

## Efficacy of Indicated Homoeopathic Medicine in Improving Memory in People with Memory Complaints.

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### ABSTRACT

**Background:** An impairment of memory manifested by a reduced ability to remember things such as dates and names, and increased forgetfulness. Memory loss can be caused by many things such as medications, alcohol, tobacco, smoking, depression and stress, nutritional deficiency, cancer treatments, injuries to brain, many pathological conditions (like tumor, diabetes, multiple sclerosis, dementia, etc.), psychological diseases, etc. To bridge the gap in knowledge regarding homeopathic approach to cognitive enhancement, paving the way for more comprehensive and personalized treatment in the field of memory health. **Aim and Objective: Primary Objective:** To study the effectiveness of indicated homeopathic medicines in improving memory in the people with memory complaints. **Secondary Objective-**To study the frequently prescribed medicines in the cases of memory complaints. **Material and methods:** The patients were included in the study on the basis of inclusion and exclusion criteria and on the assessment of MCS. Total 45 patients selected from Motiwala national homoeopathic medical College and hospital OPD and peripheral camps. The patients who were selected underwent detailed case recording and case processing as per the format of our study. Further regular six follows were taken at a regular interval. In the last follow up again the MCS score was taken to assess the outcome of the study either changes. After that result was drawn with the help of statistical analysis. **Result:** Total 46 patients were assessed we found 40 (88.8%) cases were improved and 5 (11.11%) cases were not improved. As per consideration of people with memory complaints we have concluded that homeopathic indicated medicines are effective in treatment of memory complaints. Significant difference ( $t=0.05=2.02$ ,  $<t=5.49$ ) using paired  $t$ -test. Was observed at the end of study. Natrum muriaticum, Phosphorus, Lycopodium clavatum, Sulphur, Calcarea carbonicum were found to be the most useful medicine in treating memory complaints.

**Conclusion:** According to our study, homeopathic medicines are effective in improving memory.

**Keywords:** Memory Complaints, Memory Complaint Scale, MCS, Natrum muriaticum, Phosphorus, Lycopodium clavatum, Sulphur, Calcarea carbonicum.

### INTRODUCTION:

Memory is the faculty of brain by which information is encoded, stored and retrieved when needed. Generally, human memory has been classified into 2 groups, short term or working memory and long term memory. An impairment of memory manifested by a reduced ability to remember things such as dates and names, and increased forgetfulness. Unusual forgetfulness is known as memory loss. Memory issues can range from mild to severe. Normal aging can cause some forgetfulness but normal aging does not lead to dramatic memory loss, memory loss can be caused by many things such as medications (like antidepressants, antihistamines, muscle relaxant, pain medications, etc.), alcohol, tobacco, smoking, depression and stress, nutritional deficiency, cancer treatments, injuries to brain, many pathological conditions (like tumor, diabetes, multiple sclerosis, dementia etc.)

,psychological conditions like bipolar disorder, infectious diseases, etc. **Aim and Objective: 1.**To study the effectiveness of indicated homoeopathic medicines in improving memory in the people with memory complaints. **2.** To study the frequently prescribed medicines in the cases of memory complaints.

**MATERIAL AND METHODS:**

The patient were included in the study on the basis of inclusion and exclusion criteria and on the assessment of MCS. Total 45 patients selected from Motiwala national homoeopathic medical College and hospital OPD and peripheral camps. The patients were given brief information about our study and written informed consent were taken. The patients who were selected underwent detailed case recording and case processing as per the format of our study. Further regular six follows were taken at a regular interval. In the last follow up again the MCS score was taken to assess the outcome of the study either changes. After that result was drawn with the help of statistical analysis.

**Method of Selection of study subject:**

Inclusion criteria-

1. Patients with memory complaints
2. Both sex
3. All socioeconomic status
4. Patient who scores 3-6, 7-10 and 11-14 in the memory complaints scale.

Exclusion criteria-

1. Diagnosed HIV cases
2. Diagnosed Alzheimer’s disease
3. Diagnosed Dementia
4. Other diagnosed mental and psychological disorders
5. Pregnant and lactating women

**Ethical Approval:**

Ethical clearance was taken from ethical committee. Patient’s informed consent was taken before enrolling them in the present study.

