

Case Study

Utility of Homoeopathic Medicines in Clinical Practice Relating to Typhoid Fever

Pramod Kumar Bisen* and Bharat Choudhary

RKDF Homoeopathic Medical College Hospital & Research Centre, Bhopal, India-462026

ABSTRACT

Typhoid is one of the most serious infectious bacterial diseases in third world countries. It is usually treated by traditional antibiotics but due to the appearance of antibiotic resistant strains physicians opt for phyto products and other alternative medicines for the treatment of typhoid. Typhoid or enteric fever is a condition in which there is an insidious fever, a typical course of temperature, marked abdominal symptoms.

Typhoid fever is most prevalent in developing countries where sanitary water and sewage systems are lacking. Persons with typhoid fever usually have a sustained fever as high as 103° to 104° F (39° to 40° C). Typhoid fever is an acute illness that caused by salmonella typhi organism that characterized by fever, headache as abdominal symptoms or constipation, pea soup diarrhoea, with splenomegaly and leucopenia, the enteric fever has been used in medical literature to describe the typhoid and para typhoid fevers. Enteric fever is observed all through the year, the peak incidences is reported during July to September. This period coincides with rainy season and increase in fly population.

The bacilli are found in water, ice, food, milk, and soil for varying periods of time. Typhoid bacilli do not multiply in water, many of them perish within 48 hours, but some may survive for about 7 days. Typhoid fever is transmitted via faeco-oral route or urine oral routes. This may take place directly through soiled hands contaminated with faeces or urine of cases are carriers or indirectly by the ingestion of contaminated water, milk, food or through flies.

The disease remains an important public health problem in developing countries in 2000, it was estimated that over 2.16 million episodes of typhoid occurring worldwide, resulting in 2,16,000 deaths and that more than 90% of this morbidity and mortality occurred in Asia. The present studies found that administration of Homoeopathic medicines possibly caused a salmonella-like reaction in the body as this extract produces an endogenous antibody similar to salmonella reaction. Homoeopathy view microorganisms not as the cause for disease but rather as opportunist invaders to an already weakened body. The disease diagnosis is important but in Homoeopathy, the cause of disease is not just probed to the level of bacteria and viruses. Homoeopathic medicine stimulates the natural healing power of the body and the illness is driven outward and thrown off. Homoeopathy is well known for the treatment of chronic illness. But even acute cases show quick response without side effects. Modern medical system treats typhoid fever through a long course of antibiotics taking several weeks. Homoeopathic treatment is usually very effective and prompt in treating typhoid fever. Homoeopathic remedy selected according to the symptoms does not take too long in curing the typhoid fever completely.

Thus, this study suggests that Homoeopathic medicines can be used for the prevention and treatment of typhoid.

Keywords: Typhoid Fever, Homoeopathic Medicines, treatment



QR Code for Mobile Users

Address for Correspondence:

Dr. Pramod Kumar Bisen

RKDF Homoeopathic Medical College Hospital & Research Centre, Bhopal, India-462026

Conflict of Interest: None Declared!

INTRODUCTION:

Typhoid, also known as enteric fever, is an acute symptomatic infection caused by the *Salmonella typhi* bacteria. It is commonly associated with high-grade fever, headache, delirium, and abdominal ailments. Symptoms appear between six to 30 days after exposure. Typhoid spreads through contaminated water or food and sometimes through close contact with the infected. Persons suffering from typhoid experience continuous low-grade fever that increases daily, going as high as 104.9 F. They may develop skin rash with rose colored spots. Typhoid fever, if not treated well in time, can lead to life-threatening complications such as intestinal bleeding and perforations. Top grade Homeopathic medicines for typhoid are Baptisia, Rhustox, Bryonia, Phosphorus, sulphur, Arnica, Muriaticum Acidum and Arsenic Album etc.

Typhoid fever, also known simply as typhoid or enteric fever, is a bacterial infection due to a specific type of *Salmonella* that causes symptoms. Symptoms may vary from mild to severe, and usually begin 6 to 30 days after exposure. Often there is a gradual onset of a high fever over several days. This is commonly accompanied by weakness, abdominal pain, constipation, headaches, and mild vomiting. Some people develop a skin rash with rose colored spots. In severe cases, people may experience confusion. Without treatment, symptoms may last weeks or months. Diarrhoea is uncommon. Other people may carry the bacterium without being affected, but they are still able to spread the disease to others. Typhoid fever is a type of enteric fever, along with paratyphoid fever.

The cause is the bacterium *Salmonella enterica* subsp. *enterica* serovar Typhi growing in the intestines and blood. Typhoid is spread by eating or drinking food or water contaminated with the feces of an infected person. Risk factors include poor sanitation and poor hygiene. Those who travel in the developing world are also at risk. Only humans can be infected. Symptoms are similar to those of many other infectious diseases. Diagnosis is by either culturing the bacteria or detecting their DNA in the blood,

