



Clinical Utility of Sepia in Gross Pathological Cases: A Retrospective- Non Controlled Analytical Study

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Abstracts: Background and Objectives: Homoeopathic System of Medicine known for its gentle and Holistic healing. Many cases with gross pathological condition were treated with Homoeopathic Medicines and show its role in handling various gross pathological cases. Presentation of these data to world helps Homoeopathy in establishing its Plausibility in Medical Science. Sepia officinalis is one the Homoeopathic Medicines use for management of gross pathological Conditions with marked improvement. Retrospective study of cases with sepia prescriptions helps us to understand utility of Sepia in Gross pathological cases as well as role of Homeopathic system in these types of cases. Objectives: Primary Objective: To study Clinical utility of Sepia in Gross pathological Cases. Secondary Objectives:1] To prove and evaluate the efficacy of studying sepia as a portrait and understands it at its full extent. 2] To present Sepia with its pathophysiology, doctrine of signature, evolution, the clinical presentation and relationship with other drugs. Methods: 30 cases of Gross pathological nature with Sepia Prescriptions were selected for study from the Project Site. Result: 67% cases shows significant Improvement while gross pathological cases of reproductive systems shows marked improvement than cases with prime involvement of other systems of body. Conclusion: Homoeopathic Medicine sepia is useful in various gross pathological cases specially when used in 200th potency.

Key Words:

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Introduction: Homoeopathy is a disciplined doctrine. Its philosophy is unique, its approach is holistic and its practice artistic yet based on scientific truth. The study of human being in totality and that of sickness is interwoven inseparably in homoeopathic philosophy. This integral philosophy of totalistic, individualistic, dynamic approach is implemented in clinical practice.

A Materia medica has a past, present and a future too. Past is represented in proving-the data base; present in the therapeutics and clinical verifications and future in the suggestions for new directions in which the remedies can be utilized more effectively. This aspect is necessary to keep our remedies abreast with the latest tunes and needs. New knowledge in Materia medica is growing very – rapidly. Waves of information are literally poured in from various

sources. The old literature is too vast with less clarity so it is a necessity to give a rambling view of the subject. Before we begin the study of the details of a science we must understand the construction of that science or art. The Homoeopathic Materia medica is peculiar in its constructions and differs very much from other systems.

Dr. Nash says "one remedy well studied is better than several half understood." One of the best methods of gaining a practical acquaintance with our Materia medica is to master one remedy at a time, both in itself, and its relation to, and correspondence with other remedies. Hence 'Sepia' is taken up for study in its entirety.

Homoeopathy is a science logically applied and in this work an inductive approach to study the drug 'sepia' is attempted. The drug is studied and presented the information being supported by exact observations, correct interpretation of the observed fact, rational, explanation, finally the scientific conclusion.

The aims and objectives of current experiment are, Primary Objective: To study Clinical utility of Sepia in Gross pathological Cases. Secondary Objectives:1]. To prove and evaluate the efficacy of studying sepia as a portrait and understands it at full extent. 2]. To present Sepia with its pathophysiology, doctrine of signature, evolution, the clinical presentation and relationship with other drugs.

Material and Methods:

Understanding of Sepia:- An understanding of SEPIA has done from Cases, source books, and Commentaries by various homoeopathic authors.

As this was a retrospective study, cases with following characteristics were included in the study.

1. 30 cases have been taken for study from Radhadevi Multispeciality Homoeopathic Center, Regal Square INDORE. the Thesis

work comprises of cases from the Center during period of 2012 to 2016 which have a consistent follow – up.

2. All the cases were recorded in view of studying the person in the background of the present illness.
3. Every case begins with a short introduction of the patient. For safeguarding the identity of the patients, their initials have been used instead of full name.
4. The presenting complaints along with the history of present illness (onset, duration and extension) have been taken in detail.
5. This has been followed by the description of the past history, family history, personal history, obs & gynae, history & physical generals of the patient.
6. The life space or mental aspect of the patient along with the interpersonal relationships, habits, mode of living and behaviour were considered according to the case.
7. The family history and past history had been considered in all the cases to evaluate the miasmatic block.
8. Miasmatic inheritance was studied in each and every case on the basis of family history, past history and presenting complaints.
9. The causative factors or precipitating factors have been given importance.
10. The case has been processed under the following headings.
 - Diagnosis of the disease,Diagnosis of the Phase of disease, Diagnosis of the Patient

as a Person, Diagnosis of the Miasm and Susceptibility,Diagnosis of the Remedy.

