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Verbascum Thapsus and mullein oil as an instant relief for acute suppurative otitis media in children

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Abstract

Any acute complaints with pain especially in infants and children make the whole family especially the parents of the child very depressed and anxious. Such one condition is the management of acute suppurative otitis media in children which has become an essential need because the acute pain that the child suffers at most of the times is intolerable. From the most ancient days in medical field, for any acute complaints people run to various treatment of medicines which give instant relief. So, as the myth says Homoeopathic system of medicine is slow acting and not suitable for emergency conditions but here is the true side of Homoeopathy, the real fact to prove the importance of Homoeopathy in treating an acute emergency pain and give an instant relief with cure. This study can give the evidence in use of external application like ear drops is very beneficial acute aid and approach to the disease can give a immediate satisfaction and rapid relief in patients. So, the effectiveness of Homoeopathy acts well in even acute emergency conditions especially when given both internally and externally. The study concludes with the significant effect in administration of same homoeopathic medicine both as internal medicine and external application together gives better improvement.

Keywords: Acute suppurative otitis media, internal medicine, mullein oil, verbascum Thapsus, visual analogue pain scale

Introduction

Acute suppurative otitis media is pyogenic infections that cause an acute inflammation of the middle ear [1]. It is more widespread in infants and children from low-income families. Usually, the disease develops after a viral infection of the upper respiratory tract, but pyogenic species quickly attack the middle ear [2]. Acute suppurative otitis media is the most familiar reason for which children visit their primary care physician for treatment. *Streptococcus pneumoniae*, *Haemophilus influenzae*, and *Moraxella catarrhalis* are common pathogens that cause acute suppurative otitis media [4, 5]. Extreme deep ear pain, fever, and conductive hearing loss are common symptoms of acute suppurative otitis media [6].

This study can give the evidence of use of external application like ear drops is very beneficial and approach to the disease can also be done with modern techniques such as modes of applying the application externally can give a satisfaction and rapid relief in patients. Thus, Homoeopathy acts well in even acute emergency conditions when given both internally and externally can be reassured through this study.

From Materia Medica, The internal medicine verbascum Thapsus has a great action over the cranial nerves, on the ear, respiratory tract and bladder.

Materials and Methods

A sample of 10 Patients between 1yr to 18years based on purposive sampling, presenting with acute suppurative otitis media was taken from the OPD, and rural centers of Sarada Krishna Homoeopathic Medical College (SKHMC). Data was obtained from the patients, bystanders, and physician's observation and from physical examination with local examination according to standardized SKHMC case format. Medicine prescribed was verbascum Thapsus in 30th potency given internally and Mullein oil (external application) as ear drops, 2 drops twice or once a day administered externally in the ears respectively. The improvement was monitored every 2-4 days after the administration of medicine by documenting the symptoms, using visual analogue pain scale score before and after treatment and local examination findings. Statistical techniques and data analysis was done. Patients of Pediatric age group between 1yr to 18yrs. Children of both sexes.

Children with history of or presenting with complaints like infections, allergy, asthma, Eustachian tube dysfunction, cleft palate and adenoid hypertrophy, etc were selected. Patients taking any other system of medicines for acute suppurative otitis media or any other chronic illness were excluded.

Medicine preparation

The source of mullein oil is from the flower extract of the verbascum Thapsus of family scrophulariaceae³. Though the preparation is known as mullein oil, it contains no oil excepting the essential oil present in the flower itself. 1part of the flower yields 10 parts of mullein essence⁷. Tincture of fresh plant at the commencement of flowering is used for the preparation in potency. The oil plainly acts on the indications of the proving and may be regarded as an

alternative preparation to the official tincture [8,9].

Results

Based on the visual analogue pain scale assessment of pre and post scores, the mean value of administration of both internal medicine and external application group before treatment was 8.9 and after treatment was 0.5. Hence after the statistical analysis, the comparison of difference to critical mean provides evidence of the both internal medicine and external application tends to be more effective.

Among the 10 patients who were given both internal medicine and external application, all 10 patients (100%) improved from moderate to completely for the treatment given.

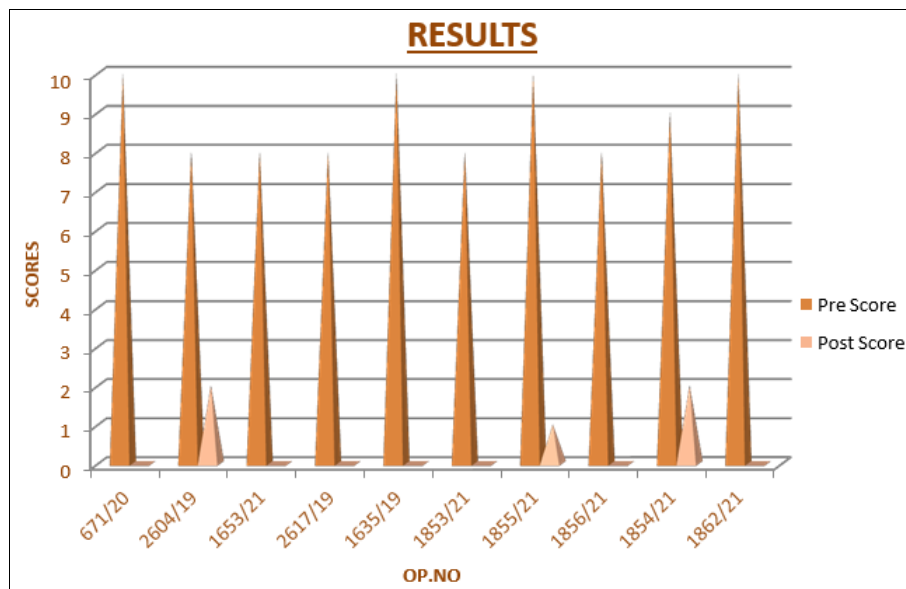


Fig 1: Pre and Post visual analogue pain scale after prescribing Verbasicum Thapsus and Mullein oil

Conclusion

The study concludes with the significant effect in administration of same homoeopathic medicine verbasicum Thapsus as internal medicine and mullein oil as ear drops for external application together gives complete improvement and instant relief for acute suppurative otitis media in children.

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