

Effectiveness of Homeopathic Medicine Helonias Dioica 30 and Individualized Homoeopathic Medicine in Chronic Low Back Pain of age group between 13-60 years using Defense Veterans Pain Rating Scale: Randomized Control Trial

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Abstract:

Aim: To Evaluate the effectiveness of Homeopathic Medicine Helonias Dioica 30 and Individualized Homeopathic Medicine in Chronic Low Back Pain of age group between 13 to 60 years using Defense Veterans Pain Rating Scale.

Objective: To study the effectiveness of Homeopathic Medicine Helonias Dioica 30 in Chronic Low Back Pain for age group 13-60years and to identify the most indicated Homeopathic Medicine in cases of Chronic Low Back Pain.

Materials And Methods: The Randomized Control Trial, includes 46 cases of chronic Low Back Pain, out of which 23 were in experimental group receiving Helonias Dioica 30CH, and 23 were in control group receiving Individualized Homoeopathic medicine. **Result:** According to reliability of Defense Veterans Pain Rating Scale) DVPRS from group N1(23 cases): 36.95% cases improved, 60.86% cases were improving, and 2.17% case not improved. Since the calculated value of t (10.9547) is greater than table value of t (2.08), Individualized Homoeopathic Medicine is more effective than Helonias Dioica 30 in Chronic Low Back pain for age group 13 -60 years.

Keywords: Defense Veterans Pain Rating Scale. Helonias Dioica, Homoeopathy, Individualized Homeopathic Medicine, Chronic Low back pain

Introduction: Low back pain is a big problem in our society. It can affect a lot of people, ranging from 6.2% to 92% of the population, and it tends to be more common as people get older and in females. It's a major issue at work too, making up 37% of all work-related health problems. The World Health Organization even declared a decade to fight against these kinds of issues. It's not just about the pain though, it also affects people's quality of life, regardless of what their X-rays show or how they

feel about their treatment. With so many different ideas out there about how to treat it, it's easy for people to get confused.^[4]

Low back pain is a common issue in general practice, with about 7% of adults seeking help for it each year. Most cases, around 80-90%, resolve within six weeks regardless of treatment. However, recent surveys in Britain show that a significant portion of adults, around 38%, experience low back pain each year, with a third of them enduring it for more than four weeks. Despite this, the number of people receiving benefits for disabling low back pain has been increasing rapidly over the past 20 years, which is challenging to understand given the expected short duration of most cases.^[8] ICD 11 code of Low Back Pain – ME84.2Z

Materials and method:

A Randomized Control Trial was conducted at the M(N)HMC OPD along with peripheral camps, over a duration of six months. Participants aged between 13 to 60 years with low back pain persisting for more than three months and with an average intensity rating of 3-8 on the DVPRS were included. Patients with malignancy, spinal tumor, bedridden status, recent surgery, or chronic low back pain duration less than three months, and those with DVPRS pain intensity scores of 0-2 or 9-10 were excluded. The study comprised 46 participants, divided into two groups: 23 received Helonias Dioica 30, while the other 23 received Individualized Homoeopathic Medicine

Inclusion Criteria: Age group 13-60 years, Duration of symptoms > 3 month
Average Low back pain intensity is 3-8 on DVPRS

Exclusion criteria:

The exclusion criteria for the study included malignancy, bedridden patients, spinal tumour, recent surgery, and a duration of current symptoms less than three months. Additionally, participants with an average low back pain intensity of 0-2 or 9-10 on the DVPRS were excluded from the study.

Statistical Method: Statistical analysis was done by using unpaired t test, table value of t for

44 degree of freedom was 2.71 at 5% (0.01) level of significance and 1.68 at 1% (0.01) level of significance. Calculated value of $t = 4.534$ was greater than the table t value at both level of significance. Hence null hypothesis was rejected.

RESULT:

The objective of the study was to assess the effectiveness of Helonias Dioica 30 in treating chronic low back pain among individuals aged 13 to 60 years, using the Defense Veterans Pain Rating Scale (DVPRS) for evaluation. From the group of 23 cases (N1), it was found that 36.95% of cases had shown improvement, while 60.86% were in the process of improving, and only 2.17% showed no improvement. Statistical analysis revealed that the calculated value of t (10.9547) exceeded the table value of t (2.08), indicating that individualized homeopathic medicine was more effective than Helonias Dioica 30 for chronic low back pain in this age group. Additionally, the study aimed to identify the most indicated homeopathic medicine for chronic low back pain, with Lycopodium being indicated in 18% of cases, followed by Rhus Tox in 14% of cases. These findings underscored the potential efficacy of individualized homeopathic treatment and highlighted Lycopodium as a significant remedy for chronic low back pain.

