



Unveiling The Cause Of Acute Diseases In Pediatric Age Group Approaching Homoeopathic Care - A Retrospective Study

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Abstract: Almost one-fourth of India's population comprises of children in the age group of 0-14 years.¹ Common pediatric illness are sore throat, skin infections, gastroenteritis, common cold, bronchitis, otalgia etc.,² Because of its safety and apparent effectiveness in comparison with other medical treatments of its day, homeopathic practice quickly spread to the rest of Europe, the United States, Central and South America, and India. This is a retrospective study conducted on 100 pediatric patients who visited the Outpatient Department of Sarada Krishna Homoeopathic Medical College and Hospital with acute illnesses. The patients included for the study were between the age group of 1 to 18 years, both sexes. Acute respiratory illness like acute bronchitis and acute rhinitis peaked among the others diseases. Male preponderance and first decade of life affected more when compared to the second decade. Most common cause of acute disease was exposure to cold weather. Predominantly used remedies were Arsenicum album, Rhus toxicodendron, Pulsatilla nigricans, Bryonia alba, Tuberculinum. This study reveals that an ample amount of pediatric wards visit the homeopathic OPD's for acute ailments bearing various causes. Common acute diseases condition involves the respiratory system comprising more than 80 cases out of 100 with male preponderance and first decade of life. Ninety two cases belonged to the homeopathic classification of acute individual disease.

Index Terms: Acute diseases, Homoeopathy, Pediatric age.

INTRODUCTION

Almost one-fourth of India's population comprises of children in the age group of 0-14 years.¹ Common pediatric illness are sore throat, skin infections, gastroenteritis, common cold, bronchitis, otalgia etc.,² Homeopathy is one among the most common practices in the pediatric population. According to a survey by Spiegelblatt et al of the use of complementary and alternative medicine (CAM) in pediatrics, HPs and NDs were the second and third most frequently consulted CAM practitioners.³ Because of its safety and apparent

effectiveness in comparison with other medical treatments of its day, homeopathic practice quickly spread to the rest of Europe, the United States, Central and South America, and India. According to the World Health Organization, homeopathy is the second most commonly used form of health care in the world after herbal medicine. In India, where there are more than 100,000 homeopathic physicians, homeopathy is practiced in the National Health Service. Homeopathy is used to treat many common acute and chronic pediatric problems. Treatment by a homeopathic professional involves an extensive interview and evaluation that takes into account many things about the child, including physical health problems, family history, sleep patterns, food preferences, temperament, and behavioral patterns. Since homeopathic medicines are so dilute, they are extremely safe for children. Most remedies are administered orally on sucrose or lactose pellets that are sweet tasting and dissolve on the tongue. Even patients hospitalized in the ICU can safely receive homeopathic medicines (to reduce pain or nausea or enhance recovery from trauma, for example).⁴

AIM OF STUDY

To find out the predominant acute illnesses among the pediatric age group visiting the homeopathic outpatient department. To find out the cause of acute illnesses in pediatric age group and the various homeopathic medicines in treating acute illnesses.

MATERIALS AND METHODS

Source of data: A cohort of 100 cases having acute diseases were selected from the outpatient department of Sarada Krishna Homeopathic Medical College and hospital, Kulsasekharam.

Sampling technique: 100 patients using purposive sampling

Data collection method:

The target sample included patients who had complaints of acute diseases between the age group of 1 to 18 years of age. The symptoms of the patients were recorded in standardized case record format of Sarada Krishna Homeopathic Medical College and Hospital. After analysis the patients were prescribed with homeopathic medicines based on their acute totality and the potency selection was based on homeopathic principles.

Inclusion criteria:

Patients with complaints of acute illness aged between 1 to 18 years considering both sexes

Exclusion criteria:

Age group below 1 year and above 18 years . Patients not having acute injuries. Cases in which surgical intervention is required

Selection of tools:

- Pre – structured, standardized case record format of Sarada Krishna Homeopathic Medical College and Hospital.

Outcome assessment:

- Different types acute ailments encountered by the patients
- Cause of acute illnesses and the homeopathic medicines prescribed

Data analysis:

Data are represented in bar diagram and pie charts.

