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## Double blind randomized control study on the efficacy of homoeopathic medicine in pharyngitis

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### Abstract

Pharyngitis is the inflammation of the mucous membranes of the oropharynx. In most cases, the cause is an infection, either bacterial or viral. Other less common causes of Pharyngitis include allergies, trauma, cancer, reflux, and certain toxins. A hospital based double blind randomized control study was carried out on Bharatesh Homoeopathic Medical College, Hospital and Research Center, Belgaum, Karnataka. The study group of 30 was selected based on double blind randomized control method. This is before and after without control type of experimental study. 30 diagnosed cases were considered. Data collected were analyzed and inferred with T test used to calculate. Result: The overall response of the treatment with the help of 10 Homoeopathic medicines. It was observed that out of 30 patients, 27 patient were cured, 2 patients improved, 1 patients showed no response. Conclusion: Homoeopathic constitutional remedies are very effective in treating s in Pharyngitis. There were no side effects during the treatment.

**Keywords:** Pharyngitis, homoeopathic medicine, double blind randomized control study.

### Introduction

Pharyngitis is the inflammation of the mucous membranes of the oropharynx. About 50% to 80% of pharyngitis, or sore throat, symptoms are viral in origin and include a variety of viral pathogens. These pathogens are predominantly rhinovirus, influenza, adenovirus, coronavirus, and Parainfluenza. Less common viral pathogens include herpes, Epstein-Barr virus, human immunodeficiency virus (HIV), and coxsackievirus. More severe cases tend to be bacterial and may develop after an initial viral infection. The most common bacterial infection is Group A beta-hemolytic streptococci, which causes 5% to 36% of cases of acute pharyngitis. In 2010, there were 1.814 million emergency department visits for pharyngitis, of which 692,000 were for patients under the age of 15. Most cases of pharyngitis occur in children under the age of 5. Adults can also develop the disorder but at a lower rate. In 2010, there were 1.814 million emergency department visits for pharyngitis, of which 692,000 were for patients under the age of 15. Most cases of pharyngitis occur in children under the age of 5. Adults can also develop the disorder but at a lower rate. If viral in etiology, associated symptoms often include coughing, rhinorrhea, conjunctivitis, headache, and a rash [1-5]. Group A beta-hemolytic streptococcal pharyngitis typically has an acute onset, lacks signs of a viral upper respiratory infection such as a cough or rhinorrhea, and is associated with fever, tonsillar exudates, and cervical adenopathy. Pharyngitis due to Epstein-Barr virus, otherwise known as infectious mononucleosis, can cause headaches, fever, tonsillar hypertrophy, lymphocytosis, atypical lymphocytes. Myalgia and fatigue are commonly reported symptoms. IMN can have both anterior and posterior cervical lymphadenopathy. Patients can have persistent lymphadenopathy and fatigue for up to 3 weeks. It is important to assess for hepatomegaly or splenomegaly [6, 7]. Clinical features are fever, cough. Different diagnosis: Airway obstruction from any cause, allergic rhinitis, GERD, peritonsillar abscess, epiglottitis, herpes simplex virus, mononucleosis.

### Material and Methods

This study was conducted on the patients who attended the Out Patient department of Bharatesh Homoeopathic Medical College, Hospital and Research Center, Belgaum,

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Karnataka and the study was undertaken for a period of six months. Detailed case was taken, analysis and evaluation following Homoeopathic principles was done.

The potency was selected on the basis of individual susceptibility. The outcomes were an improvement of symptoms recorded in monthly basis individual symptoms. A number of subgroups, homoeopathic potency, age group, and Pharyngitis were analyzed.

**Statistical analysis:** Data were presented as proportion and percentage and difference in proportion were analyzed by using T test

### Result

Among 30 tonsillitis patients with mean  $\pm$  SD, maximum cases were observed in age group of 20-30 years in 6 (20%) cases, 30-40 years in 16 (53.33%) cases, 40-50 years of age group had 8 (26.66%) cases. Patients were in the male 13 (43.33%) and 17 (56.66%) patients were females. Out of 30 cases 17 (56.66%) were females and 13 (43.33%) were males. In the age group 0-5 years 2 cases (6.66%) males, and 4 cases (13.33%) females. Out of double blind randomly selected cases.

Associated symptoms were the symptoms that had no direct relation with the disease but were present in the patients of Pharyngitis. It was observed that 28 cases cured, 2 improved and 1 case was not improved.

In the research of Homoeopathic medicines in the treatment of Pharyngitis 10 medicines were prescribed to the patients according to the symptoms similarity and the following observations were made. Belladonna is the most effective medicine out of the total ten Homoeopathic medicines chosen for the double blind randomized controlled study. During the study it was found that the next effective medicine for the treatment of Pharyngitis is caldaria phosphoric, Phosphorus etc.

The overall response of the treatment with the help 10 Homoeopathic medicines. It was observed that out of 30 patient, 28 patients were cured, 1 patients had improvement, 1 patients showed no response in this double blind randomized controlled study.

### Discussion

Pharyngitis is the inflammation of the mucous membranes of the oropharynx. About 50% to 80% of pharyngitis, or sore throat, symptoms are viral in origin and include a variety of viral pathogens. These pathogens are predominantly rhinovirus, influenza, adenovirus, coronavirus, and Parainfluenza. Less common viral pathogens include herpes, Epstein-Barr virus, human immunodeficiency virus (HIV), and coxsackievirus. More severe cases tend to be bacterial and may develop after an initial viral infection. The most common bacterial infection is Group A beta-hemolytic streptococci, which causes 5% to 36% of cases of acute Pharyngitis

The presenting complains may vary from systemic symptoms like fever, malaise, with intolerable throat pain, dysphasia and sore throat. As the age progresses the symptoms and severity decrease. The study was conducted on the patients who attended the Out Patient department at Bharatesh Homoeopathic Medical College, Hospital and Research Center, Belgaum, Karnataka, India. The patients, children of age 20 to 50 years were selected for the double blind randomized controlled study. Both sexes were

included and who belong to different socio economic group were taken as per inclusion criteria. A total of 30 cases were selected. Minimum duration of study was 6 months. The statistical analysis made here is based on the data obtained from 30 cases. This study was conducted to prove the efficiency of the treatment for successful management of Pharyngitis and arrive at a constitutional Homoeopathic remedies frequently indicated in such a condition.

Out of 30 cases Belladonna was indicated in 28 cases, phosphorus in 1 cases, calcarea phosphorica in 1 case, Phosphorus. From the analysis of the results obtained it is obvious that the constitutional Homoeopathic drugs are very effective in the treatment of Pharyngitis.

### Conclusion

The research shows that Homoeopathic medicines play an important role in the treatment Pharyngitis. The study depicts that 60% of patients got relief from the Homoeopathy medicines and this is not a small number. The most effective remedies during the study were belladonna, calc and phosphorus. There were no side effective during the treatment and it can be concluded that homoeopathic medicines can be help the patient to take a new lease on life. During the study it was observed that in almost all the cases the homoeopathic medicines responded well and the patient not only got rid of the main complaints of Pharyngitis but also got rid of the associated complaints with restoration of health. With the help of use of homoeopathic medicines even allopathic management was avoided. Thus we can conclude that Homoeopathic medicines used with holistic approach are very effective in treating the cases of recurrent Pharyngitis.

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