

A pilot Study of effectiveness of Homoeopathic Treatment in Management of Alcoholism

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Conducted At ATMTHA KENDRAM, Chabganacherry, Kottayam District, Kerala, S.INDIA

Introduction

Alcohol dependence syndrome - a neurological disorder is one of the major health/social/economic problem in Kerala. Alcoholism is a "dual disease" since it includes both mental and physical components. Long-term alcohol abuse produces changes in the brain's structure and chemistry such as tolerance and physical dependence. These changes maintain the person with alcoholism's compulsive inability to stop drinking and result in alcohol withdrawal syndrome if the person stops. Alcohol damages almost every organ in the body, including the brain. The cumulative toxic effects of chronic alcohol abuse can cause both medical and psychiatric problems. So it is a health issue rather than a social issue for any physician of any system of therapeutics. Homoeopathy put this disease under the most virulent and destructive miasmatic disorder, Syphilitic Miasm.

AIMS & OBJECTIVES OF STUDY

1. To test whether the employment of Homoeopathic medicine according to the theory of individualization is effective in the management of Alcoholism.
2. To test whether the application of software repertorization in clinical practice is beneficial in the management Alcoholism.
3. To classify Alcoholic dependency syndrome miasmatically and thus to suggest Homoeopathic prognosis for the same.
4. To identify A most effective medicine with potency and dosage to manage 80% of cases of Alcoholism.
5. To prove the scientificity of Homoeopathy by a study in the treatment of 'so called' Social curse.
6. To provide safe treatment for withdrawal symptoms and diseases arising out of alcoholism.
7. To cut short the side effects of treatment for alcoholism
8. To cut short the cost of medicines in treatment of alcoholism
9. To show provide an effective treatment for Alcoholic addicts without consent of patient.

MATERIALS AND METHODS MATERIAL AND METHODOLOGY

The study was conducted in the Athmatha Keendram Changanacherry with the support of The Homoeopathic Multi Specialty Referral Hospital & Research Center, Changanacherry – 1, Kottayam (Dist.) Kerala.

Patients belonging to different socio economic and age groups were selected for the purpose. Patients who have been suffering from alcoholism within last 2 years or more duration were selected for this study. Bystanders of unwilling patients are also entrusted to join in the project. Patients and bystanders visited us in a weekly basis on every Friday at Atmatha Kendram.

Detailed histories of addiction & illnesses were elicited from all the patients/bystanders according to the Homoeopathic method of case taking. Abdominal palpation and conducted to elicit clinical signs of

hepatomegaly& cirrhosis of liver. Patients were sent for ultra sound scanning to detect the Hepatomegaly and cirrhotic changes as and when required.

74 patients were included in the study, Medicine were selected and administered in accordance with the Homoeopathic principles.

Each case reviewed every week for clinical evaluation. Each case followed up for 6 months.

