

**Effectiveness of individualized homeopathic medicine for reducing tobacco dependence in age group of 18-60 years-A case series.**

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**Abstract:**

**Background:** Tobacco dependence is a major health concern globally, and finding effective treatment options is essential for reducing its prevalence and associated health risks<sup>1</sup>. **Aim:** To study the effectiveness of individualized homeopathic medicine for reducing the tobacco dependence in age group of 18-60 years. **Objectives:** Primary objective: To study the effect of individualized homeopathic medicine in reduction of frequency for tobacco. Secondary objective: To find the most frequently indicated homeopathic medicine in reducing the tobacco dependency. **Materials and Methods:** Case series study was done among 30 subjects with Tobacco dependence randomly selected from M(N)HMC OPD and peripheral camps. Status of dependence of subjects was measured with Fagerstrom Nicotine Dependence scale. Individualized homeopathic medicine was administered. **Result:** Statistical analysis was done using Paired t test. Out of 30 patients, effectiveness of Individualized homeopathic medicine is seen in 26 patients (86.66%) and frequency & dependency remains same in 4 patients (13.33%). **Conclusion:** According to statistics of nicotine addiction calculated before and after intervention of individualized homeopathic medicine for dependency and frequency of tobacco eaten per day gives the t value of 10.16 and 7.15 respectively Hence, we concluded that Individualized homeopathic medicine is effective in reducing the tobacco dependency.

**Key words:** Tobacco dependence, Nicotine Dependence scale, Homoeopathy

**Introduction:**

‘Tobacco use’ is defined to include use of cigarettes, smokeless tobacco, cigar and electronic nicotine delivery system, or E-cigarettes. Tobacco dependence is ‘Cluster of behavioral, cognitive and physiological phenomena that develop after repeated tobacco use, it includes a strong desire to use tobacco, difficulties in controlling its use, persistence in its use despite harmful consequences’ whereas addiction is characterized by compulsive drug-seeking and use, even in the negative health consequences.<sup>2</sup> Tobacco use disorder is the most common and deadly SUD (Substance use disorder)<sup>3</sup>. Primary psychoactive drug substance nicotine is the super impose all the other SUD.<sup>4</sup> Homeopathic medicine can strengthen a person’s constitution. The persons can be physically less dependent to tobacco with the help of the constitutional homeopathic medicine.<sup>5</sup>

**Materials and Methods:**

A case series study was carried out in Motiwala (National) Homoeopathic Medical College OPD and peripheral camps among the patients with Tobacco dependence. 30 patients were selected after screening based on inclusion and exclusion criteria. Patients above the age group of 18 years including both male and female, patients who are willing to quit tobacco and

patients fulfilling the diagnostic criteria DSM-5 for tobacco dependence<sup>6</sup> included in the study. Patient with major psychiatric condition and Immune-compromised patient were excluded from study. Each patient was prescribed with individualized homeopathic medicine on basis of inclusion and exclusion criteria. Follow ups were taken on every 15 days. Individualized homeopathic medicine was prescribed till any changes in Fagerstrom nicotine dependence scale score<sup>7</sup> was observed. Status of addiction of subjects was measured with Fagerstrom Nicotine Dependence scale in each follow up.

**Result:**

Changes observed in study:

OBJECTIVES	RESULT
To study the effect of individualized homeopathic medicine in reduction of frequency for tobacco.	After statistical analysis, calculated t value of FTND score and Frequency is 10.16 and 7.15 respectively which is greater than table t value (2.05) (Calculated t value > table t value)  Number of patients- 30 Efficacy of individualized homeopathic medicine seen in 26 patients (86.66%) & dependence remains same in 4 patients (13.33%)
To find the most frequently indicated homeopathic medicine in reducing the tobacco dependency	Phosphorus- 16.7% (5/30) Nux vomica- 10% (3/30) Natrum mur- 10% (3/30) Arsenic Alb- 6.66% (2/30) Lycopodium- 6.66% (2/30) Sulphur- 6.66% (2/30) Staphysagria- 6.66% (2/30) Lachesis- 6.66% (2/30)

