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Confirmation of Symptoms of Calcarea Carb A Retrospective Study

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Abstract

This is a systemic retrospective review of case record of patients prescribed Calcarea carbonica in between 1st January 2014 to 31st December 2014. The patients with marked improvement are included in the study. 15 symptoms of Calc carb, seven mental, seven physical general and one particular symptom, which are having high scores in marked improved cases found through a predefined criteria are taken as confirmed symptoms of Calc carb.

Keyword

Calc carb, confirmation of important symptoms.

Introduction

This is a systematic review of my 3355 case records of 2014. The medicine indicated, prescribed and found effective for my patients in order of their use are as follows. Sulphur, Calc, carb, Nux vom, Bry alb, Rhus tox, Phos, Lyco, Ars alb, Silicea, Kali carb, Tuberculinum. From these drugs Sulphur found to be effective for elders and older persons and Calc carb for children.

Further study was conducted to confirm the symptom of Calc carb basing on their frequency of indications present in the improved cases.

Selection criteria

The case records, which were systematically kept & cases are followed up and found effective are selected for the study. The patient benefit was assessed in the version of the patient through questionnaires using modified Naranjo criteria.

Data extraction

Data were extracted from the studies based on predefined selection criteria.

The key data from the study is summarized below.

Period of study: 1.1. 14 to 31.12.2014

Total no of new cases during the period of study- 3355 cases (only 11 new cases are given appointment per day)

Total no of cases, given Calc carb as first prescription - 671 (20%)

Total no of cases given Calc carb in subsequent five follow up or subsequent prescription- 516

Total no. of improved cases	Below 13 years	14-35years		36 and above	
by ——— during one year 516	290	80		146	
		Male	Female	Male	Female
		30	50	56	90

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Types of cases according to nosological diagnosis, where Calc. Carb is prescribed

Sl.no	Name of diseases	No. of cases	Age group	
			1-15 years	16- Elderly
1.	Respiratory allergies including Bronchial asthma, Bronchitis, Sneezing, Rhinitis and lower respiratory tract diseases.	140	110	30
2.	Upper respiratory infection including Chronic Tonsillitis Pharyngitis, Adenoids, Sinusitis	91	61	30
3.	Mental retardation cases including Autism, Mongolism, Sluggish, Dull, delayed milestones	52	47	5
4.	Fibroid uterus	-		56
5.	Arthritis	109		
	Rheumatoid	11	3	8
	Osteo arthritis	60	-	60
	Periarthritis	36	-	36
6	Hypothyroidism	12	2	10
7	Obesity	15	6	9
8	Dermatology	64	30	34
8	Gastrointestinal	33	23	10

Result:

Methodology or tools used to assess the improvement.

Assessment was made by adopting modified Naranjo criteria and basing on its score.

Score by using Naranjo criteria.

Improvement	Scores
Marked improvement	9-13
Moderate improvement	6-8
Mild improvement	3-5

From each case record, fifteen prominently individualising symptoms of each patient are scrutinised on which basis Calc. Carb is prescribed. Out of 15 symptoms, 7 symptoms from mental, 7 symptoms from physical general and one symptom from particular symptom are taken. This pattern is always maintained for each patient to select 15 important symptoms of Calc carb, based on which Calc Carb is prescribed. Calculation is made how many times the same symptom is found in patients to whom Calc. Carb is prescribed. Observation is also made for the number of appearance of same symptom in marked improved patients. The

effectiveness of the symptom is assessed considering its frequency of appearance in marked improved cases with reference to its frequency of appearance in total number of cases where Calc. Carb. is prescribed and the percentage is calculated.

Table showing symptoms, their appearance in all Calc carb patients, frequency of symptoms present in marked improved cases and the percentage in between their appearance in all cases of Calc carb and marked improved cases where the same symptoms are present

Mentals

Sl.No (I)	Symptoms (II)	No of cases prescribed (III)	Number of marked improved cases possessing the symptoms (IV)	Percentage of effectiveness of the symptoms (V)
1	Anxiety trifles about	200	40	20 %
	Anticipation future about	230	180	77%
	Anticipation health about	150	90	60%
	Despair of recovery	90	60	67%
2.	Fear, something will happen	130	98	75%
	Fear, death	40	28	70%
	Fear impending evil	60	42	70%
3.	Confusion of mind	170	102	60%
	Imbecility	94	47	50%
	Dullness, Weak of memory	200	105	52%
	Mental exertion <	105	63	60%
4	Easily offended	36	21	69%
5	Obstinate	102	66	65%
6	Irritable Morose	105	66	62%
7	Restless	98	59	60%