- 11. Repertorisation had been done for maximum no of cases and out of the drugs scoring the highest marks, the most similar drug (Samarium) had been selected.
- 12. "Follow-up" of the cases were also studied to get insight regarding pattern of improvement.
- 13. **Criteria for Results:** - The result will be analyzed.

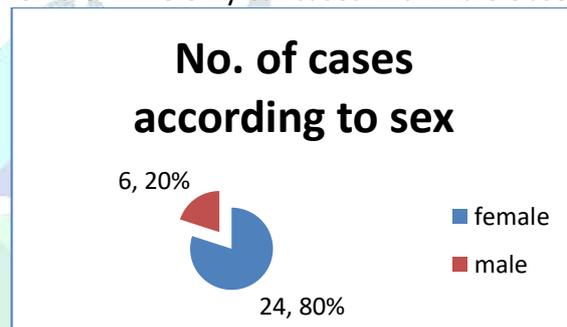
- a. **Significantly improved:** - The significant decrease in the intensity and frequency of the presenting and associated complaints with sense of well-being at least for 6 month of study period.: - (symptoms score decreases by 75-100%)
- b. **Moderately improved:** - Decrease in the intensity and frequency of presenting complaints and associated complaints with slight sense of well-being for period of 6 month. :-(Symptoms score decrease by 25-74%)
- c. **Status Quo/not improved:** - No increase or decrease in the presenting and associated complaints. :-(symptoms score decreases by 1-24%)

Result:

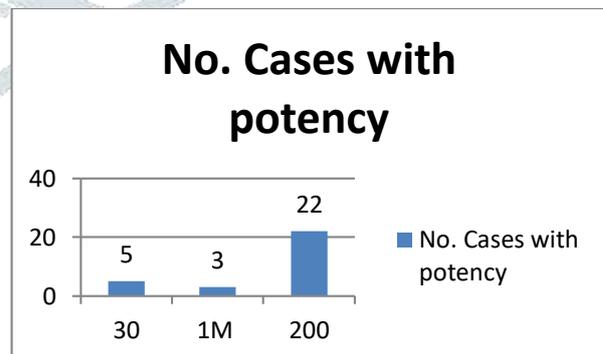
Showing the age group involved in the study.

Sr No.	Age group	No of Patients	Percentage
1.	Children (0-12 Years)	2	6.6%
2.	Adolescent (13-20 Years)	4	13.3%
3.	Adulthood (20 – 40 Years)	18	60%
4.	Middle age (41 – 55 Years)	3	10%
5.	Old age (56 Years & above)	3	10%

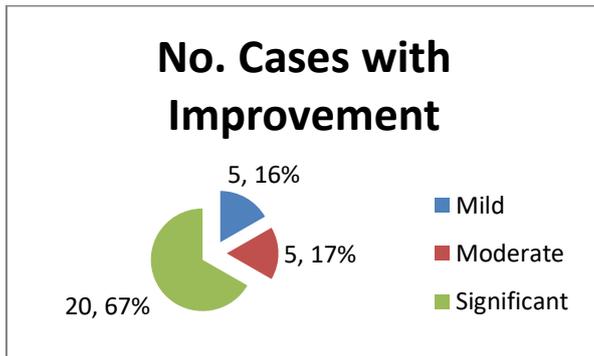
In this study, there were about 80%cases of female while only 6% cases with male observed.



2) in most of cases 200 potency was selected followed by 30 potency in 5 cases while 1M potency in 3 cases.



3) 20(67%) shows significant improvement while around 5 case with mild and 5 cases with moderate improvement.



