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## A human pathogenetic trial *gratiola micrantha*

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### Abstract

**Background:** Double blind randomized drug proving of *Gratiola micrantha*. The objective of this work is to know the curative power of drug and identify the action of this medicine.

**Keywords:** *Gratiola micrantha*, Double blind, Drug proving, Homoeopathic pathogenetic trail, Placebo, Homoeopathy, placebo- controlled trail

### Introduction

Homoeopathic is based on the principles of “like cures like (*Similia Similibus Curentur*)” where that which causes a certain symptom picture when administered in infinitesimal doses to a healthy individual will also cure the same morbid symptoms presents in a sick individual. Kerala has wealth of indigenous plants and animals, which on yet have not been homeopathically proved and which could potentially play a significant role in treating commonly occurring health problems. *Gratiola micrantha* belongs to the family Plantagenaceae. *Gratiola micrantha* used traditionally as a medicine for renal calculi, increase urine output and seminal calculi in Ayurveda. Authors had proved *Gratiola micrantha* homeopathically by double blind human pathogenetic trail.

### Materials and Methods: Study design and study setting

A randomized, double blind, placebo-controlled study was conducted at Karnataka. The drug was purchased from the Kerala. The moisture content test for *Gratiola micrantha* was conducted at Department of Homoeopathic Pharmacy. Mother tincture of *Gratiola micrantha* and *Gratiola micrantha* 30CH prepared in the Department of Homoeopathic Pharmacy.

### Subjects

Selection of provers: An initial screening was scheduled to shortlist the eligible candidate based on inclusion and exclusion criteria of CCH's drug proving protocol. Informed consent form was obtained from eligible volunteers. A thorough pre proving case history and physical examination was performed on each of the provers by the researchers for duration of 2 weeks.

### Inclusion criteria

- Apparently healthy individuals
- Healthy individuals are selected by experts
- Individuals must be able to record data such as facts, subjective and objective symptoms related to the proving with at most care.
- Able to informed the nature of the study

### Exclusion criteria

- Any acute or chronic disease or condition
- Persons with color blindness
- Persons who has undergo surgery in last 2 months
- Volunteers on regular medication for any disease
- Smokers
- Hysterical and anxious persons
- Women during pregnancy, puerperium and while breast feeding
- Addictions like alcohol, drug
- Persons having allergic history

**Procedure****Randomization and blinding**

Provers were randomized in 2 groups, group 1 (n=15): homoeopathic group, group 2 (n=15): placebo group.

Intervention:

Placebo group: Placebo was made up of un medicated globules moistened with un medicated dispensing alcohol.

Homoeopathic group: *Gratiola micrantha* 30CH prepared in the Department of Homoeopathic Pharmacy. The globules were medicated with medicine.

A starting date and convenient daily contact time for each prover was scheduled. The provers recorded the normal state in their daybook on a daily basis for two weeks. This served as a pre proving observation period to establish a baseline for each individual prover as well as an individual

control for each prover. Each prover took the proving medication four times daily whilst continuing to note their symptoms in their journals. The prover had stopped taking the medicine as soon as new symptom is experienced after notifying the researcher. The prover continued to record their symptom until all proving symptoms disappeared. The proving was considered complete after 3 weeks when no further symptoms and signs occurred. All the day books were then collected from each prover and a post proving consultation was scheduled and conducted.

The data thus obtained was analyzed using George Vithoulkas grading system.