Physical general

Sl. No (I)	Symptoms (II)	No of Cases prescribed (III)	Found effective usually marked improved cases (IV)	Percentage of effective results (V)
1	Desire hardboiled egg	197	140	67%
2	Aversion -meat	130	110	63%
3	<-milk	170	103	61%
4	Perspiration Night Sleep during Occiput	401	315	69% /
5	Obesity children in	33	24	70%
6	Recurrent acute complaints	256	133	51%
7	Weakness -Slight exertion	211	131	68%

Particular

(I)	(II)	(III)	(IV)	(V)
	Joint pain < cold exposure	301	206	69%

Basis of selection of symptoms for confirmation

A. Where the percentage of response is more than 60% are taken as the most important indications of Calc. Carb. These are analysed with reference to reportorial grading. The similar symptoms in different patients grouped together and are as follows.

1. The first group in the mental symptom related to anxiety. In this group anxiety trifles about, anticipation future about and own health about are found in the patients. Out of so many rubrics for anxiety, anxiety future about (77%) and own health about (60%) are prominent and these two rubrics are the 1st grade In Synthesis Repertory. Anxiety about own health is more authenticated by another rubric, delusion being sick present in some patients.
2. In the group fear, symptoms including, fears something will happen (75%), fear of death (70%), fear of impending evil (70%), despair of recovery (67%). Fear of something will happen is found with 75% of Calc. Carb. patients.
3. Regarding weakness of memory the scoring are confusion of mind (60%), mental exertion (60%), dullness (52%), imbecility (50%). In this group confusion of mind & mental exertion <, are found with good number of patients than patients having, imbecility and dullness of mind.
4. Patients who are offended easily is found to be an important symptom and scores 69% as regards its effectiveness.
5. Obstinacy and sticking to their decision taken, found in 65% of the patient.
6. Irritability and morose state found effective in 62% of their group.
7. Restlessness found to be effective in 60% patients in the irritable group.

B. Physical general

Desire hard boiled eggs, aversion meat, aggravation taking milk, more perspiration, obesity

in children. Recurrent acute complaints, weakness with slight exertion are found to be prominent cured Indications in the study and scores above 60%.

C. In particular symptoms

Pain joints < cold exposure is marked symptom and found in 68% of the patients suffering from arthritis.

Conclusion

Patients on Naranjo scale scoring 7 to 10 are considered as marked improvement. Symptoms of these patients are analysed. 15 symptoms of each patients based on which Calc. Carb is prescribed are selected out of which 7 symptoms of mental, 7 symptoms of physical general and one symptom of striking particular are selected.

The mental symptoms, physical general symptom and particular symptom of above category of 516 Calc. Carb patients are analysed and their percentage of improvement are calculated

The symptoms whose percentage of improvement in their category are found to be above 60% are considered to be verified symptoms of Calc. Carb in this study.

Anxiety, anticipation future about scores very high and less than that are anxiety own health about, despair of recovery.

Similar symptoms with high score are fear something will happen, fear of impending evil and fear of death. The effectiveness of these category are around 70%. The symptoms in patients language are like feels insecure, delusion being sick or disease is incurable, doubtful of recovery, fear of poverty, reading desire for medical books etc.

The Intelligence, memory, alertness etc: memory of Calc carb is differently described by different authors. But scoring for dullness, imbecility, is not prominent in Cal. Carb patients, found in this study. He is not a good student, not because he cannot read more, but because mental exertion causes headache. Similarly because of his plodding nature, he is good in literature but not in calculations, as mental confusion in mind is a 'verified symptom in this study. These symptom along with another verified symptom that weakness with slight exertion make the Calc carb child not a very shining student observed in this study.

Offended easily is a verified symptom which are in patients attitude marked as shy, cautious, sensitive to be laughed at, sensitive to slightest criticism.

Obstinacy and sticking to their decision is a verified symptom. It is often found that when parents told him to do certain thing, he will tell or pretend to as if doing but up to last, he will stick to his decision.

Restlessness and irritability score high in this study. Though Calc carb child by nature is shy,

fearful, dull, sluggish, irritability also found to be a validated symptom. The children who are at beginning oppressed and often offended by his friends for a pretty long time, became lastly irritable and restless latter on.

In physical general, desire hard boiled egg, aversion meat, aggravation taking milk, perspiration at night during sleep and on occiput, recurrent acute complaints, weakness with slightest exertion, Pain joints < cold exposure are verified symptoms of CalcCarb.

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