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Dr. Ruchi Singh

Associate Professor, Dr. MPK
Homoeopathic Medical
College, Hospital and Research
Center, Jaipur, Rajasthan,
India

Dr. Atul Kumar Singh

Principal, Dr. MPK
Homoeopathic Medical
College, Hospital and Research
Center, Jaipur, Rajasthan,
India

Dr. Astha Mathur

Assistant Professor, Dr. MPK
Homoeopathic Medical
College, Hospital and Research
Center, Jaipur, Rajasthan,
India

Meenal Sharma

Internee Student, Dr. MPK
Homoeopathic Medical
College, Hospital and Research
Center, Jaipur, Rajasthan,
India

Corresponding Author:

Dr. Ruchi Singh

Associate Professor, Dr. MPK
Homoeopathic Medical
College, Hospital and Research
Center, Jaipur, Rajasthan,
India

Role of homoeopathic medicines in cases of frozen shoulder

Dr. Ruchi Singh, Dr. Atul Kumar Singh, Dr. Astha Mathur and Meenal Sharma

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Abstract

Background: Frozen shoulder, is characterised by significant restriction of both active and passive shoulder motion that occurs in the absence of a known intrinsic shoulder disorder. It is more common in 40 - 60 age group and in manual workers.

Methods: A Prospective, observational study was done in O.P.D. of Dr. Girendra Pal Homoeopathic Hospital, Jaipur. 35 patients aged 35 years and above suffering from frozen shoulder were enrolled as per inclusion and exclusion criteria and treated with homoeopathic medicines along with physiotherapy. Shoulder pain and disability index was used for pre and post treatment assessment

Results: Homoeopathic medicines provided significant benefit to patients suffering from frozen shoulder, difference of mean = 1.72857, $t(34) = 13.965$, $P = 0.005$. Paired sample t- test result shows, disability improved by homoeopathic medicine, difference of mean = 1.73714, $t(34) = 11.707$, $P = 0.005$.

Conclusion: Homoeopathic treatment can provide relief to patients of frozen shoulder.

Keywords: homoeopathic medicines, cases, frozen shoulder

Introduction

Frozen shoulder is a significantly painful and disabling condition commonly presenting in the primary care setting. It is also known as adhesive capsulitis. The condition progresses in three stages: freezing (painful), frozen (adhesive) and thawing, and is often self-limiting^[1]. Frozen shoulder is thought to have an incidence of 3%-5% in the general population^[2]. Its peak incidence is in between the ages of 40 and 60 and is rare outside these age groups. Manual workers are more affected^[3].

It is defined as — a condition of uncertain aetiology, characterised by significant restriction of both active and passive shoulder motion that occurs in the absence of a known intrinsic shoulder disorder^[4]. Patients with frozen shoulder typically experience insidious shoulder stiffness, severe pain that usually worsens at night, and near-complete loss of passive and active external rotation of the shoulder^[5].

Common conservative treatments include non-steroidal anti-inflammatory drugs, oral glucocorticoids, intra-articular glucocorticoid injections and/or physical therapy. However, many physicians may find themselves limited to prescribing medications for treatment^[1].

Homeopathy treats the person as a whole. It means that homeopathic treatment focuses on the patient as a person, as well as his pathological condition. The homeopathic medicines are selected after a full individualizing examination and case-analysis, which includes the medical history of the patient, physical and mental constitution etc. A miasmatic tendency (predisposition/susceptibility) is also often taken into account for the treatment of chronic conditions.

This study was conducted to evaluate the role of homoeopathic medicines along with physiotherapy in cases of frozen shoulder on the basis of shoulder pain and disability index^[6].

Aim and Objectives

Aim: To determine the role of homoeopathic medicines along with physiotherapy in cases of frozen shoulder.

Objectives: To assess the role of homoeopathic medicines along with physiotherapy in cases

of frozen shoulder on the basis of shoulder pain and disability index.

Methods

Study setting and design: A Prospective, interventional study was conducted at Dr. Girendra Pal Homoeopathic Hospital, Saipura. Sanganer Jaipur. 35 patients suffering from frozen shoulder above 35 years of age were enrolled after obtaining voluntary informed consent as per inclusion and exclusion criteria

Inclusion criteria

1. All patients giving consent to participate in study.
2. Patients presenting with pain and stiffness in shoulder joint; gradual development of global limitation of active and passive shoulder motion in the absence of a known intrinsic shoulder disorder.

Exclusion criteria

1. Pregnant and lactating women.
2. Patients with known intrinsic shoulder disorder.
3. Diagnosed cases of Osteoporosis.

Intervention: All enrolled patients were prescribed Homoeopathic Medicine selected after case taking, case analysis and evaluation, repertorisation ^[7] and final consultation with materia medica. Dosage, repetition was as per homoeopathic principles. Change of medicine and/or

dosage was done on Homoeopathic principles after observing changes after administration of medicine ^[8, 9]. The medicines were procured from the pharmaceutical company having the Good Manufacturing Practices certificate.

