

3rd Indo-Global Summit & Expo on **Healthcare**

October 05-07, 2015 New Delhi, India

A prospective multi-centric open clinical trial of homeopathy in diabetic distal symmetric polyneuropathy

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Objectives: To evaluate homeopathic treatment in the management of diabetic distal symmetric polyneuropathy.

Methods: A prospective multi-centric clinical observational study was carried out from October 2005 to September 2009 by Central Council for Research in Homeopathy (CCRH) (India) at its five Institutes/Units. Patients suffering from diabetes mellitus (DM) with symptoms of diabetic polyneuropathy (DPN) were screened, investigated and enrolled after fulfilling inclusion/exclusion criteria. Patients were evaluated by the Diabetic Distal Symmetric Polyneuropathy Symptom Score (DDSPSS) developed by the Council. A total of 15 homeopathic medicines were identified after repertorizing the nosological symptoms and signs of the disease. The appropriate constitutional medicine was selected and prescribed in 30, 200 and 1 M potency on an individualized basis. Patients were followed up regularly for 12 months.

Results: Out of 336 patients enrolled in the study, 247 patients were analyzed. All patients who attended at least three follow-up appointments and baseline curve conduction studies were included in the analysis. A statistically significant improvement in DDSPSS total score ($p=0.0001$) was found at 12 months from baseline. *Lycopodium clavatum* ($n=132$), *Phosphorus* ($n=27$) and *Sulphur* ($n=26$) were the medicines most frequently prescribed. Adverse event of hypoglycaemia was observed in one patient only.

Conclusion: This study suggests homeopathic medicines may be effective in managing the symptoms of DPN patients. Further studies should be controlled and include the Quality of life (QOL) assessment.

Biography

Praveen Oberai has completed her BHMS, MD and PGDBE from Delhi Board, Agra University and IGNOU in collaboration with ICMR respectively. She is working in Central Council for Research in Homoeopathy Headquarters, a premier Institute of research through Homoeopathy since more than 25 years and looking after the works related to Clinical Research Program. She has published more than 36 papers in national and international reputed journals.

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