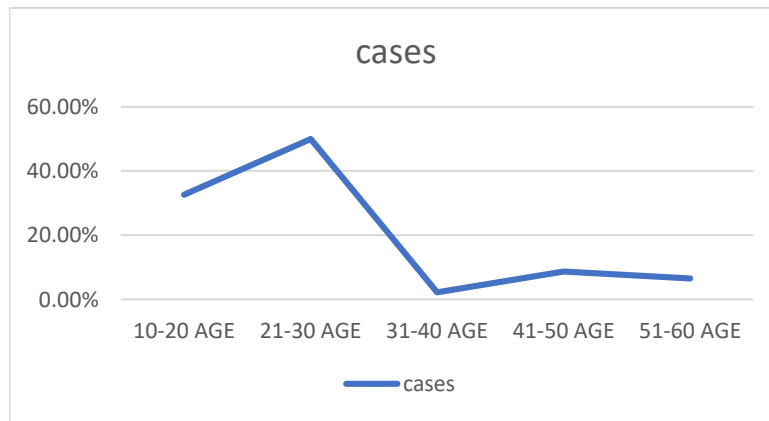
Discussion: We attempted to study the effectiveness of Homeopathic medicine Helonias Dioica 30CH and Individualized Homeopathic Medicine in Chronic Low Back Pain of age group 13 to 60 years using DVPRS. A total of 46 chronic cases from M[N]HMC OPD and conducted camps were included in study, based on the inclusion and exclusion criteria designed. A total of 53 cases were enrolled out of which 7 cases were drop out due to inconsistency. Ultimately a sample of 46 was met & and was considered for study. The status of cases whether improvement seen or not was studied using DEFENSE AND VETERANS PAIN RATING SCALE at the time of 1st Prescription and 6th follow up of each patient. Out of 23 cases in which we were giving Homeopathic medicine Helonias Dioica 30CH, 8 patients were improved, 14 were improving and 1 patient among them had no improvement. In Individualized Homoeopathic Medicine alone, 15 patients were improving and 8 had improved. The interpretation of the results is presented using statistical analysis in form of percentage and graphical representation. It was observed that most commonly used medicine in prescription was Lycopodium in 4 cases, Rhus Tox in 3

cases, Natrum Mur, Cal carb, Bry alba, Pulsatilla in 2 cases, Phosphorous, Sepia, Ignatia, Causticum, Staphysagria, Nux vomica, Colocynth, Bellis Per in 1 case. Therefore, we observed that Individualized Homoeopathic medicine is more effective than Homoeopathic medicine Helonias Dioica 30CH in management of cases of Chronic Low Back Pain.

Graphical Presentation:

