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Antimicrobial activity of homoeopathic remedies: Case series

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Abstract

In this century, one of the major public health problems is Antimicrobial resistance (AMR). It threatens the effective treatment and prevention of an ever-increasing range of infections caused by bacteria, viruses, parasites, and fungi which are no longer susceptible to the common medicines used to treat them so it leads to prolonged hospital stays, high medical costs, and increased mortality rate. In recent years the issue has become even graver. World Health Organization launched the Global Antimicrobial Surveillance System (GLASS), bears witness to the growing emergence of antibiotic-resistant microorganisms. This article is about evidence based case studies in such antibiotic resistant cases which given fruitful results with Homeopathy.

Keywords: Antimicrobial resistance, public health, safe, cost effective

Introduction

Homeopathy is considered as second largest system of medicine according to World Health Organization (WHO). It is safe and cost effective method of treatment, gaining popularity in present era as many new diseases coming up and with AMR (anti-biotic microbial resistance) medicine [6]. Today, antibiotics are prescribed more frequently for many self-limiting illnesses and viral infections such as cold, flu, or fever where they do no good. For many such illnesses taking Homeopathy can be beneficial as it acts by modulating the host immunity. Treatment is effective, and further recurrence of disease is reduced as it boosts the immunity [6].

Homeopathy offers best treatment for all types of cases, as remedy is selected based on individual characteristic expression of patient, rather than the name of disease and organism involved, as Dr. J. T. Kent says in his text book of Philosophy, diseases are due to the bad soil in our body, bacteria comes as invaders.

Case reports

Case 1: Acne vulgaris

An 18 yrs female patient from Sanga Reddy Village, presented with pustular eruptions over her face i.e., cheeks, forehead, chin from 2 years. Initially she developed 3-4 inflamed, papular eruptions over her cheeks later she noticed on the forehead and then on Chin, which later turned into many pustular eruptions over cheeks. The pus oozes out from the eruptions and subsides leaving Black pigmented spots over the area. They aggravate when she take spicy and fat food. Pain on least touch and by warmth is marked. Her face appeared oily and there are comedones on both cheeks. She used multiple topical applications and antibiotics which were unsuccessful. Patient is in general thirst less, drinks water less than 2 liter per day and there is desires for cold drinks. She is thermally hot. Mentally she is very mild and weeps for small trifles. As everyone asking about her complaint she felt embarrassed. She feels that everyone isolated her.

Totality

Mild	Sensitive	Weeps easily
Embarrassment	Forsaken feeling	Thirstless
Desire for cold drinks	Hot pt	Acne < fat food

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This analysis contains 526 remedies and 10 symptoms. Intensity is considered

			puls.	nat-m.	sep.	calc.	lyc.	sulph.	caust.	bell.	rhus-t.
			1	2	3	4	5	6	7	8	9
Sum of symptoms (sort:deg)			10	10	9	9	8	8	8	8	8
			26	21	18	15	18	18	16	13	13
01. MIND - MILDNESS	1	108	■	■	■	■	■	■	■	■	■
02. MIND - AILMENTS FROM - embarrassment	1	22	■	■	■	-	-	■	-	-	-
03. GENERALS - FOOD and DRINKS - cold drink, cold water - desire	1	227	■	■	■	■	■	■	■	■	■
04. MIND - SENSITIVE	1	244	■	■	■	■	■	■	■	■	■
05. MIND - FORSAKEN feeling	1	125	■	■	■	■	-	-	-	-	■
06. GENERALS - HEAT - sensation of	1	210	■	■	-	■	■	■	■	■	■
07. MIND - WEEPING - easily	1	41	■	■	■	■	■	■	■	■	■
08. STOMACH - THIRSTLESS	1	179	■	■	■	■	■	■	■	■	■
09. FACE - ERUPTIONS - acne	1	143	■	■	■	■	■	■	■	■	■
10. GENERALS - FOOD and DRINKS - fat - agg.	1	111	■	■	■	■	■	■	■	■	-

Repertorial sheet

Prescription and follow up: On the basis of totality of symptoms and repertorial analysis, pulsatilla 200 and 1m potencies given regularly and Thuja 1m was given as antimiasmatic prescription. Patient had marked improvement in acne, and also in quality of life. Case was followed for 1yr, she got totally cured without recurrence of complaints.

