

A Single Blind Placebo Control Clinical Study to See the Specificity of Concomitant Symptoms in Process of Cure in Homoeopathic Prescribing

Shrey Bhardwaj¹, Arun Bhargav Jadhav², Vaishali V. Dolas³

¹Post Graduate, Department of Homoeopathic Materia Medica, Bharati Vidyapeeth (Deemed to be) University, Homoeopathic Medical College & Hospital, Pune, Maharashtra, India.

²Principal, Bharati Vidyapeeth Deemed (to be) University, Homoeopathic Medical College & Hospital, Katraj-Dhankawadi, Pune, Maharashtra, India

³Associate Professor, Department of Homoeopathic Materia Medica, Bharati Vidyapeeth Deemed (to be) University, Homoeopathic Medical College & Hospital, Pune, Maharashtra, India

Corresponding Author: Vaishali V. Dolas

ABSTRACT

It was a phase 2, prospective clinical study to access the odds of cure when homoeopathic prescription will be based on Concomitant Symptoms. Concomitant symptoms are those symptoms that seemingly have no relation to the leading symptoms or the pathology of the case, yet are present in the patient. They are of tremendous value to the homoeopathic practitioner and are a pivotal understanding of homoeopathic practice. The study consists of detailed cases with before and after comparison of data of 30 patients (15 patient in the trial or experimental group and 15 patients in the placebo control group). Depending upon the criteria assessment changes were seen according to the scoring. Prescriptions made specifically on the basis of concomitant symptoms have shown beneficial effects on various ailments, whereas the patients in the placebo control group has not shown any remarkable recovery. From the above result and observations it is concluded that Homoeopathic prescriptions based on basis of concomitant symptoms have a great importance in the process of cure. No adverse effects were recorded during the study.

Keywords: Concomitant, Homoeopathy, Warwick Edinburgh wellbeing scale.

INTRODUCTION

“The Concomitant symptom is to the totality what the condition of aggravation or amelioration is to the single symptom.”-Dr. Boenninghausen. [2]

The father of Homoeopathy Dr. Samuel Hahnemann taught that “not the disease but the diseased individual” and recognized the individual symptoms in each case of illness. He proposes the concept of individualization within the treatment of the sick through nature’s law. Individualization is the soul of homoeopathic prescribing and healing the illness of whole man to health is our mission. In § 153 [1] of Organon of Medicine Dr. Samuel Hahnemann tells us the clue to inventive prescribing. There he

writes “In search for a homeopathic specific remedy ... the more striking, singular uncommon and peculiar signs and symptoms ... chiefly and most solely to be kept in view.” Knowledge of the true nature and constitution of a symptom is important within the examination of a patient, in the study of the material medica and in the discretion and management of the indicated remedy. In general, a symptom is any evidence of disease, or amendment from a state of health. Hahnemann defines symptoms broadly as, "any manifestation of a deviation from a former state of health, perceptible by the patient, the individuals around him, or the physician."

Boenninghausen was a close follower of Hahnemann and was gifted with a keen analytical mind. He accepted the following fundamental as pronounced by Hahnemann:

- Nothing can be known of a disease except through symptoms.
- It is the patient who is sick not his parts.
- Symptoms are the only unfailing guide to the selection of the remedy.
- Homoeopathic selection of medicine should be based on totality of the case.

To Boenninghausen totality is the true diagnosis of the malady and at the same time diagnosis of the remedy. [4] He proceeded on the hypothesis that this totality wasn't only the sum total of symptoms, however was itself one grand symptom - the symptom of the patient. He asserted that a symptom would be considered as complete once it is studied in relation to the subsequent factors: Location, Sensation, Modality and Concomitant. Dr.Boenninghausen considered the concomitant symptom a very important aspect of the totality. He asserted that concomitant symptom helps to select the correct similimum. [2, 7]

“Symptoms that exists together with the main symptom and shows some striking peculiarity have a prominent place and the totality of these UNREASONABLE ATTENDANTS helps in selection of similar remedy” Dr.Boenninghausen – Lesser Writings. [2]

Criteria to access a Concomitant Symptom-

1. The Concomitant symptom rarely appears in connection with the leading symptom and, therefore, is found rarely among remedy proving.
2. The Concomitant Symptom belongs to another sphere of the disease than the chief ailment. In other words, it has no pathological relation to the chief complaint.
3. The Concomitant Symptom demonstrates characteristic signs of a homoeopathic medicine, even if not noted previously in the present case expression.

