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Research Article

A CLINICAL STUDY TO ASSESS THE EFFECTIVENESS OF BELLADONNA IN VARIOUS POTENCIES IN PRIMARY DYSMENORRHOEA OF ADOLESCENT GIRLS

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ABSTRACT

Primary Dysmenorrhea is literally termed as Painful menstruation. Most of the women do suffer with painful menses which intervenes in their day to day activities. Cause of pain due to excessive vasopressin, leukotrienes, prostaglandin, myometrial ischemia, uterine malformation. Dysmenorrhea may present with pain in abdomen before or during menses, associated with nausea, tachycardia, irritability, fatigue, and headache. In this study 30 cases presenting with complaints of primary dysmenorrhoea is selected with the symptoms of Belladonna is randomly selected. Potency is selected according to susceptibility and improved was accessed by intensity of symptoms before and after the treatment. Out of 30 cases 22 had shown marked improvement and 7 cases had moderate improvement & 1 case had no improvement. This study determines the effectiveness of Belladonna in the treatment of Primary dysmenorrhoea in adolescent girls.

INTRODUCTION

Primary dysmenorrhoea is most common complaint seen in most of the adolescent girls¹. Dysmenorrhoea will affect her day to day activities involving physical and emotional symptoms. This may also interrupt her educational & social life due to which there may be absenteeism for in which will affect their career upcoming. Usually to overcome with pain girls get habituated in seeking Expert advice and analgesics are encouraged to overcome the pain and with few self measures, which is not suggestible due to the reason on longstanding procedure the intake of analgesics may lead to adverse effects on various systems of the body. Homoeopathic medicine is safe mode of treatment without placing patients at risk neither have any adverse effects.

Homoeopathic medicines will provide capacity in treating the dysmenorrhoea in an effective manner with natural substances. Homoeopathy is system which is based on totality of symptoms. Belladonna is a drug prepared from the plant named *Atropa belladonna*³. This remedy helps out in relieving the pain immediately. Sudden violent pain, cutting pain in sacrum & abdomen. There are various remedies based on totality. Belladonna is one among the remedies which will relieve the pain immediately.

Need for the Study

Dysmenorrhoea is the most common condition which anyone female will suffer at least once in lifetime. Most of the girls usually have complaints of dysmenorrhoea which will effect their daily routine, cause depression, various mood swings are observed. Homoeopathy is the safe medicine which patients accept as an alternative medicine over worldwide. Homoeopathic remedies are very effective in treating gynaecological diseases. Homoeopathic remedies are very effective in treating gynaecological diseases. There are many cases which report to MNR Homoeopathic hospital for treatment. Homoeopathy is much to offer in these condition, by

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providing prompt relief of the symptoms, but it is also capable of checking the further predisposition to these conditions in sensitive individuals.

By this study, we are trying to verify the improvement of patients with dysmenorrhoea can be successfully shown with the help of homoeopathic medicine in an affordable cost.

Aims and Objectives

1. To find the role of Belladonna in managing Primary Dysmenorrhoea.
2. To find the action of various potencies of Belladonna in Primary Dysmenorrhoea.
3. To find the improvement by follow up analysis.

MATERIALS AND METHODS

Sources of data: 30 cases of Primary Dysmenorrhoea patients attending the Out Patient Department, In Patient Department and Peripheral centers of MNR Homoeopathic Medical College Hospital.

Method of collection of data

- Sample will be collected according to Simple random sampling.
- Data will be obtained by case taking in MNR Homoeopathic Medical College Case format.

- Medicine will be selected based on the analysis and repertorization where ever necessary.
- Prescription will be based on the reference to standard text book.
- Improvement is assessed based on disease intensity scale before and after treatment.
- Review of the case will be done weekly and followed up for a period of 1 month.

Inclusion Criteria

- Age between 13-19
- Only Adolescent girl

Exclusion Criteria

- Males
- Age below 13 and above 19
- Dysmenorrhoea with complications

Observation and Results

A sample of 30 cases from the patients who attended the Out Patient Department & Rural centres of MNR Homoeopathic Medical College and Hospital was taken for this study. All the thirty cases were followed up. These cases were subjected to statistical study. The following tables reveal the observation and result of this study.