RESULTS AND DISCUSSION

TABLE 1

Male & Female RATIO

Male	74
Female	0

100% alcoholic addicts in these studies are male patients

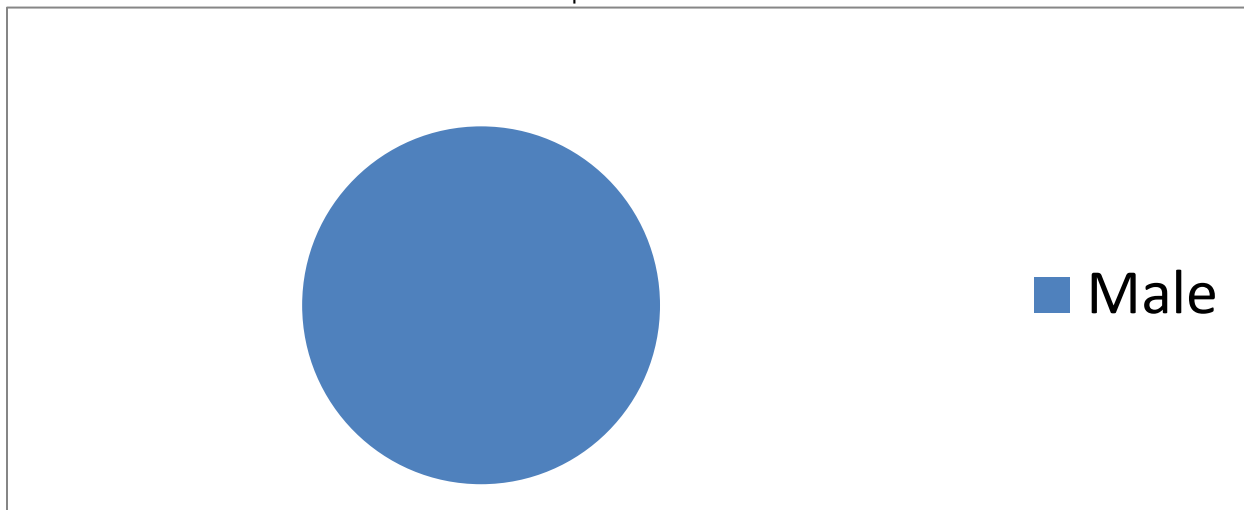
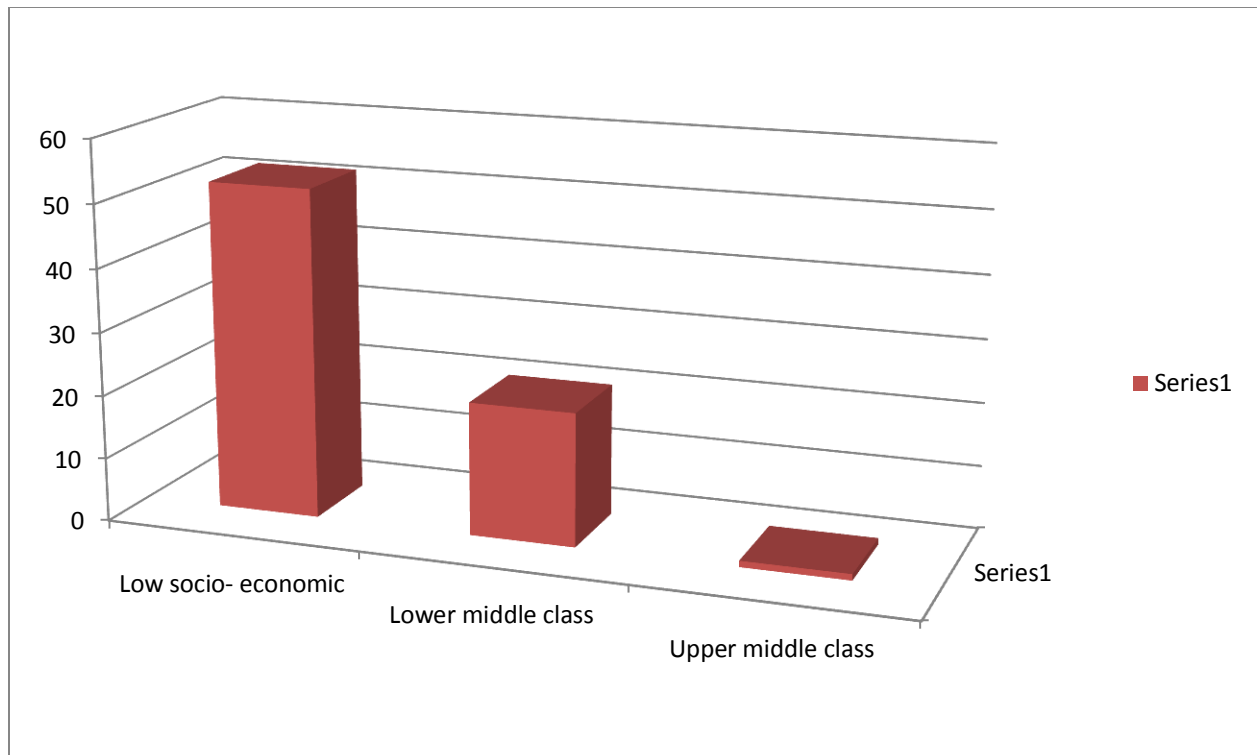