**Statistical Analysis:**

We calculated result by using paired ttest. After statistical analysis calculated value of t(5.49) was greater than the table t value(2.02). Hence, our study hypothesis was accepted

**Graph 01: Age distribution in cases of memory complaints.**

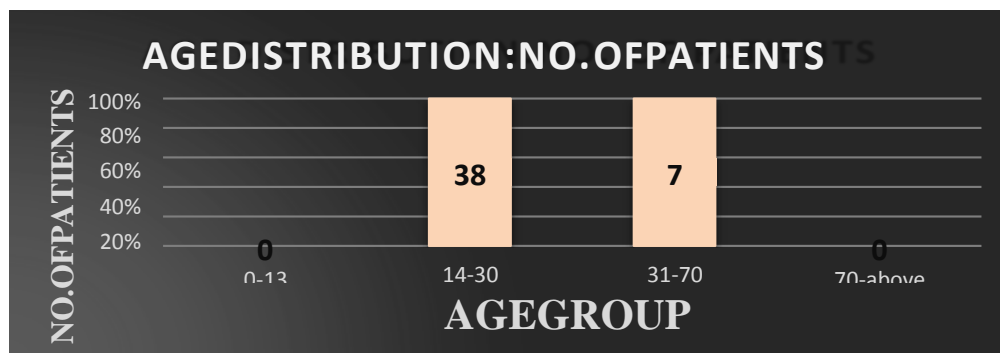


Figure01: Bar chart representing age distribution in cases of memory complaints

**Table no: 1: Age distribution in cases with memory complaints**

SR.NO.	AGEGROUP(In Years)	NOOFPATIENTS
1.	0-13	0
2.	14-30	38
3.	31-70	7
4.	70-ABOVE	0

**Graph02: Frequently prescribed medicines in cases of memory complaints**

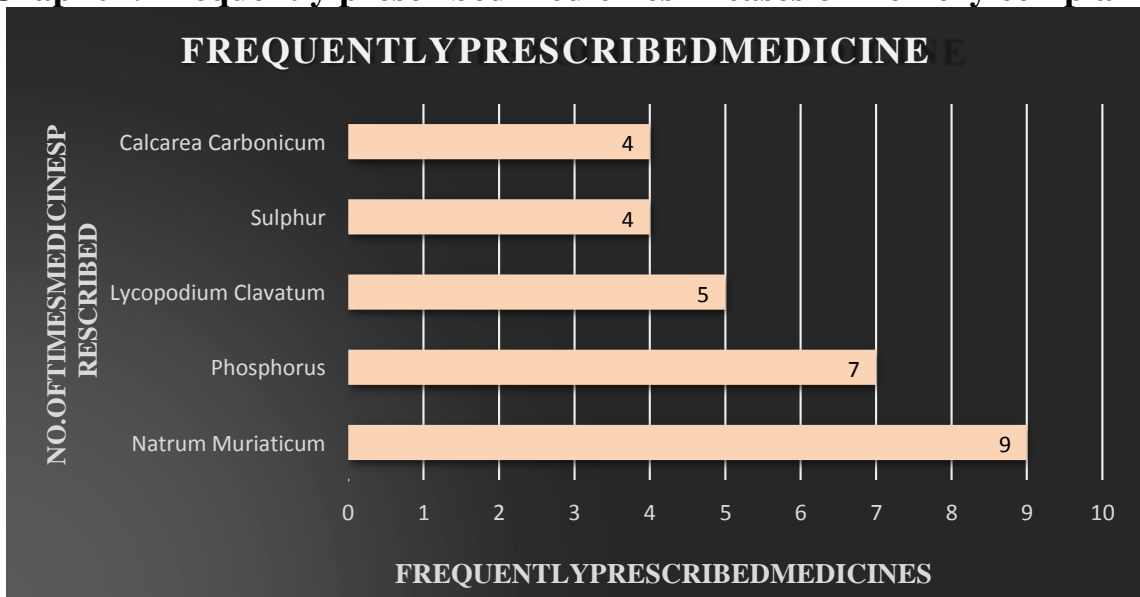


Figure02: Bar chart representing percentage of frequently prescribed medicines to the patients

SR.NO.	MEDICINE PRESCRIBED	NO.OF PATIENTS
1.	Natrum Muriaticum	9
2.	Phosphorus	7
3.	Lycopodium	5

