

Efficacy of 50 Millesimal Potency in the Treatment of Bronchial Asthma

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Abstract:

This study was open clinical method conducted on patients for 3 months. All the cases were treated as out patients. At first consultation and every follow up the disease score was formed and calculated, to assess the efficacy of the treatment. All the patients were directed with proper diet and regimen. Effectiveness of the study was based on the general improvement in the disease condition through symptomatology criteria. The result was recorded in the form of "Relieved" and "Not relieved".

Out of 30, 15 were treated with 50 millesimal potency and 15 were treated with centesimal potency. After 3 months we came to the conclusion, out of 15 cases treated with 50 millesimal potency 14 patients have relieved of their suffering with the % efficacy of 93.33%. And out of the 15 cases treated with centesimal potency 8 patients have relieved with the % efficacy of 53.33%.

Keywords:

Homoeopathy, 50 millesimal potency, centesimal potency, Bronchial Asthma.

Introduction:

"I have now after 18 months of work, finished the sixth edition of Organon, the most nearly perfect of all". Master Hahnemann writes in his letter dated 20th February 1842 addressed to his publisher Mr. Schaub. Dr. Hahnemann tried to perfect his system of medicine homoeopathy till his last breath.

50 millesimal potency stands above the edge of other two potencies because it makes the dream "ideal cure" rapid, gentle and permanent nearly possible. Its extreme minuteness and mildness can be used for a long period in chronic cases without producing remarkable aggravation. Because of the above reason it is the suitable potency to treat hypersensitivity, auto-immune disorders and also chronic Bronchial Asthma.

According to World Health Organisation.....

- Some 300 million people currently suffer from asthma. It is the most common chronic disease among children.
- Most asthma related deaths occur in low and lower-middle income countries.
- The strongest risk factors for developing asthma are inhaled substances and particles that may provoke allergic reactions or irritate the airways.
- Medication can control asthma. Avoiding asthma triggers can also reduce the severity of asthma.
- Appropriate management of asthma can enable people to enjoy a good quality of life.
- Asthma is a public health problem not just for high income countries; it occurs in all countries regardless of the level of development.

Cases where minute doses are required to monitor the case for a long period of time 50 millesimal potency perfectly fits into this slot being the new altered perfect method.

The aim of this work is to adapt to this transition in the field of Chronic Bronchial Asthma so to bridge the gap in a meaningful manner. The amalgam of prevalent medical applications, when incorporated in the light of homoeopathic principles, begin about uniformity in the treatment planning of each individual case and using Dr. Hahnemann's most perfected method i.e. L.M. potency. This facilitates the smooth interaction among medical professionals as a rational and scientific basis, with uniformity in expression. At the same time it maintains our great tradition of healing art in its purest form, and provides an ample room and flexibility for every homoeopathic physician.

Let us close with Hahnemann's own words concerning homoeopathy: I demand no faith at all, and do not demand that anybody should comprehend it. Neither do i comprehend it; it is enough, that it is a fact and nothing else. Experience alone declares it, and I believe more in experience than in my own intelligence....he who is not willing to imitate it exactly, can leave this greatest problem of our art unsolved, he can also leave the most important chronic diseases uncured, as they have remained unhealed; indeed, up to the time of y teaching. I have no more to say about this. It seemed to me my duty to publish the great truths to the world that needs them, untroubled as to whether people can compel themselves to follow them exactly or not If it is not done with exactness, let no one boast to have imitated me, nor expect a good result(chronic diseases).

Materials and Methods:

This study was conducted on patients who attended our clinic from the January month of 2009 to April month of 2009 for a period of 3 months.

Inclusion Criteria:

- The patients of all age groups, both sexes belonging to different socio-economic groups were considered for the study.
- Total 30 cases were selected randomly on the basis of clinical history and clinical presentation. Both acute and chronic cases were taken based on the availability of cases during the period.
- Selection of the remedy was done on the basis of totality of symptom.
- References to Materia Medica and Kent's repertory were done time to time.

Exclusion Criteria:

Cases with pathological advanced conditions and cases like Status Asthmaticus, cases that require emergency care and surgical intervention were excluded.

Methods:

The methods used for this study was clinical method. For the confirmation and scientificity the results obtained has been statistically analysed and evaluated. All the cases were treated as out patients and no controls have been kept for study. All the cases were treated with detailed history taking, in which complete symptomatology of patients and individual symptoms and the investigation reports were recorded.

Reference to Materia Medica and Kent's repertory were done for prescriptions.

Potency selection, repetition of dose was done according to the demand of the case.

Follow Up:

Cases were followed up to 3 months period and were reviewed every 15 days with definite follow up criteria selected according to case. At the time of first consultation and at every follow-up the disease score was formed and calculated, to assess the efficacy of treatment at the end of study.

Diet and Regimen:

All the patients were directed to continue the routine regular diet. Instructions were given to avoid coffee, perfumes, and other strong smelling agents and medicinal substances. Patients were advised to avoid exposure to Allergens, e.g. pollen, house-dust, mite etc, unnecessary usage of drugs like NSAIDs, particularly aspirin exposure to cold air, Environmental pollution, cigarette smoke, strong scents and perfumes, fumes of petrol, vapours etc.

