



The Role Of Homoeopathic Remedies In Rainy Weather: A Demographic Study

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ABSTRACT

The monsoon season is a period of heavy rainfall in tropical regions, typically occurring between April and September. Especially in India monsoon has always been critical for its economy. The weather remains humid and it is ideal for germs to flourish and a perfect breeding time for mosquitoes. Deadly diseases like Malaria, Dengue, Chikungunya, Typhoid, and Influenza are common diseases during the rainy season and almost all these presents with a few common symptoms like fever, weakness, and body ache. While acute diseases can be severe as fatal and some could be self-limiting. Homoeopathic medicines have played vital role in management of such acute illness since 19th century. The aim of the study is to know about common affections developed after getting wet or drenched in rain during monsoon season and to know about common medicines used for monsoon maladies. A sample of 100 acute cases were recorded with the history of getting drenched /wet in rain which were selected from OPD and IPD of Sarada Krishna Homoeopathic Medical College and Hospital, Kulasekharam. The cases were analysed based on symptomatology using Static Global Assessment Scale. Out of 100 cases, common monsoon malady was acute bronchitis followed by acute rhinitis, most used medicine was rhus toxicodendron followed by Bryonia. Females were mostly affected than male. Commonly affected age group was younger group. All cases showed improvement after administration of homoeopathic medicine. This study has shown the effectiveness of Homoeopathic medicines in monsoon related maladies.

KEYWORDS- Homoeopathy, Monsoon, Retrospective study, Static Global Assessment Scale

INTRODUCTION

The monsoon season in India, occurring from June to September, is marked by substantial rainfall driven by the southwest monsoon winds. It begins in Kerala and advances northward, playing a crucial role in replenishing water resources, supporting agriculture, and maintaining ecological balance ⁽¹⁾. This seasonal weather pattern is essential for the country's agricultural productivity and overall economy but also brings challenges such as flooding and infrastructure strain ⁽²⁾. The significance of the monsoon in India is well-documented, highlighting its historical and ongoing impacts on the region ⁽³⁾. Drenched and getting wet are terms used to describe different degrees of exposure to rain, reflecting varying extents of moisture absorption ⁽⁴⁾. However, both can lead to illnesses based on person's immunity. The impact of meteorological phenomena, including heat waves, humidity, flooding, and rainfall, on infectious diseases is well-established. Drastic rainfall can result in sewage system overflow, which can spread bacterial and viral infections like rotavirus and norovirus ⁽⁵⁾.

The common disorders during monsoon season are infectious and vector borne diseases which is communicable in nature. The most common diseases are dengue, malaria, chikungunya, influenza, typhoid, acute bronchitis etc during rainy weather. Most of the diseases are acute in nature which are rapid, tendency to finish their course more or less quickly which will either lead to cure or death. Homoeopathic remedy prescribed for acute diseases can halt the progression of the disease and prevent it from chronicization ⁽⁶⁾. Hahnemann has defined acute diseases in aphorism 72, "The diseases to which man is liable are either rapid

morbid processes of the abnormally arranged vital force, which have a tendency to finish their course more or less quickly, but always in a moderate time are termed as acute disease.”⁽⁶⁾ Aetiology of acute disease is exciting cause. The types of acute diseases are individual, sporadic, and epidemic which is explained in aphorism 73. These are due to the transient exposure of the latent psora. Homoeopathic medicines are given based on the totality of symptoms. Remedies for monsoon maladies are Rhus toxicodendron, natrum sulphuricum, sepia, dulcamara, Calcarea carbonica, pulsatilla, Gelsemium and Causticum⁽⁷⁾.

OBJECTIVE OF THIS RESEARCH:

To know about common affections developed after getting wet or drenched in rain during monsoon season and to know about common medicines used for monsoon maladies.

MATERIALS & METHODS:

Source of data:

A sample of 100 cases was selected from patients who visited the Outpatient Department, Inpatient Department, and Rural Health Centres affiliated with Sarada Krishna Homoeopathic Medical College and Hospital, Kulasekharam.

Selection of sample: 100 participants were selected based on purposive sampling

Data collection method:

Data were meticulously gathered from IPDs and OPDs of Sarda Krishna Homoeopathic Medical College to investigate the correlation between rain fall and its role as contributing factor to various ailments within the community. The study encompasses diverse age groups and genders, aiming to comprehensively analyse the prevalence of ailments resulting from getting wet in rain during monsoon season within Kanniyakumari district. The cases were analysed accordingly and totality was evolved. Repertorisation was done if necessary. Prescription was done with reference to text books of Materia medica. Potency selection and repetition were done according to the principles laid down in the Organon of medicine. Follow-up of cases done every week for a period of 1-month to check for the recurrence of the complaints. Observations will be noted in tables and charts. Statistical analysis will be done and results will be presented.

Inclusion criteria:

Patients developing ailments after getting wet or drenched in rain during monsoon season, Patient from Kanniyakumari district and Both sexes of all age groups.

Disqualifying factors:

Complaints resulting from other than getting wet in rain, Patient outside Kanniyakumari district and Pregnant females.

Outcome assessment:

Assessment was done based on symptomatic and general improvement of the patient.

OBSERVATION & RESULTS:

Acute bronchitis was most common occurrence after getting wet in rain followed by acute rhinitis, acute tonsillitis, acute sinusitis, otitis media and acute pharyngitis.