**Result and Discussion****Table 1. Grading of symptoms according to Vithoulkas grading scale**

SN	Symptoms	Symptoms appear within 7 Days of starting medicine	Symptom strange/extraordinary	Similar symptom in pre observation period/preceding 30 days	Alternative causes could have caused the reaction	Re administration	Strongly associate the symptom with trail medicine	Symptom improve when trail medicine discontinued	Symptom also occur with placebo	Repetition of medicine
1	Talkative	+1	0	+1	+2	0	+1	0	+1	0
2	Sad feeling	+1	0	-1	+2	0	-1	0	+1	0
3	Uncomfortable	+1	0	+1	+2	0	-1	0	+1	0
4	Irritation	+1	0	+1	+2	0	+1	0	+1	0
5	Sluggishness	+1	0	+1	+2	0	+1	+1	+1	0
6	Confusion	+1	0	-1	+2	0	-1	0	+1	0
7	Want to be alone	+1	0	+1	+2	0	+1	+1	+1	0
8	Anxiety	+1	0	-1	+2	0	-1	+1	+1	0
9	Unable to concentrate	+1	0	-1	+2	0	-1	0	+1	0
10	Tiredness	+1	0	+1	+2	0	+1	+1	+1	0
11	Prefer loose clothes	+1	0	-1	+2	0	+1	+1	+1	0
12	Headache	+1	0	-1	+2	0	+1	0	-2	0
13	Headache in right eyes	+1	+3	+1	+2	0	+1	+1	+1	0
14	Heaviness of forehead	+1	0	+1	+2	0	+1	0	+1	0
15	Heaviness of head radiating to eyes	+1	0	+1	+2	0	+1	+1	+1	0
16	Dandruff	-1	0	+1	+2	0	-1	0	+1	0
17	Hair fall< Combing	-1	0	+1	+2	0	-1	0	+1	0
18	Giddiness	+1	0	-1	+2	0	-1	0	+1	0
19	Itching in right eyes	+1	0	+1	+2	0	+1	+1	+1	0
20	Lacrimation	+1	0	+1	+2	0	+1	+1	+1	0
21	Eye strained feeling	+1	0	-1	+2	0	+1	+1	+1	0
22	Intermittent earache	+1	+3	+1	+2	0	+1	+1	+1	0
23	Itching of nose	+1	+3	+1	+2	0	+1	+1	+1	0
24	Sneezing	+1	0	-1	+2	0	+1	0	+1	0
25	Nose block	+1	+3	+1	+2	0	+1	0	+1	0
26	Continuous coryza	+1	0	-1	+2	0	-1	0	+1	0
27	Dry mouth	+1	0	+1	+2	0	-1	0	+1	0
28	Throat pain	+1	0	-1	+2	0	-1	0	+1+	0
29	Hoarseness of voice	+1	0	+1	+2	0	+1	0	+1	0
30	Difficulty to talk	+1	0	+1	+2	0	+1	+1	+1	0
31	Dryness of throat	+1	0	+1	+2	0	+1	0	+1	0
32	Throat irritation	+1	0	+1	+2	0	+1	+1	+1	0
33	Stomach ache< fasting	+1	0	+1	+2	0	+1	+1	+1	0
34	Thirst for cold water	+1	0	-1	+2	0	-1	0	+1	0
35	Desire for sweet	+1	0	-1	+2	0	-1	0	+1	0
36	Loose stools	+1	0	+1	+2	0	+1	0	+1	0
37	Watery stools	+1	0	+1	+2	0	+1	0	+1	0
38	Increase desire for stools during diarrhea	+1	0	+1	+2	0	+1	0	+1	0
39	Frequent micturition	+1	0	+1	+2	0	+1	0	+1	0

40	Burning micturition	+1	0	-1	+2	0	-1	0	+1	0
41	Difficulty in urination	+1	0	+1	+2	0	+1	0	+1	0
42	Difficulty in Urination >after urination	+1	0	+1	+2	0	+1	0	+1	0
43	Breathing difficulty	+1	0	-1	+2	0	-1	0	+1	0
44	Cough with sputum	+1	0	-1	+2	0	-1	0	+1	0
45	Cough <night	+1	0	+1	+2	0	+1	0	+1	0
46	Dry cough with throat irritation	+1	0	+1	+2	0	+1	0	+1	0
47	Right sided leg pain	+1	0	+1	+2	0	+1	0	+1	0
48	Joint pain	+1	0	-1	+2	0	-1	0	+1	0
49	Sleep disturbed	+1	0	+1	+2	0	+1	0	+1	0
50	Nightmares	+1	0	+1	+2	0	+1	0	+1	0
51	Feverish feeling	+1	0	-1	+2	0	-1	0	+1	0
52	Tiredness	+1	0	-1	+2	0	-1	0	+1	0
53	Body pain	+1	0	-1	+2	0	-1	0	+1	0
54	Itching all over the body	+1	0	-1	+2	0	-1	0	+1	0

