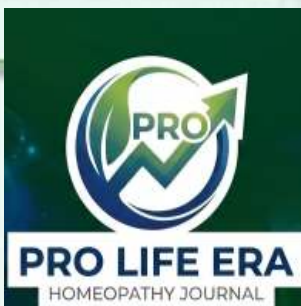




Effectiveness of Homoeopathic Medicine In Frozen Shoulder

Abstract-Background: Frozen shoulder, also known as adhesive capsulitis, is a painful condition characterized by progressive shoulder pain and restriction of active and passive shoulder movements. It may significantly interfere with daily activities and functional use of the affected upper limb.

Objective: This study aims to evaluate the effectiveness of individualized homoeopathic medicines in cases of frozen shoulder and to assess changes in pain, stiffness and functional limitation during treatment.

Methods: An experimental, non-controlled clinical study of 30 patients with clinically diagnosed frozen shoulder will be conducted over 18 months. Homoeopathic medicines will be selected individually according to the totality of symptoms, including physical generals, mental and emotional characteristics, modalities, concomitants, causation and relevant clinical history. Follow-up will be conducted fortnightly to monthly. Clinical response will be assessed using standardized assessment of pain, restriction of shoulder movement and functional limitation.

Expected Outcome: The study is expected to document the clinical response of patients with frozen shoulder to individualized homoeopathic treatment and contribute to clinical documentation and further research.

Keywords: Frozen shoulder, adhesive capsulitis, shoulder pain, stiffness, individualized homoeopathy, homoeopathic medicine.

Introduction- Frozen shoulder, or adhesive capsulitis, is a painful condition of the shoulder characterized by pain and

progressive restriction of movement. Patients may experience difficulty with activities requiring elevation, rotation or other movements of the affected upper limb. The condition may develop gradually and can produce substantial functional limitation.

The clinical presentation varies between individuals. Pain may be influenced by movement, position, activity, rest or other circumstances, while stiffness and restriction of movement may become prominent features. Careful assessment is therefore required to understand the individual clinical presentation.

Homoeopathy approaches the patient through individualized assessment. Selection of a homoeopathic medicine is based on the totality of symptoms, including physical generals, mental and emotional characteristics, modalities, concomitants, causation and relevant past and family history. The present study is designed to document the clinical management of frozen shoulder using individualized homoeopathic medicines and regular clinical follow-up.

Aim And Objectives

Aim- To study the effectiveness of individualized homoeopathic medicine in cases of frozen shoulder and to assess changes in pain, stiffness and functional limitation.

Objectives- To evaluate the clinical effectiveness of individualized homoeopathic medicines in frozen shoulder.

•To assess changes in shoulder pain during treatment., •To assess changes in restriction of shoulder movements.

•To assess changes in functional limitation

associated with frozen shoulder.

•To document the clinical response through regular follow-up & standardized assessment.

Materials And Methods-

•**Study Design:** Experimental, non-controlled clinical study.

•**Study Setting:** Outpatient and inpatient departments of DKMM Homoeopathic Medical College & Hospital, Aurangabad, and institutional health camps.

•**Sample Size:** 30 patients.

Study Population: Patients with clinically diagnosed frozen shoulder presenting with shoulder pain, stiffness and restricted movement.

Inclusion Criteria: •Patients with clinically diagnosed frozen shoulder.

•Patients presenting with shoulder pain, stiffness and restriction of movement.

•Patients willing to participate and provide informed consent.

Exclusion Criteria:•Patients with acute major trauma or suspected fracture or dislocation.

•Patients with suspected septic arthritis or other serious infective conditions.

•Patients with major neurological deficit requiring urgent specialist management.

•Patients with other serious shoulder pathology that prevents reliable assessment of frozen shoulder.

•Patients receiving treatment that prevents reliable assessment of the study intervention.

Duration of Study: 18 months.

Follow-up: Approximately fortnightly to monthly

Case Assessment and Treatment- Detailed case-taking will include presenting complaints, location and character of pain, modalities,

concomitants, physical generals, mental and emotional characteristics, causation, past and family history, occupational and lifestyle factors and clinical examination. Relevant investigations will be considered when clinically indicated.

Individualized homoeopathic medicines will be selected according to the totality of symptoms with the aid of repertorisation and standard homoeopathic materia medica references. Follow-up will assess changes in pain, stiffness, range of shoulder movement and functional limitation. Cases will be categorized according to the observed clinical response.

Suggested Repertorial Rubrics-The following rubrics may be considered during repertorisation according to the individual case: •Extremities – pain – shoulder

•Extremities – pain – shoulder – right

•Extremities – pain – shoulder – left

•Extremities – pain – shoulder – motion – aggravates

•Extremities – stiffness – shoulder

•Extremities – motion – shoulder – difficult

•Extremities – raising arm – difficult

•Extremities – pain – night

•Extremities – pain – rest – aggravates

•Generals – weakness / fatigue

Rubrics will be selected according to the actual symptom totality of each individual patient.

Conclusion- This experimental study is designed to evaluate the clinical effectiveness of individualized homoeopathic medicines in patients with frozen shoulder through systematic case-taking, individualized pre-scription, regular follow-up and standardized

assessment of pain, restriction of shoulder movement and functional limitation. The study may provide useful clinical documentation & a basis for further research into individualized homoeopathic management of frozen shoulder

References-1. James SL, et al. Global, regional, and national incidence, prevalence, and years lived with disability for 354 diseases and injuries. Lancet. 2018.

2. Zuckerman JD, Rokito A. Frozen shoulder: a consensus definition. Journal of Shoulder and Elbow Surgery.

3. Hahnemann S. Organon of Medicine. 6th ed. Translated by Boericke W. New Delhi: B Jain Publishers.

4. Kent JT. Lectures on Homoeopathic Materia Medica. New Delhi: B Jain Publishers.

5. Boericke W. Pocket Manual of Homoeopathic Materia Medica and Repertory. New Delhi: B Jain Publishers.

6. Phatak SR. Materia Medica of Homoeopathic Medicines. New Delhi: B Jain Publishers.

7. Clarke JH. A Dictionary of Practical Materia Medica. New Delhi: B Jain Publishers.

1st Author-**Dr. Shalini Ankushe**

Head of Department,
Department of Homoeopathic Materia Medica,
DKMM Homoeopathic Medical
College, Aurangabad

2nd Author-**Dr. Shwet Hiren Desai**

PG Scholar MD (Hom) Part I
Dept. of Homoeopathic Materia Medica,
DKMM Homoeopathic Medical
College, Aurangabad