



AN EVIDENCE BASED CLINICAL STUDY TO EVALUATE THE EFFECTIVENESS OF HOMOEOPATHIC MEDICINE IN THE CASES OF URTICARIA WITH THE AID OF SYNTHESIS REPERTORY

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ABSTRACT

Background– Urticaria is characterized by central mid-dermal swelling with or without surrounding erythema, with associated pruritus lasting anywhere from 1 to 24 hours, it affecting about 0.5 - 1% in the total population. Associated angioedema can sometimes be seen, characterized by swelling of the deeper dermis and subcutaneous tissue lasting up to 72 hours. In Homoeopathy, selection of remedy is based upon the theory of individualization and symptoms similarity by using holistic approach. This is the only way through which a state of complete health can be regained by removing all the signs and symptoms from which the patient is suffering.

Objective– To study the extent of improvement in patients after receiving Homoeopathic medicines by using before and after treatment score of Urticaria Activity Score⁷ (UAS⁷)

Study Design– Prospective interventional study.

Methods– 40 cases of Urticaria were included from the OPD/IPD of Homoeopathy University, Jaipur. Individualized Homoeopathic medicines were prescribed after analysis, evaluation, constructing totality of symptoms and repertorization with the aid of the Synthesis Repertory 9.0 version from RADAR- 10.0 Assessment and reassessment was done by using UAS⁷.

Results– After excluding 4 drop out cases, total 36 patients were completed study. The incidence of urticaria was found more common in the age group of 21-30 years (30%) and females has higher incidence than males. After treatment of 3 months 19 cases (52.8%) showed moderate improvement, 7 cases (19.4%) showed marked improvement and 10 cases (27.8%) remained status quo.

Paired t-test was conducted ($t = 9.154$, $df = 35$, $Sd = 8.885$) which suggest that there is statistically significant difference in the score of UAS7 after receiving homeopathic medicines.

Conclusion –In this study, it was concluded that individualized homeopathic medicine significantly improved cases of urticaria. Thus, Individualized homeopathic medicines have effective role in cases of urticaria.

KEYWORDS

Urticaria, Homoeopathy, Urticaria Activity Score 7 (UAS7), Individualized homeopathic medicine.

INTRODUCTION

The term Urticaria is from the Latin word *urtica* meaning "nettle". Urticaria also known as Hives/Nettle rash. It is one of the common skin allergy, characterized by the rapid onset of lesions called wheals that consist of a central mid-dermal swelling with or without surrounding erythema, with associated pruritus and sometimes burning also, lasting anywhere from 1 to 24 hours. Associated angioedema can sometimes be seen, characterized by swelling of the deeper dermis and subcutaneous tissue lasting up to 72 hours.¹

Lesions may appear anywhere on the body including scalp, palms and soles. Urticarial wheals are very itchy and patients tend to rub rather than scratch, hence excoriation marks are not seen. Headache, dizziness, hoarseness of voice, shortness of breath, nausea, vomiting and abdominal pain may occur as concomitant systemic manifestations of severe episodes of urticaria.²

Urticaria is generally caused by direct contact with an allergenic substance or an immune response to food or some other allergen, but can also appear for other reasons like emotional stress. A directed history is the best way to elicit any cause or precipitants of urticaria. Possible allergens, including drugs should be determined. Examination may reveal nothing as this is a transient eruption, or may uncover the classical wheals which vary from papules to large extensive plaques. Diagnosis depending on the clinical history, tests may include: full blood count (FBC) and differential, erythrocyte sedimentation rate (ESR), C- reactive protein (CRP), routine biochemistry, glucose, thyroid function, thyroid autoantibodies, anti-nuclear antibody (ANA), immunoglobulins and protein electrophoresis, complement C3 and C4, cryoglobulins, S.IgE tests, serology for infections, stool sample for ova, cysts and parasites and urine analysis (for evidence of infection or renal vasculitis). Prick test is performed for suspected foods, food additives along with allergy to dust, mites, fungi and epithelia. Challenge test is used to identify triggers in physical urticaria.³ The lifetime prevalence rate of urticaria is 8.8% for all type of urticaria.⁴ approximately 15 to 20% of the general population will have urticaria at least once during their life time. These lesions increase in frequency after adolescence with the highest incidence occurring in persons in the third decade of life.⁵ Chronic urticaria is twice as common in women as in men. An Indian study showed that out of 500 cases of urticaria, 37% were suffering from physical urticaria.⁶ Modern medicine treatment tries to abort the allergic reaction by use of antihistamines. But the tendency to develop urticaria remains and gradually worsens over the time. The side effect of these medications can lead to depression and even liver failure and renal failure. Therefore it is considered that cure of urticaria by modern medicine is not feasible, only management of acute condition is possible.⁷

In Homoeopathy, selection of remedy is based upon the theory of individualization and symptoms similarity by using holistic approach.

