

Research Article: Homoeopathic Evaluation of Oral Submucous Fibrosis

Homoeopathic Evaluation of Oral Submucous Fibrosis (OSF) Using The Oral Health Impact Profile-14 (OHIP-14) Scale in Age Group 30 To 50 Years

Abstract-Oral Submucous Fibrosis (OSF) is a chronic, potentially malignant condition characterized by excessive collagen deposition and progressive fibrosis of the oral cavity, often resulting in restricted mouth opening (trismus). This study focuses on assessing the efficacy of homeopathic management in improving the Oral Health Related Quality of Life (OHRQOL) for patients aged 30 to 50. Using the OHIP-14 scale, the research evaluates whether individualized homeopathic remedies can significantly alter the pathological progression and symptoms of OSF.

Introduction-OSF is a debilitating illness primarily affecting the oral mucosa and oropharynx, with a malignant transformation rate (MTR) of 1.5% to 15%. The disease is

marked by:

•**Pathological Features**- Muscle degeneration, hyalinization of sub epithelial tissue, and chronic inflammation.

•**Clinical Manifestations**- Mucosal blanching, intolerance to spicy foods, burning sensations, and the formation of palpable fibrous bands that limit mouth opening.

•**Etiology**-Largely linked to areca nut and gutkha consumption, though factors like nutritional deficiency and genetic susceptibility also play a role.

While conventional treatments are often empirical, homeopathy offers a dynamic approach based on the law of similars, treating the "totality of symptoms" rather than just the material tissue changes.

Methodology-

•**Study Design**- A prospective, randomized, open-label interventional study.

•**Sample Size**-30 cases selected via simple random sampling.

•**Inclusion Criteria**-Patients aged 30–50 years diagnosed with OSF Grades 2, 3, 4A, or 4B per the Kerr et al. classification (interincisal opening < 35mm).

•**Exclusion Criteria**-Patients with Grade 1 (normal mouth opening) or Grade 5 (malignancy), and those with systemic comorbidities or TMJ disorders.

•**Intervention**- Administration of single, individualized homeopathic remedies in medicinal globule form, selected based on symptom similarity.

Quality of Life Assessment

(**OHIP-14**)-The primary tool for measuring effectiveness is the **Oral Health Impact Profile-14 (OHIP-14)** This questionnaire evaluates seven dimensions of impact [cite: 241-253]:

•**Functional Limitation**- Trouble pronouncing words, worsened sense of taste.

•**Physical Pain**-Painful aching, discomfort eating.

•**Psychological Discomfort**- Being self-conscious or feeling tense.

•**Physical Disability**- Unsatisfactory diet, interrupted meals.

•**Psychological Disability**- Difficulty relaxing, feelings of embarrassment.

•**Social Disability**- Irritability with others, difficulty performing jobs.

•**Handicap**- Life feeling less satisfying, total inability to function.

Discussion & Conclusion-

The study seeks to disprove the null hypothesis that there is no significant difference in OHRQOL after homeopathic treatment. By comparing pre-test and post-test scores using a paired t-test, the research aims to establish homeopathy as a viable therapeutic option for managing the symptoms and functional limitations of OSF. Given the rising incidence of OSF in South Asian populations, finding effective anti-fibrotic treatments is a matter of urgent public health importance.

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