

# Utility of Rubric Tongue Coating from Boericke Clinical Repertory in the Treatment of Indigestion

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**Abstract:** *The work is intended to study the utility of rubric tongue coating from Boericke repertory in the treatment of indigestion by observing different kind of tongue coating in individual according to their indigestion related complaints. There are two aspects in this study: Firstly understanding tongue coating relation with indigestion Secondly understanding rubric tongue coating and their application in cases of indigestion. Objective of the study: This study is a sincere effort to know the effectiveness of coating tongue in treatment of indigestion with the use of Boericke repertory. For this study I will select fifty cases and study will be undertaken for a period of 18 months. The guidelines of organon of medicine will be followed in case taking and prescribing. Result: There are total 50 Patients participated in the study. Out of 50 Cases, The finding of above study concluded that 100% of the cases responded to the indicated homoeopathic medicine by using Boericke Clinical Repertory. Conclusion: This study shows the efficacy of the Homoeopathic treatment with the use of boericke clinical repertory in cases of indigestion along with tongue coating.*

**Keywords:** Tongue coating, Indigestion, Boericke clinical repertory

## 1. Introduction

A Healthy Tongue is typically pink in colour, but it may vary slightly in dark and light shades. The tongue is vital for chewing and swallowing food as well as for speech. One of the first noticeable symptoms of an unhealthy tongue is a significant change in colour from the normal pink tongue. Other sign of concern can include pain and coating. Coating can be seen easily in the outer layer of tongue. Tongue act as mirror that reflect the conditions of the body's internal organ, particularly the organ of digestion and metabolism. Basically, tongue reflects the overall digestive, nutritive and metabolic conditions of entire organism. [1] As now we know that coating tongue is a significant presentation of digestive disorder / indigestion. Coated tongue indicates disturbances in gastric system, through which we easily rule out the other differential and get similitum in finding remedy. This study shows that whether the rubric coating tongue from pocket manual of homoeopathic Materia medica and repertory by William Boericke [2] is helpful in the treatment of indigestion or not. In Homeopathy, we do not treat the diseases, but the diseased individuals are treated by a holistic approach. The diseases are the dynamic morbid phenomena which are not different entities, but a continuous process in the life of an individual. The internal morbid process is expressed by means of abnormal sensations and functions followed by the appearance of structural changes. Here the peculiar signs and symptoms will characterize the individual. That is why the individualization is the sole mean for prescription. Hence, the peculiar nature of the individual should be perceived by taking the totality by exact observation and correct interpretation. Merely looking at one pathological condition and prescription does not come under the domain of Homeopathy. However, some abnormal signs on the body can be helpful for the differential remedial diagnosis. Here the coating tongue can be taken in to consideration along with other characteristic signs. As, In Antimonium crudum a thick milky coating tongue seen due to gastric complaint which is the red strand of remedy and shows how much tongue coating is important factor for finding similitum the thin coating is due to the small amount of turbidity that flows up from the stomach as a by-product of digestion. if, coating is too thick or excessive it

indicates improper functioning of Agni in the digestive system The tongue offers us two perspectives first it assists us in determine the individual prakruti. looking at the colour of the tongue and shape of the tongue, secondly the coating is more directly related to a person's vikruti and current digestive process [3]

## 2. Materials and Methods

The study has been conducted on the patients of OPD/IPD and peripheral dispensaries of Sri Guru Nanak Dev Homoeopathic College & Hospital.

**Inclusion Criteria:** Patients of any age group of both sex having gastric complaints.

**Exclusion Criteria:** Gastric problems complicated with Other systemic disease

### Research Technique

The study was undertaken at OPD, IPD & peripheral dispensaries of Sri Guru Nanak Dev Homoeopathic Medical College and Hospital. Cases present with complaints of indigestion along with tongue coating was taken for the study. Assessment and reassessment were based on symptomatic improvement. each case followed up at an interval of 15 - 30 days. Results were compared through gastric complaints and tongue coating status instrument with assessment by 5 - point likert scale on basis of intensity in which 1 considered none, 2 considered very mild 3 mild 4 moderate and 5 severe. Data of the sample size 50 was statistically analysed to show more than 95% confidence limit. T - test was done to show the efficacy in post test results.

## 3. Observation and Result

This study was conduct on both sexes and different age group. Total no. of participant was 50. Different type of tongue coating with the complaint of indigestion was observe. Remedies were selected on the basis of totality of patients which includes mental generals, physical generals and other characteristic symptoms. Most frequently

prescribed remedies were sulphur, nux vomica and lycopodium in this study. Mostly white and yellow coating tongue found in the cases.