This study was aimed to assess the effectiveness of individualized Homoeopathic medicines selected with the aid of Synthesis Repertory in the cases of Urticaria.

MATERIALS & METHODS:

The present study was conducted at O.P.D./I.P.D. of Dr. Madan Pratap Khunteta Homoeopathic Medical College, Hospital & Research Centre, Homoeopathy University, Saipura, Sanganer, Jaipur. The data of 40 patients [including drop outs] under homoeopathic treatment for 12 months, were prospectively analyzed in this interventional study. For the study, 40 cases were included as per inclusion and exclusion criteria, out of which 4 cases were dropped out due to irregular follow-up and 36 cases completed the study., patients were registered in first nine months so that minimum 6 follow-ups could be obtained from the last case. Diagnosed cases of urticaria, taking treatment from other system of medicine, feeling no relief and seeking homoeopathic treatment or undiagnosed cases of suspected urticaria having itching and wheals seeking Homoeopathic treatment were included in the study. Intervention: Individualized Homoeopathic medicines prescribed after analysis, evaluation, and constructing totality of symptoms with repertorization from the Synthesis Repertory version 9.0 from RADAR 10.0 with due consultation of materia medica in any potency 30C, 200C, 1M or 10M, as per the prescribing totality. Change of medicine and/or dosage as per Homoeopathic principles after observing change triggered after administration of first remedy (status quo/improvement/deterioration/) and repetition was as per the Hahnemannian guidelines in 5th edition of Organon of Medicine. Patients were advised to avoid all the precipitating causes and aggravating factors. The follow-ups of the cases were done at an interval of 7 days, as per the UAS7 for the duration of minimum 3 months. Statistical analysis: To compare pre and post treatment score for UAS7 – Paired t test was applied using IBM SPSS 20.0 version.

OBSERVATIONS & RESULTS:

