

To Study The Utility Of Rubric “ Ailments From” Using Synthesis Repertory 10.0 And Its Application In Homeopathic Case Management –A Case Series Study

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Abstract

Purpose / Background: Causation plays a major role behind every disease. The cause and its corresponding effect combine with the individuality of the patient helps to form the totality. The Aim and objectives was to study the utility of rubric “Ailments from” using Synthesis Repertory 10.0 (RADAR) and its application in Homoeopathic case management, to study the rubrics and sub-rubrics of “Ailments from” through cases with Synthesis Repertory 10.0 and to classify the rubric “Ailments from” in terms of symptomatology. In this study synthesis repertory is used by applying the knowledge of reportorial totality and using the Ailment factor of the illness for treating the case to make the prescription in Homeopathy more substantial. The need for this study was to facilitate a clear understanding and importance of the rubric “Ailments from” in clinical practice. **Methods:** Simple random technique of sampling with 30 cases in which the patient was enrolled till the target of 30 cases was achieved. The cases were selected on basis of inclusion and exclusion criteria. All cases were taken as per the case record format prepared for the study. Cases was collected from the College OPD, Guide OPD, Peripheral OPD. Constructing the totality of symptoms and repertorization was done for each case by using RADAR Synthesis repertory 10.0. Prescription of each case was based on the rubric “Ailments from” of the individual case. Changes in symptoms and clinical presentation were the parameters for assessing cases as marked improvement, improving and not improved. **Results:** Out of 30 cases, 21 cases showed marked improvement, 8 cases were improving and 1 case was not improved. **Conclusion:** This study provides evidence to say that the rubric “Ailments from” from RADAR Synthesis repertory 10.0 is useful as a characteristic symptom in homoeopathic case management.

Keywords: Rubric, Ailments from, RADAR Synthesis Repertory 10.0, Homoeopathy, Case series study.

Introduction

Homoeopathy gives great importance to causation. Aetiology or causation or ailments from has formed a very important factor in the selection of homeopathic remedy ⁽¹⁾. Our stalwarts have given different approaches for finding out the similimum to the case. The eliminating method is one way to find out the similimum from a group of similar remedies. In the sixth edition of Organon of Medicine, Master Hahnemann himself emphasized on the causative aspects of diseases. This can be called as causative phenomenon because they evolve a series of interactions before influencing the patients. In **Aphorism 5**, Master Hahnemann states: “Useful to the physician in assisting him to cure are the particulars of the most probable **exciting cause** of the acute disease, as also the most significant points in the whole history of the chronic disease, to enable him to discover its **fundamental cause**, which is generally due to a chronic miasm. In these investigations, the ascertainable physical constitution of the patient (especially when the disease is chronic), his moral and intellectual character, his occupation, mode of living and habits, his social and domestic relations, his age, sexual function, etc., are to be taken into consideration”

(2). According to Master Hahnemann there are exciting, maintaining and fundamental cause of the disease

(2). Understanding the cause of disease is the key to begin the process of finding remedies that could cure them. Every medical system has its own models of identifying the reason of diseases. Based on those concepts they develop models of treatment. The biomedicine uses the knowledge of pathogens as the root cause of the infectious diseases and therefore, uses antibiotics and anti-viral therapies to overcome such diseases. Based on the theory of *Tridosha*, Ayurveda explore treatment to bring harmony of the *doshas*. Homeopathy considers all chronic diseases due to *miasms*. Though all these models are divergent in nature, the goal of every medical system has been to provide rational treatment to the diseases. The basic effort of every medical system is to bring homeostasis (balance) with one's surroundings based on their medical philosophy to extend a healthy state to the sick and tackle diseases. Dr. C.M. Boger has introduced about the doctrine of causation and time modality and gave importance to causation, time and general modalities and according to him this approach is more practical and proved⁽⁴⁾. In Boger's synoptic key, he emphasized that while taking the cause we should first try to elicit the evident cause and course of the sickness, to which he will add all the things which now seem to interfere with the sufferer's comfort⁽⁴⁾. **Dr. Boenninghausen** in his essay, 'The Selection of the Right Remedy' states that the physician should first of all, note down the whole condition of the patient, the cause, as far as it can be discovered and the reasons which sustains his mode of life, the quality of his mind, disposition and body, together with all the symptoms. He specifies seven points to understand the full picture of disease. They are Quis, Quid, Ubi, Quibus auxiliis, Cur, Quomodo, Quando of which Cur is the cause of disease.⁽³⁾ **H. A. Robert** in his *The Principles and Art of Cure by Homoeopathy*, Chapter XXII states, "It was Hahnemann's teaching that the removal of the cause was the first step in the proper method of cure⁽⁵⁾. Synthesis is a repertory linked to RADAR (Rapid Aid to Drug Aided Research) project. It is based on 6th American edition of Kent's repertory and contains all its rubrics and remedies. Synthesis is the product of a continuous teamwork with superb technology. It is the printed version of RADAR computer programme. This repertory has set a new standard by adding many information and continuous verification by its users. It is the latest among all repertories⁽⁶⁾. As Dr. J.H. Clarke said, "It is impossible to practice homoeopathy as it should be practiced without the aid of repertories and the best repertory is the fullest"⁽⁷⁾. This repertory is best example of expanded version of Kent's repertory from 1916 till date. It retains the hierarchical structure, therefore there is no need to learn a new format^(8,9). Hence Synthesis repertory 10.0 will be used and cases will be worked with the same with proposed case record format⁽¹⁰⁾.