Case 2: Peri-auricular sinus infection

A 33 year old patient, working as teacher in government school, near Sanga Reddy village, complained of pus discharge from sinus behind ear, which is diagnosed as Peri-auricular sinus infection, recurring since many years subsides with broad spectrum antibiotics. But this time even with antibiotics there was no healing, so he wanted to try Homoeopathic treatment. Initially every time it starts as inflammation, swelling, and later develops into small abscess, which gradually increases in size. The discharge is thick, yellow, lumpy and offensive. It forms crust in and around the sinus. There is pain in and around ear. Feels better with cold applications. Patient is having on and off fever due to this infection. He observed that any infection or injury occurs to him will take long time to heal completely. His generals - appetite good. Thirsty. Bowels and bladder-regular. Thermally hot patient. Sleep is disturbed due to thinking of his health condition. Mentally patient appeared hurry and clumsy.



Totality

Hurry	Clumsy	Disturbed sleep due to thinking of complaints
Hot patient	Recurrent sinus formation	Sinus- discharging yellow thick, offensive pus
Better with cold applications	Pus forming immediate yellow crusts	Slow healing

This analysis contains 343 remedies and 9 symptoms. Intensity is considered

			calc-s.	hep.	puls.	sil.	sulph.	merc.	nit-ac.	phos.	calc.
			1	2	3	4	5	6	7	8	9
Sum of symptoms (sort:deg)			9	7	7	6	6	6	6	6	6
			15	15	14	17	16	14	13	12	11
01. MIND - HURRY	1	173	■	■	■	■	■	■	■	■	■
02. GENERALS - HEAT - sensation of	1	210	■	■	■	■	■	■	■	■	■
03. GENERALS - FISTULAE - abscess; fistulous	1	2	■	-	-	-	-	-	-	-	-
04. GENERALS - FISTULAE - Skin; with ulcers of	1	48	■	■	■	■	■	■	■	■	■
05. GENERALS - ABSCESSSES	1	124	■	■	■	■	■	■	■	■	■
06. GENERALS - WOUNDS - heal; tendency to - slowly	1	72	■	■	■	■	■	■	■	■	■
07. GENERALS - ABSCESSSES - pus - yellow	1	50	■	■	■	■	■	■	■	■	■
08. GENERALS - ABSCESSSES - pus - thick	1	6	■	■	■	-	-	-	-	-	-
09. GENERALS - ABSCESSSES - pus - lumpy	1	1	■	-	-	-	-	-	-	-	-

Repertorial sheet

Prescription and follow-up: after proper repertorisation, and Materia Medica reference, Calcarea Sulph 200 weekly for a month, is given as a constitutional remedy prescription to patient. After the medication, he got cured with in a month, and case was followed for a year, and there was no recurrence.



Case 3: Styte

A 20 yrs Female, student, presented with swelling of left lower eyelid, at inner canthi from 3 days, it started suddenly, and gradually increased. There is stitching type of pain which is aggravated by touch. She consulted ophthalmologist, it was diagnosed as Styte, and given antibiotic Cefron 500 mg and eye drops. Even after taking antibiotics the swelling persisted. There is pus formation and it is sensitive to touch. Feels better with warmth applications. Patient is chilly. Appetite, bowels, and bladder- all are normal. Thirst is increased. Patient became irritable after this Styte due to pain

Totality

Irritability	Stye in left lower eyelid	Stitching pain in Styte
Stye- sensitive to touch	Chilly patient	Warmth amelioration

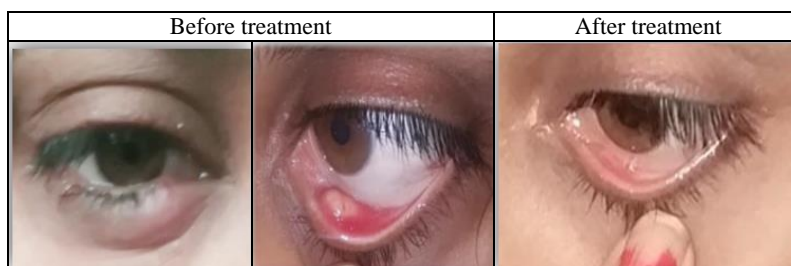
This analysis contains 660 remedies and 6 symptoms. Intensity is considered

			hep.	puls.	colch.	lach.	calc-f.	rhus-t.	graph.	sep.	staph.
			1	2	3	4	5	6	7	8	9
Sum of symptoms (sort:deg)			6 13	6 13	6 11	6 9	6 7	5 14	5 13	5 13	5 13
01. MIND - IRRITABILITY	1	570	■	■	■	■	■	■	■	■	■
02. EYE - STYES	1	85	■	■	■	■	■	■	■	■	■
03. GENERALS - HEAT - lack of vital heat	1	263	■	■	■	■	■	■	■	■	■
04. SKIN - SENSITIVENESS - touch; to	1	26	■	■	■	■	■	-	-	-	-
05. GENERALS - PAIN - stitching	1	167	■	■	■	■	■	■	■	■	■
06. GENERALS - WARM - amel.	1	140	■	■	■	■	■	■	■	■	■