stool, or bone marrow. Culturing the bacterium can be difficult. Bone-marrow testing is the most accurate. A typhoid vaccine can prevent about 40 to 90% of cases during the first two years. The vaccine may have some effect for up to seven years. For those at high risk or people traveling to areas where the disease is common, vaccination is recommended. Other efforts to prevent the disease include providing clean drinking water, good sanitation, and hand washing. Until an individual's infection is confirmed as cleared, the individual should not prepare food for others. The disease is treated with antibiotics such as azithromycin, fluoroquinolones, or third-generation cephalosporins. Resistance to these antibiotics has been developing, which has made treatment of the disease more difficult. The conventional system of medicines uses antibiotics to treat this condition. Unfortunately, since the medicines are expensive and this kind of treatment produces drug resistant cases leading to its complications. Homoeopathy is equally effective, cheaper with no hazardous signs as compared to other systems of medicines. Correct prescription is based on what is unique about each case, to remove such things different homoeopathic base of prescription is required. Patients seeking homoeopathic treatment are usually acute or chronic cases in nature with acute exacerbation, need to be treated by constitutional medicines to prevent recurrence and complete cure. There are various remedies in homoeopathy which are useful in treatment of urinary tract infections. Hence my aim is to study the role of Homoeopathic Medicine in the management of Typhoid fever. Homeopathy can provide best treatment for typhoid fever without any local or systemic side effects. Homeopathy has an effective role to play in management and also in prevention of typhoid fever. There are medicines which can build up immune system and prevent further recurrence of typhoid, when maintained with proper lifestyle and hygiene. Homoeopathy views microorganisms not as the cause for disease but rather as

opportunistic invaders to an already weakened body. The disease diagnosis is important but in homoeopathy, the cause of disease is not just probed to the level of bacteria and viruses. Homoeopathic medicine stimulates the natural healing power of the body and the illness is driven outward and thrown off. Homoeopathy is well known for the treatment of chronic illness. But even acute cases show quick response without side effects. Modern medical system treats typhoid fever through a long course of antibiotics taking several weeks. Homoeopathic treatment is usually very effective and prompt in treating typhoid fever. Homoeopathic remedy selected according to the symptoms does not take too long in curing the typhoid fever completely.

Aim

To establish the utility of Homoeopathic medicines in the management of Typhoid Fever.

Objectives

The overall objective of the study was to explore the utility of Homoeopathic medicines in the management of Typhoid fever. Specifically, the study attempted to find out the following.

- To study the clinical presentation of Typhoid fever.
- To study the utility of Homoeopathic medicines in the management of Typhoid fever.
- To study control and prevention of Typhoid fever.

Research question

Whether Homoeopathic medicines play any significant role in the management of Typhoid fever?

Hypothesis

Null hypothesis

Homoeopathic medicines having no significant role in the management of Typhoid Fever.

Result and conclusion

My study was done on the topic 'Utility of Homoeopathic medicine in clinical practice relating to typhoid fever.

The study is conducted in college OPD and IPD. For the purpose of study patients were selected from college OPD and IPD patients. Design for my research study is a

prospective study before and comparison studies after research. Samples for study were selected randomly according to inclusion and exclusion criteria.

The sample sizes of 30 cases were divided. Investigations were done for knowing the effects of medicines before and after treatment.

Statistical analysis was met the end of study to see the utility of medicines in the management of typhoid. The Conclusions Were Made Accordingly the end of study, which is as follows.

Gender incidence

During study it is found that typhoid is more prevalent in children as compared to males and females. Among the total 30 cases 23 (76.66 %) were the males, 7 (23.33%) were the female.

Fundamentalisms

Out of 30 cases, fundamental miasms of most of cases are psora in background, as compared to sycosis and syphilis.

From this we could understand that majority of typhoid cases present in psoric phase.

So, after study, the conclusion is made that total recovered cases are 23 in number i.e. 76.66%. Improved cases were 4 in number that is 13.34%, not improved cases were 3 in number i.e. 10%.

Thus after doing the analysis of the results obtained, it is found that Homoeopathic medicines are useful in the management of typhoid fever.

The second objective of my study is exploring the 'Efficacy of Homoeopathic medicines in the management of typhoid many cases were observed out of which 30 cases were taken for study, 10 cases were prescribed Aconite and 3 were prescribed Ars. Alb, 3 were ferrum phos, 2 belladonna, 2 rhostox 1a antim tart, 1 bryonia alba, 1 cina, 1 Eupatorium, 1 lachesis, 1 nuxvom., 1 merc sol, 1 pulsatilla, 1 phosphorus and 1 baptisia. These medicines have very good role in typhoid. These medicines were prescribed on the basis of totality of symptoms and repertorisation. It is observed that results obtained at the end of study are Homeopathic are useful in the management of typhoid in clinical practice. These medicines treat the disease in a most safe way without producing

any complications.

REFERENCES

1. Dr. Harrison's. Harrison's Principles of Internal Medicine Vol. II. Mc Graw-Hill medical publishing division. 2012, 8th edition, 2387-2395.
2. API Textbook of Medicine Vol. II Siddharth N. Shah The Association of Physician- India 2009 9th edition, 1316 -1318.
3. Davidson's Principles & Practice of Medicine Sir Stanley Davidson Elsevier 2010, 21st edition, 460 -472.
4. The TIMOTHY B. Jain Reprint 1995, 526 -Encyclopedia of F. ALLEN Publishers Edition, 544 Pure Materia PVT.LTD Medica, Vol-VIII.
5. Pocket Manual of Homoeopathic Materia Medica With Indian Medicine & Repertory William Boericke Indian Books and Periodicals Publishers Reprint Edition 1999, 61-64, 575 -576.
6. Materia Medica Of Homoeopathic Medicines Dr. S. R. Phatak B. Jain publishers PVT. Ltd Second Revised Enlarged 2014, 6165-624.
7. Dictionary of J.H Clarke, B. Jain Reprint 1999 138 - Practical publishers Edition 145 Materia Medica PVT. Ltd. Vol I.