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The efficacy of homoeopathy on enhancement in quality of life in children with epilepsy

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Abstract

Objectives: To study the improvement in the Quality of Life in Epilepsy affected Children's with Homoeopathic medicines. To find the Homoeopathic remedies in the treatment of Epilepsy from complete repertory.

Background: Children with epilepsy particularly suffer from the Problems with Chronic antiepileptic medication use which is associated with possible side effects and have an influence on a child's overall health and quality of life. Homeopathy system of medicine which not only relieves the symptom of the disease but also improve the quality of life in chronic diseases, as the medicine selection is based on the individuality of the patient.

Materials and Methods: Random selection of 15 cases presenting with similar symptoms of Epilepsy from the OPD, and peripheral centres of Sarada Krishna Homoeopathic Medical College are taken. Pre and post treatment analysis was done using Quality of Life in Childhood Epilepsy scale score (QOLCE-55). Remedies prescribed based on the rubrics selected from the complete repertory.

Result and Conclusion: Comparing the before and after scores based on Quality of life scale 55 for epilepsy of all the 15 cases taken for this study, 7 cases showed marked improvement, 5 cases showed moderate improvement, 1 case showed mild improvement and 2 case did not show any improvement. The study concludes that individualistic approach of Homoeopathy on epilepsy affected children's found effective in the management of epilepsy as well as improvement in the quality of life.

Keywords: Epilepsy, seizure, convulsions, quality of life in childhood epilepsy scale score (QOLCE 55), complete repertory

Introduction

A seizure is any clinical event caused by an abnormal electrical discharge in the brain, whilst epilepsy is the tendency to have recurrent seizures^[1]. The quality of life (QOL) assessment is a comparatively modern method of assessing epilepsy outcomes. Seizures severity, stigma, anxiety, and the existence of cognitive or psychological disorders are all factors that affect the quality of life of people with epilepsy.

The prevalence of epilepsy ranges from 5 to 10 per 1000 persons in most of the countries and 24-53 per 100000 populations in developed countries. The age specific incidence is highest at extremes of age^[2]. The psychosocial effect of epilepsy on the kid and family's normal life hang on numerous factors: the severity of the Seizure attack; struggle in the medical supervision, limitations in activities, and the relatives concern over the kids and imprint of Seizure stigma on the children^[3]. Children with epilepsy particularly suffer from the Problems with Chronic antiepileptic medication use which is associated with possible side effects and have an influence on a child's overall health and quality of life. Homeopathy system of medicine which not only relieves the symptom of the disease but also improves the quality of life in chronic diseases, as the medicine selection is based on the individuality of the patient.

Materials and Methods

Random selection of 15 cases presenting with similar symptoms of Epilepsy from the OPD, and peripheral centres of Sarada Krishna Homoeopathic Medical College are taken. Detailed case taking is done and recorded in Sarada Krishna Homoeopathic Medical College standardized chronic case record format.

Inclusion Criteria

Both sexes are included. Patients between 4 to 18 years of age are selected. Epilepsy affected children with Single Anti-Epileptic drugs treatment are taken.

Exclusion Criteria

Conditions like Status Epilepticus Condition, Febrile Seizures, and Children with severe systemic illness, Epilepsy affected children with Multiple Anti-Epileptic drugs treatment, Patient not willing for Homoeopathic Treatment were excluded.

Case taking along with physical examination and required investigations was done. Symptom analysis was followed. Data was collected according to pre-structured SKHMC chronic case format. Pre and post treatment analysis was done using Quality of Life in Childhood Epilepsy scale score (QOLCE-55). Results subjected to statistical analysis. Remedies prescribed based on the rubrics selected from the complete repertory. Follow up was done every month. Changes before and after subjected to statistical analysis and presented.

Discussion and Result

Age and Gender

The age range of the 15 cases ranged from 4 to 18. 2 cases (13.3 %) fall into the 15-18 year age group, 4 cases (26.6 %) fall into the 4-9 year age group, and 9 cases (60 %) fall into the 10-14 year age group. According to internal league against epilepsy Most number of cases falls between the ages of 10 to 14 years of age, According to article (4) Epidemiology of global epilepsy, Most number of epilepsy case incidence falls under extremes of ages, In children most number of cases, Falls under 9- 15 years of age, In this Study also most number of cases i.e. 60 percent of the cases comes under the age group of 10-14.

Epilepsy type

Among the 15 cases of epilepsy there were 5 cases of tonic clonic (36%) and 4 cases (29%) of Complex partial and 3 cases (21%) of Simple partial and each 1 case in myoclonic (7%) and absence (7%) seizures.

According to NICE Clinical guideline in epilepsy diagnosis and management, most common of type of epilepsy is generalized tonic clonic seizures (5), in this study even with minimum number of samples most cases are of Generalized tonic clonic seizures.

Co-Morbidity with Epilepsy

Among the 15 cases of epilepsy there were 3 cases of learning difficulty (20%) and 3 cases (20%) with ADHD, 2 cases (13%) with Developmental delay, 2 case (13%) with intellectual disability and no co morbidity found in 5 cases (34%).

According to article Links between ADHD and epilepsy (6)

there is strong link between ADHD and epilepsy, In my study also 3 cases of epilepsy had co morbidity of ADHD.

According to article Learning disorders in epilepsy (7) Learning difficulty are more common in epilepsy, in my study also 3 cases had Learning difficulty after the epilepsy.

According to article Prevalence of epilepsy in intellectual disability children (8) one in 5 people with Intellectual disability have epilepsy, in my study 2 cases had Intellectual disability.

According to article Developmental delay and epilepsy (9) Developmental delay and Epilepsy are frequently associated, in my study 2 cases had Developmental delay.

Prescription

Out of 15 cases Causticum was indicated for 2 patients (13.33%), Cuprum met was indicated for 2 patients (13.33%) and each patient was prescribed with following remedies: Bufo rana (6.66%) Absinthium (6.66%) Phosphorous (6.66%) Pulsatilla nigricans (6.66%) Tubercullinum (6.66%) Calcarea Ars (6.66%) Agaricus Muscaris (6.66%)Tarentula H (6.66%) Stramonium (6.66%) Staphysagaria (6.66%) Lachesis mutus (6.66 %)

In an article by Dr. Paul Herscu ND, MPH on General Thoughts On The Treatment Of Seizure Disorders (10) were he states that most indicated remedy for convulsion is cuprum met as it has action on muscle spasms especially during convulsion. In this study only 2 cases are indicated for remedy with cuprum met where it showed moderate improvement in those cases. Another 2 cases indicated remedy was Causticum which also has special action on muscles of limbs as it action centred upon motor nerves.

Qolce 55 Questionnaire Score Before and After Treatment

Comparing the before and after scores based on Quality of life scale 55 for epilepsy of all the 15 cases taken for this study, 7 cases showed drastic improvement in score (47%) after treatment, 5 cases showed good improvement (34%) and 1 case showed little improvement (7%) and 2 case did not show any improvement in score. (13%) respectively after homeopathy intervention.

According to article Measurement equivalence of the newly developed Quality of Life in Childhood Epilepsy Questionnaire (11) were QOLCE 55 questionnaire was introduced and according to another article (12) QOLCE 55 is a most consistent measure used in childhood epilepsy questionnaire which concentrates on Cognitive , Social , Emotional and Physical functioning.

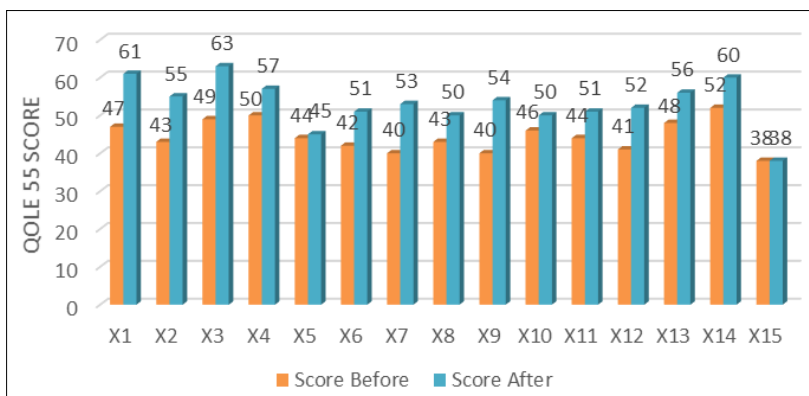


Fig 1: Distribution of cases with Qole 55 score before and after treatment

Conclusion

The study concludes that individualistic approach of Homoeopathy on epilepsy affected children's found effective in the management of epilepsy as well as improvement in the quality of life.

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