



HOMOEOPATHIC APPROACH ON RESPIRATORY TRACT INFECTION WITH FOCUS ON UPPER RESPIRATORY TRACT INFECTION.SUSCEPTIBILITY ASSESSMENT: A SUSTAINABLE MEDICINE

Dr. M. Krishnakumari Devi¹, Dr. Vinodini Vasantrao Patil²

1. P.G. Scholar, MD (Hom), Bharati Vidyapeeth Deemed To Be University, Pune.
2. Associate Professor, Department of Homoeopathic Philosophy & Organon of Medicine, Bharati Vidyapeeth Deemed To Be University, Pune.

Abstract

Background: Respiratory tract infections is spreading rapidly within the communities & represent the third most frequent health problem across the globe due to microorganism . According to WHO data published in 2017 death in India due to RTI reaches 8, 96, 77 or 10.19% which India ranks 4th in the world & adolescent & adults have approximately 2-4 cold in a year, URTI is significant source of morbidity and mortality rate in India. Homoeopathy as a system of medicines & that deals with any disease condition in a holistic way brings to the needs of present scenario which possesses a better scope to reduce the recurrency of disease. Susceptibility is revealed by the reaction that occur when the host interacts with environmental factors by the sign and symptoms. By assessing the susceptibility and proper selection of potency of simillimum required can become an ideal cure.

Methods: Total 30 patients (Male/Female), age group 18-40 years were enrolled for the intervention. The outcome is measured by WISCONSIN upper respiratory symptoms survey (WURSS) scoring before and after the treatment. The data collected during the study was analysed with Paired 't' test .

Results: The study shows that the prevalence of URTI were equal in both females and males .more over the age group which was more effected was between 20 -25 years. The cases which were found to have higher susceptibility were 66.67% ,moderate susceptibility was 33.33%.

CONCLUSION: This study suggested that the importance of assessment of Susceptibility in Homoeopathy which helps in evaluation of potency of medicine and shows homoeopathic medicine having significant result in the treatment of the URTI cases in selected age group. Result of this study have shown that the Homoeopathic medicine gives effective relief to the patient and restoration of the normal susceptibility is the basis of cure. .

KEYWORDS:, Homoeopathy, RTI, URTI, Susceptibility, Simillimum.



INTRODUCTION

Organon is the greatest watermark of medical philosophy written by Dr. Samuel Hahnemann. In 1790 Dr. Hahnemann has done the Golden experiment with China (Cinchona bark) which is the root of the invention of Homoeopathy.⁽⁴⁾ Susceptibility is defined in most homoeopathic literature as the living organism's ability to receive impression (7). Susceptibility is essential for curative medical treatment, therefore even cure is reliant on susceptibility. From a homoeopathic standpoint, it is critical to concentrate on this essential data of susceptibility in order to properly apply the medicine in perfect potency, which is based on susceptibility to treat patients.⁽¹⁴⁾

As we know Morden era is more scientific, it begins with Dr Hahnemann experimentation and observation Homoeopathy has a great scope in acute diseases because Susceptibility is high and reactivity is quick. As a result, medicine in acute disease is becoming more susceptible. Homoeopathy is an effective system of medicine that treats any illness condition holistically and meets the needs of today's world. Concept of Susceptibility makes us different from each other, as sensitivity to the conditions is different for each of us. Epidemic situations were the best example to the demonstrated situation of susceptibility which contagion at that time and produce similar reactions and symptoms. For clear understanding we have

understood some examples like the ill effect of cold wind or a stomach upset after having something unhealthy it is because of our living conditions or someone living in a damp house is mostly affects with upper respiratory tract suffering after a while, some of us will be infected sooner rather than later. Manifestation of the Susceptibilities includes the level of mental, emotional or physical & the events Susceptibility can be linked to certain environment factors⁽¹⁴⁾

Role of susceptibility in the Posology: More susceptibility- higher the potency, less the susceptibility-lower potency. Factors which helps to assume susceptibility of the: age, sex, constitution, environment, habits, temperament, nature and pathology of disease, various suppression, physical and mental reaction to the environmental stimuli.⁽⁹⁾

URTI (Upper Respiratory Tract Infection): Acute, self-limiting viral infection that affects people and commonly human infections and the most common reason for patients to consult a healthcare professional . URTI continues to be large burden on society, economically and socially. URTI are contagious and can last from a few hours to 2-3 days after exposure. Furthermore, the symptoms have been known to last 7-10 days, but reports indicate that they may last even longer. URTI are the leading cause for



which antibiotics are prescribed on an outpatient's basis India⁽²⁾⁽⁵⁾

- Sneezing
- Congestion and discharge from the nose (Rhinorrhoea)
- A scratchy throat/sore throat

Methods:

Study design:

Study design for the research study is non randomised clinical study.