DISTRIBUTION OF CASES OF URTICARIA ACCORDING TO AGE

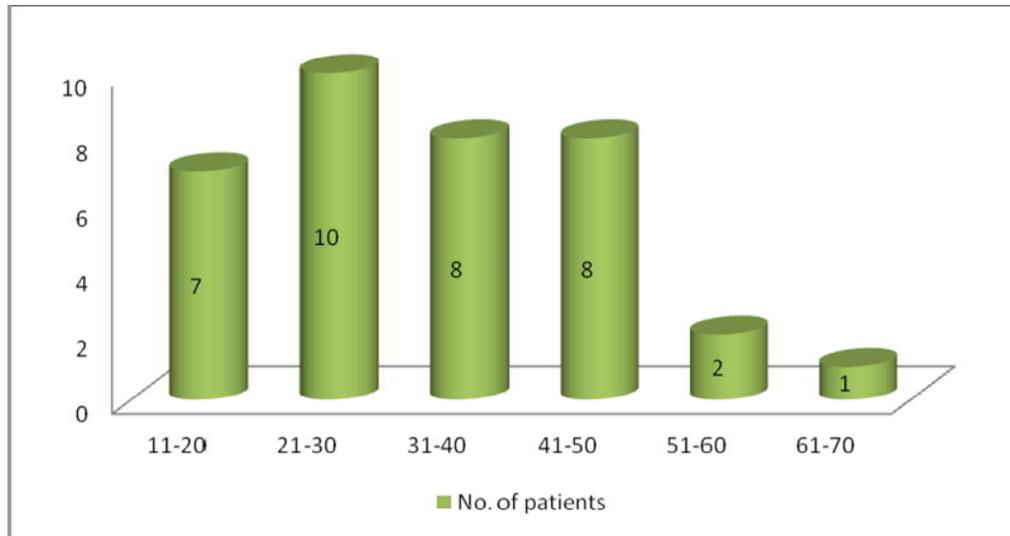


Figure 1 Graphical representation of 36 cases of urticaria according to age

DISTRIBUTION OF SEX INCIDENCE IN CASES OF URTICARIA

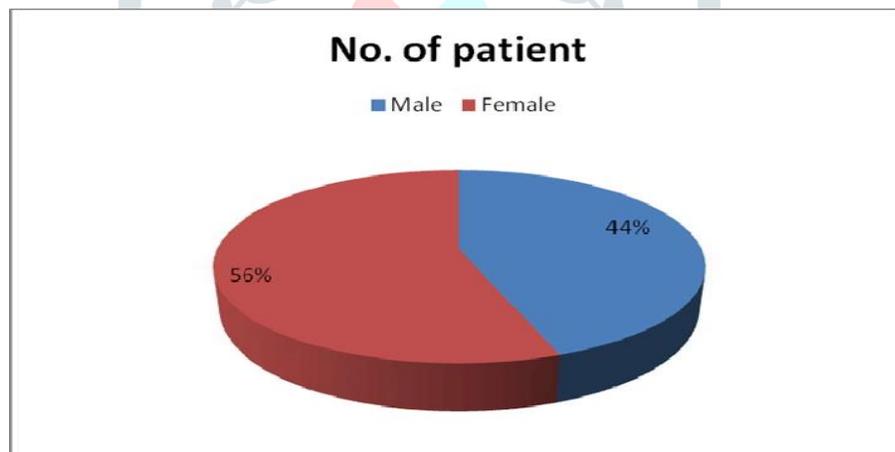


Figure 2: Graphical representation of distribution of 36 cases ofUrticaria according to Sex

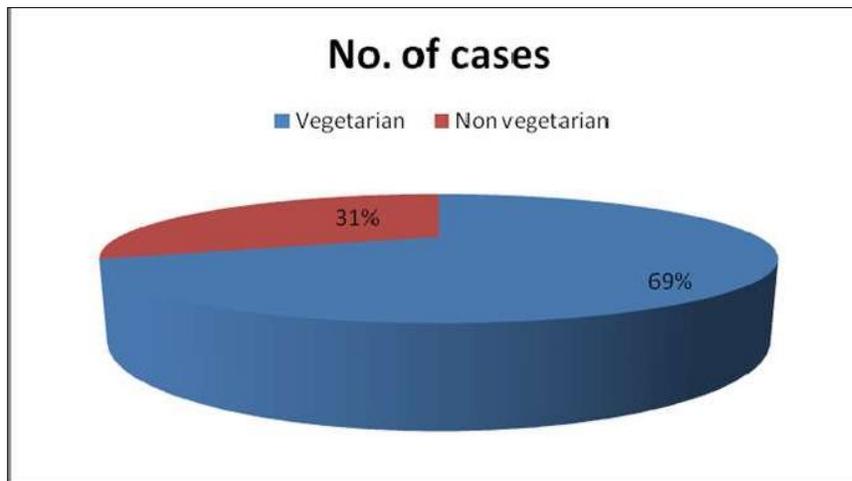
DISTRIBUTION OF 36 CASES OF UTRICARIA ACCORDING TO DIET

Figure 3: Graphical representation of distribution of 36 cases of Urticaria according to Diet.

Table 1: Distribution of 36 cases of urticaria according to aggravating factor:

Aggravating factor	No. of cases	Percentage (%)
Night	10	27.7%
Bathing	9	25%
Cold air	7	19.44%
Sun exposure	7	19.44%
Sweating	6	16.6%
Pressure	5	13.8%
Touch	3	8.33%
Heat	2	5.5%
Dust	2	5.5%
Morning	2	5.5%
Evening	1	2.7%

Table 2: Distribution of 36 cases of urticaria according to indicated medicine:

Medicine Prescribed	No. of Cases	Percentage (%)
<i>Natrium muriaticum</i>	9	25
<i>Rhustoxicodendron</i>	6	17
<i>Pulsatilla</i>	6	17
<i>Sulphur</i>	4	11
<i>Phosphorus</i>	3	8
<i>Sepia</i>	2	5
<i>Nux vomica</i>	2	3
<i>Arsenicum album</i>	1	3
<i>Lycopodium</i>	1	3
<i>Apis mellifica</i>	1	3
<i>Dulcamara</i>	1	3

Table 3: Distribution of cases of Urticaria according to Result Obtained from UAS7:

Status %	Result	No. of cases	Percentage (%)
1-25 %	Not significant	0	0%
26-50%	Mild Improvement	0	0%
51-75%	Moderate Improvement	19	52.8%
76-100%	Marked Improvement	7	19.4%
0%	Status Quo	10	27.8%
<0%	Worse	0	0%
	Total	36	100%

