

**“To Study The Efficacy And Utility Of Natrum Mur
With Special Emphasis In Urticaria.”**

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Abstract

Objective: The aim of this study was the efficacy and utility of Natrum Mur with special emphasis in urticaria.

Methods: Simple Randomized, single blind, study design had been adopted for the study in Hospital attached to Homoeopathic medical college, A total no. of 30 individuals of all age group, of both sexes and religions presented with signs and symptoms of Urticaria were included in the study. Accordingly the various outcomes were assessed by different attributes and variables.

Result: The prevalence of Urticaria was found in all age group incidence but was quite high in young age group, where there was mental psycho-emotional suppression. Natrum Mur was found to be a Positive improvement with homoeopathic treatment in urticaria.

Conclusion: Homoeopathic treatment is efficacious in the treatment of urticaria significantly.

Keywords: Urticaria; Homoeopathy, Repertory.

Introduction

Urticaria also called as nettle rash or hives or wheals in a common language simply means itching with rash. Medically Urticaria may be defined as circumscribed, raised erythematous, usually pruritic areas of edema. These eruptions can remain on the body for variable period, anywhere between few seconds to even hours. They have a tendency to disappear and reappear. They tend to disappear without leaving behind any trace.¹

Urticaria being a common problem, with 15% to 23% of the general population experiencing at least one episode in their lifetime. The precise prevalence of Urticaria may never be known. Many patients experience transient episodes of hives and do not report them to a health care provider because of their readily identifiable cause, inconsequential nature, and spontaneous resolution. If the Papular Urticaria that develops after an arthropod bite is included in the spectrum of urticarial lesions, The Urticaria rash is a symptom of an allergic and immunological event-taking place at the dermal level. The exact understanding is illusive to an extent. What causes Urticaria is more difficult to answer than what happens during Urticaria. In almost half the cases we know what causes or induces the Urticaria; and half the time, the patients themselves have no clue as to its exact causation.²

The Holistic science of Homoeopathy looks at any skin disorder as an external expression of the internal disharmony. In other words, it is understood that due to certain internal disharmony, the Urticaria is manifested as an outcome. Certain emotional factors that came up frequently in such patients were being easily identified with characteristic symptoms of Natrum Muriaticum. Along with this, the observation that Natrum Muriaticum was frequently prescribed in cases of Urticaria persuaded me to undertake this study of evolution of Natrum Muriaticum in Urticaria.³

As per the above explanation I had study the causation, evolution and expression of Urticaria in Natrum Muriaticum along with its psychosomatic and psychodynamic correlation and had compare and contrast it with cases of Natrum Muriaticum without Urticaria. Homoeopathy is effective in managing all the symptoms of allergies and also plays an important role in preventing relapse of the condition and improving the general health of the person.⁴

Method And Material

study setting:-Hospital attached Homoeopathic medical college & Post graduate institute, [OPD & IPD.]

Selection of samples:- Simple randomized sampling procedure will be followed for selection 30 cases sample.

Inclusion criteria:-

All Age group will be taken in study.

Both gender will be involved in study

Exclusion criteria:-

Cases with advanced and irreversible pathology condition with organ damage.

Patient with Allopathic treatment especially Steroids

Study design :-Observational study

Intervention:-Health promotional intervention had been done regarding diet, sleep, exercise & sleep.

Routine pathological and laboratory investigation like CBC, ESR was been carried where needed

Selection of tools:-History from patient, Clinical examination, Clinical tools like laboratory examinations. Thermometer, Stethoscope, BP apparatus Homoeopathic software data base.

Brief of procedures:- Case taking as per standard Proforma, clinical diagnosis, investigation as per requirement for final diagnosis, analysis and evaluation of symptoms. A group of medicine will be obtained after Repertorisation/non Repertorisation. Selection of similimum from that group after referring Materia Medica. Proper follow up was adapted as per symptomatology of case.

Outcome assessment: outcome assessment was done by history of suffering from patient in follow up

Data collection:-History from patient, General physical examination was been conducted.

Statistical techniques & Data analysis:- Appropriate statistical technique like frequency distribution table, Average, percentage etc was applied to get the result. Data was presented using data presenting technique such as Bar diagram.