Study duration:

Data collection was done for 1.5 years. The patients who continued the treatment protocol for 6 months after initial consultation were considered to final analysis of comparisons.

Study settings:

Samples for the clinical study were collected from the outpatient of BHARATI VIDYAPEETH Medical Foundation Homoeopathic Hospital, Pune.

Participants:

A checklist of clinical presentation for URTI in age group of 18 to 40 years group in both sexes.

Sample size:

34 cases (4 cases dropped out).

Statistical Method:

The effectiveness of treatment with focus on susceptibility with individual Homoeopathy intervention on totality of symptoms using paired t – test. A statistically significant level is done using independent t-test. All the test were

Following are the main symptoms of URTI:

- Cough
- Fever of low intensity
- Headache and a general feeling of ill health.

considered statistically significant at < 0.05 level.

CRITERIA OF ASSESSMENT:

Assessment is done by WURSS (WISCONSIN UPPER RESPIRATORY SYMPTOM SURVEY). It will be done by calculating the scoring outcome of the patient from 1st visit and after the treatment of the patient.

ETHICAL STATEMENT:

The institutional ethics committee of BVDUHMC, Pune, had approved the study through the letter dated, May, 5th, 2019.

Each patient was informed of the ethical issues related to the study through the informed consent form and was duly documented.

OUTCOME ASSESSMENT:

SAMPLING PROCEDURE:

Sample size were minimum of 30 cases with 4 - 5 follow ups (as per the case design)taken from OPD of **BHARATI VIDYAPEETH HOMOEOPATHIC HOSPITAL**, peripheral OPD and various camps organised by **BHARATI MEDICAL FOUNDATION** both in Rural and Urban.

SELECTION OF REMEDY:

The remedy was selected after detail case taking and remedy was prescribed on the basis of symptom similarity and references



were taken from various Homoeopathic literature wherever was needed.

SELECTION OF POTENCY:

The drug was administered in various potencies as per Homoeopathic posology such as 30, 200, 1M, 10M, 50M, C.M., as per the instruction given by Dr. Samuel Hahnemann in 6th Edition of Organon of Medicine.

OUTCOME MEASURES:

The primary outcome measure is the score of the Wisconsin Upper Respiratory Symptom Survey after the period of the study. These were compared with the initial value, and the difference analysed using statistical tests, to find the efficacy or otherwise the treatment by using the one sample test and the student paired “t” test respectively. These tests helped to establish whether the changes observed before and after the treatment were significant or not