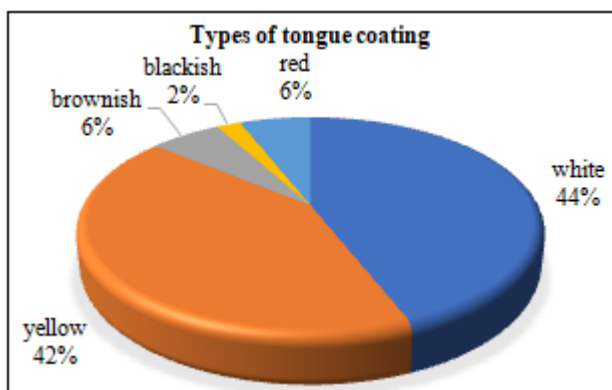


Figure 1: Pie chart show types of tongue coating

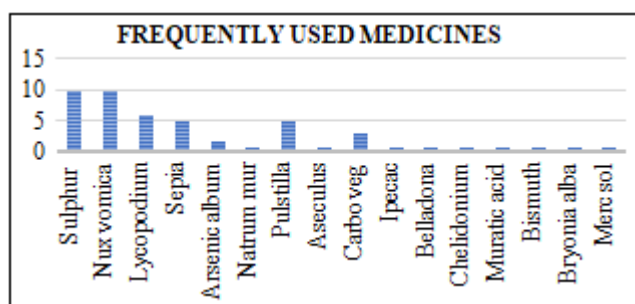


Figure 2: Bar graph showing frequently used medicine

#### 4. Result

Paired t - test was conducted to assess the clinical utility of tongue coating in treatment of indigestion. The result showed that the value of critical t (28.21) 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<sub>0</sub>) is being rejected and the alternate hypothesis (H<sub>a</sub>) that Homoeopathy is effective in treatment of indigestion with the consideration of tongue coating by using boericke clinical repertory.

#### 5. Discussion

The study was conducted on the patients of both sexes and with the all - age group. There are total 50 patients participated in the study. The incidence of male child participated in the study was greater than female. At first proper case taking has been done according to the case recording format. There after patient had to be diagnosed clinically, diagnosis is made on the basis of clinical history, examination, observation and investigations. Potency and dose had been selected according to the case. In every follow up results were assessed with enquiry about the present state of health, physical and mental symptoms as well as physical examinations and improvement of the patient as a whole. In follow up patients were called up every 7 - 30 days and were followed up for minimum 2 months. On feedback, the cases were followed up properly and the improvement status was assessed according to gastric complaints and tongue status with assessment by Likert scale. In the very next follow up on the basis of

condition of patient, same medicine, no medicine or other suitable similimum was prescribed according to the analysis in all respect of individual cases.

#### 6. Conclusion

The efficacy of the Homoeopathic treatment in cases of indigestion along with tongue coating by the use of boericke clinical repertory was demonstrated by the results of the grading based on the data collected from the study. In this study it has been observed that the maximum number of patients belongs to the age groups 30 - 40 years. Among the both sexes, it was noted that the male patients were more in number than the female patient. In 50 cases according to the totality of the symptoms, most indicated medicines were selected. Out of the total patient cured with constitutional homoeopathic medicines, some medicine found more frequently in treatment of indigestion with tongue coating during the study are sulphur, nux vomica, pulsatilla, carbo veg, sepia etc. The therapeutic capabilities are mainly dependent on mental generals, physical general, characteristics particulars, characteristics pathological general symptoms which constitute the totality of symptoms. There is no other short cut route for homoeopathic prescriptions, which reconfirms the observation of our great masters. The result obtained from the present study was very encouraging especially confirming the already known fact that well selected constitutional homoeopathic medicines are capable of tackling enumerable acute as well as chronic disease Homoeopathy is a natural system of medicine. Its strength lies in its marked effectiveness as it takes a holistic approach towards the sick individual to through promotion of inner balance at mental, emotional, spiritual levels. Homoeopathy recognizes the inseparability of body and mind. Homoeopathy treats the patient as a whole and not just the disease. It believes in a holistic and individualistic approach.

#### 7. Acknowledgement

Dr Muktinder Singh, M. D. (Hom.), Professor, Department of Repertory, Sri Guru Nanak Dev Homoeopathic Medical College & Hospital, Ludhiana.

#### 8. Conflict of Interest

The author has no conflict of interest to declare.

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