4.	Sulphur	4
5.	Calcarea Carbonicum	4

**TableNo.02: Frequent Medicines prescribed in cases with memory complaints.**

**Graph03: Gender distribution in cases of memory complaints.**

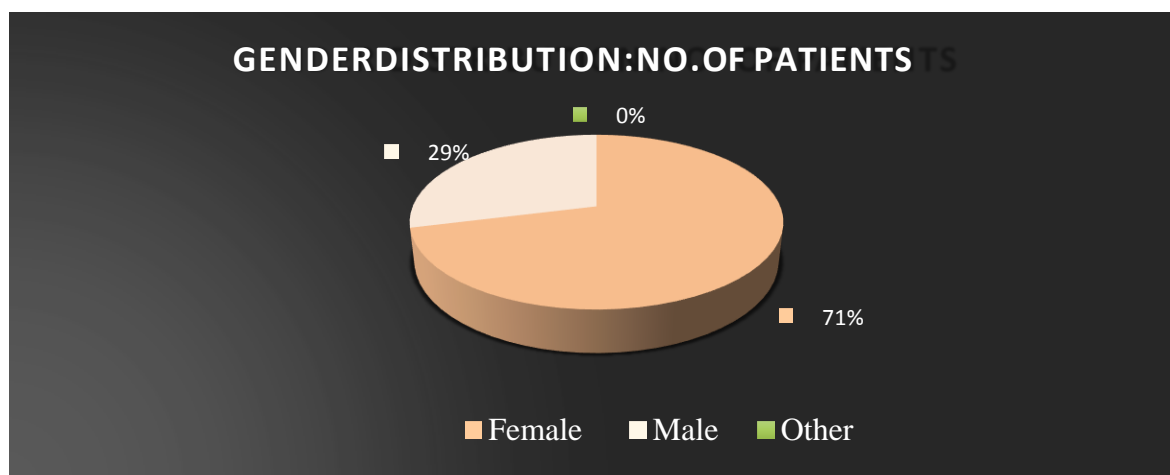


Figure03: Pie chart representing gender of cases with memory Complaints.

**TableNo.03: Gender distribution in cases with memory complaints.**

SR.NO	GENDER	NO.OF PATIENTS
1.	Female	32
2.	Male	13
3.	Other	0

**RESULTS:**

Sr.No.	OBJECTIVES	RESULTS
1.	To study the effectiveness of indicated homoeopathic medicines in improving memory in population with memory complaints.	In our study, with the help of Memory complaint scale we assessed the pre and post scores of the patient and we calculated the result using paired t-test our calculated value of t (5.49) is greater than the table t value (2.02) at 5% level of significance. Hence, our study hypothesis is accepted.
2.	To study frequently prescribed medicines in the cases with complaints of memory.	The frequently prescribed medicines were: Natrum Muriaticum– 09/45 cases Phosphorus– 07/45 cases Lycopodium – 05/45 cases Sulphur– 04/45 cases Calcarea Carbonicum –04/45cases

**DISSCUSSION:**

Memory is the faculty of brain by which information is encoded, stored and retrieved when needed. Generally, human memory has been classified into 2 groups, short term or working memory and long term memory. An impairment of memory manifested by a reduced ability to remember things such as dates and names, and increased forgetfulness. Unusual forgetfulness is known as memory loss. Memory issues can range from mild to severe. Normal aging can cause some forgetfulness but normal aging does not lead to dramatic memory loss, memory loss can be caused by many things such as medications (like antidepressants, antihistamines, muscle relaxant, pain medications, etc.), alcohol, tobacco, smoking, depression and stress, nutritional deficiency, cancer treatments, injuries to brain, many pathological conditions (like tumor, diabetes, multiple sclerosis, dementia etc.), psychological conditions like bipolar disorder , infectious diseases , etc.

A total no. of 45 patients were included in the study according to the inclusion and exclusion criteria from OPD of Motiwala (National) Homeopathic Medical College and peripheral OPD. These patients were assessed with the help of memory complaint scale-MCSat first consultation and the status of improvement was assessed on last follow up of each patient

According to the data observed the medicine prescribed on individualization and totality of symptoms were significantly effective in improving memory complaints of the patients.

Most commonly prescribed remedies were Natrum Muriaticum, Phosphorus, Lycopodium clavatum, Sulphur and Calcarea Carbonicum.

Where most of the patient significantly improved and there were 5 patient who were not improved with the medicines. This was because of some maintaining causes like stress, mental and physical exertion. In the study, we also observed significant improvement in the patients when prescribed with indicated homeopathic medicine, it does not only improve the mental symptoms but also the physical symptoms of the patient. The patients were solely treated with homeopathic medicine without any additional intervention.

Difficulties faced:

1. Difficulties were faced in statistics.
2. The no. of patients were less in this study further study can be done by more no. of patients.
3. Technical difficulties were faced during the entire thesis.

**Limitations of the study:**

1. As the maintaining cause was present some patient did not cure.
2. As the number of patients were less the study was limited to less number of patient.

**Conclusion:** According to our study, Homoeopathic medicines are effective in improving memory complaints.

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**Declaration:**

Manuscript has been read and approved by all the authors and requirements for authorship as stated earlier in this document have been met, and that each author believes that the manuscript represents honest work.

**Conclusion:** According to our study, Homoeopathic medicines are effective in improving memory complaints.

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