
A comparative study on effectiveness of Individualized Homoeopathic Medicine versus Bacillus no. “7”- The Bowel Nosode in cases of Gout

Dr.Gayatri Nimbhore, Dr.Subhash Yadav, Dr.Ajay Valke, Dr.Smitha Nair, Dr.Sonali Rohom, Dr.Farahnaz Shaikh, Simran Waswani, Shivani Jadhav, Tanaya Madke

ABSTRACT: Gout, a form of inflammatory arthritis, poses significant challenges in its management due to limited efficacy and adverse effects associated with conventional therapies. This study aimed to compare the effectiveness of Bacillus no.7, a probiotic agent, and individualized homeopathic medicine in the treatment of gout. A comparative interventional study was conducted on 46 patients diagnosed with gout, systematically assigned to two groups: Group A receiving individualized homeopathic medicine, Group B receiving Bacillus no. 7. ACR-EULAR Criteria was utilized for screening the potential patients of gout. The primary outcome measures serum uric acid levels, assessed at baseline and follow-up visits over a period of 6 months. Secondary outcomes encompassed reduction in intensity of pain (using NPRS). Statistical analysis revealed significant improvements in pain intensity and serum uric acid levels in both intervention groups. However, significant difference was observed between Bacillus no.7 and individualized homeopathic medicine groups in terms of efficacy. Furthermore, both interventions demonstrated a favorable safety profile with minimal adverse effects. Overall, our findings suggest that individualized homeopathic medicine may offer promising alternative therapeutic options for managing gout as compared to Bacillus no.7, warranting further investigation into their mechanisms of action and long-term effects.[1][4]

KEY WORDS: Gout, Bowel nosode, Homoeopathy, ACR-EULAR Criteria, NPRS

INTRODUCTION: Gout, a type of inflammatory arthritis characterized by recurrent attacks of acute joint pain, swelling and redness, affects millions of individuals world wide, posing substantial challenges in its management and treatment. Traditional approaches to gout management typically involves non-steroidal anti-inflammatory drugs (NSAIDs), colchicine, corticosteroids and urate-lowering therapies. However, these conventional treatments are often associated with adverse effects, contra-indications and inadequate control of symptoms, necessitating exploration of alternative therapeutic modalities.[1]

In recent years, there has been growing interest in the use of complimentary and alternative medicine approaches such as probiotics and homoeopathic, in the management of various medical conditions including gout. Bacillus no.7, a strain of probiotic bacteria, has shown potential in modulating the gut microbiota and reducing inflammation, which are the key factors in the pathogenesis of gout. Similarly, individualized homoeopathic medicine, based on the principle of treating like with like, aims to stimulate the body's innate healing mechanisms and restore balance.[2][3]

Despite the increasing popularity of probiotics and homoeopathy in the management of gout, there is a paucity of high-quality evidence supporting their effectiveness. Existing studies have often been limited by small sample sizes, lack of rigorous methodology, and inconsistent findings. Therefore, there is a need for well designed clinical trials to evaluate the efficacy, safety, and potential synergistic effects of Bacillus no. 7 and individualized homoeopathic medicine in the treatment of gout.

This study seeks to address this gap in the literature by conducting a comparative interventional study for the effectiveness of Bacillus.no 7 and individualized homoeopathic medicines in patients diagnosed with gout. By systematically assessing the key outcome measures such as pain intensity, serum uric acid levels and patient-reported outcomes, we aim to provide valuable insights into the potential role of probiotics and homoeopathy as adjunctive or alternative therapies for gout management. Ultimately, our findings may contribute to the development of more holistic and personalized approaches to the treatment of this debilitating condition.

MATERIALS AND METHODS:

- Study Design : Comparative Interventional study
- Study Setting: Peripheral camp and M(N)HMC OPD
- Duration of Study: 6 months
- Sample size: 46 Cases willing to give consent for the study
- Sampling technique: Systemic Random method
- Method of selection of study subjects (Eligibility criteria)

a) Inclusion criteria –

- Patient of Age group – 18 and above
- Patients suffering from chronic and acute gout with high uric acid levels (≥ 6 mg/dl)
- As per ACR-EULAR gout classification criteria; patients with score 6 (modified) or more[4]

b) Exclusion criteria –

- Gout patients complicated with malignancies, diseases like Lupus or juvenile idiopathic arthritis, also pregnant and lactating females.