TABLE - II

Socio economic Status

Low socio- economic	52
Lower middle class	21
Upper middle class	1

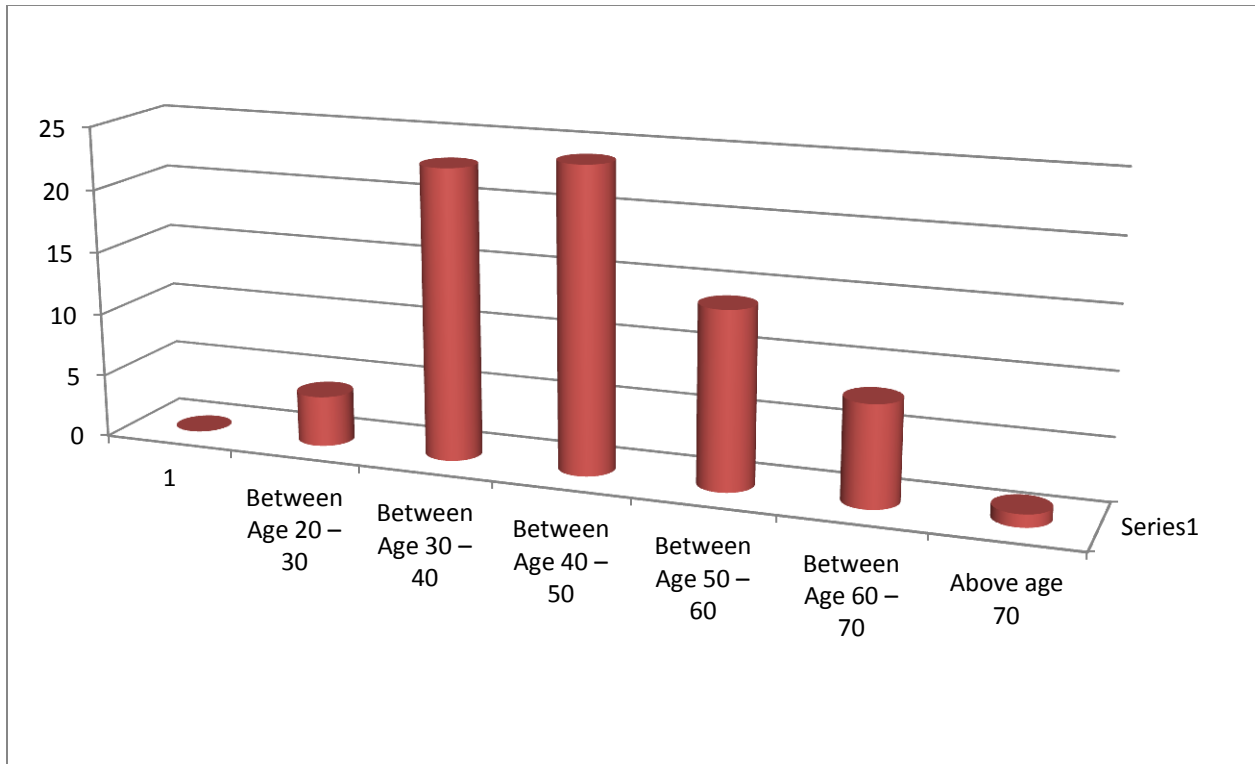


This study reveals that 70.27% of alcoholics are from Low Socio Economic Status and 28.37 % are from low Middle class and 0.013% from Upper middle class.

TABLE - III

Age wise Distribution

Between Age 10 - 20	0
Between Age 20 - 30	4
Between Age 30 - 40	23
Between Age 40 - 50	24
Between Age 50 - 60	14
Between Age 60 - 70	8
Above age 70	1