OBSERVATION & RESULTS

In this study of 100 pediatric cases, the distribution of conditions reveals that Acute Bronchitis is the most prevalent, accounting for 52 cases (52%), followed by Acute Rhinitis with 30 cases (30%). Other conditions include Acute Tonsillitis (7 cases, 7%), Acute Gastritis (3 cases, 3%), and Acute Dermatitis (3 cases, 3%). Acute Injury and Musculoskeletal (MSK) Strain each comprise 2 cases (2%), while Acute Eye Strain represents the least common condition with just 1 case (1%). This distribution underscores the significant prevalence of respiratory conditions among pediatric patients.

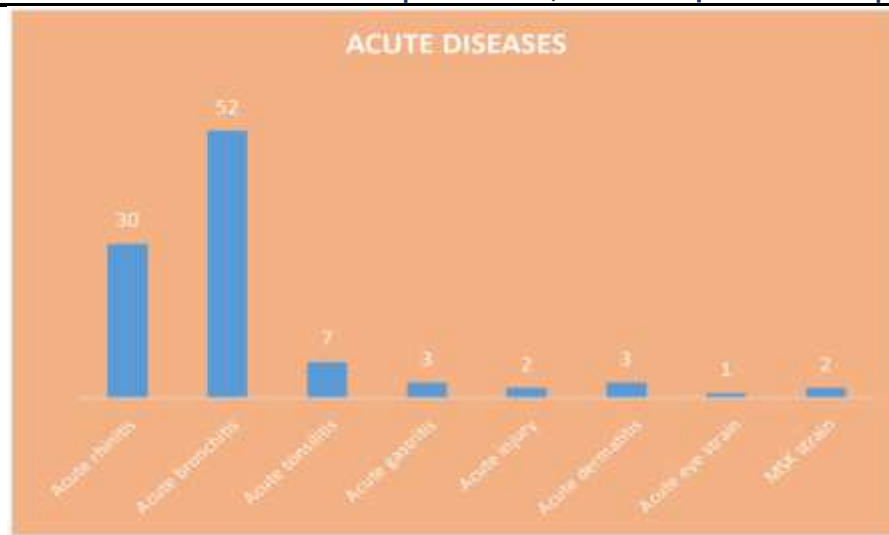


Figure 1. Common acute diseases in pediatric age group

In the review of 100 cases collected, the following medicines were used, organized by frequency: Arsenicum Album was the most commonly used remedy, with 24 cases, followed by Rhus Toxicodendron at 17 cases and Pulsatilla at 12 cases. Bryonia accounted for 10 cases, while Tuberculinum was used in 5 cases. Several remedies, including Phosphorus, Natrum Sulphuricum, Anti-Tartar, Silicea, and Calcareo carbonica, each represented 2 cases. The remaining remedies, including Hepar Sulphuris, Arnica, Belladonna, and others, were each used in 1 case.