Material and Methods:

Type of study design: a case series study.

Study setting: College OPD and Hospital IPD, Peripheral OPD's, Guide's OPD.

Duration of study: 18 months.

Study Population: The patients with specific ailments from factor for illness.

Sample size: 30 cases.

Sampling technique: Simple random sampling.

Method of selection of study subjects (Eligibility criteria):

Inclusion criteria-

Patients fulfilling the case definition, Patients having a specific ailments factor for illness, Synonymous rubric related to ailments from were also be considered, Patients of all the ages and of both the sexes, Individuals suffering from acute as well as chronic ailments including mentals, general and particular cases, Individuals giving consent for the study.

Exclusion criteria-

Patients without any ailments from factor for illness, Patients suffering from life threatening disease and those who need emergency medical intervention, Patients taking any previous medication for the same illness.

Withdrawal criteria-

If patient starts any other system of medicine during the course/ duration of the study, if patient is irregular for the follow-ups.

Operational definitions: When the patient has narrated a specific causative modality after which the complaints started will be considered as ailments-from.

Specification of instruments & related measurements: RADAR 10 software and Synthesis repertory.

Method of selection of comparison/ control group: Not applicable.

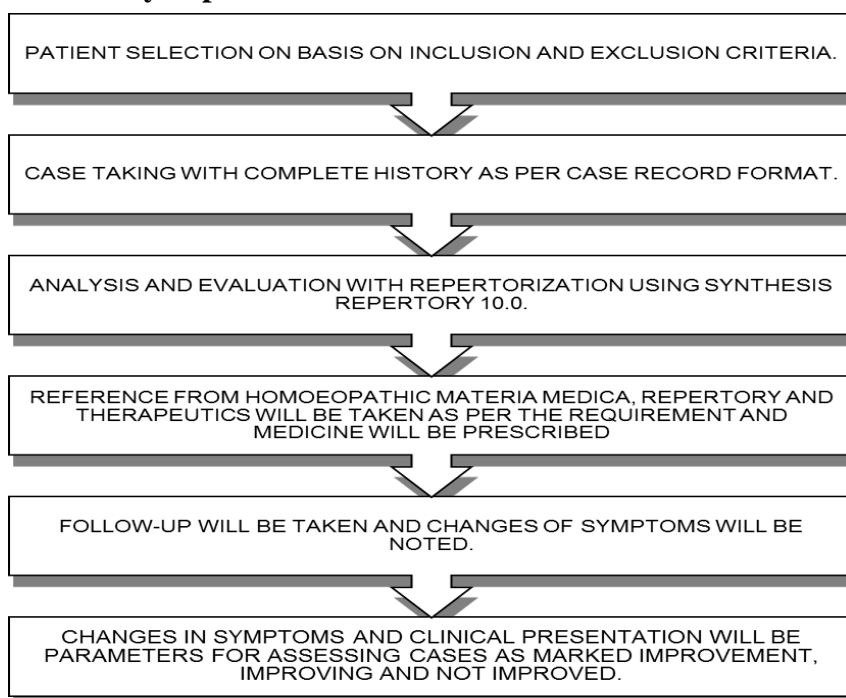
Matching criteria: Patient himself is his matching criteria in the study

Data collection tools:

History taking, Case record format, Homoeopathic Materia Medica and R.A.D.A.R. Synthesis repertory 10.0.

Method of data collection relevant to objective: Primary data was collected from the study setting and the cases was selected on the basis of inclusion and exclusion criteria. The obtained data was represented in the case record format.

Data management and analysis procedure:



Marked improvement- Total relief of all the signs and symptoms with general wellbeing of the patient.

Improving- decreased in signs or mild relief of symptoms with general wellbeing of the patient. **Not**

improved- No relief of the symptoms.

