

# Utility of Synthesis Repertory in the Management of Convulsions

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**Abstract:** Convulsions accounts for significant proportion of the world's disease burden. Globally, an estimated five million people are diagnosed with convulsive seizures each year. The occurrence of convulsions is unpredictable and often dangerous, increasing the risk of injury, hospitalization, mortality and adversely affecting patient's mental health. To treat the same, anticonvulsant medication are not able to give permanent cure. Moreover, conventional therapy has significant adverse effects if taken for long. In order to prevent the patients to fall into dangerous situation, safest approach is required. Considering limitations of conventional treatment, I intended to investigate the effectiveness of Homoeopathy and utility of Synthesis Repertory 9.0 through Radar10 in the management of convulsions through proper case taking and prescribe medicine on the basis of symptom similarity. Result: Out of 50 random patients taken for my study, 42% showed mild improvement, 4% showed marked improvement and 19% showed no improvement after prescribing Homoeopathic medicine. Impact of Homoeopathic medicine on the patients was found to be statistically significant using paired t test. This study has shown the efficacy of Homoeopathy in management of convulsions. More study needs to be done to make people aware and realized that Homoeopathy also has scope in managing in the convulsion cases.

**Keywords:** Convulsions, Role of Homoeopathy, convulsion assessment score, Synthesis Repertory

## 1. Introduction

A Convulsions is a medical condition in which nerve cell activity of the brain is disrupted, causing muscles to involuntarily contract and spasm, resulting in sudden, violent and irregular movements of the body along with altered consciousness. They can continue for a few seconds or many minutes. Convulsions can happen to a specific part of a person's body or may affect their whole body.

Head injuries, high fever, an inflammatory brain infection, some medical disorders and exposure to toxins and certain medications can cause convulsions.

**Causes:** Convulsions are caused by abnormal electrical activity in the brain. The specific cause is often not clear. It can be caused by specific chemicals in the blood, as well as infections like meningitis or encephalitis. Other possibilities include celiac disease, head trauma, stroke or lack of oxygen to the brain. Sometimes it can be caused by genetic defects or brain tumors, blood sugar is too low and deficiency of vitamin B6.

### Types of Convulsions:

**Fever (febrile convulsions):** A convulsion caused by fever is called febrile convulsion. It usually occur in infants and children between 5 months and 6yrs of age, tend to occur on the first day of fever who have a sudden spike in body temperature, last for only a few minutes and on occasion sudden loss of consciousness.

**Epileptic:** are characterized by electrical disturbances in the brain. . Not all are associated with convulsions, those that are include:

**Generalised tonic clonic seizures:** also known as grand mal seizures, characterized by stiffening during the tonic phase and violent jerking during the clonic phase.

**Myoclonic seizures:** characterized by sporadic and brief jerking, typically on both sides of the body.

**Tonic seizures:** only involve stiffening.

**Clonic seizures:** only involve jerking and spasms.

**Simple partial seizures:** can sometimes cause jerking, stiffening, muscle rigidity, spasms and head turning.

**Non epileptic:** belong to a broad category of conditions that are not caused by electrical disturbances in the brain. Some may be psychogenic. Others may occur as a result of infection that causes the swelling in the brain and release of toxins that disrupt electrical signals like brain injuries. Among causes of non epileptic convulsions are brain trauma, Encephalitis, stroke, diabetic ketoacidosis, pediatric celiac disease, acute renal failure.

**Medication induced:** Convulsions related to drugs may be induced by ones that cause a sudden rise in chemicals that overstimulate the brain or sudden drop in chemicals meant to regulate electrical brain activity. Antidepressants, tramadol, stimulants Benadryl, alcohol poisoning and drugs withdrawal account for medication induced convulsions.

**Signs and Symptoms:** An episode may involve the whole body or be limited to a certain part such as arm or leg. It may be brief, lasting for only a few seconds or continue for a long period of time, increasing the risk injury.

- Involuntary spasms or jerking
- Sudden shaking of the entire body
- Whole body rigidity
- A clenched jaw
- Confusion
- Drooling
- Loss of bowel or bladder control
- Gagging or gaps in breathing

Diagnosis: can be done by taking medical history followed by physical examination and by considering symptoms a person has.

Neurological exam - is a series of tests to assess mental status, motor function, balance, coordination, reflexes and sensory responses. It requires penlight or reflex hammer. If neurologic disorder is suspected, EEG can be done to measure electrical brain activity.

Blood and Lab tests: can be ordered for signs of infection, electrolyte imbalances and markers of inflammation.