DATA ANALYSIS AND INTERPRETATION

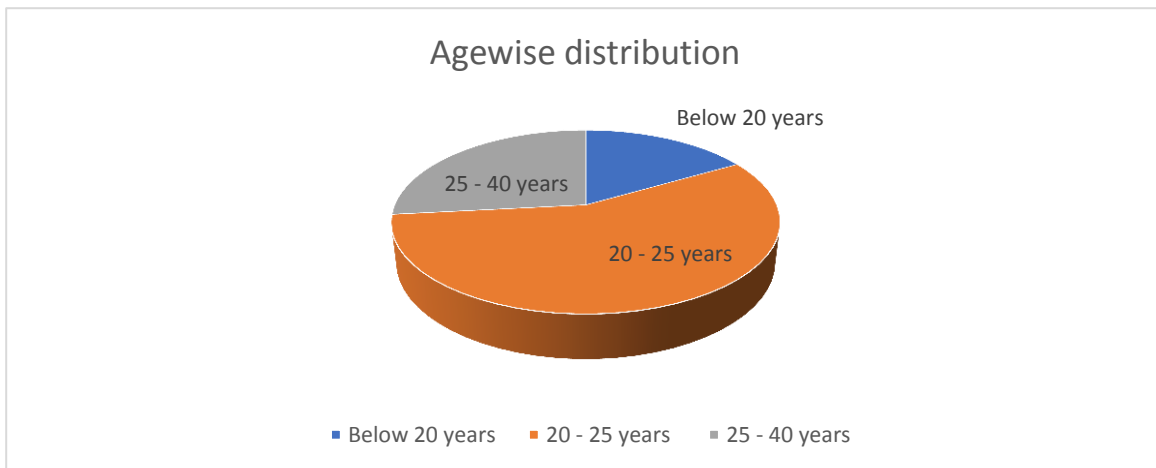
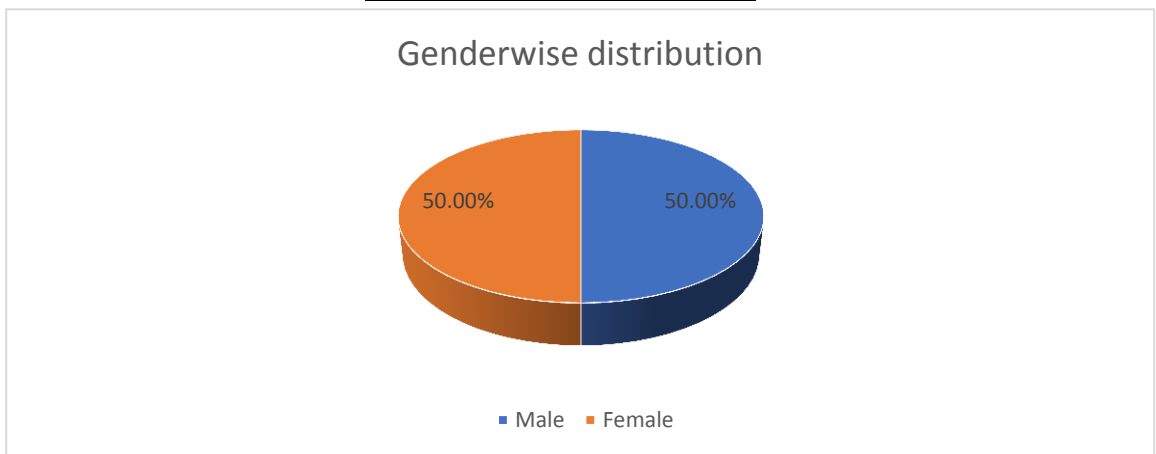


Fig. Age wise Distribution

Fig. Gender Wise Distribution



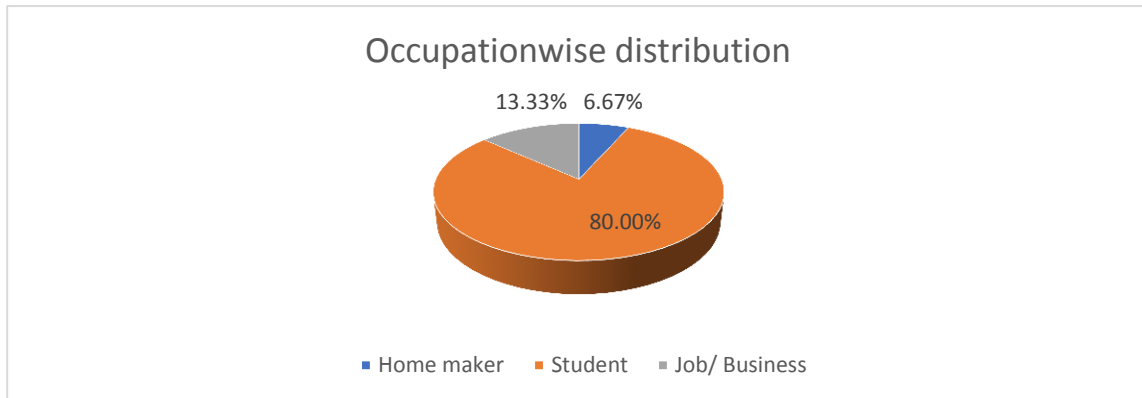


Fig. Occupation wise distribution

Table: Distribution of patients according to medicine prescribed

Remedy	<i>f</i>	%
ARSENIC ALBUM	11	36.67%
HEPAR SULPHUR	5	16.67%
ALLIUM CEPA	3	10.00%
PULSATILA NIG	3	10.00%
BARYTA CARB	2	6.67%
KALI BICHROMICUM	2	6.67%
BELLADONNA	1	3.33%
BRYONIA ALBA	1	3.33%
NATRUM MUR	1	3.33%
RHUS TOX	1	3.33%

FIG. DISTRIBUTION OF PATIENTS ACC.TO REMEDY.

