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**A STUDY ON EFFICACY OF LM POTENCY IN PSYCHOSOMATIC DISORDERS**

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**ABSTRACT**

*Homeopathy is a complete scientific system. It is an art and science. No doubt, LM potencies have a role or scope in each and every field of medicine. You take a name of disease & answer is in homoeopathy. In all studied cases medicine is given by constitutional approach only in LM scales. Post treatment analysis shows a significant reduction in the level of complaints its manifestations after homoeopathic treatment. This exemplifies that a well – selected homoeopathic simillimum in LM scale will act favorably irrespective of the severity of the clinical condition.*

**Key Words:** Psychosomatic Disorders, LM Scale, Homoeopathy etc.

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## **INTRODUCTION**

Mental Diseases which develop independent of corporeal disease. There are few mental disease which originate from emotional causes such as continue anxiety, worry, vexation, repeated occurrence of fear and fright. In comparison to the previous type, they do not develop from corporeal disease, rather they are of psychogenic origin in the beginning the corporeal symptoms are few and undistinct but later on the physical health may be impaired to a considerable extent before the physical state is ruined. These diseases can be controlled with psychotherapy especially if they are of recent origin. The physician should behave like his friend and advise him to regain his confidence and eliminate his fear and complexes. The fundamental cause of these diseases also is Psoric miasm. To avoid any recurrence of such diseases, the patient should be treated with anti Psoric medicines. All kinds of external disturbing influences on his mental state should be removed. Such cases need to be treated gentle and harmless with LM potency of properly selected medicine. In cases need frequent repetition of doses for palliative

purpose. In such condition problem of drug aggravation due to frequent repetition of lower potencies arise most of the times. In such condition it is always safe to use minuteness of dose in form of LM potency to avoid unnecessary aggravation, which is one of the greatest works done by Hahnemann. Advantages of LM potencies are most useful in advanced stages because it can be repeated frequently without any aggravation. This topic needs to be studied & reconfirmed again to consider its efficacy.

## **PURPOSE OF THE RESEARCH**

- To study the role of LM potency in advanced stages of cancer conditions palliative treatment.
- Guidelines for appropriate management
- To solve the confusion regarding efficacy of LM potency.
- To treat cases of psychosomatic illnesses conditions with LM potency in both sexes and all age groups.
- To evolve a group of most efficacious Homoeopathic potencies of LM scale in the treatment o advanced stages of cancer conditions.

- To identify their reliable conditions
- To identify their most useful potencies
- To determine their reliable frequency of administration.
- To relieve distressful symptoms in cancer with harmless palliative treatment to avoid aggravation.

## REVIEW OF LITERATURE

**Hahnemannian Teachings** APHORISM NO = 221-

If, however, insanity or mania (caused by fright, vexation, the abuse of spirituous liquors, &c.) have suddenly broken out as an acute disease in the patient's ordinary calm state, although it almost always arises from internal psora, like a flame bursting forth from it, yet when it occurs in this acute manner it should not be immediately treated with antipsorics, but in the first place with remedies indicated for it out of the other class of proved medicaments (e.g., aconite, belladonna, stramonium, hyoscyamus, mercury, &c.) in highly potentized, minute

homoeopathic doses, in order to subdue it so far that the psora shall for the time revert to its former latent state, wherein the patient appears as if quite well. APHORISM NO = 225 There are, however, as has just been stated, certainly a few emotional diseases which have not merely been developed into that form of corporeal diseases, but which, in an inverse manner, the body being but slightly indisposed, originate and are kept up by emotional causes, such as continued anxiety, worry, vexation, wrongs and the frequent occurrence of great fear and fright. This kind of emotional diseases in time destroys the corporeal health, often to a great degree.

## HISTORICAL SURVEY OF DEVELOPMENT OF LM SCALE-

Dr. Kunzli had been making LM potencies. Dr. A Voegeli [France] was a pioneer in doing experiments with LM. Dr. Charles Pahud of Lausanne (Switzerland) was first to use LM potencies in his country. He says it is a magic. In India – LM first started by S.M. Bhattacharya. Then Dr. R.P. Patel & followed by Dr D. P. Rastogi.

## ADVANTAGES OF LM SCALE

At present 0/30 being highest and 0/3 being lowest.