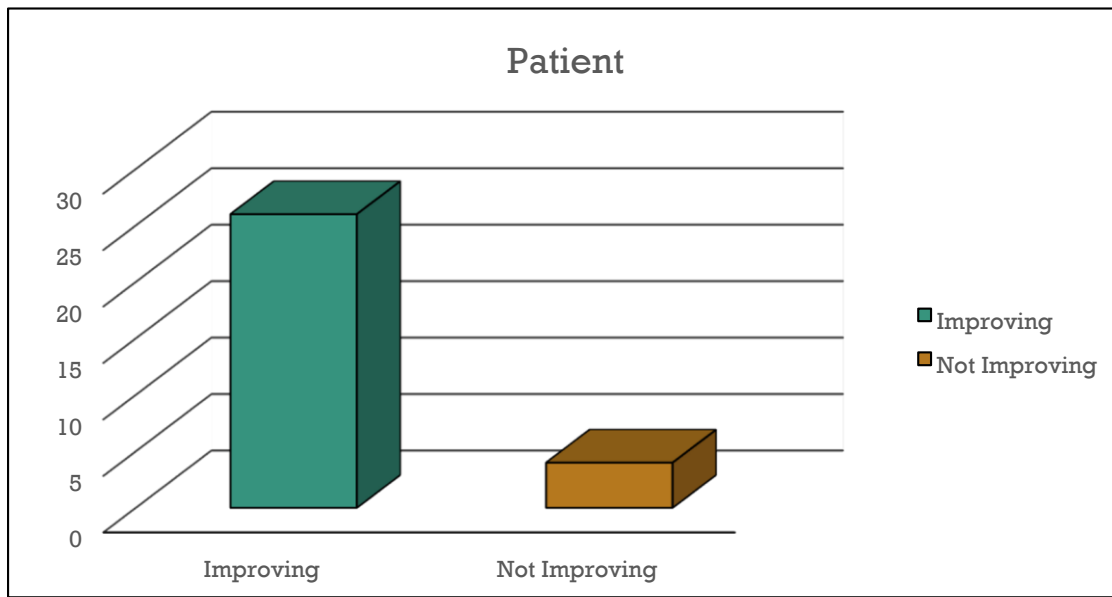


Fig:01 Graph representing number of patients VS outcome of study