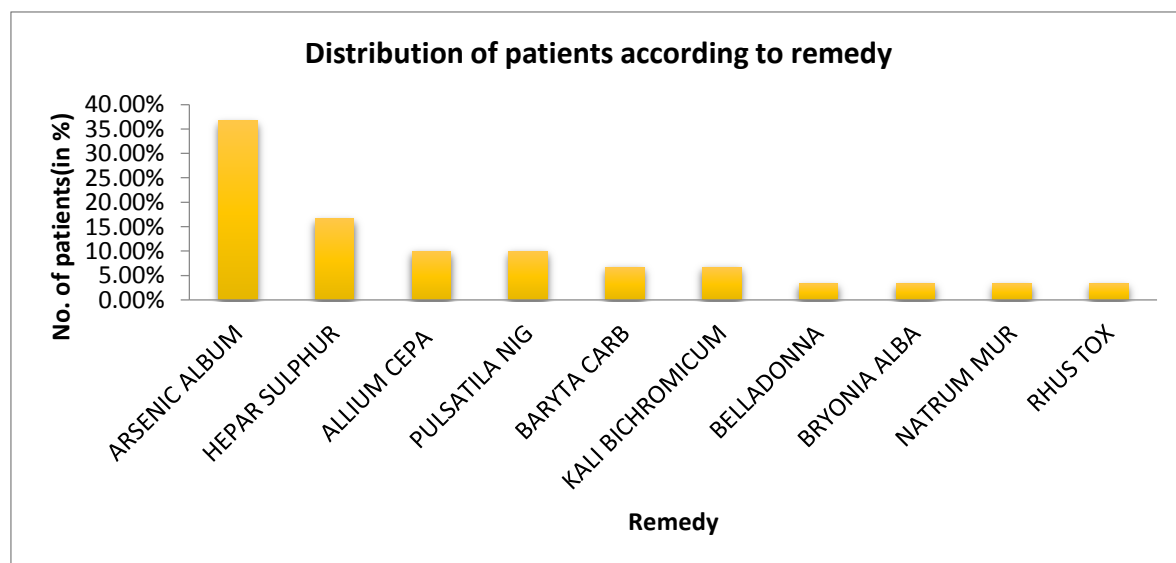


Table: Distribution of patients according to assessment of susceptibility

Susceptibility	<i>f</i>	%
High	20	66.67%
Mode rate	10	33.33%

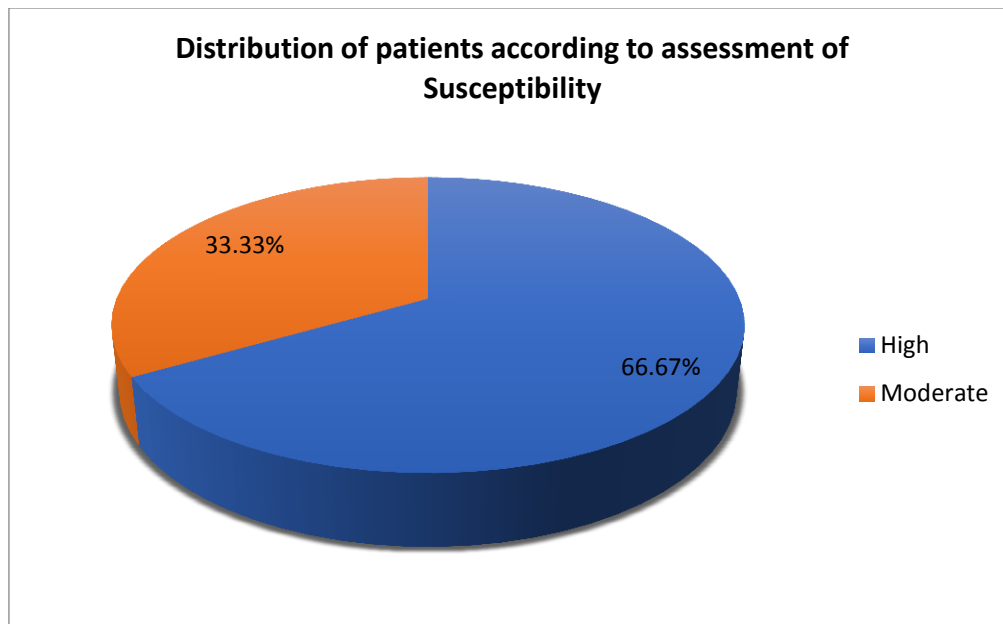


FIG. DISTRIBUTION OF PATIENTS ACC.TO ASSESSMENT SUSCEPTIBILITY.