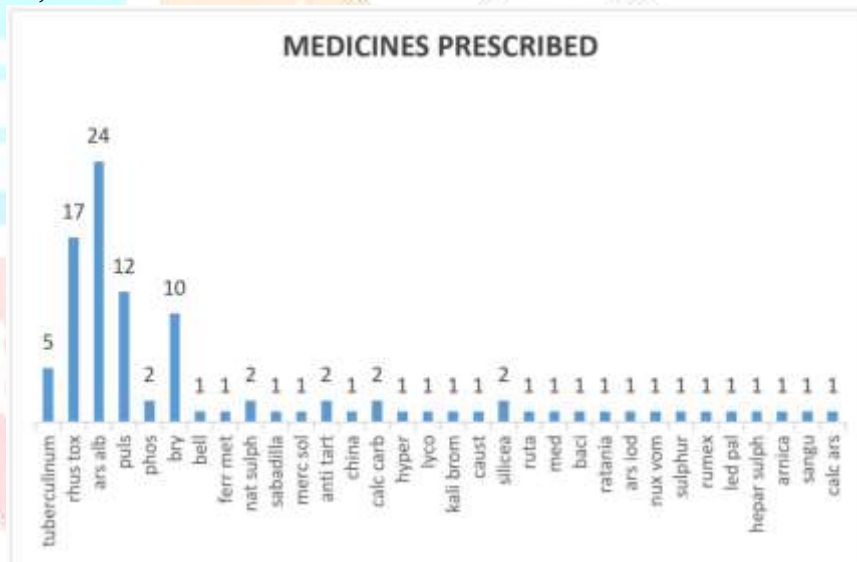


Figure 2. Predominantly used medicines

In the analysis of 100 cases, the leading factors contributing to acute illnesses were identified. The most significant cause was drenching in rain, reported in 34 cases, followed by cold exposure in 23 cases and cold food in 20 cases. Bathing in falls, ponds, or rivers accounted for 12 cases, while slip and fall incidents, along with stress and strain, were noted in 5 cases. Additionally, both hotel foods and the ill effects of creams and drugs were implicated in 3 cases each. This distribution highlights the varied environmental and dietary factors associated with acute health issues.

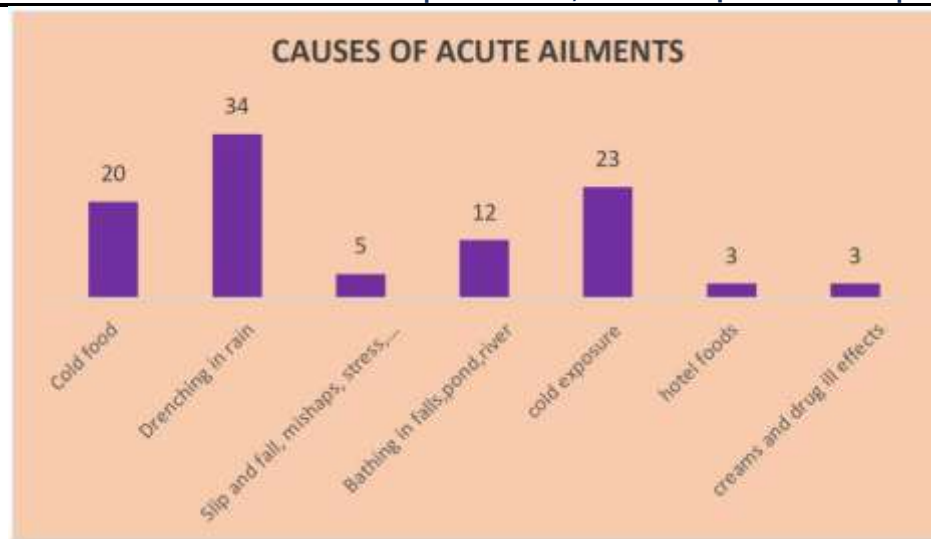


Figure 3. Predominant causes leading to the acute illness

DISCUSSION

In the article, “Paediatric homoeopathy in Germany: results of the German health interview and examination survey for children and adolescents (KiGGS)” states that a significantly higher prevalence rate was found in the 0–6 year age group consuming homoeopathic medicines for their ailments, similarly our study reveals that the highest number of pediatric cases that approach the homeopathic OPD’s are in the first decade of life.³

In the study “Epidemiology of Acute Lower Respiratory Disease in Children” they state that children may experience six to eight acute respiratory illnesses per year, many of which, particularly in infancy, will involve the lower respiratory tract. Also in our study lower respiratory affection accounts upto 52 cases out of 100.⁴

In the study, “The clinical course of acute upper respiratory tract infection with homoeopathic treatment in children” Arsenicum album and Pulsatilla were most predominantly used in treating. Our study stands along with this by stating the usage of Arsenicum album in 24 cases and Pulsatilla in 12 cases out of 100.⁵

“Common cold, Fever and its homeopathic management in pediatric age group” states that the peak incidence occurs in the fall and winter months when respiratory viruses, such as rhinoviruses are more active. Our study reveals that most acute diseases developed after exposure to cold weather.⁶ This also aligns with the study “A retrospective study on the role of seasonal variation in the incidence of acute bronchitis and its homoeopathic management.”⁷

CONCLUSION

This study reveals that an ample amount of pediatric wards visit the homeopathic OPD’s for acute ailments bearing various causes. Common acute diseases condition involves the respiratory system comprising more than 80 cases out of 100 with male preponderance and first decade of life. Ninety two cases belonged to the homoeopathic classification of acute individual disease.

Conflict of interest: Nil

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