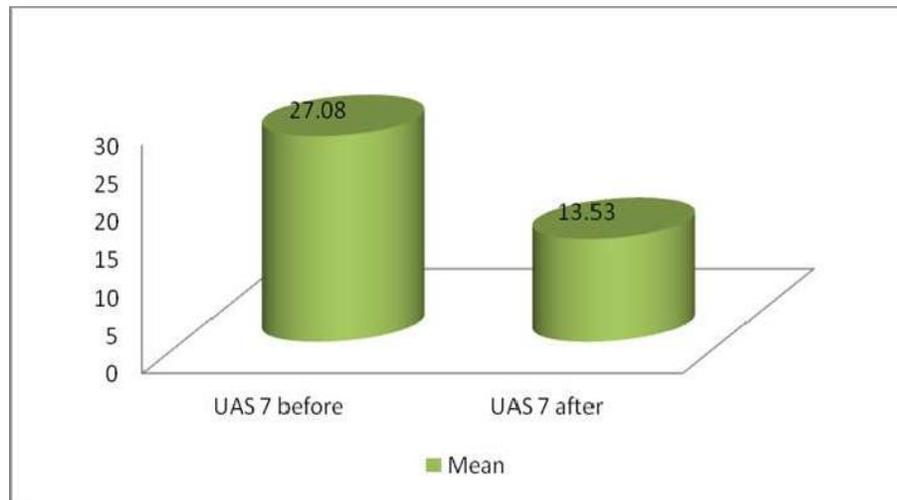


Figure 4: Graphical representation of mean of urticaria activity score before and after treatment.

STATISTICAL ANALYSIS:

Paired Samples Statistics

4(a)

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	UAS 7_before	27.08	36	2.383	.397
	UAS 7_after	13.53	36	8.175	1.362

Paired Sample Correlations

4 (b)

		N	Correlation	Sig.
Pair 1	UAS 7_before&UAS 7_after	36	-.165	.336

Paired Samples Test

4 (c)

		Paired Differences					T	Df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	UAS 7_before UAS 7_after	13.556	8.885	1.481	10.549	16.562	9.154	35	.000

Explanation on statistical analysis of the study:

From Table 4 (a), (b), (c), suggests that Urticaria Activity Score 7 (UAS7) was significantly improved after homoeopathic medication. There was statistically significant difference in the score of UAS7 before treatment (mean = 27.08 and standard deviation = 2.383) and after treatment (mean = 13.53 and standard deviation = 8.175). Therefore, we accepted the alternate hypothesis that Homoeopathic medicine selected with the aid of synthesis repertory has effective role in the treatment of the cases of urticaria.

DISCUSSION:

In this study, it was observed that maximum incidence of Urticaria was observed in the age group of 21-30 years (28%) i.e. 10 cases, higher in female i.e. 20(56%) cases than in male i.e. 16 (44%) cases. These observations supported by previous studies.

In this study it was observed that maximum cases of urticaria were Vegetarians i.e. 25 (69%) cases than Non vegetarian i.e. 11 (31%) cases and in aggravating factors observed that night aggravation was maximum in 10 (27.7%) cases followed by bathing aggravation in 9 (25%) cases, cold air and sun exposure aggravation in 7-7 (19.44%) cases, sweating aggravation in 6 (16.6%) cases, pressure aggravation in 5 (13.8%) cases.

INDICATED MEDICINE IN CASES OF URTICARIA –

Natrum Muriaticum were prescribed in maximum i.e 9 (25%) cases followed by Rhustoxicodendron and Pulsatilla in 6-6(17%) cases, Sulphur in 4 (11%) cases,

This observation is similar to the clinical observational study where Natrium muriaticum, Rhus toxicodendron and Sulphur were the most frequently used remedies.⁸⁵

RESULT OBTAINED FROM URTICARIA ACTIVITY SCORE 7 (UAS7):

19 cases (52.8%) showed moderate improvement, 7 cases (19.4%) showed marked improvement and 10 cases (27.8%) remain status Quo.

“From this it can be inferred that Individualized homoeopathic medicine have effective role in cases of Urticaria.”

CONCLUSION:

From the study “**an evidence based clinical study to evaluate the effectiveness of homoeopathic medicine in the cases of urticaria with the aid of synthesis repertory**” various epidemiological, clinical and therapeutic observations have been made. From the results of this study, the conclusion can be drawn that individuals suffering from urticaria showed effective relief by homoeopathic medicines selected with aid of synthesis repertory and individualized homoeopathic medicines were found to be effective in treatment of urticaria.

Synthesis Repertory proved to be useful aid in the selection of the Individualized medicines for the cases of Urticaria.

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