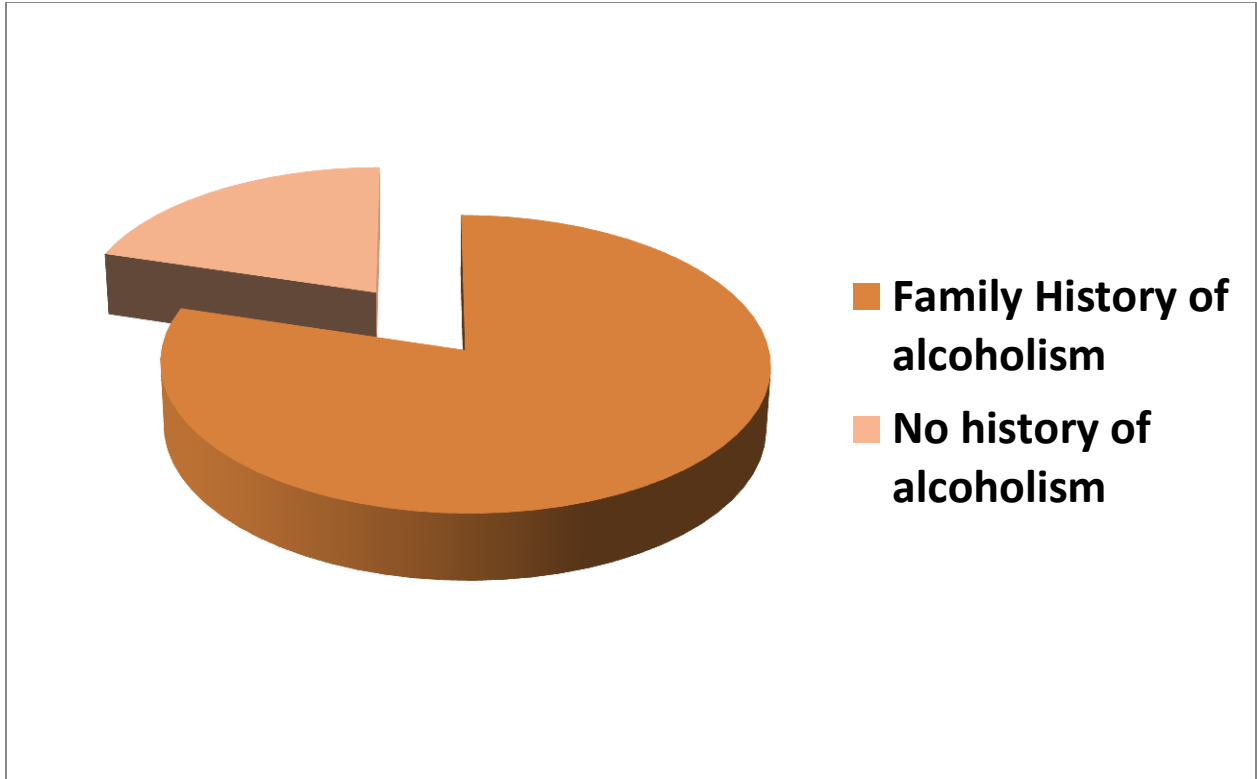


This pilot study reveal the fact that 0% alcoholics Between Age 10 - 20,5.4% of alcoholics are Between Age 20 - 30,31.08% of alcoholics are Between Age 30 - 40,32.43% of alcoholics are Between Age 40 - 50,18.91% of alcoholics are Between Age 50 - 60,10.81% of alcoholics are Between Age 60 - 70, 1.35% of alcoholics are Above age 70.

