homoeopathic treatment using LM potencies can offer substantial relief and functional improvement in patients suffering from

Osteoarthritis of the knee joint. Totality. The majority of cases showed improvement, highlighting the potential of Homoeopathic management in Osteoarthritis treatment.

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Conflict of Interest

Not available

Financial Support

Not available

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