Plan for statistical analysis: Since the result data is qualitative in nature no test has been applied.

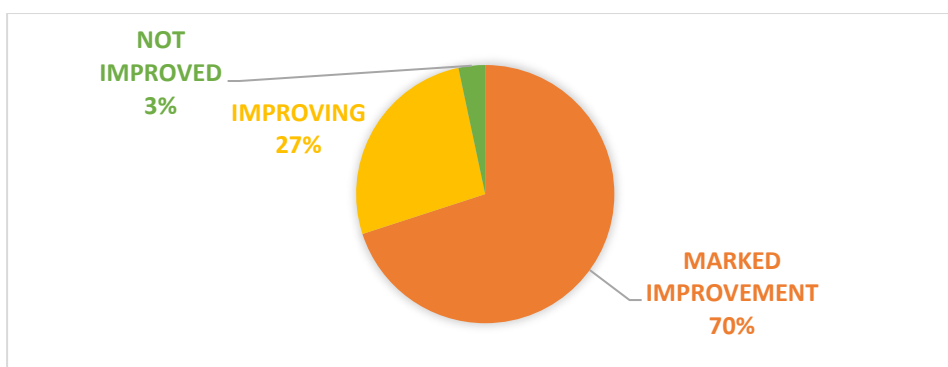
Statistical result is represented by using pie chart, bar diagram and histogram.

Observation / Result:

Table no.1: Rubric: “Ailments From” In Cases”

SR.NO.	RUBRIC AILMENTS FROM	NO. OF CASES
1.	PRESENT	30
2.	ABSENT	0
3.	TOTAL	30

Figure No. 1: Pie Diagram Representing Improvement In Cases.



Tableno.2: Distribution Of Cases According To Sex.

SEX OF PATIENTS	NO. OF CASES
MALE	12
FEMALE	18
TOTAL	30

Figure No. 2: Age Group Represented In Bar Diagram.

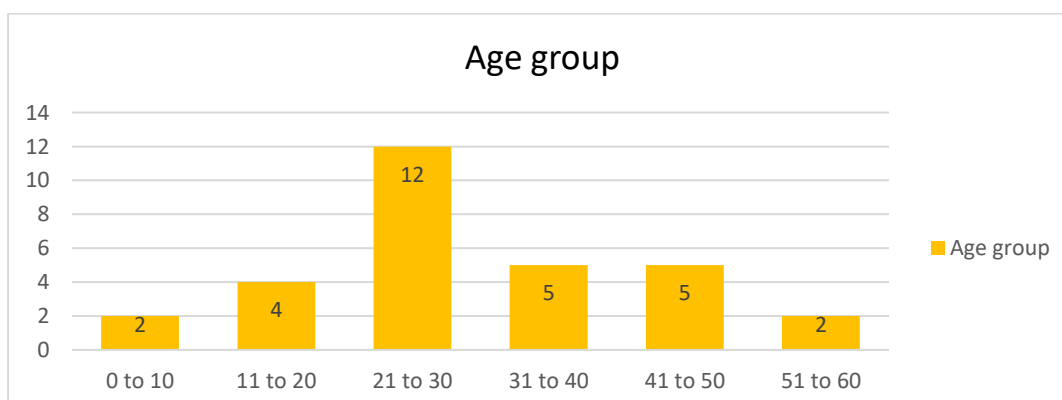


Table No. 3: Representing Potency Distribution In Cases.

POTENCY	NO. OF CASES
30	3
200	23
1 M	4

Table No. 4: Diagnosis Of The Case.

SR. NO.	DIAGNOSIS	NO. OF CASES
1.	SUNSTROKE	1
2.	POST VACCINATION SYNDROME	2
3.	ACNE VULGARIS WITH HEADACHE	1
4.	PCOD	5
5.	MIGRAINE	4
6.	ACUTE EXACERBATION OF COPD	1
7.	IBS	1
8.	MENORRHAGIA	1
9.	ALOPECIA AREATA	5
10.	GERD	3
11.	UTI	1
12.	B/L OA KNEE	1
13.	PITYRIASIS ALBA	1
14.	PERENNIAL ALLERGIC RHINITIS	1
15.	TYPE II DM	1
16.	GASTRITIS	1
TOTAL		30