TABLE - IV

Family History of alcoholism

Family History of Alcoholism	51
No family History of Alcoholism	23

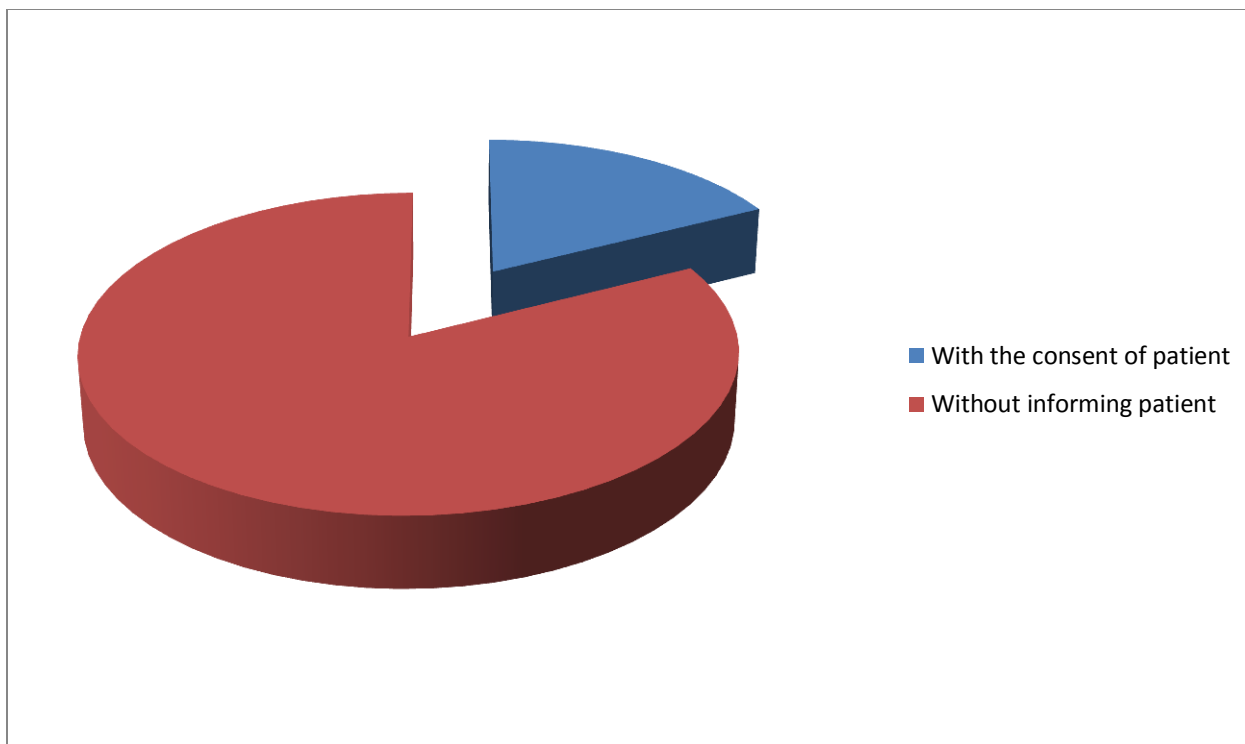


This Study relieved that **70% Alcoholism are hereditary**

TABLE - V

Awareness of patients as a disease

With the consent of patient	13
Without informing patient	61

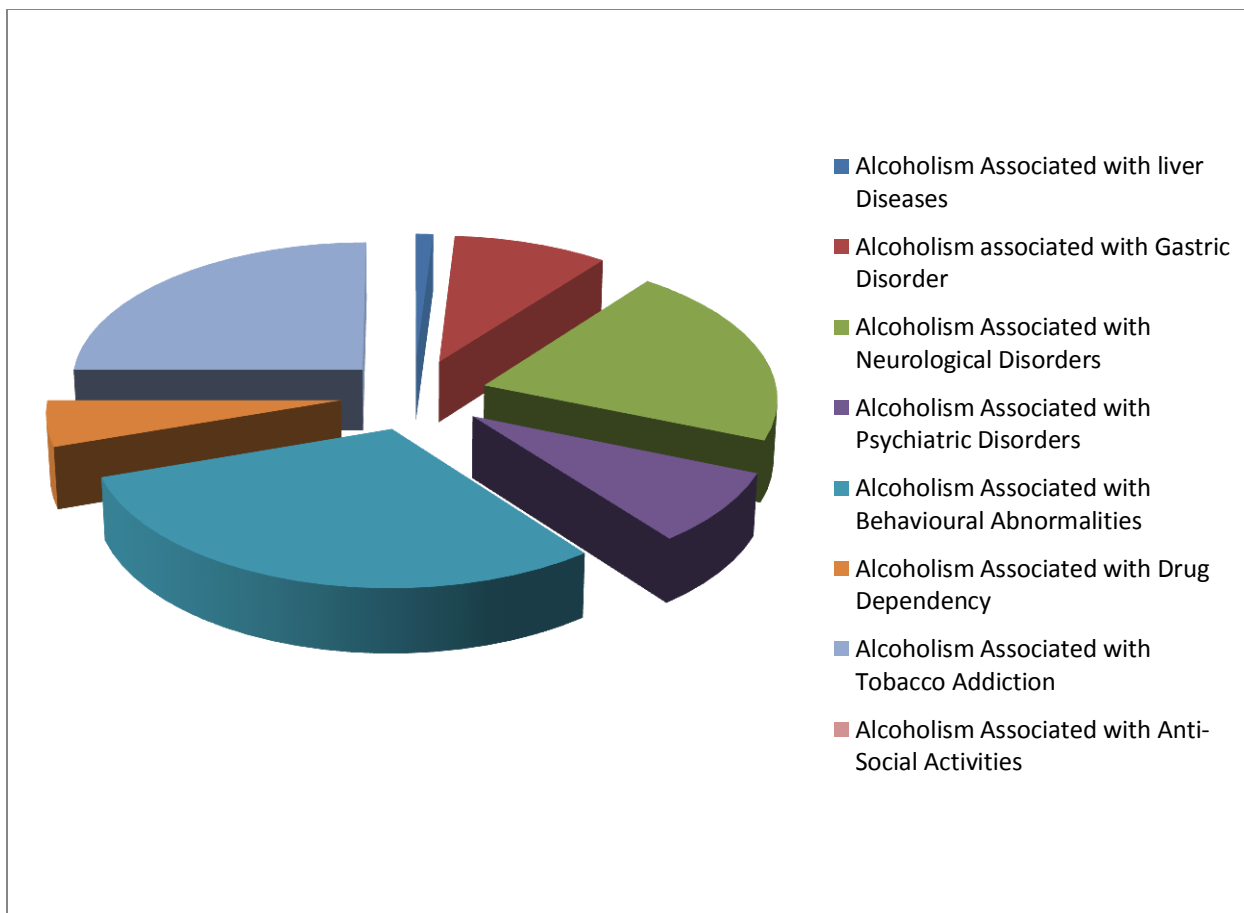


This study revealed that 82.43% of alcoholics are not willing to accept it as a disease and they hesitate to take treatment and 17.56% patients recognize that it is a disease and they are ready for treatment.

TABLE - VI

Associated Disease

Alcoholism Associated with liver Diseases	1
Alcoholism associated with Gastric Disorder	9
Alcoholism Associated with Neurological Disorders	20
Alcoholism Associated with Psychiatric Disorders	8
Alcoholism Associated with Behavioural Abnormalities	29
Alcoholism Associated with Drug Dependency	5
Alcoholism Associated with Tobacco Addiction	24
Alcoholism Associated with Anti-Social Activities	0