Table: Distribution of patients according to no. of episodes 3 months before treatment and during 3 months treatment.

Diagnosis	No. Of Episodes	3 Months Before Treatment		During Treatment (3 Months)	
		<i>f</i>	%	<i>f</i>	%
Acute RTI (n=17)		NA			
Recurrent URTI (n=13)	0 or 1	0	0.00%	11	84.62%
	2 or 3	4	30.77%	2	15.38%
	4 or 5	7	53.85%	0	0.00%
	6 or 7	2	15.38%	0	0.00%

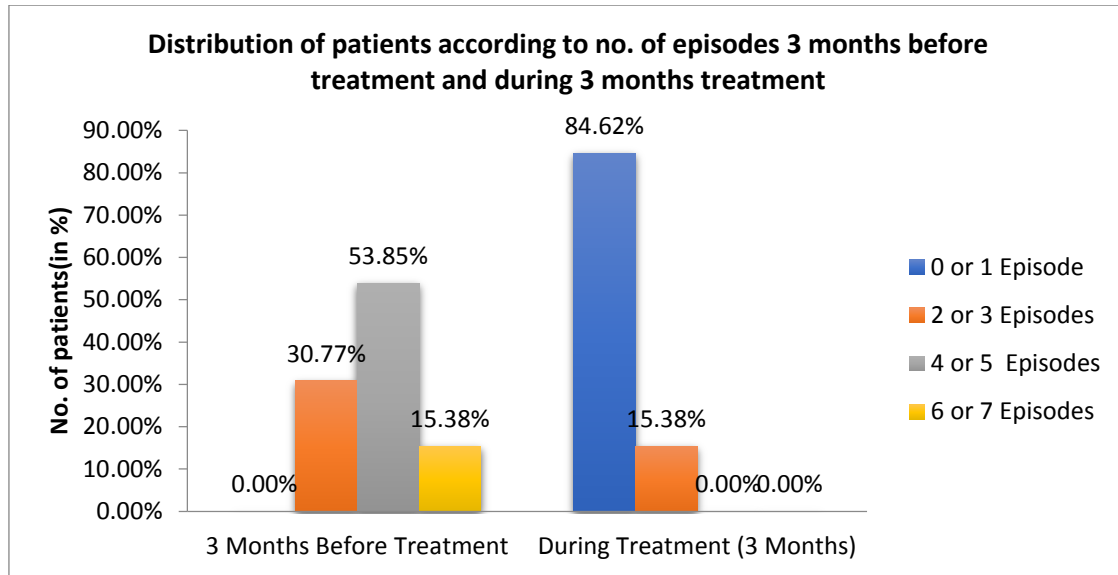


FIG. DISTRIBUTION OF PATIENTS ACC.TO NO. OF EPISODES.

Table: Descriptive statistics of No. of episodes before and during intervention

No. of episodes	Mean \pm SD	T-value	p-value	Decision
Before treatment	4.69 \pm 1.22	14.43	0.000**	Reject H ₀
During treatment	1.31 \pm 0.69			
Difference	3.39 \pm 0.85	Difference is Highly Significant		

Test used: Paired t-test, **: Highly Significant Difference, T-value: Test Statistic va

