

## Utility of second prescription in chronic disease using MONARCH : A Case Series.

**Dr. Swati Patil, Dr. Kamlesh Bagmar, Dr. Tapas Kundu, Dr. Manisha Ahiwale, Dr. Gayatri Nimbhore, Dr. Tejashri Thakare, Dr. Kirti Kadam and Dr. Reena Bhanushali, Dr. Sayli Lolge, Dr. Sukhada Kulkarni**

### **ABSTRACT**

**Background:** Chronic diseases have a gradual onset, slow progress, derange the living organism in their own peculiar manner, if not treated. These cases need a series of medicines in order to restore the health and general wellbeing of the patient. Hence second prescription is utmost important in chronic diseases hence, practical knowledge related to it must be obtained by every homeopathic physician. The MONARCH is a tool used to evaluate the likelihood of causal attribution of homeopathic treatment to clinical outcome. **Objective:** To understand the clinical utility, effect and frequency of different varieties of second prescription along with the use of MONARCH tool. **Design:** This is a case series study of chronic diseases to understand the utility, effect and frequency of second prescription using MONARCH tool for evaluation of cases. **Materials and methods:** 45 cases with chronic diseases were studied from OPD over a period of 6 months, the response of the patient to first prescription was analysed and second prescription was made, evaluation of outcome and treatment was done using MONARCH and the utility and frequency of each type of second prescription was studied. **Result:** There was improvement in 41 cases out of 45 cases with MONARCH score above 6 and repetition of the same medicine [115 times], was observed to be the most frequently type followed by placebo, [ 88 times] and change of potency [29 times], change of remedy [14 times], complimentary remedy [7 times] and intercurrent remedy [3 times] respectively.

**Keywords** – Homeopathy, Second Prescription, Remedy Relationship, Complimentary, MONARCH.

### **Introduction:**

A second prescription is the prescription given to the patient after the first prescription has acted, i.e., caused some change in the disease condition of the patient<sup>[3]</sup>. After the action of first prescription a second more accurate and well interpreted second prescription is to be given after proper analysis, evaluation and reference to Materia medica and Organon to reach the correct remedy and potency needed for the present state of the patient.

In aphorism 183, the 6th edition of Organon of Medicine<sup>[4]</sup>, Dr. Samuel Hahnemann has given introduction to the guidelines about what is to be observed and how a physician can reach to a second prescription which can be repetition of the first prescription, change of remedy which can be an antidote, complementary, cognate to the previously indicated remedy or a new remedy based on the changed totality, change in potency or placebo<sup>[5]</sup>. The aim of treatment is to cure which means restoring the health of the patient, on the basis of fixed homeopathic principles. After the first prescription, the natural observations seen in patient are well depicted in Kents 12 observations<sup>[6]</sup> which is a useful guide in deciding

further management and prognosis of the case. Herings direction of cure guides the physician in evaluating the progress in course of disease.

The Modified Naranjo Criteria for Homeopathy<sup>[2]</sup> (MONARCH) score is useful assessment tool which consist of 10 domains including questions regarding improvement observed in the main complaint and other associated complaints, homeopathic aggravation, overall wellbeing of the patient, direction of cure , appearance of old symptom, alternative cause for improvement, objective evidence used to signify improvement, reproducibility for evaluation of clinical outcome using preassigned score to each domain. The total of which signifies the likelihood of causal attribution between the clinical outcome and homeopathic treatment.

Studies related to chronic diseases have elicited the use of Gibson Miller remedy relationship table<sup>[7&8]</sup> while selecting second prescription, also use of complementary<sup>[9]</sup> and cognates remedies have elicited valuable improvement in difficult chronic cases<sup>[10]</sup>. Chronic diseases have a miasmatic background and many cases require an intercurrentremedy<sup>[11]</sup> to remove the miasmatic block and progress towards improvement studies regarding use of intercurrent with effective results have also been done.

In this study, all the patients were observed with great detail and care at each follow up and were evaluated at the end of study period for results on the basis of MONARCH score and the utility of different types of well selected second prescription, their frequency and efficacy in bringing improvement in chronic diseases was studied in each case.

## **MATERIALS AND METHODS:**

### **SETTING AND STUDY DESIGN**

The present study was conducted at MNHMCOPD located at Gangapur, Nashik, Maharashtra, India. A case series study of 45 patients with chronic disease under homeopathic treatment was done to evaluate the outcome and study the clinical utility of second prescription in each case.