Dr. Herbert A. Robert said “Symptoms that make you hesitate and force you to ask “WHY” are characteristic Symptoms”. [5]

MATERIALS AND METHODS

Study setup

Study was conducted in Bharati Vidyapeeth (Deemed to be) University Homoeopathic Hospital, Pune, India

Case Definition

Patients showing uncommon symptoms – less known symptoms of common medicine which is concomitant symptoms of that common medicine collected from different Materia Medica, Therapeutics and Repertories, will be taken for the study.

Subjects

30 Cases 15 patients in the trial or experimental group showing concomitant symptoms and 15 patients in the placebo control group were taken for our study

Inclusion Criteria

Cases from the age group of 15 – 60 yrs.

Both sexes were included.

Patients presenting with concomitant symptoms as per the guidelines by Dr.Boenninghausen

Exclusion criteria

The patient not fulfilling the case definition.

Patients not taking medicines as per instructions or not co-operating for follow up.

Patients suffering from severe chronic or acute diseases such as S.L.E, Renal failure, etc.

Duration

18 months

Study parameter

Warwick Edinburgh wellbeing scale. [6]

Study procedure

30 known cases willing to take homoeopathic treatment were enrolled in our study. 15 patients were placed in the study or experimental group and 15 patients were placed in the placebo group. Study was

based on Warwick Edinburgh wellbeing scale. [6] Which was done before and after the intervention. Homeopathic Medicine was given either in 200C or 1M potency as per the prescribing totality. [8-10] All the follow-ups were taken weekly (for drug compatibility, to encourage and closely monitor the effects of the drug). In all the follow-ups details of the symptomatic, clinical, investigative changes was recorded

and prognosis was studied followed by the criteria assessment. [11] On the basis of assessment criteria further follow up was decided.

STATISTICAL ANALYSIS

Statistical analysis paired t- test was done by Graph Pad Prism version 5 software by using Warwick Edinburgh wellbeing scale taken before and after the study.

Table 1- Statistical Analysis of Medicinal group Pre and Post Treatment

OBSERVATION	N	MEAN±SD	SEM	MIN	MAX	MEDIAN	'P' value	MEAN DIFFERENCE OF
MEDICINAL GROUP BEFORE TREATMENT	15	12.47±1.187	0.3065	11.00	15.00	13.00	<0.0001	MG before and after Rx
MEDICINAL GROUP AFTER TREATMENT	15	28.27±2.086	0.5387	26.00	32.00	28.00		15.80

Table 2- Statistical Analysis of Placebo group Pre and Post Treatment

OBSERVATION	N	MEAN±SD	SEM	MIN	MAX	MEDIAN	'P' value	MEAN DIFFERENCE OF
PLACEBO GROUP BEFORE TREATMENT	15	11.93±1.033	0.2667	10.00	13.00	12.00	0.4332	PG before and after Rx
PLACEBO GROUP AFTER TREATMENT	15	11.80±1.146	0.2960	10.00	13.00	12.00		0.1333

RESULTS

Total 30 patients (n=30) were selected based on the age group of 15-60 years. Out of which 22 were male (73%) & 08 were female (27%) according to sex wise distribution. According to occupation wise distribution 15 was working class (50%), 07 were students (23%) and 08 were housewife's (27%). Mean of Medicinal Group before treatment =12.47, Mean of Medicinal Group after treatment=28.27, Mean of Placebo group before treatment=11.93, Mean of Placebo Group after treatment=11.80. The P value is <0.0001

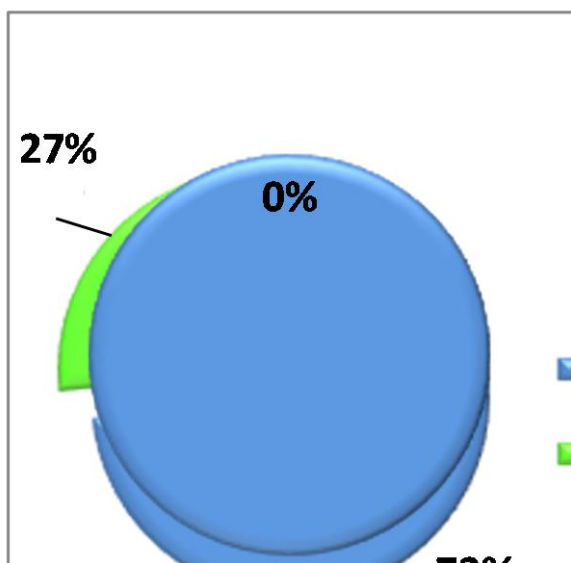


Figure 1 - Gender wise distribution.