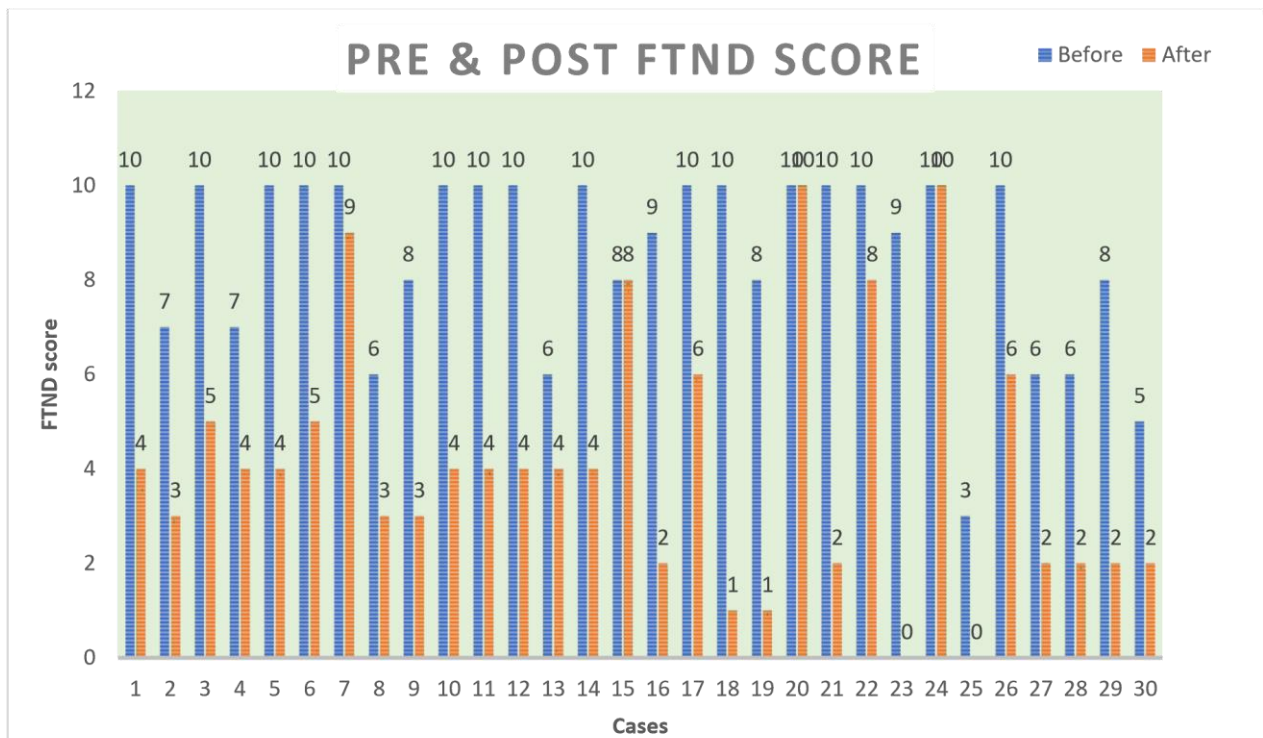
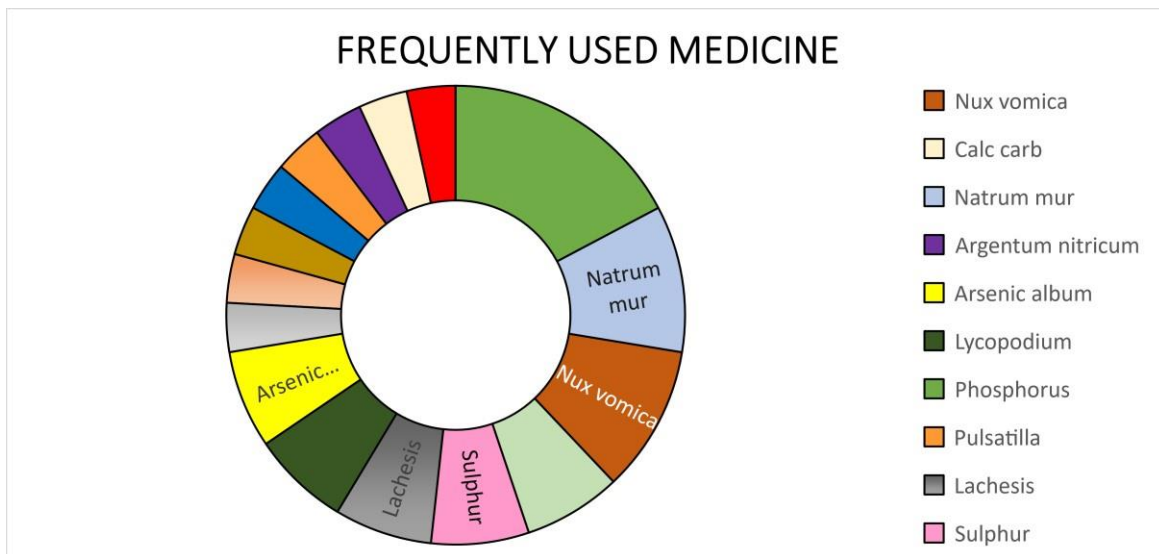