Proper breathing exercises with medicines were given.

Assessment of Effectiveness:

Effectiveness of the study was based on the general improvement in the disease condition through symptomatology criteria, which has been already planned for each case. For effective assessment and evaluation disease intensity score were also given to each patient. After completion of treatment, the post treatment disease intensity scores were compared with the pre treatment disease intensity scores and statistically evaluated. After a period of 3 months the result was recorded in the form of "Relieved" if the patient got significant relief from the presenting complaints and "Not relieved" if he did not get relieved of his presenting complaints.

Result:

At the end of 3 months study we came to the conclusion, out of the 15 cases treated with 50 millesimal potency 14 patients have relieved of their suffering with the percentage efficacy of 93.33%. And out of the 15 cases treated with centesimal potency 8 patients have relieved of their suffering with the percentage efficacy of 53.33%.

Observation and Analysis:

Total no. of 30 patients were taken up for the study, out of which 15 were treated with 50 millesimal potency and 15 were treated with

centesimal potency were taken up for the statistical analysis. All cases were followed and treated for a period of 3 months. In majority of the cases treated with 50 millesimal potency, 0/1 was selected as the beginning potency and in cases treated with centesimal potency 30 potency was chosen as the beginning potency to avoid any sort of unnecessary aggravations since majority of the cases taken for study were chronic cases. The medicine was prescribed based on the constitutional totality.

Distribution of bronchial asthma according to sex:

Sex	No. Of cases	%
Male	14	46.67
Female	16	53.33
Total	30	100

Distribution of bronchial asthma according to age:

Age group (in years)	No. of cases	%
0-15	5	16.67
15-30	10	33.33
30-45	8	26.67
45-60	5	16.67
60-75	2	6.66
Total	30	100

Distribution of miasmatic expression in the study:

Miasm	No. Of cases	%
Psora	8	26.67
Syphilis	0	0
Sycosis	0	0
Psora-sycosis	10	33.33

Psora-syphilis	2	6.67
Tri-miasmatic	10	33.33
Total	30	100

Statistical analysis of Constitutional remedies used in the study:

S. No.	Constitutional remedies	No. Of cases	%
1	Phosphorus	7	23.36
2	Nux vomica	5	16.68
3	Natrum mur	4	13.33
4	Calcarea carb	3	10
5	Pulsatilla	2	6.66
6	Sulphur	2	6.66
7	Silicea	2	6.66
8	Ars alb	1	3.33
9	Lachesis	1	3.33
10	Sepia	1	3.33
11	Alumina	1	3.33
12	Ignatia	1	3.33
Total		30	100

Constitutional remedy not only controls the frequency and intensity of complaints of chronic origin but also prevents from further progress of the disease. Out of 30 patients selected randomly for the study 15 were treated with 50 millesimal potency and 15 were treated with centesimal potency. At the end of 3 months study we came to the conclusion, out of the 15 cases treated with 50 millesimal potency 14 patients have relieved of their suffering with the percentage efficacy of 93.33%. And out of the 15 cases treated with centesimal potency 8 patients have relieved of their suffering with the percentage efficacy of 53.33%.

Discussion and Conclusion:

A total number of 30 cases were selected for the study based on the inclusion and exclusion criteria. Cases were followed regularly for the period of 30 days. Statistical calculation was done with the help of "t" test.

In constitutional study infrequent repetition was needed. In case of 50 millesimal potency, 0/1 was selected as the beginning potency and gradually ascended to the higher. Where as in cases treated with centesimal potency 30 potency was chosen as the beginning potency and gradually ascended further to avoid any sort of unnecessary aggravations since majority of the cases taken for study were chronic cases.

Conclusion:

- Female patients have shown more prevalence (53.33%) of bronchial asthma.
- Age group of 15-30 years have shown more prevalence (33.33%) of bronchial asthma.
- The tri-miasmatic (33.33%) and psora-sycotic (33.33%) miasmatic back ground was more prevalent.
- 50 millesimal potency showed a clear cut evidence of efficacy with the percentage of 93.33% in relieving the cases of chronic bronchial asthma.
- The "t" test also shows efficacy of 50 millesimal potency over centesimal potency. In case of 50 millesimal potency "t" value and statistical significance: The two tailed "t" value is less than 0.0001. By conventional criteria; this difference is considered to be extremely statistically significant. Where as in case of centesimal potency "t" value and statistical significance: The two tailed "t" value equals 0.0017. By conventional criteria; this difference is considered to be very statistically significant. This study provides evidence that there is significant difference in the scores of before treatment

and after treatments of 50 millesimal and centesimal potency. Hence null hypothesis is rejected. Therefore based on the statistical data 50 millesimal potency is more effective than centesimal potency.

- Patients were advised to follow anti-psoric diet, pranayama, breathing and yogic exercises. Much importance was given to remedial measures than the diet and regimen. Patents practising breathing exercises have shown significant improvement.

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