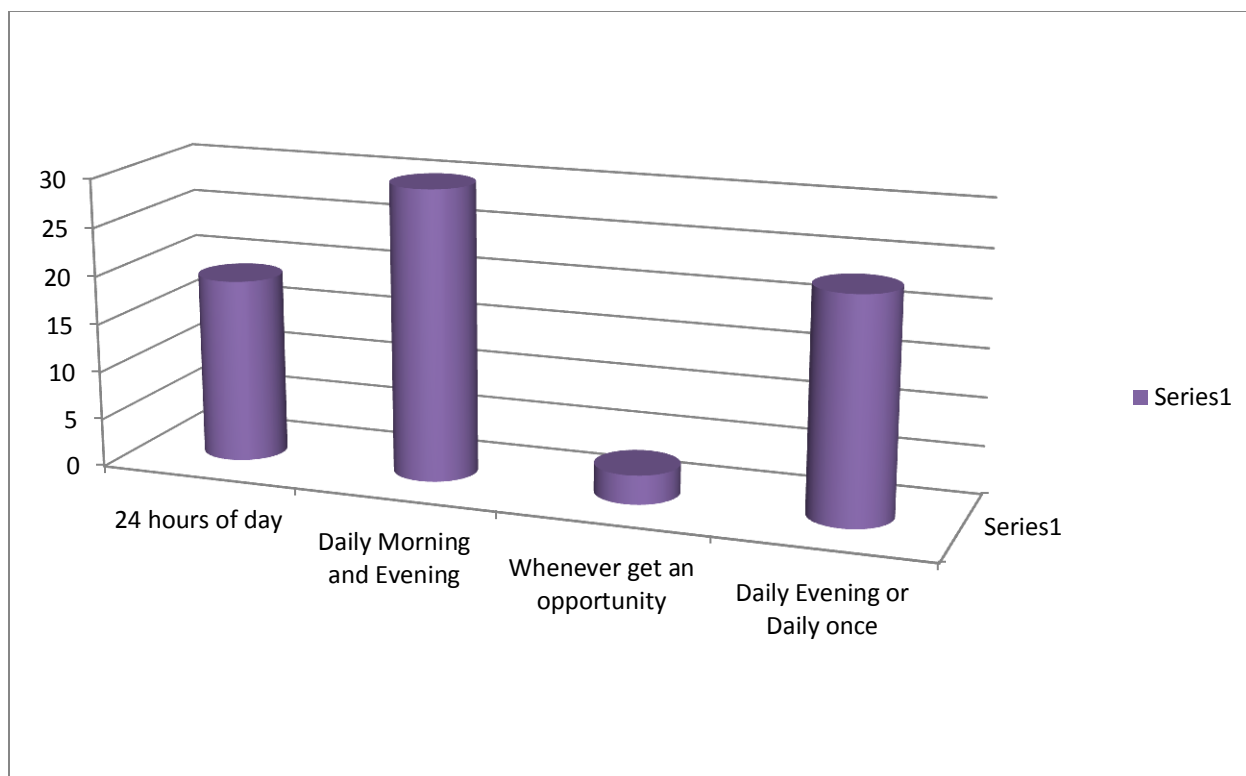


This study revealed that 0.01% Alcoholics are suffering from other diseases too. 0.04% of patients are suffering from Alcoholism Associated with liver Diseases. 9.37% of patients are suffering from Alcoholism associated with Gastric Disorder. 20.83% of patients are suffering from Alcoholism Associated with Neurological Disorders, 8.33% of patients are suffering from Alcoholism Associated with Psychiatric Disorders, 30.2% of patients are suffering from Alcoholism Associated with Behavioural Abnormalities, 5.20% of patients are suffering from Alcoholism Associated with Drug Dependency, 25% of patients are suffering from Alcoholism Associated with Tobacco Addiction, 0.01% of patients are suffering from Alcoholism Associated with Anti-Social Activities.

TABLE – VII

Frequency of Consumption

Frequency of consumption	
24 hours of day	19
Daily Morning and Evening	29
Whenever get an opportunity	3
Daily Evening or Daily once	23
Alternate Day	
Once in every 3 days	
Once in 4 days	
Once in 5 days	
Once in a week	
Social Drinking	

