EFFICACY OF HOMOEOPATHIC MEDICINE CALADIUM SEGUINUM IN TOBACCO DE ADDICTION AND REHABILITATION

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ABSTRACT

The major component of this study is the implementation of homoeopathic treatment for tobacco addiction. While conventional pharmacological and behavioral treatments are effective in improving cessation success, the rate of relapse to tobacco use remains high, demonstrating the strong addictive nature of nicotine. The future of treatment resides in better patient matching to treatment, precise selection of similia and its administration, conceptualizing nicotine addiction as a chronic disorder which may require long-term treatment. [1] Homoeopathic preparation of Caladium seguinum is having profound action on removing craving for tobacco. The drug is indicated as it “Destroys the cravings for tobacco”. [2,3] The unique benefit that the homoeopathic medicine provide is by strengthening the person’s constitution so that they become less addicted to tobacco but also make them emotionally stronger and thus feel less socially addicted to what tobacco represents to them. [4]

PURPOSE

The ultimate aim of the research is to check the effectiveness of Caladium Seguinum 30 C and 200 C in tobacco de-addiction and rehabilitation with facile management of withdrawal symptoms.

OBJECTIVES OF THE STUDY

Primary objective

To study about the action of Caladium seguinum in tobacco users with the potencies 30C and 200C.

To do a comparative study within the action of various potencies of Caladium seguinum.

3. To find a better and effective way for managing the withdrawal symptoms of tobacco

Secondary objective

To initiate a non-nicotine dependent treatment plan to rehabilitate the tobacco addicts.

To expand the existing knowledge of Homoeopathy in deaddiction and substance abuse.

METHOD

A Google Survey Form was created and was published in the social media for screening of around 200 individuals for the Tobacco De addiction programme. The form contained a Questionnaire model of Fagerstrom Test for Nicotine Dependence, along with Questions enquiring the dependence on tobacco during Covid19 Pandemic and an Invitation to join the Homeopathic Tobacco De-addiction Programme. Purposive sampling based on the Survey was executed and subjects were briefed about the long term effects of tobacco usage, withdrawal symptoms and the methodology of the study. Subjects were divided into 2 groups based on dependency and was prescribed Caladium seguinum 200C and 30C. Follow up was done every 2 weeks and finding were recorded for the duration of 2 months and the same Questionnaire was used to assess the
results at the end of the study. The results from the Pre and Post questionnaires were compared. Graphical representation and statistical analysis of final result were made.

RESULTS

- Subjects with high and moderate tobacco dependence showed decreased level of dependence post study based in Fagerstorm score.
- Mildly dependant subjects were found to be less adhesive to the treatment.
- Highly dependant subjects experienced sudden decline in craving than the moderate and mild dependant subjects.
- Withdrawal symptoms were easily and effectively managed in the Higher and Moderately dependant subjects than mildly dependant.
- Both 200C and 30C potencies were successfully found effective in reducing the craving for tobacco for those who strictly adhered to the treatment.

CONCLUSION

The result of the study confirms that Homeopathic medication Caladium seguinum is effective in reducing the Craving for tobacco and also for the better management of the withdrawal symptoms of tobacco cessation and reinstate that the proving of Homoeopathic Pioneers were found to be true and useful. This also paves way for a new type of de-addiction of tobacco where the patients need not rely on continuous intake of nicotine which is indirectly harmful to the body. Detailed studies may be done to widen the scope of homoeopathy in the stream of de-addiction and substance abuse and save people from this devastating addiction.

I. INTRODUCTION

Tobacco, a plant native to the North Americas which was primitively introduced into the world as a medication slowly and deeply grew its roots to become one of the strongest addiction of man around the world. Tobacco dependence can be defined as ,” Cluster of behavioural, cognitive and physiological phenomena that develop after repeated tobacco use and that typically include a strong desire to use tobacco, difficulties in controlling its use, persistence in tobacco use despite harmful consequences”[1].

