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A prospective observational study evaluating Kent's twelve observations in eczema using the MONARCH scale

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Abstract

Background: Eczema is a chronic, relapsing inflammatory skin disorder that significantly affects quality of life. In homoeopathic practice, evaluation of remedy action and prognosis relies heavily on clinical observation. Kent's Twelve Observations provide a structured framework to assess the patient's response following remedy administration. However, systematic studies correlating these observations with standardized outcome measures are limited.

Aim: To explore the utility of Kent's Twelve Observations in monitoring treatment response in cases of eczema and to correlate these observations with outcomes measured using the MONARCH scale.

Materials and Methods: A prospective observational study was conducted on 30 patients diagnosed with eczema. Cases were selected based on predefined inclusion and exclusion criteria. Individualized homoeopathic treatment was prescribed based on totality of symptoms. Patients were followed up regularly, and Kent's observations were recorded at the third and sixth follow-ups. Treatment outcomes were assessed using the Modified Naranjo Criteria for Homeopathy (MONARCH) scale. Data were analysed using descriptive statistics.

Results: Out of 30 cases, 25 patients (83.3%) showed clinical improvement, while 5 cases (16.7%) did not show significant improvement. Kent's Observation 4 (no aggravation with steady recovery) was the most frequently observed pattern, seen in 46.4% of cases at the third follow-up and 75.9% at the sixth follow-up. On the MONARCH scale, most patients scored 9 (36.7%) and 10 (40%), indicating a strong causal relationship between homoeopathic intervention and clinical improvement.

Conclusion: Kent's Twelve Observations serve as a reliable clinical tool for assessing remedy action and prognosis in eczema. The predominance of favourable observations and significant MONARCH scores supports the effectiveness of individualized homoeopathic management in eczema.

Keywords: Eczema, atopic dermatitis, homoeopathy, Kent's twelve observations, MONARCH scale, prognosis

Introduction

Eczema, commonly referred to as atopic dermatitis, is a chronic inflammatory skin condition characterized by pruritus, dryness, erythema, and recurrent exacerbations. The disease often follows a relapsing course and poses a considerable physical and psychological burden on patients. Conventional treatment mainly focuses on symptomatic relief using emollients, corticosteroids, and antihistamines, which may not prevent recurrence and may lead to adverse effects with long-term use.

Homoeopathy approaches eczema as an external manifestation of internal imbalance rather than a purely local disorder. According to homoeopathic philosophy, accurate observation of remedy response is essential for judging prognosis and planning subsequent prescriptions. Dr. James Tyler Kent formulated the Twelve Observations to systematically interpret the patient's reaction after remedy administration. These observations help distinguish between curative responses, aggravations, palliation, and unfavourable outcomes.

Despite their widespread clinical use, there is limited empirical evidence correlating Kent's observations with standardized outcome assessment tools. This study aims to bridge that gap by correlating Kent's Twelve Observations with the MONARCH scale in cases of eczema.

Aim and Objectives

Aim

To study the utility of Kent's Twelve Observations in monitoring and evaluating cases of eczema using the MONARCH scale.

Objectives

1. To observe the pattern of Kent's Twelve Observations after homoeopathic treatment in eczema.
2. To evaluate the role of Kent's observations in guiding subsequent prescriptions.
3. To assess the effectiveness of individualized homoeopathic treatment using the MONARCH scale.

Materials and Methods

Study design

Prospective observational study.

Study population

Thirty patients diagnosed with eczema were selected from OPD, IPD, and peripheral homoeopathic clinics.

Inclusion criteria

- Patients of all age groups and both sexes
- Clinically diagnosed cases of eczema
- Patients willing to give informed consent

Exclusion criteria

- Patients unwilling to participate
- Pregnant and lactating women
- Patients receiving other systemic treatments

Treatment protocol

Cases were taken in detail following standard homoeopathic case-taking format. Remedies were prescribed on the basis of totality of symptoms and individualized approach. Patients were followed up periodically.

Assessment tools

- Kent's twelve observations recorded during follow-ups
- MONARCH scale used to assess treatment outcome

Statistical analysis

Data were analysed using descriptive statistics such as percentages and proportions.

Results

- Out of 30 cases, 83.3% showed improvement, while 16.7% did not improve.