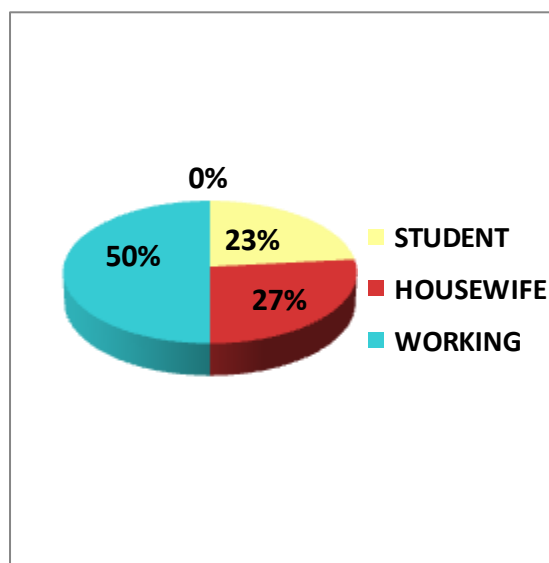


Figure 2- Occupation wise distribution

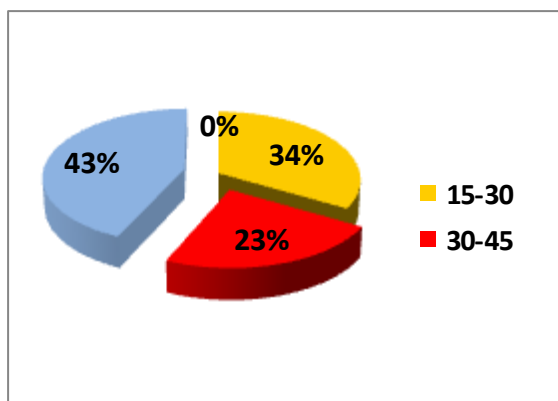


Figure 3- Age Groups

DISCUSSION

Concomitant symptoms utilised since Hippocrates in treatment of human being; Hippocrates used concomitant symptoms for prognosis of disease. [3] Prescribing on the basis of concomitant is to consider for those symptoms which is not mostly known to the profession but it plays a vital role in the process of cure. Various Materia Medica and repertories are available which gives us uncommon symptoms, less known symptoms to the profession, characteristics symptoms, concomitant symptoms, symptoms away from the disease of common medicine, but not much study has been done on this subject. The present study was primarily aimed to investigate the effectiveness and specificity of Concomitant symptoms in the process of cure in homoeopathic prescribing. In this study 30 cases (male & female, age 15-60 yrs.) that were willing to take homoeopathic treatment were selected. Out of which 15 patients were placed in the medicinal/Experimental group and 15 were placed in the placebo control group. After the duration of the study that was 18 months it was perceptibly noticed that patients who were prescribed homoeopathic medicine specifically on the basis of concomitant symptoms showed positive effect. This effect was demonstrated by the results of the statistical analysis using student paired, “t” test, which manifests that the pre-treatment, and post-treatment levels of overall wellbeing of the patients were different. Finally, this study data propose that

homoeopathic medicine when prescribed on the basis of concomitant symptoms improves the overall wellbeing of the patient. It can be adopted as an alternative approach by the Homoeopathic physicians in forming the totality of any case giving more importance to the concomitant symptoms.

CONCLUSION

From above observation it is concluded that prescriptions made on the basis of concomitant symptoms is effective in homoeopathic cure and overall wellbeing of the patient. Since it is a small sample study, research should be done in the future considering large sample & extending the duration of the study. No adverse effects were seen during the study.

Conflict of Interest

There was no point of conflict of interest between the authors.

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