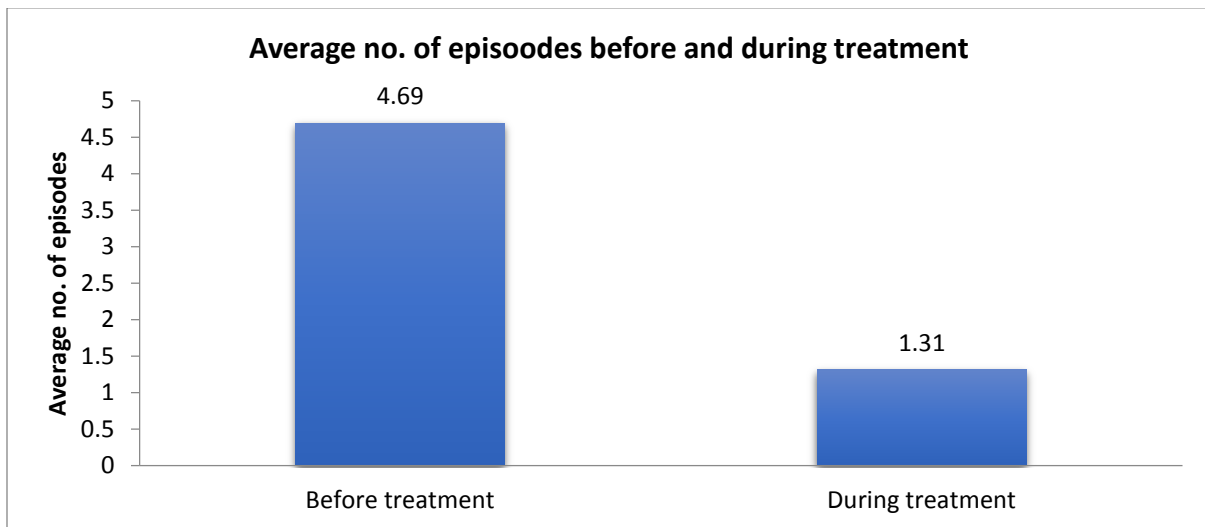


FIG . MEAN NO.OF EPISODES PRE AND POST TREATMENT.

Table: Distribution of patients according to the improvement in URTI after treatment

DIAGNOSIS		Improvement of the patients			
		Not expected improvement	Mild improvement	Moderate improvement	Marked improvement
Acute URTI (n=17)	<i>f</i>	0	1	5	11
	%	0.00%	5.88%	29.41%	64.71%
Recurrent URTI (n=13)	<i>f</i>	0	1	5	7
	%	0.00%	7.69%	38.46%	53.85%
Total (n=30)	<i>f</i>	0	2	10	18
	%	0.00%	6.67%	33.33%	60.00%

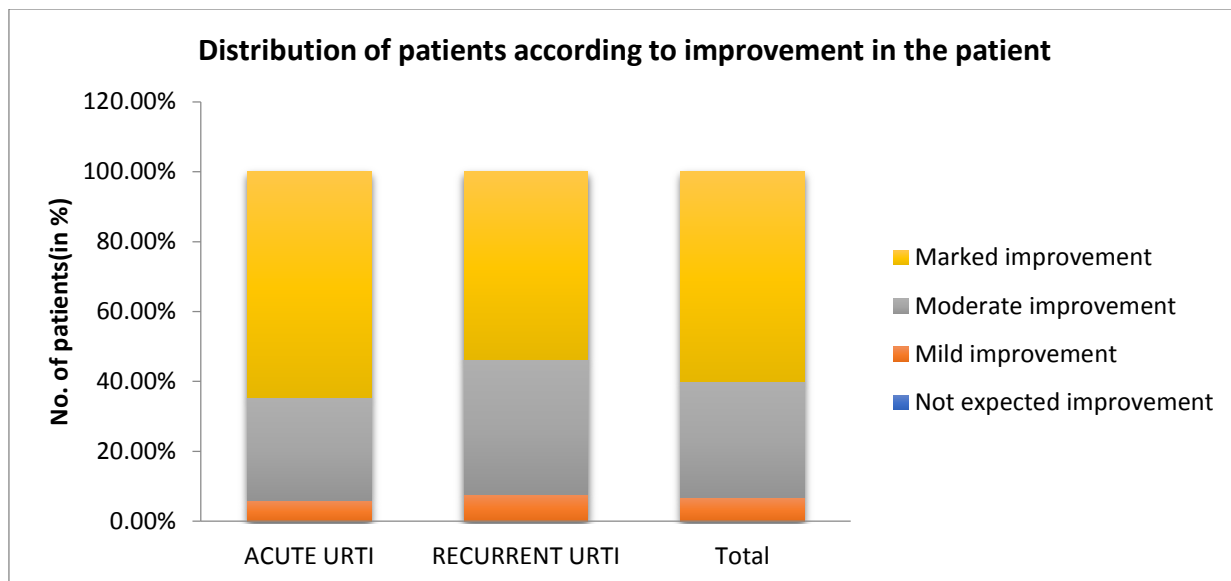


FIG. DISTRIBUTION OF PATIENTS ACC. TO IMPROVEMEN OF PATIENTS.