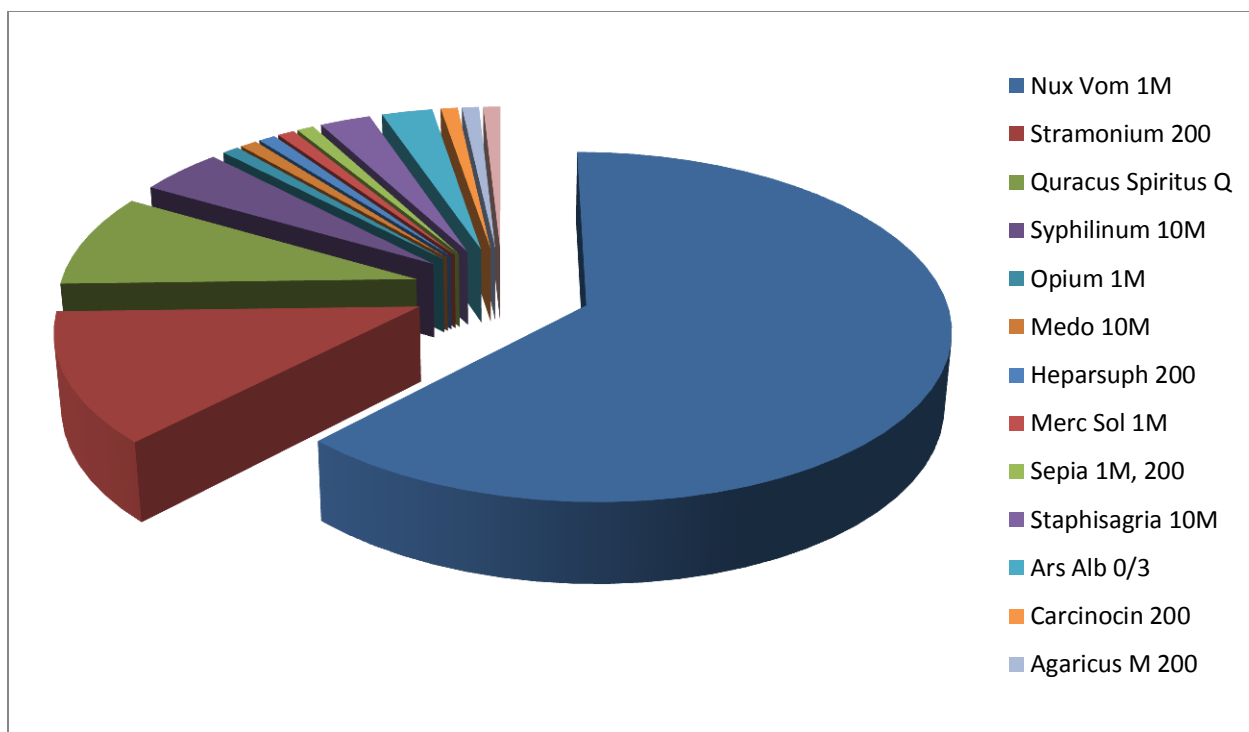


This Study Revealed that 25.67% of patients has been consuming alcohol 24 hours of day,39.18% of patients has been consuming alcohol Daily Morning and Evening,4.05% of patients has been consuming alcohol Whenever get an opportunity,31.08% of patients has been consuming alcohol Daily Evening or Daily once.

TABLE – VIII

Efficacy of Homoeopathic Medicines

Medicines Given /potency	No of patients/times	Dosage
Nux Vom 1M	71	
Stramonium 200	14	
QuracusSpiritus Q	10	
Syphilinum 10M	5	
Opium 1M	1	
Medo 10M	1	
Heparsuph 200	1	
Merc Sol 1M	1	
Sepia 1M, 200	1	
Staphisagria 10M	3	
ArsAlb 0/3	3	
Carcinocin 200	1	
Agaricus M 200	1	
Tuberculinum	1	



This study revealed that 67.5 % cases cured . Nux Vom 1M BD found effective in 70% Stramonium 200, Quracus Spiritus Q, Syphilinum 10M, Opium 1M, Medo 10M, Heparsuph 200, Merc Sol 1M, Sepia 1M, 200, Staphisagria 10M, ArsAlb 0/3, Carcinocin 200, Agaricus M 200, Tuberculinum are found effective in 2% each in individual cases (Total 26%) and Homoeopathic medicines produces no effect in 6.5 % of cases.

TABLE – IX

Result of Medicines given for Alcoholism

Result – I (Alcoholism)	
Died During treatment	1
Worsened	
Referred to Modern Medicine	
Referred to Ayurveda	
Referred to Other System of treatment	
Referred for counselling along with treatment	1
Not relived and Discontinued	7
Not relived and Continuing	10
Relieved and Discontinued (Abstained)	6
Relieved and continuing	44
Relieved but Started Drinking later	5