Each case was clinically diagnosed and treated individually with indicated homoeopathic medicines on the basis of Homoeopathic principles for 6 months. The response of patient after first prescription was evaluated for making second prescription following guidelines mentioned by Dr. Hahnemann and other stalwarts of Homeopathy. The objective of carrying out this study was to understand clinically the utility of different varieties of Second prescription and observe its frequency and effect in chronic diseases using MONARCH as evaluation tool.

### **METHODOLOGY:**

The study sample of 45 patients with clinically diagnosed chronic disease were individually evaluated at MNHMC OPD and provided with homeopathic treatment to analyse the response and study the clinical utility of varieties of second prescription up to the 6<sup>th</sup> follow up of each case. The score of MONARCH was considered at the end of the study duration for evaluating the result of the treatment given in each case.

Inclusion criteria:

Patients between the age group of 5 to 60 years suffering from clinically diagnosed true chronic diseases were included in the study after taking their wilful consent.

Selection of second prescription:

The second prescription was selected based on the action of the first prescription and patient’s response considering the present totality at each follow up based on guidelines of given by Dr. Hahnemann and stalwarts of Homoeopathy. All the cases were analysed in reference to Kent’s 12 observation, Hering’s direction of cure, Synthesis Repertory, Gibson Miller remedy relationship table and Families of remedies 21.b<sup>[12]</sup> using RADAR software.

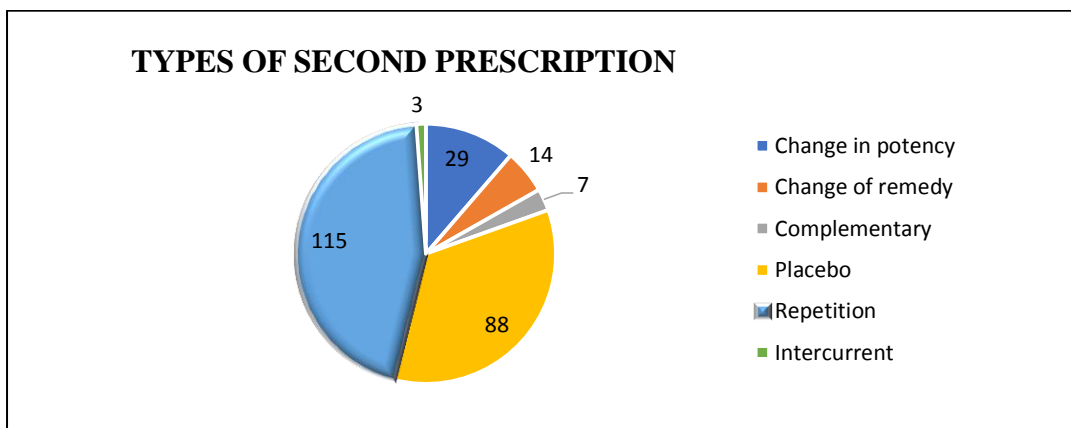
Assessment of the second prescription:

The cases were evaluated at the end of study according to MONARCH and score of each was considered as a basis of improvement related to the homeopathic treatment given.

**Result:**

In this study, out of 45 patients with chronic disease 41 patients showed improvement (91.11%) and 4 patients were not improved [1 case of hypothyroidism and essential hypertension each and 2 cases of hyperthyroidism]. Second prescription was found to be of great importance in treatment and management of chronic diseases [Fig No:1], repetition of same remedy was observed 115 times, placebo 88 times, change of potency 29 times, change of remedy 14 times, complementary remedy 7 times and intercurrent 3 times. The highest MONARCH score was 12 and lowest was 4 with improvement seen in 41 cases attributing to definitive relation between the result and the homeopathic treatment [Fig No:2]. The gender distribution was 11 males and 34 females with most common age group of 31 to 40 years.