Tobacco is responsible for about 5 million deaths per year. More than one out of three adults in India use tobacco in any form showing a male prevalence of about 42.4% over 14.2% consumption by females population and is a prim reason for about 1 million death per year in India. The addiction and overuse of the substance has serious effects on almost all organs of the human body leading to declining health, quality of life and death[2][3][4]

Most of the modern tobacco rehabilitation techniques include Nicotine Replacement Therapy, where nicotine induced medication and chewing gums which provides the patient with an alternative source of Nicotine, thus causing aversion to tobacco. Unfortunately, nicotine is what keeps smokers smoking. Simply nicotine poisoning happens when we have too much of it in your body relative to your boy weight.

Homoeopathic preparation of Caladium seguinum is having profound action on removing craving for tobacco. The drug is indicated as it “Destroys the cravings for tobacco”[5]. The unique benefit that the homoeopathic medicine provide is by strengthening the person’s constitution so that they become less addicted to tobacco but also make them emotionally stronger and thus feel less socially addicted to what tobacco represents to them.

On successfully getting this study done a new and homoeopathic way of getting rid of the everlasting tobacco addiction may be made possible. This also paves way to a type of de-addictive measure without supplementation of nicotine, which is indirectly a cardiac poison once it meets its level of toxicity. This also may give the patients
a more economic or cost effective way for tobacco de addiction, an easy management of withdrawal symptoms and a long standing or permanent escape from this ravaging addiction. The study also helps to leave a mark in extending the ever increasing knowledge of homoeopathy in general and specifically in the field of substance abuse and management of addictions.

II. METHOD

INCLUSION CRITERIA

• Age group 20 to 45 years
• Persons using tobacco in any form
• Persons volunteering to give up tobacco use

EXCLUSION CRITERIA

• Persons diagnosed with chronic respiratory, cardiac conditions and malignancy.
• Age group below 20 years and above 45 years
• Person under quarantine or tested positive for COVID19 viral infection.
• Subjects diagnosed with any ulcerate buccal pathology

SAMPLE SELECTION

Method: Purposive sampling

STUDY DESIGN

Online Screening Programme with Web based form

A Google Survey Form was created and was published in the social media for screening of around 200 individuals for the Tobacco De addiction programme.

Contents of the form

• Questionnaire model of Fagerstrom Test for Nicotine Dependence
• Questions enquiring the dependence on tobacco during Covid19 Pandemic
• Invitation to join the Homeopathic Tobacco De-addiction Programme
• Enquiry for Name, Address and Contact information of those willing to attend the programme

Tobacco Awareness and Administration of Medicine

• Collection of online and responses were done and graphical representation of the available data was made.
• Sampling was done and subjects were briefed about the programme and was made aware of the after effects of long term tobacco usage, the methodology of the study and about the withdrawal symptoms.
• Consent form was mailed to the people willing to join the programme with proper contact information
• Proper Homeopathic case taking was done and recorded for those you willed to attend the programme.
• Medicine was prescribed and delivered by courier or in person to the subjects.
• Subjects were divided into 2 halves/batches and Caladium seguinum 200C and 30C were given to the Batch 1 and Batch 2.
• Method of administration was advised as 3 medicated globules per alternate days before food in the morning.
Subjects were asked to follow the administration schema for a period of 2 months and to report any symptom that develops and were asked to pursue their routine lifestyle.

Patient status and follow up was done every 2 weeks and findings were logged.

At the end of 2 months, subjects were asked to fill the same questionnaire and results were obtained.

Results from the Pre and Post questionnaires were compared.

Observation was done, Graphical representation and statistical analysis of final result was made.

**FAGERSTORM TEST FOR NICOTINE DEPENDENCE (FTND) : DEPENDENCE LEVEL TABLE**

<table>
<thead>
<tr>
<th>FTND SCORE</th>
<th>DEPENDENCE LEVEL</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-2</td>
<td>Very Low</td>
</tr>
<tr>
<td>3-4</td>
<td>Low</td>
</tr>
<tr>
<td>5</td>
<td>Medium</td>
</tr>
<tr>
<td>6-7</td>
<td>High</td>
</tr>
<tr>
<td>8-9</td>
<td>Very High</td>
</tr>
</tbody>
</table>

**METHODOLOGY FLOWCHART**
III. OBSERVATIONS AND RESULTS

**SUVERVEY OUTCOME**
Tobacco usage in screened subjects (Total 180 subjects)

Users : 62/180

Non Users : 118/180

Tobacco usage in forms :

Cigarettes : 95.2%

Chewable Forms : 4.8%

Awareness about harmful effects of tobacco ( Total 62 Users)

57 % of the Users were well aware.