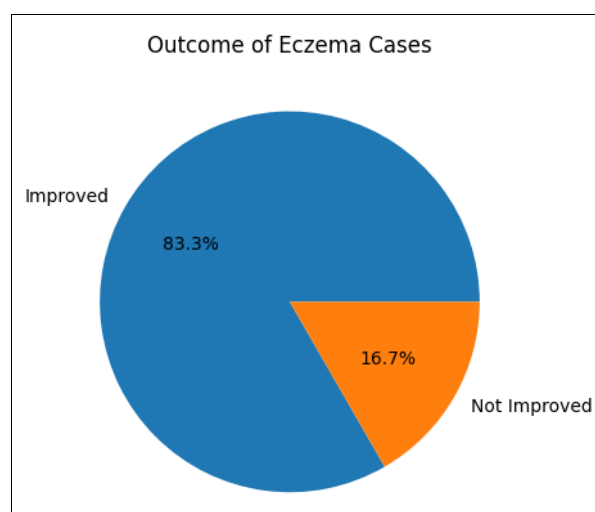


Fig 1: The overall treatment outcome showed improvement in 83.3% of cases

- Kent's Observation 4 (no aggravation with steady improvement) was the most observed:
 - 46.4% at the 3rd follow-up
 - 75.9% at the 6th follow-up

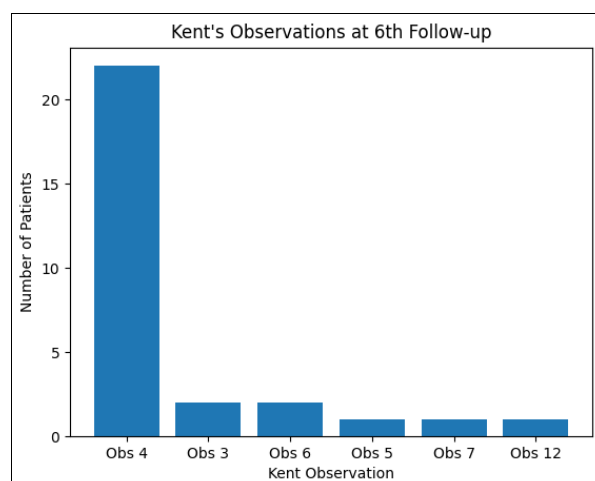


Fig 2: Kent's observation 4 was most frequently observed at the sixth follow-up

- MONARCH scores showed:
 - Score 10 in 40% of cases
 - Score 9 in 36.7% of cases

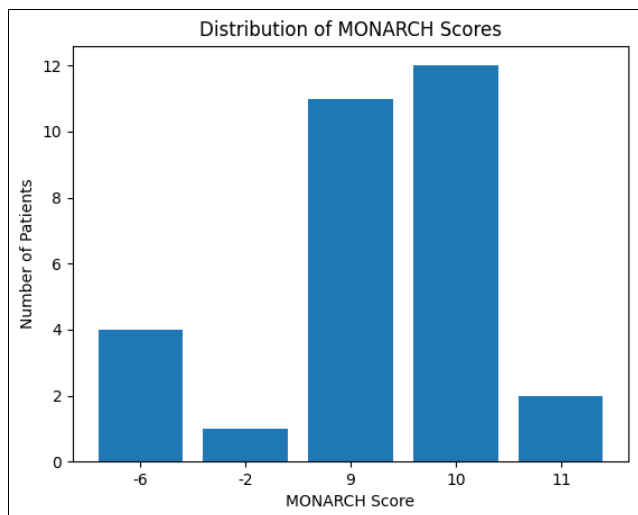


Fig 3: Higher MONARCH scores (9 and 10) were recorded in the majority of cases

These findings indicate a consistent and favourable response to individualized homoeopathic treatment.

Discussion

The predominance of Kent's Observation 4 suggests that most patients experienced steady improvement without aggravation, which is considered a favourable prognostic sign in homoeopathy. The correlation between favourable Kent's observations and higher MONARCH scores supports the causal role of homoeopathic treatment in clinical improvement.

The study reinforces Kent's view that careful observation of remedy response is crucial, especially in chronic conditions like eczema where treatment requires long-term monitoring. The MONARCH scale further strengthens outcome assessment by providing an objective framework to evaluate therapeutic effectiveness.

Conclusion

Kent's Twelve Observations are a valuable and practical clinical tool for assessing remedy action and prognosis in eczema. Their correlation with MONARCH scale outcomes confirms their utility in guiding homoeopathic management. Individualized homoeopathic treatment demonstrated significant clinical improvement in the majority of cases, highlighting its role as an effective therapeutic approach in eczema.

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