GRAPH NO.1

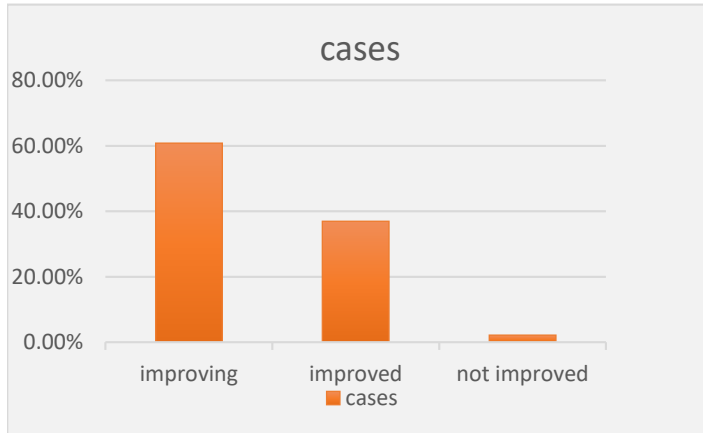
AGE GROUP



AGE	PERCENTAGE
10-20 AGE	32.60%
21-30 AGE	50%
31-40 AGE	2.17%
41-50 AGE	8.69%
51-60 AGE	6.52%

GRAPH NO.2

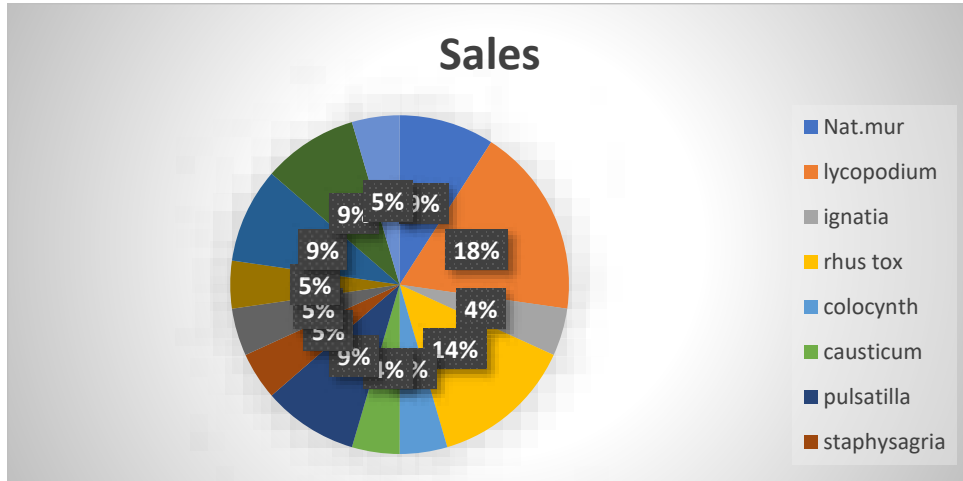
RESULT:



RESULT	PERCENTAGE %
Improving	60.86%
Improved	36.95%
Not improved	2.17%

GRAPH.NO.3

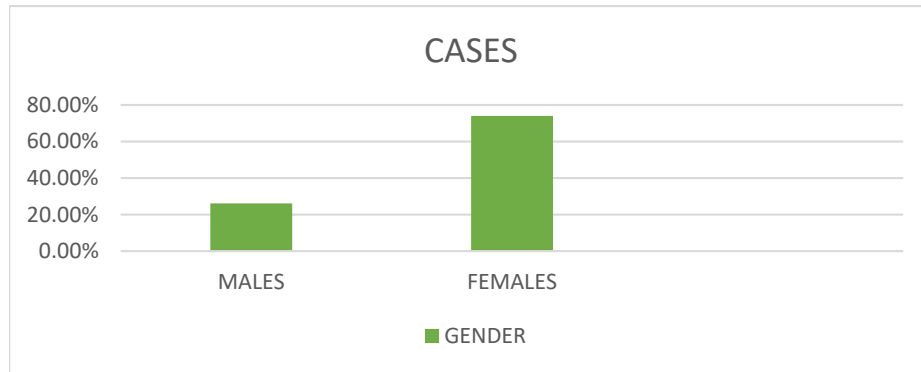
MOST COMMONLY PRESCRIBED INDICATED MEDICINE:



REMEDY NAME	PERCENTAGE%
Nat.mur	9%
Lycopodium	18%
Ignatia	4%
rhus tox	14%
Colocynth	4%
Causticum	4%
Pulsatilla	9%
Staphysagria	5%
Nux.Vom	5%
Phosphorus	5%
Bry.Alb	9%
Calc.Carb	9%
Bell.Per	5%

GRAPH NO.4

SEX DISTRIBUTION



GENDER	PERCENTAGE
MALES	26.08%
FEMALES	73.91%

Conclusion:

The present study aimed to evaluate the effectiveness of Helonias Dioica 30 and Individualized Homeopathic Medicine in managing chronic low back pain in individuals aged 13 to 60 years. A total of 46 chronic cases were selected from the M(N)HMC OPD and homeopathic medical camps, following strict inclusion and exclusion criteria to ensure the reliability of the results.

During the study, it was observed that chronic low back pain was more prevalent in females (73.91%) compared to males (26.08%). Among the participants, 50% belonged to the 21-30 years age group, making it the most affected category, while 32.60% fell within the 10-20 years age group, suggesting a significant burden of the condition in younger individuals. This highlights the need for early intervention and effective treatment strategies to manage and prevent the progression of chronic low back pain.

A detailed analysis of the prescriptions revealed that Lycopodium was the most commonly used Individualized Homeopathic Medicine, prescribed in 4 cases, followed by Rhus Tox, which was used in 3 cases. The selection of these remedies was based on individualized case analysis, which plays a crucial role in homeopathic treatment, ensuring that each patient receives a remedy tailored to their unique symptoms and constitution.

The study further categorized patients into two groups: one group receiving Helonias Dioica 30CH and the other receiving Individualized Homeopathic Medicine. In the Helonias Dioica 30CH group (23 cases), 8 patients showed significant improvement, 14 patients were in the process of improvement, and 1 patient exhibited no improvement. In the Individualized Homeopathic Medicine group (23 cases), 15 patients showed improvement, and 8 patients had already recovered significantly.

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