Co-intervention: Physiotherapy as recommended by Physiotherapist.

Data collection procedures and instruments used: All cases were recorded on Case taking proforma. Intensity of complaint of frozen shoulder was assessed using Shoulder Pain and Disability (SPADI).

Plan of analysis/statistical tools: Data was recorded in Master charts. Statistical Analysis was done using SPSS & MS Excel ^[10]. Statistical reporting of gender, age, hand dominance, symptom duration, and the current as well as past history of shoulder dysfunction were done including pre-treatment means (sd) wherever applicable. Paired t test will be used for change from pre- to post- treatment (sd) of SPADI scores.

Ethical considerations: Ethical approval was obtained from Institutional ethics committee of Homoeopathy University, Jaipur.

Observations and Results

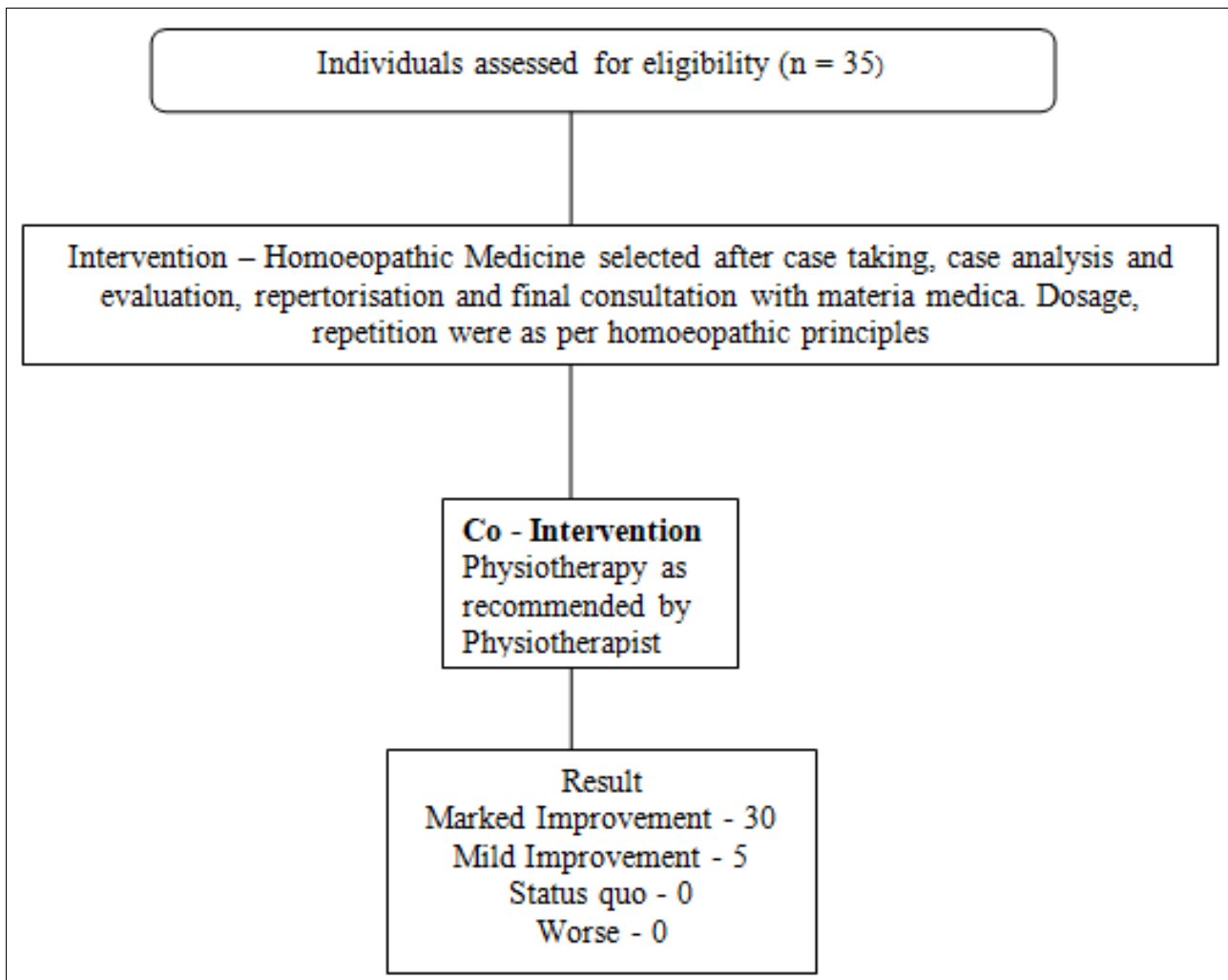


Fig 1: Participant flow chart of study

Table 1: Baseline characteristics of cases of frozen shoulder (n = 35)