Fig:02 Graph shows case number of tobacco patients



Pre and post FTND score

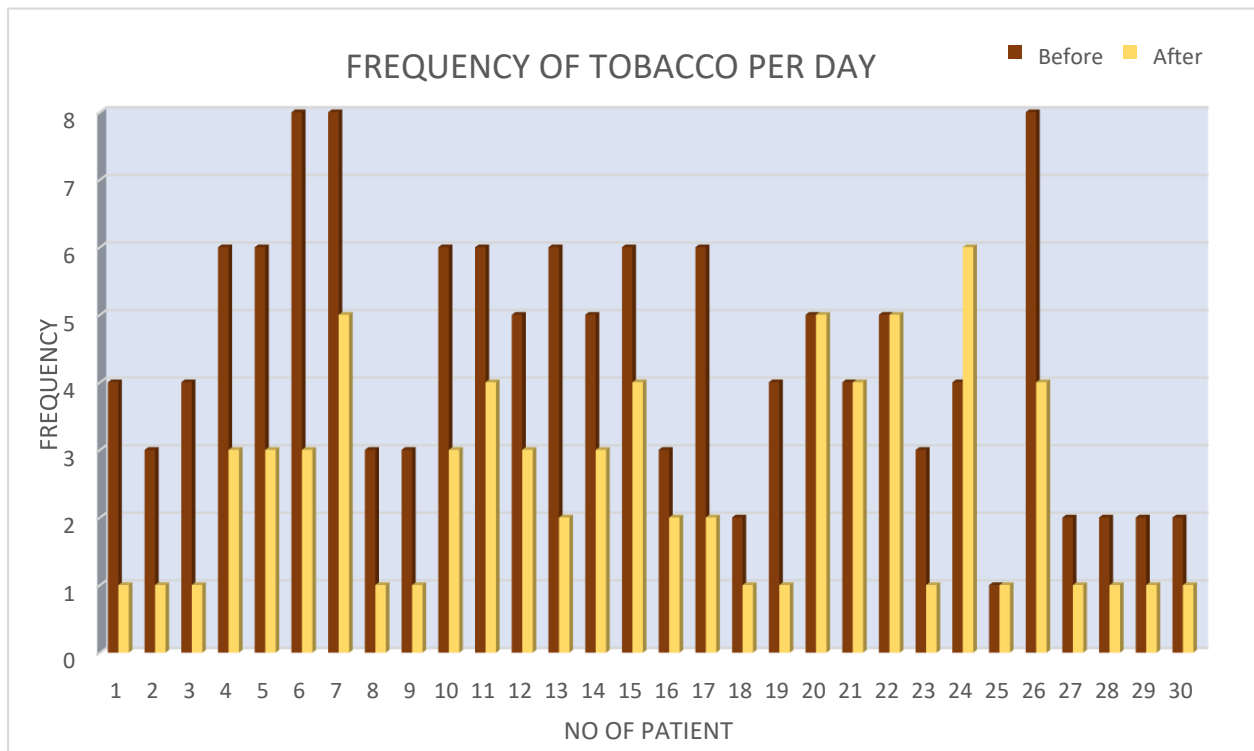


Fig:03 Graph representing frequency of tobacco eating per day before and after

Fig:04 Pie chart representing frequently used medicines in tobacco patient.