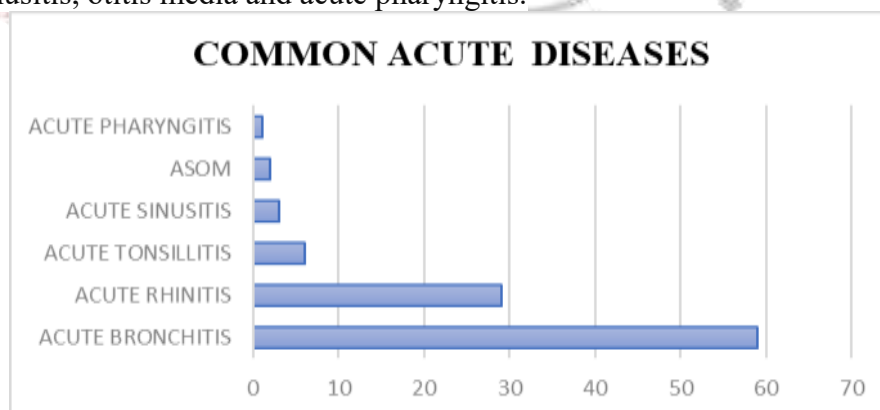


FIGURE 3: Depicts diseases after getting drenched in rain

Medicines used in this condition were Rhus toxicodendron followed by Bryonia alba, Antimonium Tartaricum, Hepar sulphur, Kali carbonicum.

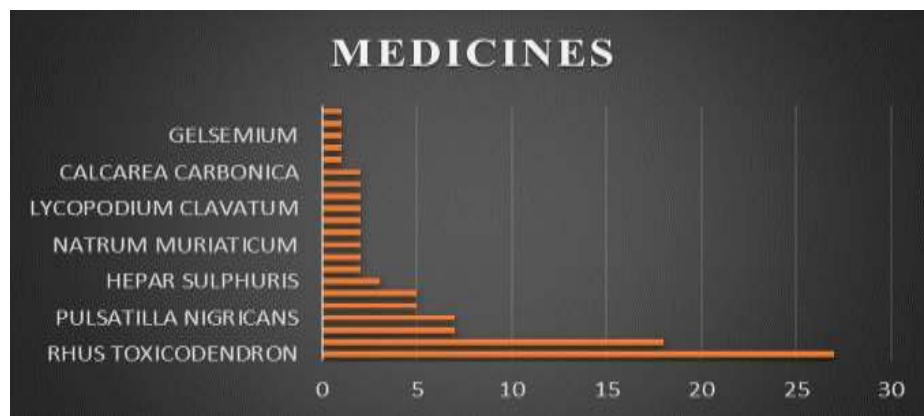


FIGURE 4: Medicines used

The potencies used were 200 C, 1 M, 30 C and LM. Potency frequently used was 200C.

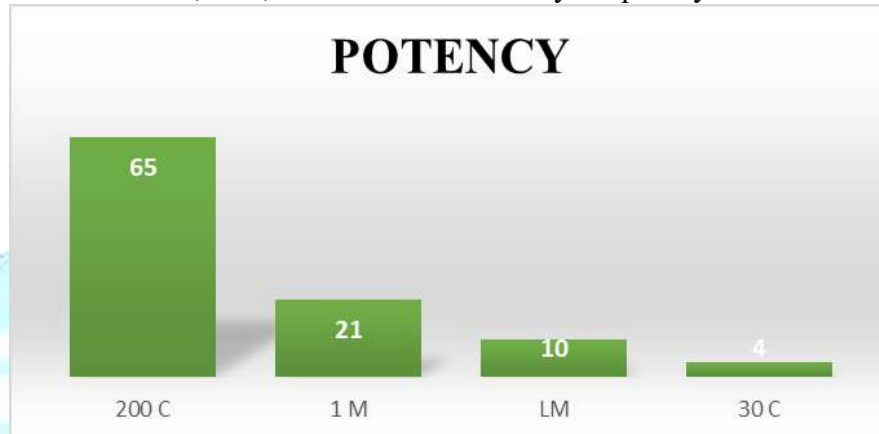


FIGURE 5: Potency used for the Medicine.

Out of 100 cases 97 cases showed marked improvement and 3 cases showed moderate improvement.



FIGURE 7: Pre and Post Assessment score

DISCUSSION:

An average of 100 cases were analysed in this study. In a previous study 31 to 40 was the commonly affected age group but in this study the most affected age group was paediatric age group and female being mostly affected. ⁽⁵⁾ Acute bronchitis was most common occurrence after getting wet in rain followed by acute rhinitis, acute tonsillitis, acute sinusitis, otitis media and acute pharyngitis.

Medicines used in this condition were Rhus toxicodendron followed by Bryonia Antimonium Tartaricum, Hepar sulphur, Kali carbonicum. In another study the commonly used medicine in this study during the monsoon season is Pulsatilla nigricans, Bryonia alba and Nux vomica. ⁽⁵⁾ The potencies used were 200 C, 1 M, 30 C and LM. Potency frequently used was 200C, in a similar study 200th potency was found to be more effective. ⁽⁸⁾ Water dose was used more frequently. All the cases have shown marked improvement after administration of homeopathic medicine.

CONCLUSION:

From the above discussions and the analysis of results we can conclude that individualized Homoeopathic treatment is effective in the treatment of acute disease during monsoon season. Rhus toxicodendron was the commonly used medicine and 200 potency was used frequently. As it is retrospective study further research including controlled trials should be conducted to further study the efficacy of Homoeopathy medicines.

Conflict of interest: Nil

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