Gender	Number (n = 35)	Percentage (%)
Female	25	71.42%
Male	10	28.58%
Age group		
36-45	18	51.43%
46-55	8	22.85%
56-65	7	20%
>66	2	5.72%
Presenting complaint		
Adhesive capsulitis (frozen shoulder)	29	82.86%
Arthralgia with frozen shoulder	2	8.57%
Rheumatoid arthritis with shoulder	3	5.71%
Cervical spondylosis with frozen shoulder	1	2.86%
Side affected		
Right	3	8.57%
Left	5	14.29%
Bilateral	27	77.14%

Table 2: Distribution of cases according to medicine prescribed (n = 35)

Medicine prescribed	No. of cases
<i>Rhus Toxicodendron</i>	9
<i>Ferrum Metallicum</i>	4
<i>Sanguinaria Canadensis</i>	4
<i>Pulsatilla</i>	4
<i>Arnica Montana</i>	2
<i>Bryonia Alba</i>	2
<i>Natrum Muriaticum</i>	2
<i>Ruta Graveolens</i>	2
<i>Colchicum Autumnale</i>	1
<i>Ignatia Amara</i>	1
<i>Kali Carbonicum</i>	1
<i>Lycopodium Clavatum</i>	1
<i>Nux Vomica</i>	1
<i>Phytolacca Decandra</i>	1

Table 3: Distribution of cases according to result after treatment (n = 35)

Result	No. of cases	Percentage
Marked Improvement	30	85.71%
Mild Improvement	5	14.29%
Status quo	0	0
Worse	0	0

Statistical analysis**SPADI pain scale**

Paired sample t - test result, to assess the role of homoeopathic medicines and physiotherapy in cases of Frozen Shoulder post treatment (M = 3.3543, S.D. = .83748), compared to pre-treatment (M = 5.0829, S.D. = .82551) by shoulder pain and disability (SPADI) analysis, Lower the Score indicate improved by homoeopathic medicine, difference of mean = 1.72857, t (34) = 13.965, P = 0.005.

SPADI disability scale

Paired sample t - test result, to assess the role of homoeopathic medicines and physiotherapy in cases of Frozen Shoulder post treatment (M = 4.342, S.D. = 1.04524), compared to pre-treatment (M = 6.0800, S.D. = 1.38666) by Shoulder pain and disability (SPADI) analysis, Lower the Score indicate improved by homoeopathic medicine, difference of mean = 1.73714, t (34) = 11.707, P = 0.005.

Discussion

In this study 35 cases of frozen shoulder were taken. Baseline characteristics of study population (Table 1) shows that females were more affected as compared to males and maximum cases were from age groups 36-45. Previous studies report a higher prevalence in between the ages of 40 and 60 and in females^[3].

Clinically most patients (29, 82%) presented with frozen shoulder (Adhesive capsulitis) as the presenting complaint and 6 cases had other presenting complaints including Rheumatoid arthritis, arthralgia and cervical spondylosis. Most cases presented with bilateral complaint which is similar to previous studies^[3] (Table 4).

Homoeopathic medicines are prescribed on the basis of individualized totality of symptoms after a thorough case taking and case processing. Among 35 cases of Frozen Shoulder, 9 (25.71%) cases were prescribed the medicine^[11-14]. *Rhus toxicodendron*; 4 (11.43%) cases were prescribed the medicine *Ferrum Metallicum and Sanguinaria Canadensis* each; 4 (8.57%) cases were prescribed the

medicine *Pulsatilla nigricans*; 2 (5.71%) cases each were prescribed *Arnica montana*, *Bryonia alba*, *Natrum muriaticum* and *Ruta graveolens*, and; 1 (2.85%) case each were prescribed *Colchicum autumnale*, *Ignatia amara*, *Kali carbonicum*, *Lycopodium clavatum*, *Nux Vomica* and *Phytolacca decandra* each. (Table 2).

85.71% cases were showed marked improvement with homoeopathic treatment (Table 3). Statistical analysis shows significant reduction in SPADI Scores after treatment.

Previous study has also shown potential benefit of homoeopathy in cases of frozen shoulder^[15].

Conclusion

Homoeopathic medicines were selected on the basis of totality of symptoms. Homoeopathic medicines were significantly effective in the cases of Frozen shoulder as measured by SPADI.

Limitations of study

This was a short-term study with duration of 6 months and patients were followed for 3 months. Investigation and follow up of patients were affected due to COVID 19 pandemic. Further randomized studies with rigorous study designs and longer follow ups are recommended.

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