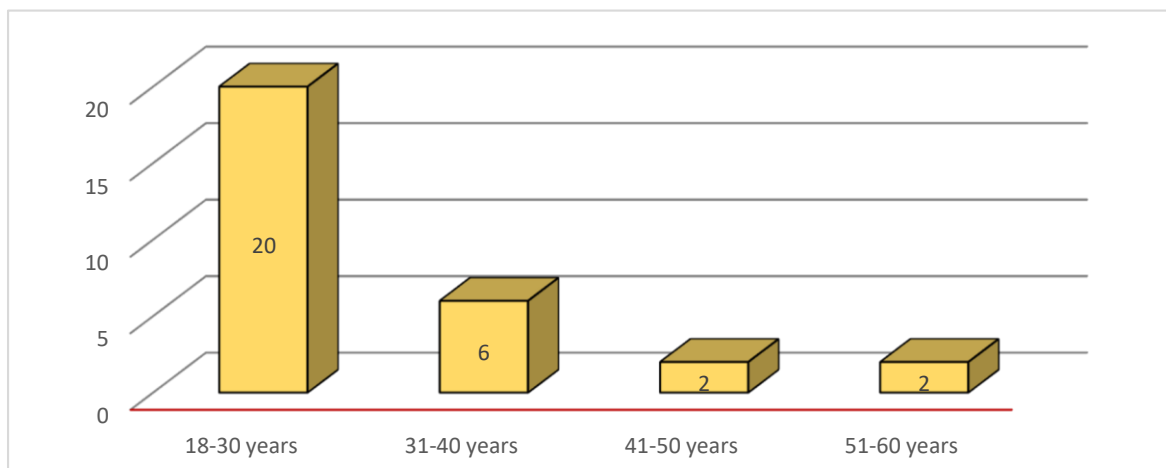


Fig:05 Graph representing number of patients VS age in years

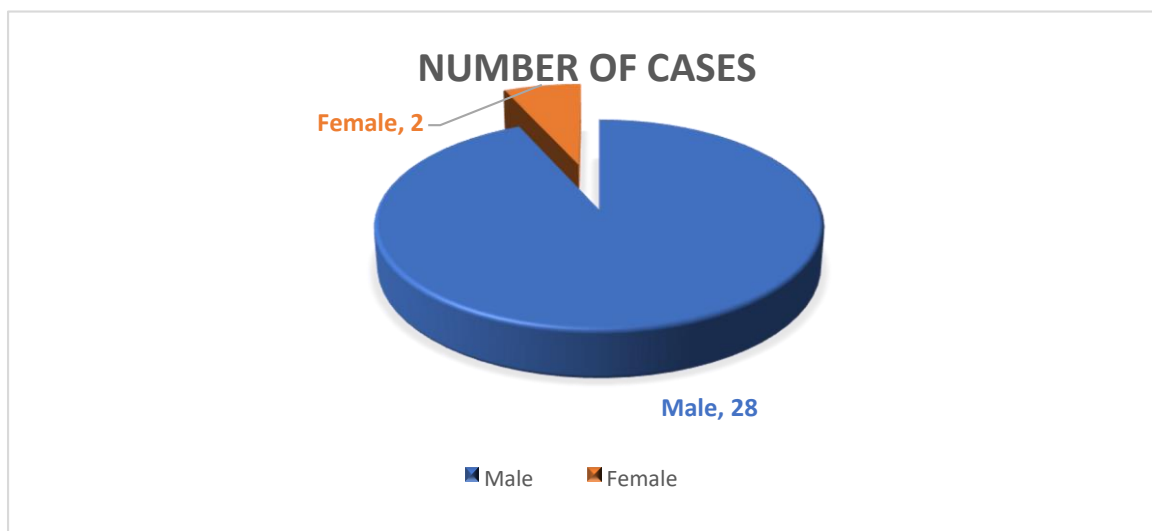


Fig:06 Pie chart representing gender wise proportion of tobacco patient

**Discussion:**

The topic of this dissertation is Effectiveness of individualized homeopathic medicine for reducing tobacco dependence in age group of 18-60 years-A case series study was carried out with detailed case studies. All cases of tobacco including both sexes and from 18 to 60 years of age were taken with sample size of 30 cases.

The literature was confirmed by observing the increased prevalence of the tobacco dependence among males than in females. The study of 30 cases include 2 female and 28 males. Highest number of patients were found among the age group between 18-30 years, which is considered as highly functional, and economical productive years of life

The treatment was individualized for each patient. Phosphorus was the most commonly used medicine, prescribed to 5 patients. Nux vomica prescribed to 3 patient and Natrum mur to 3

patients. Arsenic, lycopodium, Lachesis, Sulphur and Staphysagria were each prescribed to 2 patients. Other remedies including Calcarea carb, Argentum nitricum, Pulsatilla, Calcarea phos, Mercurius, Gelsemium, Silicea, Bryonia were each prescribed to single patients.

Out of 30 cases studied 26 patients (86.66%) showed improvement as per FTND scale.

Paired t-test was applied for statistical analysis. We rejected Null hypothesis, as the calculated t value for FTND score (10.16) and frequency of tobacco, (7.15) is greater than table t value (2.05) indicating a statistically significant difference in outcome of treatment of a patient. Therefore, we can say that the homeopathic individualized medicine reduces dependency of tobacco.

Further controlled studies with larger sample size needed to validate this finding as well as randomized control study to share the outcome with in the constitutional homoeopathic management.

**Conclusion:**

Thus, we conclude that homeopathic individualized medicine has the efficacy to reduce the tobacco dependence as well as frequency of consuming tobacco in age group of 18-60 years in both sexes on the basis of totality of symptoms.

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