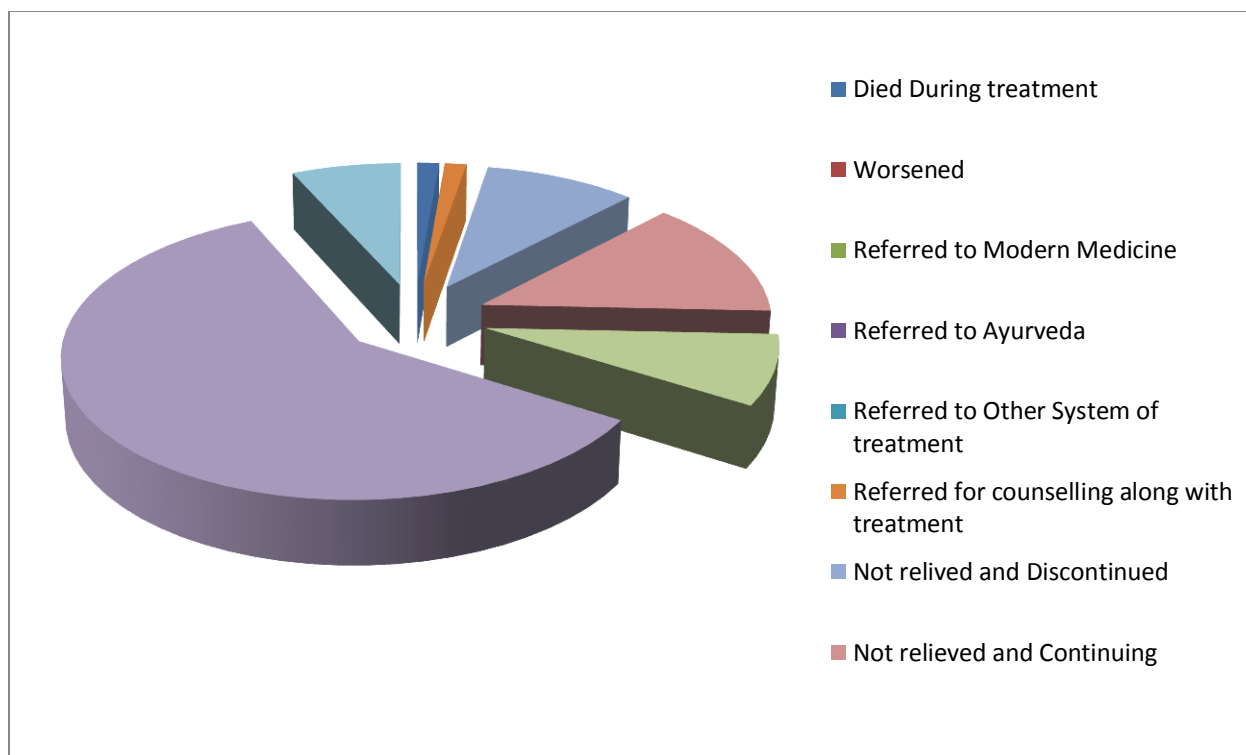


TABLE – X

Result of Medicines given for accompanying Diseases

Result - II	Relieved	Not relieved
Liver Disease		
Parenchymal Liver Disease		1
Cirrhosis		
Toxic hepatitis	1	1
Other liver diseases		1
GI		
Haemorrhoids	5	2
APD	1	2
GERD	1	
Peptic ulcer	1	1
Others		
Neurological		
V E	1	
W S	1	
Sleeplessness	11	
Migraine		
Others		
Psychiatric		
Violence – Mania	4	1
Schizophrenia		
Paranoia		
Unipolar MDP Depression		
Anxiety Neurosis		
Delusion Disorders		
OCN		
Other Diseases		
Allergic Rhinitis	3	

Diabetes Mellitus	1	5
Locomotor Disorders		
Bronchial Asthma	2	2
Hypertension		2
Hyperlipidemia		2
Cancer		1
Oesophagialvarices	1	
Nocturnal Enuresis	1	
Varicose vein	1	1

CONCLUSION

In this present study Alcoholism most commonly found in the age groups of 30 - 50 years and the incidence most common in Middle when comparing to the Upper and lower classes. Homoeopathic medicine found most effective in the treatment (67.5 %) is NUX VOMICA in 1M potency 2 doses daily morning and evening. Stramonium 200, Curacus Spiritus Q, Syphilinum 10M, Opium 1M, Medo 10M, Heparsoph 200, Merc Sol 1M, Sepia 1M, Staphisagria 10M, ArsAlb 0/3, Carcinocin 200, Agaricus M 200, Tuberculinum, are other remedies found effective in individual cases.

The selection of potency was done considering the stage of alcoholism, the intensity and frequency of the intake and the sensitivity of the individual patients. The dose were repeated 2 doses per day as patient is having temptation to take alcohol twice a day in majority of cases. Many cases improved within 3 months and majority got relief by the sixth month. Permanent damage to the liver and other affected organs shall also be managed with medicines but proper investigation is necessary to avoid causalities.

This study reveals 3 major findings.

1. Alcoholism shall be treated without consent and knowledge of patient with Homoeopathic medicines..
2. Homoeopathic medicines shall offer 67.5% result in alcoholism within 180 days.
3. NUX VOMICA 1M twice a day is highly effective in management of alcoholism.

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