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A Clinical Study to Evaluate the Effectiveness of "*Helonias Dioica 30C*" in Treatment of Lower Backache in Tailors by Using Oswestry Scale

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ABSTRACT

Lower back pain is the commonly found musculoskeletal disorder over the globe. It is one of the usual causes for the sickness absenteeism in the work areas. Lower back pain is common in workers, especially who work in a sitting position for long hours. Homoeopathy is very often opted as one of the effective alternate methods of treatment for this condition. This study was conducted to know the effectiveness of Homoeopathic remedy "Helonias dioica 30C" in treatment of postural lower back pain of the Tailors. Improvement was noted based on the reduction in the Oswestry pain scale score and relief of the patient. Pre-treatment and post treatment scores were calculated, and paired t test was applied to test the level of significance. As per statistical analysis, Helonias dioica 30C is significant in improving lower back pain among tailors.

KEYWORDS: Homoeopathy, Helonias dioica, Tailors, Lower back pain, Oswestry Scale.

INTRODUCTION:

Low back pain (LBP) can be described as pain between the lower edge of the ribs and the buttock. It can last for a short time (acute), a little longer (sub-acute) or a long time (chronic). Lower back pain is common in adults prevalently in males than females. A 2015 study found that lower back pain was responsible for 60.1 million years of disability worldwide. This data represent that it is most common cause of disability worldwide. Some studies show that 23% of adults world-wide suffer from back pain. One-year relapse rates in the population range from 24% to 80%. Risk factors includes-Hereditary factors, males gender, Occupation (high risk occupations include sports, mining, drivers, package delivery, tailors etc.), Lifestyle (wearing high heeled shoes, wearing one side shoulder bags, sitting for longer periods of time etc, Obesity, & Trauma (injuries to the back, misalignment). Individuals suffering with postural back pain may complain of vague, diffuse back pain with prolonged sitting or standing that is relieved by rest. X-ray, MRI, CT, electro diagnostic testing, bone scintigraphy, bone densitometry discography are helpful for proper diagnosis. Management includes weight reduction, Bed rest, spine extension exercises & Physiotherapy.

In Homoeopathic system, the treatment is based on holistic approach that is through individualisation. There are many remedies which has marked action on lower backache like Aesculus, Arnica, Bryonia alba, Helonia,

Calcarea carb, Calc Phos, Kali Carb, Pulsatilla, Rhustox, Ruta, Zinc met etc.

AIMS AND OBJECTIVES:

1. To demonstrate the effectiveness of Helonias dioica in the pain management of lower back of Tailors.
2. Identification and random selection of middle aged patients suffering with simple lower backache among Tailor profession.
3. Evaluating the stage of backache through Oswestry Scale.
4. Oral administration of homoeopathic proposed intervention Helonia dioca in 30C potency.
5. Assessing prognosis through Oswestry Scale.

HYPOTHESIS:

Null Hypothesis (H0): HELONIAS DIOICA 30C is not effective in treatment of lower backache in Tailors.

Alternate Hypothesis (H1): HELONIAS DIOICA 30C is effective in treatment of lower backache in Tailors.

SELECTION CRITERIA:

Inclusion criteria:

Patients who are tailors.

Both genders.

Middle- aged patients.

Prolonged work exposure for more than 6 hours.

Only mild and moderate disability conditions of patients based on Oswestry scale are considered.

Exclusion criteria:

Patients with any kind of systemic complications like DM, hypertension, thyroid and other related disorders.

Patients with calcium deficiency is not considered.

Specific conditions of low back pain like pelvic inflammatory disorder, lumbar spondylosis, spondylolysthesis, osteoporosis and related disorders.

Severe disability and completely disabled patients based on Oswestry scale prognosis are not considered.

MATERIALS AND METHODS

Sample Size – 20 Cases

Source of data & Study population: Cases are taken from Tailor profession who are middle-aged suffering with lower back pain from OPD, IPD and peripheral centres of MNR Homoeopathic Medical College and Hospitals, Sangareddy.

Type of study: Clinical study.

Assessment tool: Oswestry Scale.

