

Efficacy of Homoeopathy in Viral Hepatitis

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Abstract: *Hepatitis is an inflammation of the liver. The condition can be self-limiting or can progress to fibrosis (scarring), cirrhosis or liver cancer. Hepatitis viruses are the most common cause of hepatitis in the world but other infections, toxic substances (e.g. alcohol, certain drugs) and autoimmune diseases can also cause hepatitis. Homoeopathy being a wholistic system of medicine not only aims in the treatment Viral Hepatitis but will also check all other symptoms associated with or without Viral Hepatitis, improving the overall quality of life of the patient, providing a complete relief both physically and mentally. An exploratory study with simple random sampling technique was carried out at Sri Guru Nanak Dev Homoeopathic Medical College & Hospital, Ludhiana. Cases were followed up to six months and assessment was done once in a month. **Objective:** this study aims to access efficacy of Homoeopathic medicines in cases of Viral Hepatitis. **Result:** the use of constitutional homoeopathic remedy has a beneficial effect in cases of Viral Hepatitis. **Conclusion:** The findings of the above study concluded that 78% of the cases responded well to the indicated Homoeopathic similimum. This study proved the Efficacy of Homoeopathy in the Cases of Viral Hepatitis.*

Keywords: Hepatitis, Viral, Liver, Fibrosis, Cirrhosis.

1. Introduction

The word Hepatitis arise from the Ancient Greek word hepar meaning 'liver', and the Latin itis meaning 'inflammation'. So Hepatitis is the inflammation of the liver. When Hepatitis caused by Virus, it is called Viral Hepatitis.

There are 5 main hepatitis viruses, referred to as types A, B, C, D and E.

[1] Hepatitis A is a liver disease caused by the hepatitis A virus. The virus is primarily spread when an uninfected (and unvaccinated) person ingests food or water that is contaminated with the faeces of an infected person. The disease is closely associated with unsafe water, inadequate sanitation and poor personal hygiene.

[2] Hepatitis B is a potentially life-threatening liver infection caused by the hepatitis B virus. It is a major global health problem. It can cause chronic infection and puts people at high risk of death from cirrhosis and liver cancer. The virus is transmitted through contact with the blood or other body fluids of an infected person

[3] Hepatitis C is a liver disease caused by the hepatitis C virus: the virus can cause both acute and chronic hepatitis infection, ranging in severity from a mild illness lasting a few weeks to a serious, lifelong illness. The hepatitis C virus is a blood borne virus and the most common modes of infection are through unsafe injection practices; inadequate sterilization of medical equipment in some health-care settings; and unscreened blood and blood products.

[4] Hepatitis D is passed on through contact with infected blood. It only occurs in people who are already infected with the hepatitis B virus. People who are not already infected with hepatitis B can therefore prevent hepatitis D infection by getting vaccinated against hepatitis B.

[5] Hepatitis E is a liver disease caused by the hepatitis E virus. The hepatitis E virus is transmitted mainly through contaminated drinking water. It is usually a self-

limiting infection and resolves within 4–6 weeks. Occasionally, a fulminant form of hepatitis develops (acute liver failure), which can lead to death.

Sign & Symptoms

Many people with hepatitis do not have symptoms and do not know they are infected. If symptoms occur with an acute infection, they can appear anytime from 2 weeks to 6 months after exposure. Symptoms of chronic viral hepatitis can take decades to develop. Symptoms of hepatitis can include: fever, fatigue, loss of appetite, nausea, vomiting, abdominal pain, dark urine, light-colored stools, joint pain, and jaundice.

2. Material and Methodology

Study setup: It is an exploratory study, with a sample size of 50 patients.

Subject: The subjects for the study were selected from patients attending OPD, IPD, and Peripheral dispensaries of Sri Guru Nanak Dev Homoeopathic Medical College & Hospital, Ludhiana.

Inclusion criteria: Patients of any age group of both sex suffering from Viral Hepatitis.

Exclusion criteria: Cases of Viral Hepatitis with complication and other pathological changes.

Intervention: Proper case taking of patient was conducted according to Homoeopathic principles and was recorded. After complete case taking, repertorization was done based on the totality of symptoms. Final prescription was based on the individualization of the patient, after consulting Materia Medica. The initial prescription of the selected medicine was done in a single dose (4 pills of globule no. 30) followed by placebo (4 pills of undedicated globules no. 30). The follow-up was done monthly for up to 6 months through scheduled visits, to monitor the condition of the patient.

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Study parameter: Observations were made according to the changes in the symptoms of patients.

3. Outcome of the Study

Out of 50 cases 39 cases showed improvement, whereas 7 Patients remain not respond, and 4 Patients discontinue the treatment.

In maximum number of cases Poor hygiene of food and drinks, iv abuse found to be main cause of Viral Hepatitis. During the study Chelidonium majus, Mercurius, Phosphorus, Lycopodium found useful in maximum number of cases.

4. Conclusion

A total no. of 20 medicines were found to be useful in the treatment of Viral Hepatitis. The study proved the efficacy of Homoeopathy in the cases of Viral Hepatitis.

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6. Conflict of Interest

The author declares that there is no conflict of interest.

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