Repertorial sheet

Prescription and follow up: On the basis of totality of symptoms and repertorial analysis, Hepar Sulph 1m followed by Silicea 1m given prompt relief to the patient,

within a week. Case was followed for 8 months there was no recurrence.



Case 4: Pustular tonsillitis

A 20 Yrs Female, student, from Sanga Reddy village, came to OPD complaining of Throat pain from past 3 days. Patient attended seminar, in A.C. Convention hall 2 days back, after the seminar had ice cream, and on same day weather was cloudy, and rained. Next day morning she developed fever and throat pain, which is aggravated by empty swallowing. She took Dolo 650 mg, self-medication, pain not relieved, so went to hospital, there doctor diagnosed as pustular tonsillitis (both sides) and prescribed ampicillin. Used allopathic Rx and warm gargling with

betadine from 2 days but no relief. She has stitching pain on right side of throat which is radiating to ear for 2 to 3 min on swallowing. Pain with empty swallowing and also with food. Generals are - appetite- present, unable to eat because of pain. Thirst increased. Bowels, bladder, Sleep are Normal, and patient is Chilly. Perspiration- upper lip, nose, palms, soles. Sour smell, and sometimes offensive. Habits- tea daily once.

L/E: Pus pockets on right tonsil. Halitosis++, tongue-coated slight yellow on post part.

Totality

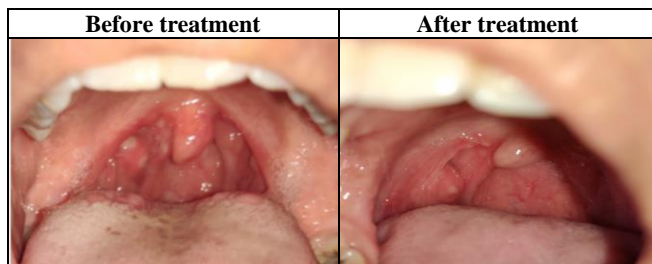
Tonsils- pus formation	Throat pain < empty swallowing	Stitching type of pain in right side throat
Thirst- increased	Chilly patient	Perspiration- offensive, sour smell
Perspiration on upper lip, nose, palms, soles	Halitosis	Tongue yellow coated on posterior part

This analysis contains 565 remedies and 8 symptoms. Intensity is considered

			merc.	hep.	sulph.	ars.	lach.	nux-v.	psor.	puls.	sep.
			1	2	3	4	5	6	7	8	9
Sum of symptoms (sort:deg)			8	8	8	8	8	8	8	8	8
			21	19	18	16	16	16	16	15	15
01. THROAT - INFLAMMATION - Tonsils	1	136	■	■	■	■	■	■	■	■	■
02. STOMACH - THIRST	1	390	■	■	■	■	■	■	■	■	■
03. THROAT - PAIN - swallowing - empty, on	1	70	■	■	■	■	■	■	■	■	■
04. THROAT - PAIN - stitching	1	145	■	■	■	■	■	■	■	■	■
05. GENERALS - HEAT - lack of vital heat	1	263	■	■	■	■	■	■	■	■	■
06. PERSPIRATION - ODOR - offensive	1	122	■	■	■	■	■	■	■	■	■
07. PERSPIRATION - ODOR - sour	1	75	■	■	■	■	■	■	■	■	■
08. MOUTH - DISCOLORATION - Tongue - yellow	1	126	■	■	■	■	■	■	■	■	■

Repertorial sheet

Prescription and follow up: On the basis of totality of symptoms and repertorial analysis, Patient was given initially Phytolacca 200, followed by Hepar Sulph 200. Within a week patient got complete relief. Case was followed for 6 months more, there was no recurrence of infection.



Discussion and Conclusion

All the cases described above, has used modern treatment, which did not gave expected results. In these cases Homoeopathic prescription gave prompt relief with in short period of time. All the cases were followed for considerable period even after complete relief. There was no recurrence of complaints. This shows beyond doubt that Homoeopathic treatment definitely increases immunity of the patient against infections. Moreover this medication is cost effective, which is reachable to common man.

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