HOMOEOPATHIC INTERVENTION:

- Group A ie odd number of cases was prescribed a single homoeopathic medicine (selected considering mental generals and particulars)
-The potency and dose of the medicine was decided by individual susceptibility
- Group B ie even number of cases was prescribed Bacillus no.7
- It was given in 1M potency with no repetition for 3 months.

ASSESSMENT OF PROGRESS:

The progress was assessed utilizing the NPRS and serum uric acid levels. Through diligent observation a notable change was identified, transitioning from a higher grade to a lower one. This

shift signifies improvement and underscores the effectiveness of Individualized homoeopathic treatment applied.

STATISTICAL ANALYSIS:

Both paired and unpaired t tests were applied:

1. For paired t test; Group A t value = 19.16

Group B t value = 8.18

Which were greater than level of significance.

2. For unpaired t test; t value = 19.72

DISCUSSION:

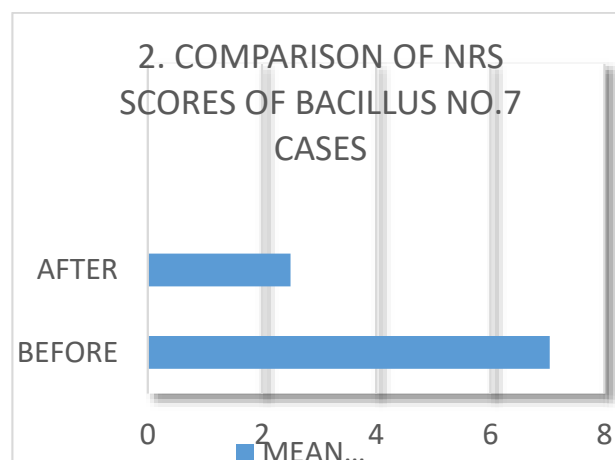
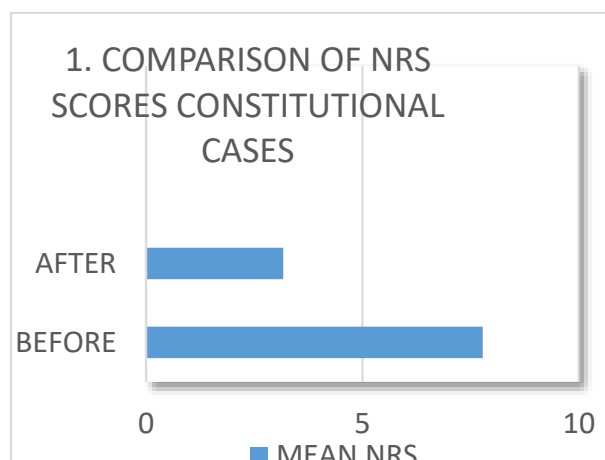
- The present study was primarily aimed at finding out the comparison between the effectiveness of specific homoeopathic medicine, Bacillus no.7 and Individualized homoeopathic medicine in the cases of gout of the patients aged 18 and above
- With the help of ACR-EULAR criteria we screened approximately 73 elderly people, out of which 49 were selected.
- To conduct the study we made two groups- Group A (odd group) and Group B (even group); where group A includes patients prescribed indicated medicine and group B includes patients prescribed Bacillus no. 7. The prescriptions were made in an alternate manner, and accordingly the groups were formed.
- The NRS pain scale was used to assess the level of pain in our patients, according to which we divided the patients in 3 categories: mild(1-3), moderate(4-7) and severe(8-10). Also, collection of blood samples were done, in order to measure the uric acid levels during the time of case-taking and 6th follow-up, which were later compared.
- During our study 3 patients got dropped out, and hence the study was conducted on 46 patients.
- After studying 23 cases of Group A, 23 cases were improving and 3 cases were not improved depending upon the uric acid levels.
- After studying 23 cases of Group B, 20 cases were not improved and 3 cases were improving depending upon the uric acid levels.
- And in Group A we saw that in most of the cases no frequent repetition was needed as there was significant improvement seen. While in Group B patients, it was observed that the symptoms didn't show much improvement, and being a bowel nosode, frequent repetition was not allowed.
- According to data collected, statistical analysis was done using paired t test and unpaired t test. Using paired t test for each group, calculated t value of Group A and Group B were 19.16 and 8.18 respectively; both were greater than the table value.