Distribution of cases according to potency: Chart no.1

S.no	Potency	Number of patients	Percentage
1	30	3	10%
2	200	8	26%
3	1M	2	6.6%
4	0/3	7	23%
5	0/6	10	33.3%

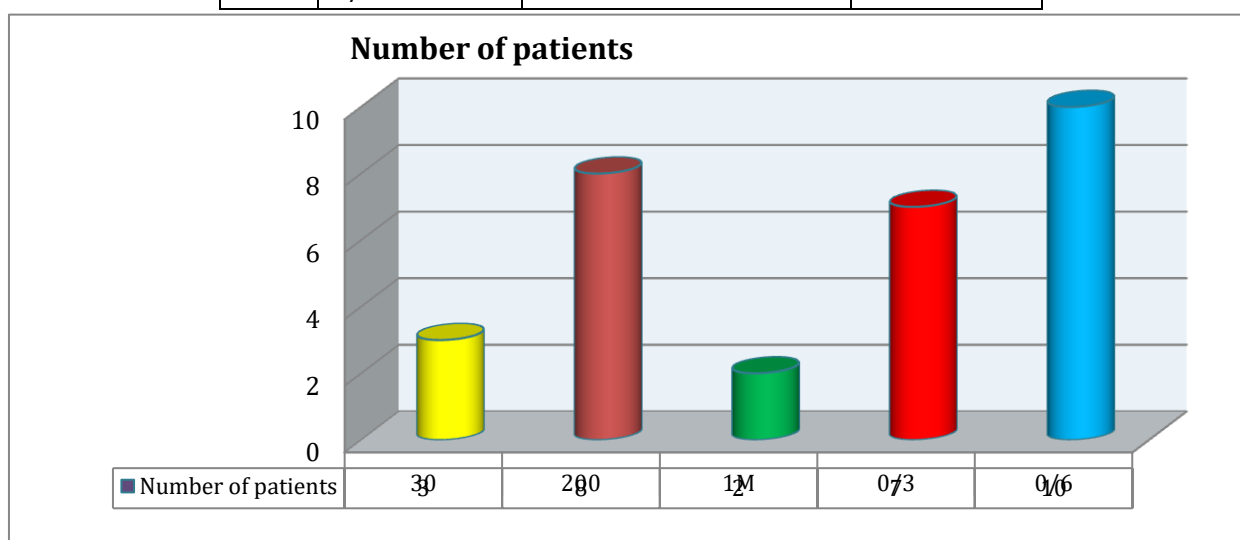


Figure no.1

Chart no.2 Distribution of cases according to improvement:

S.no	Improvement status	No. of Patient	Percentage
1	No improvement	1	3.3%
2	Moderate improvement	7	23.3%
3	Good Improvement	22	73.3%