Conclusion

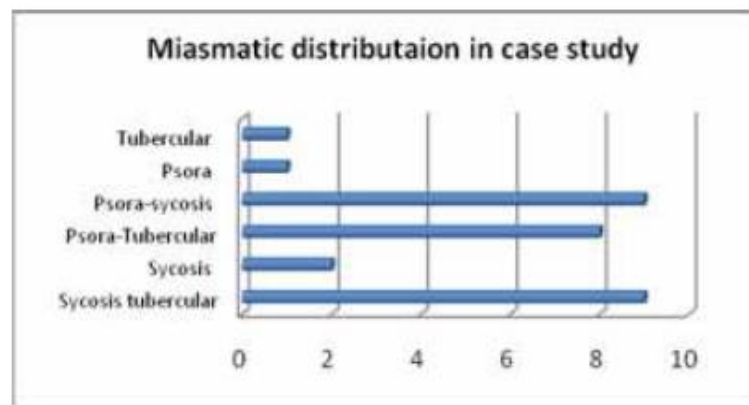
In order to study the topic “**TO STUDY THE EFFICACY AND UTILITY OF NATRUM MUR WITH SPECIAL EMPHASIS IN URTICARIA**” we have studied 30 cases of Natrum Muriaticum, all cases were prescribed with medicated pills with desired potency of Natrum Mur

The child is that they have extremely easily hurt feelings. As a child dwells on reprimands, insults or criticisms and finds it very difficult to forgive. Anything which implies criticism or humiliation is intolerable. As being very much attached to the family members takes an early responsibility of the family both in favorable and in an unfavorable environment to an extent they suppress their desires and ambition. When these emotional and sensitive people grow up as an adult becomes very sympathetic to the problems of others as identifies self. These emotional person when comes across any slightest

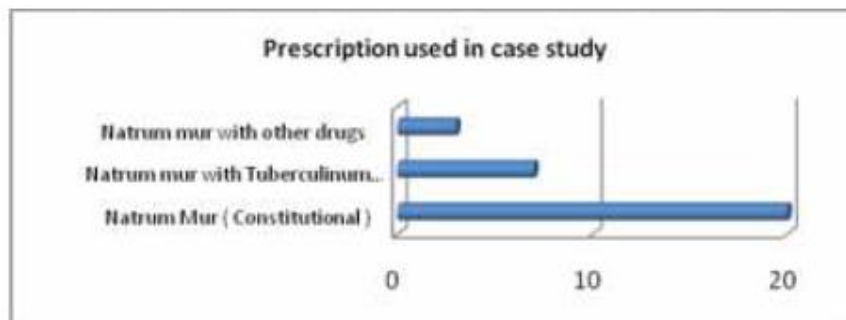
contradiction either suppress their emotions and suffer within or retaliates back but still keeps brooding over it. In old age these sensitive and emotional people still holds their past of grief who among these have difficulty to cope up with their bereavement; find it difficult to move on in life and others who learns to deal it tries to quickly regain control and composure on days of outburst.

Overall the keynote symptom is Ailments from Grief, Suppression of anger and strong desires, and later these mental causes has direct physical effect on them, which is expressed outwardly as other major ailments of natrummuriaticum were found in 24 cases like Disappointment in love, Bad news, Shock, Anxiety, Guilt, and Contradiction These confirm the data that beneath a highly sensitive skin there lays a highly sensitive soul. When the number of cases of Natrum Muriaticum in Urticaria and it is observed that sensitive and irritable as disposition were found more in Urticaria cases and these people uses mostly Suppression and Somatization as Defense Mechanism.

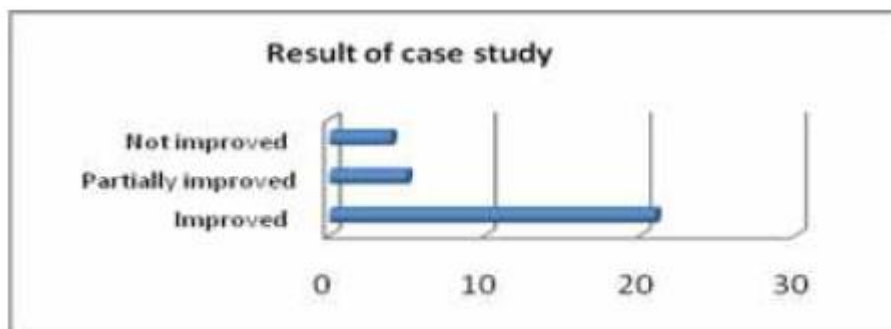
MIASMATIC DISTRIBUTION IN CASE STUDY



REMEDY PRESCRIBED IN CASE STUDY



CASE STUDY RESULT



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