**Types of second prescription used**



**Fig No – 1- Graphical presentation of different types of second prescription used**

**MONARCH scoring of 45 cases**

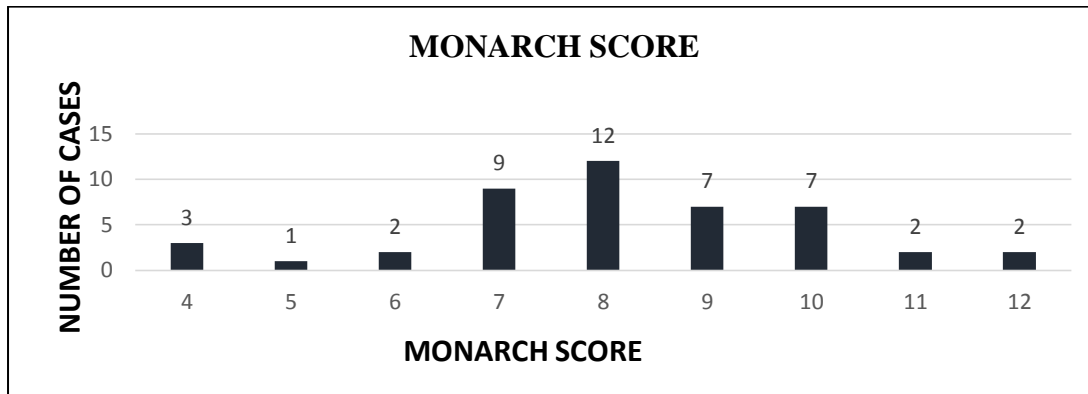


Fig No – 2- Graphical presentation of MONARCH SCORE of 45 cases

### Discussion:

A second prescription is the one which follows a remedy which has acted. Dr. Hahnemann in aphorism 182-184 mentions the need of the second more accurately suitable homoeopathy remedy in the treatment of the sick individual in order to ensure cure. This theoretical view point is the foundation basis for this study. The points observed were change in diseases condition, overall feeling of the patient, appearance of old or new symptoms, no improvement or severe reaction or aggravation of symptoms and direction of cure. MONARCH scoring was done using its 10 domains to evaluate the clinical outcome. Many stalwarts have given their clinical experiences and guidelines for accurate case taking during the first visit and subsequent follow up visits, to reach to the decision of selection of second prescription.

In this study, 45 patients suffering from chronic disease were evaluated, out of these 41 patients showed improvement, repetition of the same remedy was the most common type of second prescription seen 115 times of all cases. The types of second prescription observed were placebo used 88 times, change in potency used 29 times, Change of remedy used 14 times due to change in present totality of symptoms, Complementary remedy ( Nux vomica and Sepia, Natrum Mur and pulsatilla, Silicea and Pulsatilla, Belladonna and Sulphur, sulphur, Lycopodium and Calcarea carb) used 7 times in cases of PCOD, post viral arthralgia and migraine which showed improvement and Intercurrent remedy [Sulphur, Medorrhinum, Tuberculinum] used 3 times in case of tineacuris, allergic rhinitis and recurrent aphthous ulcers. All the cases were The MONARCH score of three cases was 4 which showed possible association between medicine and outcome along with no marked improvement, twenty-four cases had score between 5-8 which showed probable association of treatment and outcome with marked improvement and eleven cases had score between 9-12 which suggested definitive association between treatment and outcome with improvement in each case<sup>[13]</sup>. The patient with score between 6- 12 were considered as improved on homeopathic treatment.

The use of Gibson Miller remedy relationship table, Families of remedy repertory in RADAR 10 software were used for finding the related remedies, the cases were repertorized using Synthesis Repertory 9.0 [English] in RADAR 10 software<sup>[14]</sup>.

The dose of modern medicine in case of hypothyroidism, migraine and hypertension was reduced by their respective physician. The acute complaints were managed as per the presenting acute totality with mental, physical general and particulars as required. Further studies related to specific chronic diseases, grave pathologies and acute diseases shall be conducted to elaborate the use of second prescription and remedy relationship and enhance the knowledge of practical utility of homeopathic principles along with evaluation of efficacy of homeopathy in various disease condition.

### **Conclusion:**

The use of second prescription on basis of guidelines provided by stalwarts is clinically important in treatment and management of chronic diseases. The most common type of second prescription was repetition of same remedy at interval of 15 days to 1 month. The highest score in MONARCH scoring was 12 and the lowest was 4 with improvement in 41 cases which elicited a definitive association between outcome and homeopathic treatment.