Ethical consideration: Ethical clearance to this research topic was taken from the institutional ethical committee.

METHODOLOGY

A sample of minimum 20 cases was selected based on inclusion and exclusion criteria. It is ensured that patients are made aware of the study in their own language and an informed consent letter is taken from every individual. The detailed case history was taken through holistic approach (etiological factors, mental generals, physical generals, concomitants, characteristics particulars). The data was collected and processed in clinical case sheet format. All the details of the patient were kept confidential. The subjects were intervened with Helonias Dioica to know its therapeutic use in lower back pain conditions.

Potency and Dosage: 30C, 1Dose.

Repetition of doses: Remedy was repeated every fortnight.

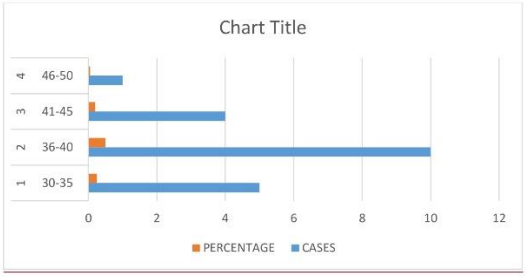
OBSERVATION AND RESULTS

Distribution of cases according to age-

Table No.1

Sl. No	Age	Cases	Percentage
01	30-35	5	25%
02	36-40	10	50%
03	41-45	4	20%
04	46-50	1	5%

Chart 1:

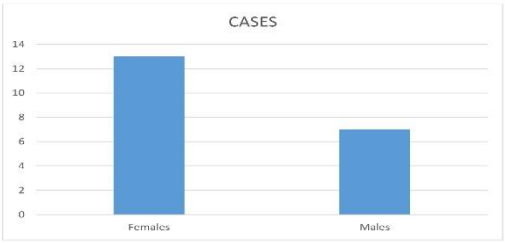


DISTRIBUTION OF CASES ACCORDING TO SEX-

Table 2:

SL. No	SEX	CASES	PERCENTAGE
1	Females	13	65%
2	Males	7	35%

Chart2:

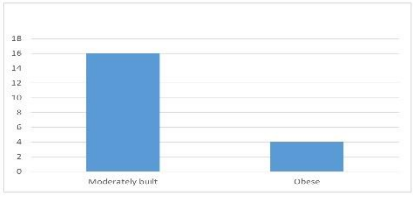


DISTRIBUTION OF CASES ACCORDING TO BUILT-

Table 3:

SL. No	BUILT	CASES	PERCENTAGE
1	Moderately built	16	80%
2	Obese	4	20%

Chart 3:



DISTRIBUTION OF CASES ACCORDING TO WORKING HOURS-

Table 4:

SL. No	WORKING HOURS	CASES	PERCENTAGE
1	6- 7 hours	13	65%
2	3- 5 hours	7	35%

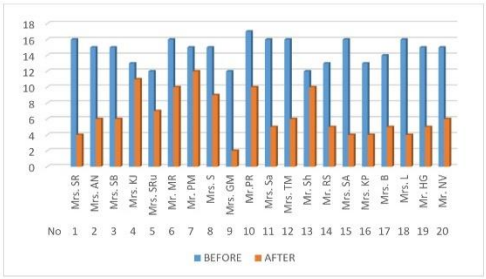
Chart 4:

DISTRIBUTION OF CASES ACCORDING TO PAIN SCALE SCORE

Table 5:

Sl. No	Case	Before	After
1	Mrs. Sr	16	4
2	Mrs. An	15	6
3	Mrs. Sb	15	6
4	Mrs. Kj	13	11
5	Mrs. Sru	12	7
6	Mr. Mr	16	10
7	Mr. Pm	15	12
8	Mrs. S	15	9
9	Mrs. Gm	12	2
10	Mr.pr	17	10
11	Mrs. Sa	16	5
12	Mrs. Tm	16	6
13	Mr. Sh	12	10
14	Mr. Rs	13	5
15	Mrs. Sa	16	4
16	Mrs. Kp	13	4
17	Mrs. B	14	5
18	Mrs. L	16	4
19	Mr. Hg	15	5
20	Mr. Nv	15	6