Hence they were significantly effective respectively.

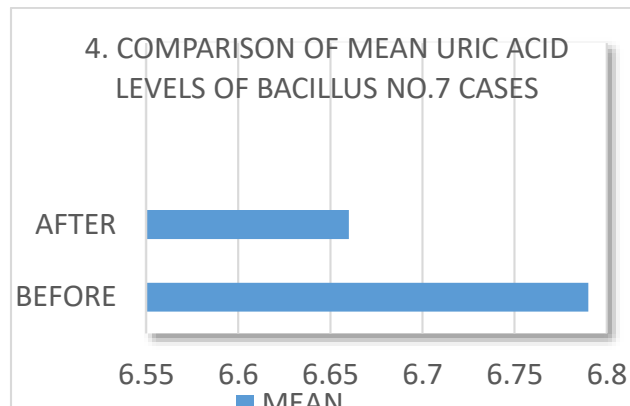
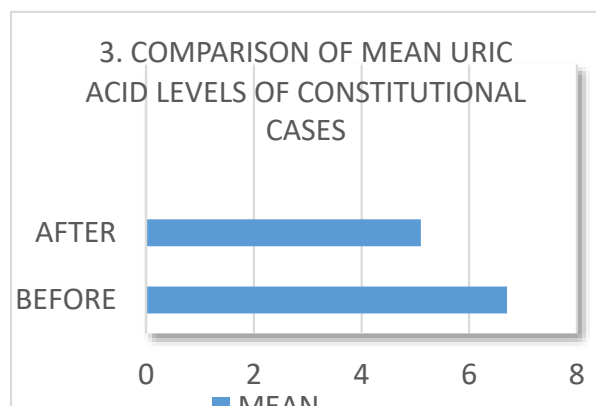
- Using unpaired t test, the calculated t value came to be 19.72, which was greater than table value of t, so we rejected null hypothesis, so that Homoeopathic Similimum and Bacillus no.7 are both significantly effective in the cases of gout.

RESULT:

The study aimed to assess the effects of Bacillus no.7 and the indicated Homoeopathic medicine on uric acid levels and pain intensity. Regarding uric acid levels, Bacillus no.7 resulted in a decrease from a mean of 6.79 (51%) before treatment to 6.66 (49%) after treatment. In comparison, the indicated Homoeopathic medicine led to a more substantial reduction, with mean levels decreasing from 6.77 (68%) to 5.11 (32%). Similarly, in analyzing pain intensity using the NRS score, Bacillus no.7 showed a decrease from a mean score of 7.04 (54%) to 6.08 (46%) after treatment. Conversely, the indicated Homoeopathic medicine demonstrated a more significant reduction in pain intensity, with mean scores decreasing from 7.78 (71%) to 3.17 (29%) after treatment. These findings suggest that both interventions are effective in reducing uric acid levels and pain intensity, with the indicated Homoeopathic medicine showing more pronounced effects in both cases.



Graph 1 (NRS scores for constitutional cases)		Graph 2 (NRS scores for Bacillus no.7 cases)	
Before	7.78 (71%)	Before	7.04 (54%)
After	3.17 (29%)	After	6.08 (46%)



Graph 3 (Mean uric acid levels for constitutional cases)		Graph 4 (Mean uric acid levels for Bacillus no.7 cases)	
Before	6.77 (68%)	Before	6.79 (51%)
After	5.11 (32%)	After	6.99 (49%)

CONCLUSION:

In this study both Indicated Homoeopathic Medicine and Bacillus no.7 showed improvement in cases of Gout, based on NRS pain scale and uric acid levels but the effectiveness of Bacillus no.7 was insignificant.

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CONFLICT OF INTEREST: There are no conflicts of interest

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