

2nd International Conference and Expo on Holistic Medicine and Nursing

August 14-15, 2017 Toronto, Canada

Evaluation of role of individualized homoeopathy in mild, moderate cases of COPD based on 6-minute walk test: Open prospective study

Vatsana Kasana

Rajasthan Homoeopathic Chikitsa Board, India

The increased rate of prevalence of COPD is a matter of concern today as it is one of the leading causes of death worldwide and yet there are so many questions unanswered when it comes to the treatment part. The aim of the study is to evaluate the role of individualized homoeopathy in mild and moderate cases of COPD. Objective was to assess the usefulness of individualized homoeopathic medicines in mild and moderate cases of COPD by 6-minute walk test. An open prospective observational study was conducted on mild and moderate COPD cases. An 18 months study was conducted on patients coming to OPD of Dr. M P K Homoeopathic Medical College and Research Centre, Jaipur (Rajasthan). Mild and moderate cases of COPD were selected based on spirometry readings and global initiative for chronic obstructive lung disease criteria. The distance walked by patients in 6-minutes was noted before and after the treatment. The study resulted in improvement in mild and moderate COPD patients by giving them individualized homoeopathic medicines. Significant improvement was observed in the distance walked by the patients for 6-minute walk test ($P < 0.001$) after treating them with homoeopathic medicines. It can be inferred that individualized homoeopathic medicines are useful in the treatment of mild and moderate cases of COPD.

Biography

Vatsana Kasana is a Homoeopathic Doctor working as a Medical Officer in Rajasthan State Services in Jaipur, India since 2009. She has completed her MD in 2006 and PhD in Homoeopathy (Materia Medica) from Homoeopathy University, Jaipur in 2016. She has published various papers in homoeopathic journals.

vatsanakasana@gmail.com

Notes: