Evaluating the usefulness of 50 millesimal potencies in the treatment of chronic diseases - A retrospective study

S. Abarna, Jayakrishnan Venugopal¹, T. Sivaranjani², Kurian J. Poruthukaren¹, Praveen Raj, Sucharitha Suresh³

ABSTRACT

Introduction: The 50 millesimal potency, is not fully utilized in our day to day practice. This retrospective study was done to reveal a new horizon for the physicians who use it occasionally and an eye opener for those who have never tried it.

Aim: The aim was to evaluate the usefulness of 50 Millesimal potency of indicated medicine in the treatment of chronic diseases from a retrospective study.

Materials and Methods: Cases treated with 50 Millesimal potency (LM) during January–May 2014, were screened and based on eligibility criteria, 50 cases were selected to study retrospectively. Treatment outcome was analyzed based on follow-up criteria. Data were statistically analyzed with Chi-square test in GNU PSPP Software.

Results: 50 Millesimal potencies have the potential to give significant improvement ($P = 0.01$) in the treatment of chronic diseases. There were no cases reported with aggravation. The action of LM potency is not influenced ($P = 0.97$) by previously used Centesimal potency. Constitutional prescription has proved to have significant ($P = 0.01$) association with treatment outcome with LM potency, whereas Sector prescription ($P = 0.12$) does not. Irrespective of age, gender, and duration of illness, 50 Millesimal potencies act advantageously.

Conclusion: The data suggest that 50 Millesimal potencies have significant beneficial effects in the treatment of chronic diseases.

Keywords: 50 Millesimal potency, Aggravation, Chi-square, Constitution, Nanoparticle

INTRODUCTION

The discovery of 50 Millesimal potency by Dr. Samuel Hahnemann was resultant of the quest for a perfect method of potentization, which took around four decades of eventful, valuable efforts. In his words, ‘this method of dynamization (the preparations thus produced, I have found after many
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In a paper where he shares his clinical experiences with LM potencies, Dr. Luc de Shepper expresses that the use of LM potencies call for more investigations. When compared to the other potencies, 50 Millesimal potency has got great advantages like, possibility of frequent repetition, least aggravation which could be very much admissible for hypersensitive persons, least quantity of material doses which is basic for prescriptions and above all it helps to hasten the cure. It has been shown in the recent studies that, though very rare, the occurrence of aggravation in the treatment with LM potencies is associated with better outcome.

In a paper where he shares his clinical experiences with LM potencies, Dr. Luc de Shepper expresses that the use of LM potencies call for more investigations so that this treasure of the 6th edition of Organon of Medicine is not lost.

The position of Homoeopathy in modern Medicine must be understood on the basis of a conception of chronic disease and it is chronic disease which the doctor must try to cure.

For the cure of chronic diseases, Homoeopaths are utilizing LM potencies. Although this by no means indicates that the high-potency debate has come to an end, the gentle power of the small dosage convinces an increasing number of people. However, the kind of evidence required is still not available. Many cases found to obtain a desirable result with the help of 50 Millesimal potency, which made us to study retrospectively on the effect of this potency in the treatment of chronic diseases. This study was undertaken to reveal a new horizon for the physicians who uses it occasionally and an eye opener for those who has never tried it.

Objective
To evaluate the effectiveness of 50 Millesimal potency of indicated medicine in the treatment of chronic diseases from a retrospective study.

MATERIALS AND METHODS

Cases recorded in Standardized Case Records (SCR) in which LM potency was prescribed, in the period of January 2014–May 2014, were selected from the outpatient medical record department of Father Muller Homoeopathic Medical College, Mangalore. Total number of 50 cases were selected (n = 50) according to eligibility criteria hence purposive sampling was used shown in Table 1.

Selection of Medicine
The homoeopathic medicines were selected as per the law of similias and prescribed singly at one occasion. Detailed case taking, its recording and interpretation of the symptoms was done in SCR. The symptoms were classified and evaluated to erect the totality. Help of repertorization was taken as and when required. Cases were either repertorized by conventional repertories (Kent's repertory, Boger Boenninghausen's characteristic repertory) or modern repertories (Synthesis, Murphy's homoeopathic repertory). Constitutional prescriptions were based on the totality formed by analyzing and evaluating the mental generals, physical generals, characteristic particulars, and miasm. Sector prescriptions were based on location, sensation and pathology, modalities, concomitants, aggravation which could be very much admissible for hypersensitive persons, least quantity of material doses which is basic for prescriptions and above all it helps to hasten the cure. It has been shown in the recent studies that, though very rare, the occurrence of aggravation in the treatment with LM potencies is associated with better outcome.
and causation. 50 Millesimal potencies were selected in all cases.

Prescription in each case was based on individualization. Repetition and dosage varied in each case. No uniform diet schedule was maintained in all the cases.

The dose of medicine was decided based on individual susceptibility. All the medicines used were prepared in strict accordance with Homoeopathic Pharmacopoeia of India.

Study Design

Descriptive study.

Analysis

Majority of the patients were reviewed, during the follow ups on a fortnightly basis to assess the subjective and objective symptoms. Each case already followed for a minimum of 2 months from the commencement of treatment was analyzed according to follow-up criteria mentioned below to elicit the trend of prognosis of the treatment:

- Aggravation of the chief complaints
- Amelioration of the chief complaints
- No change in the chief complaints
- Disappearance of the chief complaints
- Improvement in generals of the patient
- Emergence of new complaints

The follow-up criteria were further simplified into three categories and are as follows [Table 2].

The frequency of cases falling under each category was ascertained and subjected to statistical analysis. The analysis to determine the association between the follow-up categories with factors like age, gender, previous treatment, duration of illness, prescribing totality, system involved were performed by conducting Chi-square test in GNU PSPP Software (Version 0.7.9 for Windows 7). The software has been utilized to analyze the descriptive statistics through the option cross tabs. Here each variable was subjected to Chi-square test to find out whether there is statistically significant association with the treatment outcome.

RESULTS AND OBSERVATIONS

Among the 50 cases studied, Mean age is 39.27 (Standard Deviation 20.61, median 38). 42% are male and 58% are female among the group. The frequency of cases with respect to duration of illness and affected human body system is as shown in Tables 3 and 4. This variable of duration of illness is statistically analyzed for association with treatment outcome.

As the number of dermatological and respiratory cases are comparatively more, few observations are drawn from the data and projected in Table 5.

On analyzing the 50 cases, it was found that 35 cases were previously treated with other potencies [Table 6]. Hence, this variable was also statistically analyzed for association with treatment outcome.

Basis of prescription and remedies used with their frequencies are enlisted in Table 7.

Contrast in response between sector and constitutional prescription is highlighted in Figure 1. It was observed that 25 cases out of 50 were treated with constitutional prescription and the rest with sector prescription. All the above mentioned variables were analyzed whether it is significantly associated with the treatmant outcome [Table 8]. The potencies administered ranged from 0/1 to 0/6.

The data acquired from the study [Figure 2: Distribution of cases according to the treatment outcome] was subjected to Chi-square test using GNU PSPP Software for confirming the association between various variables [Table 8].

<table>
<thead>
<tr>
<th>Categories</th>
<th>Follow-up criteria</th>
</tr>
</thead>
<tbody>
<tr>
<td>Markedly improved</td>
<td>Absence of the chief complaint</td>
</tr>
<tr>
<td></td>
<td>Amelioration of the chief complaint</td>
</tr>
<tr>
<td></td>
<td>Generals of the patient improved</td>
</tr>
<tr>
<td>Improved</td>
<td>Amelioration of the chief complaint</td>
</tr>
<tr>
<td></td>
<td>Generals of the patient improved</td>
</tr>
<tr>
<td>Not improved</td>
<td>No change in the chief complaint</td>
</tr>
<tr>
<td></td>
<td>Aggravation of the chief complaint</td>
</tr>
<tr>
<td></td>
<td>Emergence of new complaint</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Duration of illness</th>
<th>Markedly improved</th>
<th>Improved</th>
<th>Not improved</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 months-1-year</td>
<td>4</td>
<td>8</td>
<td>1</td>
</tr>
<tr>
<td>2 years-5 years</td>
<td>6</td>
<td>3</td>
<td>2</td>
</tr>
<tr>
<td>6 years-10 years</td>
<td>7</td>
<td>4</td>
<td>3</td>
</tr>
<tr>
<td>11 years-15 years</td>
<td>3</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>&gt;16 years</td>
<td>1</td>
<td>5</td>
<td>0</td>
</tr>
</tbody>
</table>
DISCUSSION

The study group involves cases of various body systems in Table 4. In the light of the observations made among them, it indicates that 50 Millesimal potencies have the potential to give significant improvement ($P = 0.01$) in the treatment of chronic diseases. The findings are in conformity with Dr. De Schepper, who observed that LM potencies are advantageous, not only for hypersensitive, but also for all other types of patients, because of their great power to heal without major aggravations. LM potencies have been recently tested in randomized, controlled studies showing therapeutic effects in chronic diseases. 

Repertorisation of remedies is essentially a process of elimination of all drugs other than the similimum. The tool has been used advantageously in all the cases. On analysis, it was found that 25 cases were treated with constitutional prescription and 25 based on sector prescription. As both are equal in number, this variable was also considered for better understanding of the action of LM potencies. Treatment outcome is significantly efficacious in constitutional prescription ($P = 0.01$) and not significantly efficacious in sector prescription ($P = 0.12$).

Though the potency range used in the study group was limited (0/1–0/6), advantageous effects are noticed. Hence, extensive usage of further potencies can be suggested.

One of the positive outcomes of the study is that, there were no cases reported with aggravation, which is a valuable point to be discussed. During the preparation of 50 Millesimal potency, drug undergoes more succussions at each level than Centesimal potency. (Centesimal - 10, LM - 100). These vigorous agitations might have led to the formation of more nanoparticles and aggregates of drug molecules than those formed in centesimal. These remedy nanoparticles mimic as a low level stressor which signals the need for time dependent, sensitized compensatory adaptation mechanisms which are known as hormesis. This mechanism carries forward the organism toward health. Hence, the significant action of 50 Millesimal potency, without any aggravation, can be correlated to the key mechanism of formation of more nanoparticles and aggregates of drug molecules during their preparation. This study paves the way for further exploratory study on the hypothesis.
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Dr. Close\textsuperscript{[14]} opines that selection of potency is influenced by susceptibility factor, which is in turn related to age, chronicity of complaints etc. Hence, centesimal potency is to be selected carefully according to these factors. The finding from this study reveals that the action of 50 Millesimal potency is independent of age and duration of illness.

Further, it can be inferred that the action of nanoparticles and aggregates of the drug molecules in 50 Millesimal potency is independent of age, gender, duration of illness, and previous treatment with centesimal potency.

As George Vithoulkas proposes, research in homoeopathy is the need of the hour.\textsuperscript{[15]} Each and every research effort adds validation to our field. And this descriptive study has been helpful in proposing new hypothesis for further studies on the usefulness of 50 Millesimal potencies. As the sample size is large ($n = 50$), the results obtained are more reliable.

Potential limitations of the study can be improvised by further research in prospective multicentric design with longer follow-up on larger sample size. The usefulness of LM potencies can be assessed by analyzing cases with a limited age group of similar disease.

**CONCLUSION**

Finally, the results from the retrospective study suggest that 50 Millesimal potencies have significant beneficial effects in the treatment of chronic diseases.

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**Conflicts of Interest**

There is no conflicts of interest.

**REFERENCES**

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