**Table 2:** Cumulative score of Vithoulkas grading scale

Symptoms	Grade
Talkative	6
Sad feeling	2
Uncomfortable	4
Irritation	6
Sluggishness	7
Confusion	2
Want to be alone	7
Anxiety	3
Unable to concentrate	2
Tiredness	7
Prefer loose clothes	5
Headache	1
Headache in right eye	10
Heaviness of forehead	6
Heaviness of head radiating to eyes	7
Dandruff	2
Hair fall < Combing	2
Giddiness	2

Itching in right eyes	7
Lacrimation	7
Eye strained feeling	5
Intermittent earache	10
Itching of nose	10
Sneezing	4
Nose block	9
Continuous coryza	2
Dry mouth	4
Throat pain	2
Hoarseness of voice	6
Difficulty to talk	7
Dryness of throat	6
Throat irritation	7
Stomach-ache < Fasting	7
Thirst for cold water	2
Desire for sweets	2
Loose stools	6
Watery stools	6
Increased urge for stools	6

during diarrhoea	
Frequent micturition	6
Burning micturition	2
Difficulty in urination	6
Difficulty in urination > After urination	6
Breathing difficulty	2
Cough with sputum	2
Cough < night	6
Dry cough with throat irritation	6
Right sided leg pain	6
Joint pain	2
Sleep disturbed	6
Nightmares	6
Feverish feeling	2
Tiredness	2
Body pain	2
Itching all over the body	2

**Symptoms of Gratiola Micrantha Drug: Gratiola Micrantha****Potency: 30C****Number of provers: 30****Mind**

- Talkative
- Sad feeling
- Uncomfortable
- Irritation
- Sluggishness
- Confusion
- Want to be alone
- Anxiety
- Unable to concentrate

**General**

- Tiredness
- Prefer loose clothes

**Head**

- Headache
- **Headache in right eyes**
- Heaviness of forehead

- Heaviness of head radiating to eyes

- Dandruff
- Hair fall < combing
- Giddiness

**Eyes**

- Itching in right eyes
- Lacrimation
- Eye strained feeling

**Ear**

- Intermittent ear ache

**Nose**

- **Itching of nose**
- Sneezing
- **Nose block**
- Continuous coryza

**Mouth**

- Dry mouth

**Throat**

- Throat pain

- *Hoarseness of voice*
- *Difficulty to talk*
- *Dryness of throat*
- *Throat irritation*

#### **Stomach**

- *Stomachache < fasting*
- Thirst for cold water
- Desire for sweets

#### **Rectum**

- *Loose stools*
- *Watery stools*
- *Increased urge for stools during diarrhea*

#### **Urinary**

- *Frequent micturition*
- Burning micturition
- *Difficulty in urination*
- *Difficulty in urination > after urination*

#### **Respiratory**

- Breathing difficulty

#### **Cough**

- Cough with sputum
- *Cough < night*
- *Dry cough with throat irritation*

#### **Extremities**

- *Right sided leg pain*
- Joint pain

#### **Sleep**

- *Sleep disturbed*
- *Nightmares*

#### **Fever**

- Feverish feeling
- Tiredness
- Body pain

#### **Skin**

- Itching all over the body

Researcher conducts daily discussion and understanding of the symptoms with provers and after repeated evaluation and study the drug picture of *Gratiola Micrantha* was formed.

#### **5. Conclusion**

The final report shows the curative power and action of the drug. Prominent specific symptoms observed in the drug are headache in right eyes, intermittent earache, itching of nose, nose block.

In this study, the drug under investigation is administered and the individual response of the individual is described, which can be stated as a bird's eye view on the drug. Further detailed drug proving must be done, followed by re drug proving on major group and clinical proving before approval. According to the law of similar, the substance is then used to treat patients with similar symptoms.

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