Cases:-

1. A case of pemphigus where sepia in 30 potency with repetition helped in recovery without the requirement of antimiasmatic drug.
2. A case of ganglion responded well to constitutional drug Sepia and the case need tuberculinum which was given to remove the miasmatic block.
3. A case of acute peptic disorder, where the patient responded well to the constitutional remedy sepia.
4. A Case of acute Nausea and vomiting acute peptic disorder having sepia indications was responded well with sepia 30 with repeated doses and the patient recovered soon.
5. A case of gastric ulcer with Nausea and vomiting was responded well to sepia and the patient was recovered soon.
6. A case of uterine fibroid with pelvic adhesions, patient responded well to constitutional remedy. When the symptoms came to standstill demanding an anti-miasmatic remedy. Thuja acted well bringing about recovery. As sepia is covering the particular characteristics i.e. Sacral pain radiating to hips and thighs hence through repertorisation sepia and nat mur and phosphours are nearer sepia was prescribed which is well acted.
7. A Case of varicose veins, on basis of low susceptibility sepia was given in 30 raised up to 200 and 1 m potency. With the help of constitutional drug patient improved well.
8. A fibroid case with complaints of active bleeding and weakness was responded well with sepia 30 which was given repeatedly and the patient was improved well.
9. A case of low backache (lumbar spondylosis) was responded to sepia which was selected as a constitutional remedy and Rhustox was prescribed as a acute remedy during the acute phase of disease.
10. An Acute case of Gastritis with fullness of abdomen and Nausea was well responded and the patient was fully recovered by sepia.
11. A case of sickle cell anaemia and amenorrhoea, weakness. There was no aggravation during the course of treatment with recovery of patient.
12. A case of osteoarthritis, where the patient responded well to the palliative line of treatment. Natrum mur was given as complementary to sepia which covers the mental state after the event in life.

13. A case of low backache with stiffness (Lumbar Spondylosis) was well responded with sepia and the patient was improved well.
14. A case of Amenorrhea of psychosomatic dimension with Generalised oedema and disturbed sleep (diagnosis- PCOS) was treated with constitutional remedy sepia and the case was well improved.
15. A case with acute complaints of cephalgia and Gastritis was treated with sepia 200 and the case was not improved patient discontinued the treatment.
16. A case of rheumatoid arthritis in initial stages of development of pathology responded well to the constitutional remedy along with the acute remedy and antimiasmatic remedy.
17. A case of bronchial asthma was well responded to constitutional treatment. The patient was given relief at both mental and physical levels with the constitutional remedy.
18. A case of Nocturnal enuresis with Gastritis and the case was responded well with sepia – 200.
19. A case of fibroid of uterus was responded well to sepia.
20. A case of prolapse of uterus improved well to constitutional remedy sepia along with antimiasmatic remedy. The patient was given relief through the course of treat.
21. A case of Lowback (lumbar spondylosis) with PID with the past history of typhoid was improved well with sepia 200 which was given repeatedly.
22. A case of bronchitis, patient responded well to constitutional remedy. And the miasmatic load were tackled by tuberculinum.
23. A case of chronic bronchitis responded well to the constitutional remedy sepia without producing aggravation followed by rapid improvement.
24. A case of wart improved well to Sepia and Thuja tackle with miasmatic influence.
25. An chronic case of P.I.D with complaints of Low backache and irregular menses was improved well with sepia 200.
26. A case of vitiligo was treated on the basis of cause with infrequent repetition of single remedy sepia in cm potency along with antimiasmatic remedy Medorrhinum.
27. A case of allergic dermatitis was responded well to constitutional & acute remedy. In this case the desires and aversions were repertorised separately which covers by sepia. And when the symptoms came to a standstill demanding a change in remedy, sulphur was prescribed which completed the course of treatment.
28. A case of osteoarthritis, where the patient responded well to the constitutional remedy sepia along with the acute remedy.
29. Case of PCOS with irregular menses was recovered well with the repeated dose of sepia 200.

30. A case of bronchial asthma, allergic bronchitis having pathological symptoms improved with the help of acute, constitutional and antimiasmatic drug. The patient was given relief throughout the course of treatment at both mental and physical level.