Chart 5:

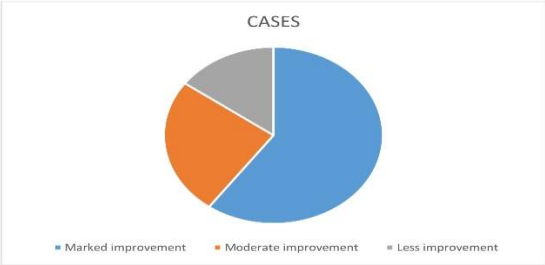


DISTRIBUTION OF CASES ACCORDING TO REMARKS-

Table 6:

SL. No	REMARKS	CASES	PERCENTAGE
1	Marked improvement	12	60%
2	Moderate improvement	5	25%
3	Less improvement	3	15%

Chart 6:



STATISTICAL ANALYSIS

Analysis of the collected data was done with the help of statistical methods to put into a scientific parameter. As the sample size is not more than 20, "Z-test" is not applicable. So, the obtained data is subjected to "Paired t-test".

TABLE NO. 7

Sl.no	Before Treatment(X_1)	After Treatment(X_2)	Difference (X_1- X_2=D)	$(D)^2$
1	16	4	12	144
2	15	6	9	81
3	15	6	9	81
4	13	11	2	4
5	12	7	5	25
6	16	10	6	36
7	15	12	3	9
8	15	9	6	36
9	12	2	10	100
10	17	10	7	49
11	16	5	11	121
12	16	6	10	100
13	12	10	2	4
14	13	5	8	64
15	16	4	12	144
16	13	4	9	81
17	14	5	9	81
18	16	4	12	144
19	15	5	10	100
20	15	6	9	81

PAIRED T-TEST RESULTS:

P value and statistical significance:

The p value is less than 0.0003.

By conventional criteria, this difference is considered to be extremely statistically significant.

Confidence interval:

The mean of group one minus group two equals 2.093

Intermediate values used in calculations:

t = 4.23

df = 19

Standard error of difference = 0.20

Table 8:

Group	Before	After
Mean	11.27	7.63
SD	2.83	3.80
SEM	0.63	0.85
N	20	20

Inference from statistical result: The critical ratio, paired-t follows a distribution on with n-1 (i.e. 19) degrees of freedom. The 5% level is 2.093 1% level is 2.861and 0.1 level is 3.883 for 19 degrees of freedom. Since the calculated value is 3.44 which is greater than the table at 5% ($p<0.05$). Hence, null hypothesis (H0) is rejected and the alternative hypothesis (H1) is accepted. This shows that Helonias Dioica 30C is effective in treating postural back pain among Tailors.

DISCUSSION

Out of 20 cases studied 25%, 5 cases are between the age group 30-35 years, 50%, 10 cases are between the age group 36-40, 20%, 4 cases are between the age group 41-45 years, 5%, 1 case is between the age group 46-50 years. The maximum prevalence was noted in age group of 30-35 years i.e., 50%.

Out of 20 cases, there are 13 (65%) females and 7 (35%) males. According to this study mostly female tailors, are suffering more with postural back pain. Out of 20 cases, 16 (80%) are moderately built and 4 (20%) are obese. Obese patients were much prone to high intensity postural back pain according to this study. Out of 20 cases, 13 (65%) have working hours of 6- 7 hours, 7 (35%) have working hours of 3- 5 hours. People with more working hours are prone to high intensity of pain according to this study. In all the 20 cases studied there was marked improvement in 13 cases after the treatment based on the Oswestry scale score (before and after).

CONCLUSION

Out of 20 patients administered with Helonias Dioica in 30 potency, 13 patients (60%) were improved, 4 patients (25%) were partially improved and 3 patients (15%) were less improved. Paired t test showed that the "p" value for the given study is significant. Thus through this study it can be inferred that Helonias Dioica 30 C is effective in the treatment of postural back pain in Tailors.

Declaration by Authors

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Conflict of Interest: No conflicts of interest declared.

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