Dr. Hahnemann had applied 0/1, 0/3, 0/6, 0/12, 0/18, 0/24, and 0/30

No fear of sever aggravation of diseases or patient's condition by giving it in high and low potency & in repeated doses

It can be repeated any time and every time when there is a need of medicine according to the law of similar without antidoting previous medicine as it is the practice of some homeopaths with centesimal

No worry of overdosing

It acts quickly and rapidly in all forms of acute and chronic diseases then centesimal & decimal scale potencies.

Chronic diseases are more ascendable to LM potencies than centesimal potencies.

No worry of frequent repetition

It acts in certain conditions better than centesimal e.g. Ipecac in Asthma, Lycopodium, Nux Vomica in Diabetes.

No severe reaction is noticed still today to any homeopath using LM

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There are chances to expand field of homeopathy in treatment of certain diseases where we failed previously.

Research in this line may help to overcome certain obstacles which we face at present.

## SELECTION & REPETITION

The potency to be given in a matter of experience and observations and is not yet a law

0/3, or 0/6 is a good to start with

Many times, patient is put on a series of potencies – 0/3, 0/2, 0/18, 0/30

Sensitivity of potencies varies in patients. The plane of potency of medicine must have harmony with disease plane in the patient

To treat constitutional disease such as Asthma, Migraine, Cancer, Gastric ulcer, arthritis, colitis, ---- 0/30 is good.

Repetition is based upon – Intensity of disease, Susceptibility of patient, Duration & action of remedy, Potency, Constitution of patient, obstacles, duration of action, utility of patient, obstacles.

## METHODOLOGY

A) Sources: - The sources of data are/were the

1. Review of literature
2. Clinical case studies.

B) Study: - The study is divided into following components.

I. Theoretical study:--

- a. Review of literature
- b. Illustrative study of research notes
- c. Homoeopathic literature

II. Clinical study:--

a, Period of the study :-- The study was conducted over a period of one year (Aug 2011 to Aug 2012) at the IPD & OPD of Ahmednagar Homeopathic medical college, Savedi road, Ahmednagar.

b. Inclusion Criteria:-

cases 30 are presented

The cases of different age groups and both sexes are considered.

Both married & unmarried cases are considered.

Cases from urban as well as rural areas( peripheral camp OPDs)

Patients were selected on the basis of inclusion & exclusion criteria.

Patients are selected irrespective of socio-economic status

Only positive findings have been recorded.

Follow up of cases as per need i.e. till the complaints relieved.

Only cases responding to drugs have been taken.

Applicable repertories are used for Repertorisation

c. Exclusion criteria- Negative findings are not recorded.

Cases with discontinued treatment.

III. Clinical Protocol:-

The data has been collected by purposive sampling method & posed in a standardized format with following steps.

a. Nosological diagnosis has been done with clinical entity.

b. Possessing of case has been done as per homeopathic principles.

c. References from repertory & materia medica have been taken.

d. All cases have been followed for a minimum period as per guidelines from ORGANON OF MEDICINE.

e. Management—remedy, potency, dose, repetition, auxiliary is discussed in homeopathic approach.

IV Administration of the medicine:- The drugs are prescribed as an acute or constitutional remedy depending on the case in hand. Potency selected on the basis of sensitivity, susceptibility, etiological factor, miasm, suppression, similarity, vitality. Diet, ancillary measures, is advised. While managing the case a) problem definition b) problem resolution, these points are taken into consideration. Medicines are given after Repertorisation & referring materia medica.

V Result Verification: Effectiveness of treatment was assessed on the basis of clinical Improvement -- relief of complaints. Final assessment was done after a follow up of 6 months period. Herring's Law & Kent's 12 observations are taken into consideration.

## DISCUSSION

### Illustrations

The present study was conducted amongst 30 patients of both sexes & all age groups. Patients from different occupations were considered..

The efficacy of homoeopathy is well known in the field of medicine. A full clinical study of LM potencies is done.. The sample 30 cases have been studied

All cases have been taken from AHMC hospital. The miasmatic base was diagnosed on the basis of family history, past history, characteristics of presenting complains & patient as a person, his responses & reactions.

30 cases were included in the study. Cases responded nicely. Patients are still taking treatment with moderate improvement

Expressions of dominant miasm were found to be free of fundamental miasm in most of the cases.

Majority of cases in the study group showed a significant improvement in their general level later back to normal state without modifying the environmental factor after the homeopathic treatment

The statistical scale used for the assessment of effect of treatment also showed significant improvement after the treatment

This study help us to know where the mistakes have been committed, why some patients did not turn up after 2 – 3 visits, what is the success rate and how it can be achieved etc., So all these will help us in future for better management of the forthcoming cases.