Lumbar Puncture

Imaging Studies - *CT, MRI and PET* can check for brain lesions, tumors, signs of bleeding, clots or subdural effusion.

Homoeopathy in Convulsions: Homoeopathy treats the person as a whole. It means homoeopathic medicines focuses on the patient as a person as well as his pathological condition. Medicines are selected after a full individualizing examination and case analysis which includes the medical history of the patient, physical and mental constitution, family and past history etc. A miasmatic tendency is often taken into account for treatment of chronic condition. Judicious Homoeopathic treatment addresses the underlying chronic condition without merely suppressing external symptoms.

It is worth making a note that many cases which are resistant to conventional medication, do respond to homeopathy.

It has immense scope in the management of convulsions. In fresh cases, where the patient is new to convulsive treatment, homeopathy can relieve complaints by giving constitutional treatment. In other cases where the patient is already taking treatment, Homeopathy can taper off the doses gradually thus treat the patient effectively.

Once the cause has been identified, appropriate treatment can follow.

Role of Synthesis Repertory<sup>9.0</sup> through Radar<sup>10</sup> in the Management of Convulsions: Logic behind choosing this repertory is that it has set new standard by adding many information and continuous verification by users. It is the latest among all repertories and authored by Dr. Fredrick Schroyens.

It is the enlarged version of Kent's Repertory, contains all rubrics and remedies. Repertory has been improved qualitatively in structure and language to make it more comprehensible and to facilitate easy reference at the time of need. It is based on Kent's philosophy of generals to particulars. The method of repertorization follows the Kent method of repertorization.

## 2. Method/Approach

Study was a clinical observational study that was carried out in the outpatient department of Sri Guru Nanak Hospital & College, Ludhiana and its peripheral OPDs. Patients of all age groups, both male & female were taken. Inclusion

criteria: Almost all cases of convulsions, also includes cases where patients were resistant to conventional drugs. Exclusion criteria: Cases which needs surgical intervention advance pathology, mentally unstable, pregnant and lactating mothers has been excluded. Detailed case history was taken as per proforma which was used after its validation of the questionnaire by face validity. On the basis of totality of symptoms, most similar medicine was prescribed. Convulsion assessment scoring was done to determine the score obtained by patient before and after treatment. For every individual case, following parameters was considered to assess score -

- 1) Frequency
- 2) Timings
- 3) Intensity
- 4) Postictal state
- 5) Amount of anticonvulsant drug
- 6) Cognitive functions impairment

## 3. Discussion and Conclusion

After going through multiple literature on convulsions, it is evident that though allopathic medicine was mostly taken by patients for convulsion as per their belief that it has only quick solution for our problem, but such treatment can never amount to more than symptomatic control, also they do come with lot of adverse effect and patients has to take medicines for long time. Through my study, I have found Homoeopathy offers possibility of genuine cure in majority of cases and in certain circumstances it can be combined with conventional methodology.

During my study, 50 cases were taken up at random for study. Out of 50 patients included in the study, 56% were male and 44% were female. Adolescents and old age are majorly affected. More than 95% patients were on anticonvulsant drugs. After taking case history, medicines were selected on the basis of totality of symptoms. Homoeopathy recognizes the uniqueness of each individual and treats him accordingly. The signs and symptoms effectively improved during the treatment. After prescription, the efficacy of Homoeopathic medicine proved as 2% cases showed marked improvement, 42% showed mild improvement. Convulsion severity score i. e 6 point 0 - 34 measure of convulsion (Higher the score, greater is the intensity of convulsions) improved in around 40% of cases. Statistical analysis on the sample using the t - test was done to assess the effectiveness of Homoeopathy in general for the population to manage convulsion. A paired sample test on above 5 parameters was done and then it was compared with the t statistic value at 95% confidence for degree of freedom=41 (8 cases dropped out).

In test, the null hypothesis was rejected by significant margin and hence, it proved that Homoeopathy is effective in managing convulsion cases.

## 4. Future Scope

Homoeopathy is an alternative therapy that has been used over 200 years. Homoeopathic remedies are used in convulsions to offers a genuine cure in the majority of cases. The conventional approach of anti - convulsant drugs may

provide a quick solution in that fits are controlled. However, such treatment can never amount to more than symptomatic control and complete control cannot be achieved. Many clinical trials and case - control studies have been published about the effectiveness of homoeopathic remedies for convulsions. This article reviews some of this homoeopathic application in convulsions. For studying the efficacy of Homoeopathy in cases of convulsions. i found the result to be positive. The study opens a window for new further researches on convulsions. This was a modest effort on my part to contribute in the medical community towards finding the treatment for convulsions through Homoeopathy.

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## Author Profile

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