

Efficacy of Homoeopathic Medicines in Cases of Chronic Suppurative Otitis Media

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Abstract: *Background:* Chronic suppurative otitis media is a common disease affecting 65 - 330 million individuals with discharging ears globally out of whom 60% suffer from hearing loss. It is an important cause of preventable hearing loss. Untreated cases lead to severe complications and permanent hearing loss (which also affects over behavior, intelligence expressive and receptive language). Treatment available is difficult, expensive, and unsatisfactory to combat recurrent attacks and include side effects. So, purpose of my study was to understand the chronic suppurative otitis media (tubotympanic type) and its cases thoroughly, to find the efficacy of homoeopathic medicines in treatment of chronic suppurative otitis media (tubotympanic type) cases and to prevent them getting complicated or progress. For the study fifty cases were selected and study was undertaken for a period of 1 year and 6 months.

Keywords: Chronic Suppurative Otitis Media, Otitis Media, Discharging ear, Tubotympanic CSOM, CSOM, safe type of otitis media.

1. Introduction

Chronic suppurative otitis media have many undesirable symptoms creating a lot much social and psychological impact too, also complications of the disease can cause a major catastrophe to such a marvellously engineered hearing organ of human body i. e., ear. So it is highly appreciating work to preserve, repair or take utmost care of the structure and function of this highly wonderful organ in whatever condition it is presented to us by patient.

A WHO/CIBA foundation workshop in 1996 defined chronic suppurative otitis media as a stage of disease in which there is a chronic infection of the middle ear cleft, i. e., Eustachian tube, middle ear and mastoid, and in which a non - intact tympanic membrane (e. g., perforation or tympanostomy tube) and discharge (otorrhoea) are present for atleast 2 weeks or more. In homoeopathy there are number of remedies which are proved on healthy human beings and have the potential to cure innumerable diseases either acute or chronic, but due to poor documentation of cases and follow - ups, lack of research in field of homoeopathic medicine, role of homoeopathic medicines in various fields is still a subject of discussion in the mind of research personnel. Thus present study is conducted with the aim to evaluate the role and efficiency of homoeopathic medicines in cases of chronic suppurative otitis media and those cases are enrolled in the study. In this study proper case taking and individualization have been done in each case for prescribing the similimum and follow up of cases are done at interval of 15 days till 3 months which will be accessed on the basis of Chronic suppurative otitis media (tubotympanic type) quality of life score customized and prepared according to the topic of research and improvement in quality of life of the person suffering.

2. Material and Methods

Population - The subjects for the study had been selected from the patients attending OPD, IPD, and Peripheral

dispensaries of Sri Guru Nanak Dev Homoeopathic Medical College & Hospital.

Age - Age limit from 5 - 50 years, both male and female cases.

Medicines - Medicines were given according to symptom similarity, repertorization and confirmation through Homoeopathic Materia Medica.

Inclusion criteria - included well diagnosed cases confirming chronic suppurative otitis media (tubotympanic) type, cases having central perforation of tympanic membrane and any standard therapy for chronic suppurative otitis media if ongoing, discontinued for at least 6 months.

Exclusion criteria - included chronic suppurative otitis media type atticofurcular, cases with advanced pathology (cholesteatoma, epidural abscess, meningitis) or which required major surgical interventions, Pregnant women, lactating mothers, diagnosed cases of psychiatric illness or other uncontrolled or life - threatening illness affecting quality of life.

Investigation - Investigation was done through otoscope and tuning fork test.

Type of study - This was an exploratory study.

Statistical Analysis - To obtain 95 % confidence limit 50 cases were taken for study, T - test was applicable, as the comparison between pre and post treatment is done in the same study on the basis of chronic suppurative otitis media (tubotympanic type) score card.

Parameter Scale - The scoring of the cases of chronic suppurative otitis media was done according to the CSOM (tubotympanic type) Score Card, which was designed in a way that each symptom associated with chronic suppurative otitis media (tubotympanic type) was given a weightage

according to its severity. This scale includes both activity and symptoms analysis of CSOM (tubotympanic type) patient. Though there were already published parameter scales to evaluate the activity and symptoms of chronic suppurative otitis media by registered and genuine authorities but all those scales are made including symptoms of both tubotympanic and atticofacial types which do not serve the purpose of my study. Patients marked in the box whatever represents their perception of their current state.

A total 4 analytical points of chronic suppurative otitis media (tubotympanic type) were taken into consideration, marking their severity from a total of 12 marks as follows:

Severe: 3 marks
Moderate: 2 marks
Mild: 1 mark
Absent: 0 mark

Chronic suppurative otitis media (tubotympanic type) Score Calculator	SEVERITY OF SYMPTOMS AND SCORES ACCORDINGLY.			
	3	2	1	0
I How much your ear issue interferes with your daily activities?	All the time	Most of the time	Some of the time	None
II Estimate the frequency of drainage from affected ear in a week -	Constantly	Many times (>10 times), but not constantly	Very few times < 5	not at all
III level of deafness (hearing loss is) –	very severe conductive deafness (when only BC is heard)	Conductive deafness (BC>AC)	Slight conductive deafness (AC=BC)	Normal (AC>BC)
IV Impact of CSOM on social and psychological state of mind.	Severe	Moderate	Mild	Absent

Duration of study was 18 months and assessment was done on the basis of subjective, symptomatic and objective symptoms, otoscopic examination, tuning fork test and chronic suppurative otitis media (tubotympanic type) score card and follow up will be taken at interval of 15 days.

3. Results

In the study of “Efficacy of homoeopathic medicines in cases of Chronic Suppurative Otitis Media” 50 cases were taken in to consideration, and were analyzed as The most of the patients involved in the study were found to be in the age group of 5 - 10 years which is 32%, followed by the age groups of 20 - 25 years which is 7 %, 35 - 40 years which is 6% & the least in 10 - 15 years, 15 - 20 years and 45 - 50 years which are 2% respectively. The most of the patients involved in the study were found Male (60%), while prevalence of CSOM in females (40%) is found less than males. In most of the cases the main cause behind Chronic suppurative otitis media is nasal allergy in 32% of the cases. Recurrent otorrhoea and infected tonsils, adenoids or sinuses are the second common cause having 16% of the cases in each. Other causes of chronic suppurative otitis media seen in the cases were allergy to ingestants (milk, eggs, fish) (10%), other bodily infections (8%), recurrent fever (6%), un - cleanliness (4%) and swimming (4%). Out of 50 cases 19 patients (38%) were belong to lower social class, 18 patients (36%) belongs to lower middle class, 7 patients (14%) of upper middle class and 6 patients belong to high economic class. On analyzing 50 cases of chronic suppurative otitis media it was seen that Pulsatilla has been prescribed to 13 cases, Merc sol. to 8 cases, Sulphur and Calcarea carb. in 7 cases each & Silicea and Lycopodium in 3 cases each. Lachesis, Psorium & Arsenicum Album were prescribed to 2 cases each. Conium, Borax and Graphites shares were prescribed to only 1 case each. Out of 50 cases in the study 40 cases i. e.80% showed improvement whereas 10 cases i. e.20% did not show any improvement.

4. Conclusion

Paired t - test was conducted to access the Efficacy of homoeopathic medicines in cases of chronic suppurative otitis media. The result showed that the value of critical t (12.186) is greater than the tabulated value in t - table at df=49 at confidence level 95% at 0.05 i. e.2.0096, which is statistically significant. Thus, the null hypothesis (H_0) is being rejected and the alternate hypothesis (H_a) that Homoeopathy is effective in treatment of chronic suppurative otitis media is being accepted.

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