Medical Prescribed:

- Arsenic album
- Hepar Sulphur
- Allium Ceba
- Pulsatila Nig
- Baryta Carb
- Kali Bichromicum
- Belladona
- Bryonia Alba
- Natrum Mur
- RhusTo



DISCUSSION:

By getting before & after score of patients help us in statically analysed the test applied by using graph, chart etc. To treat the suffering of the patient we should know the cause of the patient's related to susceptibility on which we can find a curative dose which is simillimum to them. In this study we found that incidence were common to both sex (male & female). This situation is commonly seen in age group of 20 – 25 years (56.67%). It was observed that the most commonly used effective medicine out of 10 remedies are Arsenicum album, Hepar sulphur Allium cepa, Pulsatilla, Baryta carbonicum, Kalium bichromicum. The assessment of susceptibility were found high on 20 patients (66.67%) & moderate on 10 patients (33.33%).. It is indicated that the necessity of susceptibility in pathogenicity of disease, any environmental factor, prescription, selection of potency and other factor of the particular case with the help of simillimum medication to reach the path of cure in Homoeopathy.

RESULTS

TOTAL 30 patients (n=30) were selected from the age group of 18 to 40 years, out of

which 17 patients had acute URTI ($n_1=17$) and 13 patients had recurrent URTI ($n_2=13$).The highest percentage of patients belonged to the age group of 20 to 25 years (56.67%) and the lowest from below 20 years (16.67 %) indicating that 20 to 25 years might be affected the most.66.67% of the cases shows high in Susceptibility and 33.33% shoes moderate susceptibility. Both sex affected equally. Mean reduction symptoms in acute U RTI was 5.94 ± 2.16 , in recurrent U RTI was 6.31 ± 2.93 and total was 27.30 ± 6.91 . Combined P value was 0.000 which is very small.

CONCLUSION

The variety of the cases studied in my research shows that by assessing the susceptibility help us selecting the curative dose of simillimum .The cases which are found during my study which are high in susceptibility is 66.67% and moderate susceptibility 33.33% and in acute URTI mild improvement 5.88%, moderate improvement 29.41%,mark improvement 64.71% moderate improvement is 38.46% and mark improvement 53.85%.WURSS also shows that Homoeopathic medicine are effective in the treatment of patient of URTI.

REFERENCES

1. Arturo Casadevall, & Pirofski, L. (2018). What is a host? Attributes of individual susceptibility. Infection and Immunity, 86(2).

2. Dasaraju PV, Liu C. Infections of the respiratory system. Medical Microbiology, 4th Edition. 1996.



3. Hahnemann S, Boericke W. Organon of medicine. 6th ed. New Delhi, India: B. Jain Publishers; 2002
4. Hahnemann S, Boericke W. Organon of medicine. 6th ed. New Delhi, India: B. Jain Publishers; 2002, p.114.
5. Heikkinen, T., & Ruuskanen, O. (2006). UPPER RESPIRATORY TRACT INFECTION. In Encyclopedia of Respiratory Medicine (pp. 385–388). Elsevier. <http://dx.doi.org/10.1016/b0-12-370879-6/00416-6>.
6. Kent, J. T. Lectures on homoeopathic philosophy with word index (7 vols. Set). B Jain Pub Pvt Limited;2000.
7. MD, E. R. M., BS, & Close, S. (2001). The Genius of Homoeopathy: Lectures and essays on hom. Philosophy. B. Jain Publishers.
8. Michael Glynn, William Drake. Hutchison's clinical methods : An integrated approach to clinical practice, 23/e. (n.d.). India:Elsevier;2012,p.147.
9. Partha, M. P., & Mandal, B. A Text Book of Homoeopathic Pharmacy. B. Jain Publishers;2001,p232.
10. Roberts HA. The Principles and Art of Cure by Homoeopathy: A Modern Textbook. B. Jain Publishers; 1997.
11. Torres JL. Homeopathic effect: a network perspective. Homeopathy. April 2002;91(02):89-94.
12. Walker, B. R., Colledge, N. R., Ralston, S.H., Penman, I.D. Davidson's Principles and Practice of Medicine e-book. 22nd ed. Elsevier Health Sciences. 2014, p 681.
13. Immunology and homoeopathy 1. Historical background -NCBI [http://www.gov.in/susceptibility - mtl](http://www.gov.in/susceptibility-mtl)
14. Susceptibility & suppression . The School of Homeopathy's RSS. Available from: <https://www.homeopathyschool.com/why-study-with-us/what-is-homeopathy/susceptibility-suppression/>. May 27, 2019.