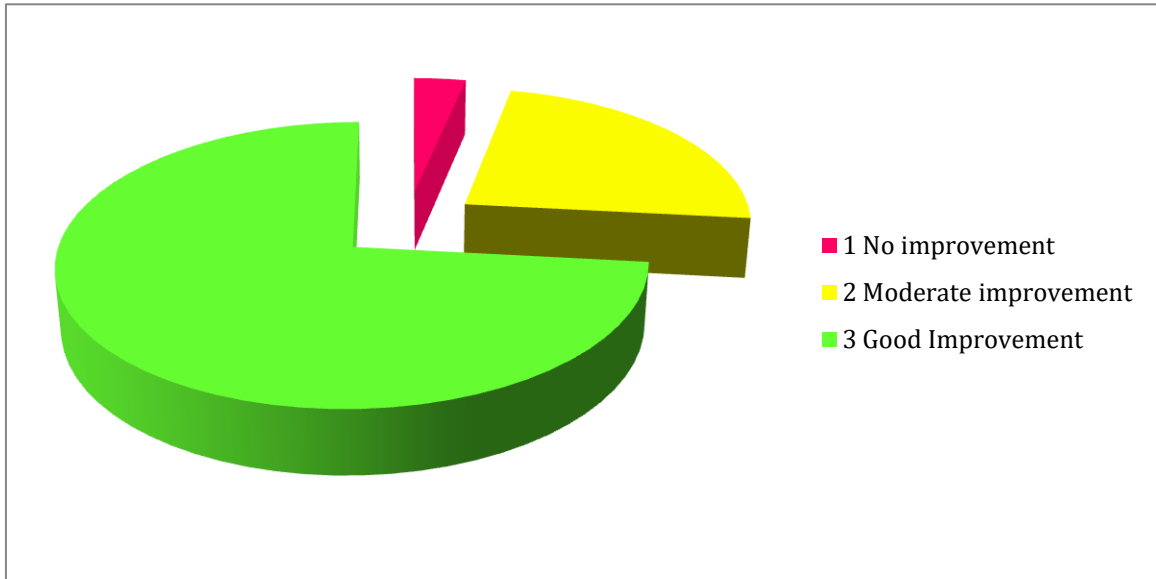


Figure no. 2

Chart no.3: Statistical Analysis

S.no	x	y	d-x-y	d-d	(d-d) ²
1	5	1	4	-0.5	0.25
2	5	1	4	-0.5	0.25
3	4	0	4	-0.5	0.25
4	5	0	5	-0.5	0.25
5	12	1	11	6.5	42.25
6	3	0	3	-1.5	2.25
7	8	0	8	3.5	12.25
8	4	1	3	-1.5	2.25
9	2	1	1	-3.5	12.25
10	9	0	9	4.5	20.25
11	3	0	3	-1.5	2.25
12	5	0	5	0.5	0.25
13	3	0	3	-1.5	2.25
14	5	0	5	0.5	0.25
15	4	0	3	-1.5	2.25
16	6	0	6	1.5	2.25
17	2	0	2	-2.5	6.25
18	3	3	0	-4.5	20.25
19	3	0	3	-1.5	2.25
20	6	0	6	1.5	2.25
21	2	0	2	-2.5	6.25

22	3	0	3	-1.5	2.25
23	6	0	6	1.5	2.25
24	9	0	9	4.5	20.25
25	8	0	8	3.5	12.25
26	3	0	2	-2.5	6.25
27	3	0	3	-1.5	2.25
28	3	0	3	-1.5	2.25
29	2	0	2	-2.5	6.25
30	9	1	8	3.5	12.25
Total	d=			(d-d)²=178.7	

$$d=134/30=4.5$$

x=Score before treatment

y=Score after treatment

d=Mean difference

• **Question to be answered**

Is there any difference between the scores taken before the treatment and scores after the homoeopathic treatment?

• **Null Hypothesis**

There is no difference between the scores taken before the treatment and scores after the homoeopathic treatment?

• **Standard error of the mean differences**

The mean of differences, $d = \Sigma d / n = 134/30 = 4.5$

Comparison with tabled value

This critical ratio, t follows a distribution with n-1 (29) degrees to freedom. The 5% level is 2.045 and 1% level is 2.756 for 29 degrees of freedom. Since the calculated value 9.37 is greater than tabled value at 5% and 1% level, we reject the null hypothesis.

Inference

This study provides to say that, there is a significant reduction in the diseased complaints. Intensity scores after Homeopathic treatment.

Therefore, different potencies of Belladonna is effective in treating Primary dysmenorrhoea.

DISCUSSION

As we know "Health is wealth", at every doorstep each and every adolescent girl will be suffering with menstrual pain & captivated in performing their regular routine due to primary dysmenorrhoea. Main aim of physician is to give initial relief to the patient, to reduce the intensity of pain and improve the quality of life.

In this research 30 cases of primary dysmenorrhoea are taken among adolescent girls. Among 30 cases, 15 cases are under treatment of Various potencies of Belladonna and other 15 cases are given placebo in liquid form. All the cases are taken between the age

group of 13-19years and only adolescent girls are included. Males & girls with other medical illnesses are excluded in this research.

This study included patients with age group between 13 - 19 years. According to this study, out of 30 cases, 22 cases were improved, 7 cases had shown moderate improvement. 1case is same. It was known that Belladonna is effective in treating Primary dysmenorrhoea.

CONCLUSION

In Belladonna of various potencies group, out of 30 cases, 22 cases were improved, 7 cases had shown moderate improvement. 1case is same. There were 2 groups 15 case of each group. 15 case with Belladonna various potencies group 14cases were improved, 1 case was moderately improved, while in 15 cases of Placebo group 10case were improved, 4 cases were moderately improved and 1case was remaining the same.

So more number of cases were improved in Belladonna of various potencies group than placebo group so it is known that Belladonna of various potencies that is effective in treating Primary Dysmenorrhea.

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