60.7% wish to stop smoking.

Increased Dependence on Tobacco during the COVID 19 lockdown periods(Total 62).

29.5% has increased dependence.
70.5% has decreased dependence.

**SAMPLING OUTCOME**

Number of positive responses for the test : 15

Numbers selected after selection criteria : 12

**CLASSIFICATION OF SUBJECTS BASED ON FAGERSTORM TEST**

<table>
<thead>
<tr>
<th>POINTS</th>
<th>DEPENDENCE LEVEL</th>
<th>NO OF SUBJECTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>7-10</td>
<td>HIGH</td>
<td>3</td>
</tr>
<tr>
<td>4-6</td>
<td>MODERATE</td>
<td>5</td>
</tr>
<tr>
<td>&lt;4</td>
<td>MILD</td>
<td>4</td>
</tr>
</tbody>
</table>

**GROUPING OF SUBJECTS**

<table>
<thead>
<tr>
<th>GROUP</th>
<th>NUMBER OF SUBJECTS</th>
<th>POTENCY</th>
</tr>
</thead>
<tbody>
<tr>
<td>GROUP A</td>
<td>2 HIGH + 2 MODERATE + 2 MILD</td>
<td>200 C</td>
</tr>
<tr>
<td>GROUP B</td>
<td>1 HIGH 3 MODERATE AND 2 MILD</td>
<td>30 C</td>
</tr>
</tbody>
</table>

**TREATMENT OUTCOME**

- Subjects with high and moderate tobacco dependence showed decreased level of dependence post study based on Fagerstorm score.
- Mildly dependent subjects were found to be less adhesive to the treatment.
- Highly dependent subjects experienced sudden decline in craving than the moderate and mild dependant subjects.
- Withdrawal symptoms were easily and effectively managed in the Higher and Moderately dependant subjects than mildly dependant.
- Both 200C and 30C potencies were successfully found effective in reducing the craving for tobacco for those who strictly adhered to the treatment.

**GRAPHICAL COMPARISON OF PRE AND POST FAGERSTORM SCORE**
IV. STATISTICAL ANALYSIS

For Group A prescribed with 200C potency the mean average before the treatment was 4.83 and after the treatment the mean average tobacco dependency of the sample fell to 3.33 and for Group B prescribed with 30C potency the mean average before the treatment was 4.83 and after the treatment the mean average tobacco dependency of the sample fell to 3.66.

The fall in tobacco dependency is can be attributed to the efficacy of *Cladiumseguinum* 200C and 30C potencies.

V. DISCUSSION

In this study it was found that out of 12 subjects 8 showed decline in tobacco dependence score while 2 subjects (M5 and ML2) showed no change and 2 subjects belonging to mildly dependant group found it difficult to adhere
to the treatment plan. All subjects except one who were prescribed 200C potency and except one prescribed with 30C potency and strictly adhere to the treatment found reduction in their dependency and found it effective in managing the withdrawal symptoms. Only subjects using Cigarettes and Chewable tobacco enrolled in the study and was found effective under Homeopathic medication.

Limitations
This study could have been employed in a more wide and effective way if the following limitations were met.

Inability to perform a Tobacco Awareness and De addiction medical camp due to the ongoing COVID19 pandemic and its community restrictions as credibility of an online survey form was found to be doubtful and hence was unable to obtain a larger sample size.

Proper patient management and guidance under direct supervision was unable due to the above-mentioned reason, which gave way to improper adherence to the treatment plan.

A wider study based on different forms of tobacco could not be conducted.

REFERENCES