Figure No. 3: Frequently Used medicine Represented In Bar Graph

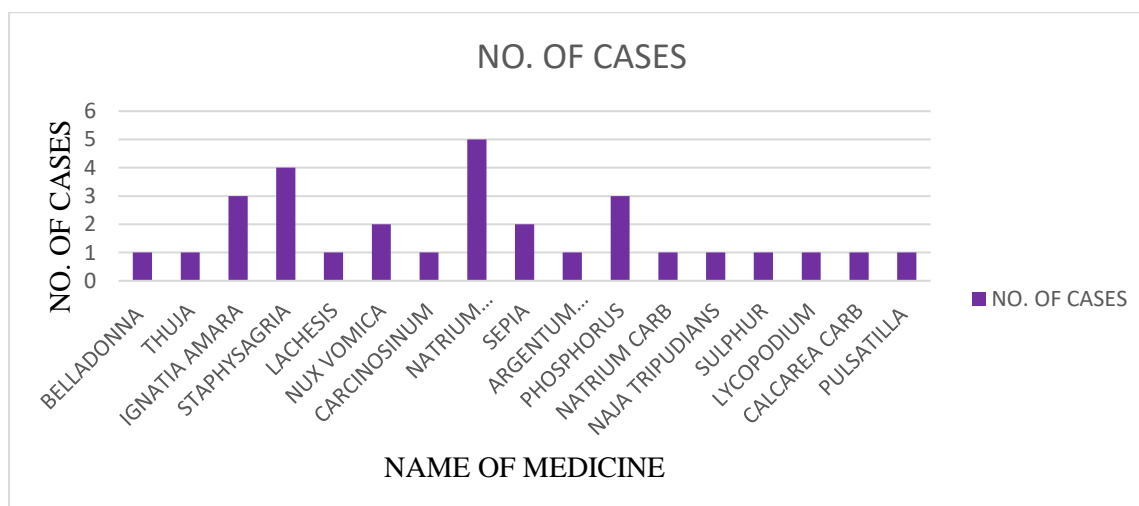


Table No. 5: Ailments From Rubrics Taken In The Case (2nd objective).

SR. NO.	AILMENTS FROM RUBRICS TAKEN IN THE CASE	NO. OF CASES
1.	Generals vaccination ailments after, never well since	1
2.	Mind ailments from- mortification	4
3.	Mind ailments from- domination	1
4.	Mind ailments from anger suppressed	5
5.	Generals wet ground, ailments from sitting on wet	1
6.	Mind ailments from disappointment	2
7.	Mind ailments from embarrassment	3
8.	Mind ailments from death of loved ones	3
9.	Mind ailments from mental exertion prolonged	1
10.	Mind ailments from contradiction	2
11.	Head-Pain-Occiput heat sun: of the; agg.	1
12.	Mind ailments from grief	3
13.	Mind ailments from cares and worries	2
14.	Generals vaccination ailments after	1
TOTAL		30

Discussion:

There were 30 cases included in the study out of which in all the 30 cases the rubric “Ailments from” was present. There were 30 cases included in the study out of which 21 cases showed marked improvement, 8 cases were improving and 1 case did not improved. (1st Objective).

From above data it is observed that the rubric “Ailments from” using RADAR Synthesis Repertory 10.0 is useful as a characteristic symptom in Homoeopathic Case Management (3rd objective).

There were 30 cases included in the study out of which 12 were males constituting 40 % and 18 were female cases constituting 60 % of the total cases. No specific group of homoeopathic medicines can be pointed as useful in this study rubric ailments from as each case is individual and worked with totality of the symptoms. But Natrium mur was indicated in 5 cases followed by Staphysagria with 4 cases. The potency was selected as per requirements of the case and according to the homoeopathic principles. This study throws light on the use of rubric “Ailments from” using RADAR Synthesis Repertory 10.0 which served as a characteristic symptom in the cases and on the basis of totality, prescription was made. This study has also been useful in treating a variety of cases and also in studying various aspects of rubrics and its application. In this study it was found that rubric ailments from though was from mind chapter were useful in treating the physical general and pathological general symptoms and showed overall improvement. Therefore, it was observed that the prescription which is given after considering the whole totality of symptoms which is the basis and pure foundations for prescribing the homoeopathic medicine.

These rubrics may be considered for further study and its similar rubrics. During the study I came across a few difficulties, where the available literature was limited and finite, hence information collection and reviewing literature was challenging. Also, very few studies on the similar topic were found. A sample of 30 cases is of a small size to study the results hence further more research is required with a large sample size so as to explore more on the usefulness of Ailments from or Causation factor in homoeopathic cases.

Conclusion:

The result of this study has shown that the rubric “Ailments from” from Synthesis Repertory 10.0. proves to be useful in homoeopathic case management. In the present thesis the aim of using homoeopathy as the treatment of cases was achieved as, results were found to be of a good success rate. Considering the total data, out of 30 cases 21 cases showed marked improvement (70 %), 8 cases were improving (27 %) and 1 case (3 %) did not improve.

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