### **Scope of further research:**

Further studies related to specific chronic diseases, grave pathologies and acute diseases shall be conducted to elaborate the use of second prescription

### **Bibliography:**

1. Classification of diseases | National Health Portal of India. Nhp.gov.in. [cited 18 January 2022]. Available from: [https://www.nhp.gov.in/Classification-of-diseases\\_mtl](https://www.nhp.gov.in/Classification-of-diseases_mtl)
2. Lamba C, Gupta V, van Haselen R, Rutten L, Mahajan N, Molla A et al. Evaluation of the Modified Naranjo Criteria for Assessing Causal Attribution of Clinical Outcome to Homeopathic Intervention as Presented in Case Reports. 2020. Available from: <https://doi.org/10.1055/s-0040-1701251>
3. Mengji D. Interpreting the second Prescription. [www.vitalhomoeopathy.com](http://www.vitalhomoeopathy.com). [cited 23 January 2022]. Available from: <http://www.vitalhomoeopathy.com/img/pdf/interpreting%20the%20second%20prescription.pdf>
4. Hahnemann S, Boericke W. Organon of medicine. New Delhi: B. Jain; 2016.
5. Dhawale M. Principles and Practice of Homoeopathy and Repertorization. 4th Ed. New Delhi: B. JAIN PUBLISHERS (P) LTD; 1967.
6. Kent, J.T. (2022) "The Second Prescription," in Lectures on Homoeopathic philosophy. 6th ed. New Delhi, India: B. Jain Publishers, pp. 256–263.
7. William boericke, n.d. New Manual of Homoeopathic MateriaMedica& Repertory with Relationship of Remedies, New Delhi, B. Jain Publishers;
8. Kundu, T.K., Shaikh, A.F. and Jacob, S.M. (2014) "To evaluate the role of homoeopathic medicines as add-on therapy in patients with rheumatoid arthritis on NSAIDs: A retrospective study," Indian Journal of Research in Homoeopathy, 8(1), p. 24. Available at: <https://doi.org/10.4103/0974-7168.129674>.
9. Das D, Mondal A. Case Study Advancements in Homeopathic Research A Case Report of Chronic Facial Urticaria and Homoeopathy. [Homoeojournal.com](http://Homoeojournal.com).2021

- [cited 18 January 2022]. Available from: <https://homoejournal.com/wp-content/uploads/2021/07/A-Case-Report-of-Chronic-Facial-Urticaria-and-Homoeopathy.pdf>
10. Vithoukias G, Mahesh S, Mallappa M. Gangrene: Five case studies of gangrene, preventing amputation through Homoeopathic therapy. *www.ijrh.org*. 2015 [cited 18 January 2022]. Available from: <https://www.ijrh.org/article.asp?issn=0974-7168;year=2015;volume=9;issue=2;page=114;page=122;auiast=Mahesh;=0>
  11. Singh D. A case study- Bacillinum as an intercurrent remedy. *The Homoeopathic Heritage*. 2021 [cited 18 January 2022]; 37- 40. Available from: <https://www.homeopathy360.com/a-case-study:Bacillinum-as-an-intercurrent-remedy-dr-purusottam-kumar-singh/>
  12. Radar 10 Software, Families of Remedies 2.1b
  13. Dr NiteshJangid, Dr Minakshi Kamboj. An evidence-based study showing efficacy of individualized homoeopathic medicine in treatment of hypothyroidism: A case report *homeopathy360*. 2020 [cited 2022]. Available from: <https://www.homeopathy360.com/2020/03/17/an-evidencebased-study-showing-eficacy-of-individualized-homoeopathic-medicine-intreatment-of-hypothyroidism-a-case-report/>
  14. Radar 10 Software, Schroyens Synthesis Repertory 9.0 [ English]
  15. Boenninghausen C, Allen T. Boenninghausen therapeutic pocket book for homeopathic physicians to use at the bedside and in the study of the *Materia Medica*. Nodia: B. Jain Publishers;
  16. Organon and homoeopathic philosophy for everyone. 3rd ed. Pune Vidyarthi Griha;
  17. Sarkar BK. Organon of Medicine by Samuel Hahnemann, 9th reprint ed. New Delhi: Birla Publications Pvt. Ltd; 2005
  18. Roberts, H.A. (2020) *The principles and art of cure by homoeopathy: A modern textbook with word index*. Noida, U.P, India: B. Jain Publishers (P) Ltd.