This study was useful in assessing the efficacy of homoeopathic therapy in the treatment and management of different psychosomatic cases. The principles of holistic approach and constitutional treatment and management of cosmetic problems was reproved

Post treatment analysis shows a significant reduction in the level of complaints its manifestations after homoeopathic treatment. This exemplifies that a well – selected homoeopathic simillimum with recommended potency will act favorably irrespective of the severity of the clinical condition

#### **Limitations**

There were some cases which demanded the long term observations of effects of homoeopathic

medicines for the proper study, which practically was not possible due to time limit

As sample size is limited 30 cases, care must be taken while generalizing the results and conclusions of the study.

Group selected is not homogenous in nature, hence different type of variables, seen and unseen might have influenced the outcome.

Control groups were not used, because of the smaller sample size.

#### **Recommendations**

1. Bigger sample size with increased period of study would provide better result.
2. Separate control and intervention group can be selected and matched.

#### **Interpretation**

This study help us to know where the mistakes have been committed, why some patients did not turn up after 2 – 3 visits, what is the success rate and how it can be achieved etc., So all these will help us in future for better management of the forthcoming cases.

### Conclusion

No doubt, LM potencies have a role or scope in each and every field of medicine. You take a name of disease & answer is in homoeopathy. In all studied cases medicine is given by constitutional approach only in LM scales. Post treatment analysis shows a significant reduction in the level of complaints its manifestations after homoeopathic treatment. This exemplifies that a well – selected homoeopathic simillimum in LM scale will act favorably irrespective of the severity of the clinical condition. 0/3, 0/23, 0/30 are most valuable & effective.

Every after 6<sup>th</sup> day repetition in liquid or globules is most effective & safest

LM potencies can work like magic either in globules or liquid

No < is observed

No need of antidoting but to take hands off.

It is a marvel on 21<sup>st</sup> century which has defeated modern sciences in the development of power.

Action is immediate & beneficial.

Medicines could be repeated frequently

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It can be administered dry

Potencies can be used in hypersensitive patients

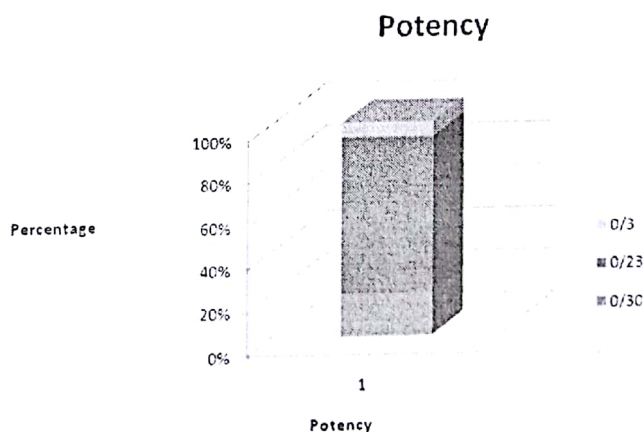
As they are highly dynamised, we can do away remedy relationship

### **OBSERVATIONS & RESULTS**

POTENCY :

Table No. 1.

Sr. No.	Potency	Cases	Percentage %
1	0/30	06	20 %
2	0/23	22	70.34 %
3	0/3	02	6.66 %

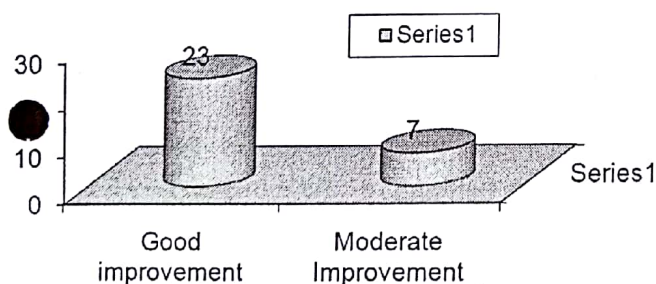


## RESULT OF TREATMENT

Table No. 2 : Chart showing result of Treatment

Sr. No.	Result of Treatment	No. of Pts.	Percentage %
1	Good Improvement	23	76.66 %
2	Moderate Improvement	07	23.24 %
	Total	30	100

In this study about 76.66 % of patients (i.e. 23 cases ) had good improvement after treatment. The remaining 23.24 % of patients ( i.e. 07 cases ) had moderate improvement after the treatment.



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