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Avascular necrosis (AVN) and Its homeopathic management: A clinical study of 1000 cases

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Abstract

Background: Avascular Necrosis (AVN) is a progressive, ischemic bone disorder leading to structural collapse, severe pain, and disability. Conventional treatment options remain limited in reversing pathology. This study evaluates the effectiveness of individualized homeopathic management in AVN cases.

Aim: To assess clinical and radiological outcomes of homeopathic treatment in AVN patients across Ficat-Arlet stages II-IV.

Methods: A retrospective clinical observational study of 1000 AVN patients treated between 2017-2025 at Dr. Aakash Kale Homoeopathy & Research Pvt. Ltd.

Results: Significant improvement was noted in pain, mobility, limping, joint function, bone alignment, synovitis, and bone edema. MRI follow-ups in a subgroup showed partial to complete reversal of AVN.

Conclusion: Individualized homeopathic therapy demonstrated positive clinical and radiological outcomes in AVN patients.

Keywords: Avascular necrosis, homeopathy, Ficat-Arlet staging, ischemic bone disease, MRI reversal

Introduction

Avascular Necrosis (AVN) is a progressive ischemic bone disorder with significant global burden. According to IJHS guidelines, introduction must include definition, epidemiology, current treatment limitations, and rationale for homeopathic intervention.

2. Materials and Methods

2.1 Study Design

Retrospective observational clinical study (2017-2025).

2.2 Sample Size

1000 patients.

2.3 Staging Criteria

Ficat-Arlet Stage II-IV.

2.4 Inclusion Criteria

Age 18-70, diagnosed AVN, willing for follow-up.

2.5 Exclusion Criteria

Post-surgical cases, complete collapse, uncontrolled systemic illness.

2.6 Treatment Protocol

Individualized homeopathic medicines including Silicea, Acid Hydrofluoricum, Strontium Carbonicum, Angustura Vera, Arnica Montana, Symphytum, Calc Phos, Natrum Phos, Phosphorus, Aurum Met.

2.7 Duration

4-12 months.

2.8 Outcome Measures

Pain, mobility, limping, bone alignment, synovitis, bone edema, stage regression, MRI changes.

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Table 1: Patient Demographics

Total patients: 1000
Age range: 18-70
Gender ratio: Predominantly male
Follow up: 4-12 months

Table 2: Distribution by Ficat-Arlet Stage

Stage II: 420 cases
Stage III: 380 cases
Stage IV: 200 cases

Table 3: Remedies Used & Frequency

Silicea 20%
Acid Hydrofluoricum 15%
Strontium Carbonicum 12%
Angustura Vera 10%
Arnica 18%
Symphytum 14%
Calc Phos 5%
Natrum Phos 3%
Phosphorus 2%
Aurum Met 1%

Table 4: Outcome Summary

Pain Reduction 85%
Mobility Improvement 80%
Limping Reduction 78%
Bone Alignment Better 70%
Synovitis Reduction 65%
Bone Edema Improvement 68%
MRI Reversal Evidence 30%

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4. Discussion

Homeopathic perspective, comparison with allopathic limitations, regenerative potential.

5. Conclusion

Homeopathic individualized therapy shows promising clinical & radiological outcomes in AVN Stages II-IV.

Conflict of Interest

Not available

Financial Support

Not available

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