Discussion: Homoeopathy is an art and Science. It is a science because it is based on the therapeutic law of nature i.e. "similia, similibus and curenatur" and it is an art because to arrive at totality and to get similimum drug it needs a skill. Case taking forms the most important aspect in clinical practice. The cases taken for study were taken in detail. To get the complete picture of the patient, the search was made for knowing the life space of the patient which gives the idea of true picture of his disposition and mental state. This understanding helps for defining the patient, mental state of the patient. Homoeopathic drugs helps to make the person happier as it gives him the way of thinking better, understanding better. It belongs to the new sight to look upon the same things. The better view, better life though circumstances may be same and it was observed during this work undertaken. The family being soil and patient as an individual being the seed, so, the family history along with the past history of patient is necessary. It helps for knowing the miasmatic background, it's correlation with presenting complaints and clearing it with appropriate anti miasmatic remedies. Anti miasmatic drugs given when they were indicated. During follow up along with the presenting complaints physical generals like appetite, sleep and menstruations in cases of

female were interrogated to know the general well being of the patient. The clinical studied in detail are given in nutshell so as to arrive at certain conclusion. A majority of the cases were repertorised with Kent's Repertory, a few worked with BCCR and complete, and in fever cases, Dr. H.C. Allen's Therapeutics on fever was utilized. The past and family history were carefully recorded to know the miasmatic influence and for selection of the complementary remedies. The doses were selected according to the susceptibility and miasm at the mental, physical and pathological level.

During detailed study of sepia, I came across with some of aspects worth highlighting are as follows.

1. It affects the sexual organs in women. Many of its aggravations are connected with the sexual sphere e.g. with menses, coition, pregnancy, abortion, menopause etc. It is an excellent remedy for various complaints in women.
2. Generally the impression that sepia has great aversion for sex but it has also got a symptom sexual minded.
3. It is particularly needed for women who have had many children's or many abortions.
4. The discomfort in the pelvis is aggravated by any condition which increases congestion of that area so in women there is great suffering before and during menses, by coition, pregnancy abortion and during menopause.
5. Sepia patient has got venous stasis and she improves very much by exertion esp, by violent motion.
6. Though Margaret Tyler with her marvelous insight calls it a washerwoman's remedy but

it also has action on the males and children's specially in case of nocturnal enuresis.

To understand the drug in detail & apply it clinically, it is very necessary to study it in its fullest extent including doctrine of signature, physiological actions, its affinity & pathogenicity, constitution, causation, location, sensations, thermal reactions modalities, physical as well as mental characteristics. Doctrine of signature gives us an idea about characters inherited from source of the drug. Study of physiological action & pathogenicity gives us an idea about the curative range of the medicine.

Study of medicine from proving records gives us symptoms in original unaltered form & works as a beacon of light which shows us the right directions when we tend to stumble in the over whelming maze of symptoms.

In this work 30 cases of sepia were studied and the following inferences were drawn.

1. It is deeper aspect of totality of symptoms which indicate correct similimum instead of the apparent pathology.
2. Constitutional treatment based on the totality of symptoms proved to be the best for the treatment of chronic diseases.
3. In a few cases the employment of acute remedy or antimiasmatic remedy unfolds the clear picture indicating the deep acting remedy.
4. In some of the cases even if the totality of symptoms indicates correct constitutional remedy, the patient does not recover satisfactorily until an intercurrent antimiasmatic remedy is given to overcome the miasmatic block.

5. In some cases, even if the patient responds favorably to the constitutional remedy, the totality of symptoms are not relieved completely. Under such circumstances according to altered totality the employment of a complementary remedy is essential.
6. Along with diagnosis of constitutional drug we should judge the susceptibility of the patient and select the potency accordingly. The cases where the remedy is indicated through maximum peculiar and characteristic symptoms in the higher grade of similimum one should prefer higher potencies. The cases where the remedy is indicated with common symptoms, alone with little similarity at deeper level, we should opt for lower potencies.
7. In most of cases, the cases improved without any perceptible aggravation in symptomatology, this is again illustration of most favorable response in the course of management. In this research only one case had not improved and discontinued the treatment.
8. In some cases, as a favorable response the patient gets relief from the presenting totality and then few complaints which had occurred in past history of patient. If such complaints appear and disappear in the reverse order of their appearance, the remedy response and direction of case in most ideal.

Acknowledgment:

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