

**A review of the utility of BBCR in management of osteoarthritis****Dr. Dipalee Badgujar (PG Part II)**

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Dr. Kumar conducted a study about the management of osteoarthritic cases by using Boger Boenninghausen's repertory. In this article, he taught about osteoarthritis, which is a disorder of cartilage degradation, synovial inflammation, osteophyte formation, disturbed function of synovial fluid, and thinning of joint space. This leads to pain and disability, which become hindrance to the human lifestyle. OA is highly confused with osteoporosis, which can be differentiate by the site, i.e., osteoporosis occurs in bone while in osteoarthritis the affected part is cartilages. There are two types of OA: age related osteoarthritis comes under primary type, and osteoarthritis occur in young people due to accidental injuries or side effects of pre-existing disease, which comes under the secondary type. Worldwide, OA is most prevalent musculoskeletal disease. In this study, Dr. Kumar utilized Boger Boenninghausen's repertory as it is more practical and gives more importance to causation, pathological generals and complete symptom. Here, the author makes an attempt to understand the practicability and effectiveness of the BBCR in the management of OA cases.

In this study, the cases was collected from OPD, IPD, and peripheral OPD at M.N Homoeopathic medical college and R.I Bikaner, Rajasthan. The Sample size was 100 cases, which were selected with a randomization table. Cases of the age group 35-90 year of both sex that are confirmed radiographically are included. Pregnant female, patient with other joint disease who are taking other modes of treatment, and immunocompromised patients are excluded. The study design was an open label, single arm trial. The study was conducted for 12 months. Outcome assessment was done on the NPRS (numerical pain rating scale), and evaluation of other associated complaints is to be done with follow up.

The findings were that 89 cases improved either mildly, moderately, or markedly while 11 cases had a status quo condition or no specific improvement out of 100 cases. A conclusion was drawn based on the before-after score of the NPRS, which shows the effectiveness of treatment with significant improvement in pain with individualized homoeopathic medicine selected with the help of BBCR.

The author suggested that homoeopathic medicine offers significant relief in the management of OA by selecting homoeopathic medicine with the help of BBCR. In

this article, need for the study was not clarified.

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