

Psychiatrist, Geriatric Psychiatry and Counseling Psychology

December 08-09, 2016 San Antonio, USA

Homoeopathic management of schizophrenia: A prospective, non comparative, open-label observational study

Praveen Oberai

Central Council for Research in Homeopathy, India

Objective: To evaluate the usefulness of Homoeopathic intervention in “schizophrenia,” in untreated cases, antipsychotic treatment resistant, to identify indications of medicines, and to prevent relapse.

Materials and Methods: A prospective, noncomparative, open-label observational study was carried out (October 2005–September 2010) by CCRH (India) at Central Research Institute (H), Kottayam, Kerala, India. Patients between 20 and 60 years of age, presenting with symptoms of schizophrenia were screened for inclusion and exclusion criteria to enroll. The patients who were on antipsychotic drugs were allowed to continue the same along with homoeopathic medicine, the dose of antipsychotics was monitored by the psychiatrist. The symptoms of each patient were repertorized, and medicine was prescribed in 30C potency after consulting Materia Medica. Patients were followed up for 12 months. Outcome of treatment was based on internationally accepted scale, i.e., brief psychiatric rating scale (BPRS) and analysis was done using Statistical Package for the Social sciences SPSS Version 20.

Results: Out of 171 enrolled patients, 105 completed 12 months follow-up and 66 visited for varied time period. The intention to treat principle was applied for conducting analysis of these 66 patients considering the last observations carried forward. Significant difference ($P = 0.0001$, $P < 0.05$) in the mean scores of BPRS, using paired t-test was observed at end of the study. It was observed that *Sulfur* ($n = 39$), *Lycopodium* ($n = 36$), *Natrum muriaticum* ($n = 27$), *Pulsatilla nigricans* ($n = 14$) and *Phosphorus* ($n = 12$) were found to be the most effective medicines in treating schizophrenic patients.

Conclusion: The study reflects the positive role of homoeopathic medicines in the management of patients suffering from schizophrenia as measured by BPRS. Randomized controlled trials are suggested to assess the efficacy of homoeopathic medicine in schizophrenia.

Keywords: Brief psychiatric rating scale, homoeopathy, *Lycopodium*, *Natrum muriaticum*, *Phosphorus*, *Pulsatilla nigricans*, schizophrenia, Sulfur

Biography

Praveen Oberai has completed her B.H.M.S from Delhi Board, M.D. from Agra University and Post Graduate Diploma in Bio-ethics, and IGNOU in collaboration with ICMR. She is working in Central Council for Research in Homeopathy Headquarters, a premier Institute of research through Homoeopathy, for more than 25 years and is heading the department of Clinical Research. She had been actively involved in preparation of evidence based protocols prepared in consultation with the scientists of Allied Sciences, Homoeopathic experts and bio-statisticians. In addition to this she is also coordinating the public health program of Ministry of Health and Family Welfare: Integration of Homoeopathy/Yoga in National Programme for prevention and control of Cancer, Cardiovascular diseases, Diabetes and Stroke. As part of the monitoring team at Headquarters, she has been involved in regular monitoring of various activities at 33 Institutes/Units all over India. In addition to this she has been actively imparting training to the new recruitments/Scientists and health care personnel working at the various Institutes/Units. She has to her acclaim more than 36 papers published in National and International journals of repute. She has also presented papers in various National and International seminars in India and abroad, on subjects like Research Methodology, activities of CCRH, role of Homoeopathy in various disease conditions and outcome of various clinical research studies conducted by the Council.

oberai.praveen@gmail.com

Notes: