

## Clinical and statistical analysis of homeopathic care for children

D.E. Mokhov, E.Yu. Shchenikova

(North-Western State Medical University named after I.I.  
Mechnikov, St. Petersburg)

### Clinic-statistical analysis of the homeopathic care for children

DE Mokhov, EY Shchenikova

North-Western State Medical University named after II Mechnikov (Saint-Petersburg,  
Russia)

#### SUMMARY

The article presents the results of a clinical and statistical analysis of the effectiveness of homeopathic care for the children's population of St. Petersburg. The information used was obtained by copying from 367 sheets of primary and 1038 sheets of follow-up visits, completed by pediatricians practicing the homeopathic method.

Key words: homeopathy, children, effectiveness, homeopathic help.

#### RESUME

The article presents the results of clinic-statistical analysis of the effectiveness of homeopathic care for children in Saint Petersburg. The data of 376 primary consultations and 1038 secondary visits to pediatricians practicing homeopathy were examined.

Keywords: homeopathy, children, effectiveness, homeopathic care.

#### Introduction

Recognition of the homeopathic method in recent years has legislatively contributed to its spread and recognition among doctors of various specialties, pharmacists, and patients [3, 5]. In childhood, the significance of its use is great, as a safe and practically age-free method [1, 2, 6]. However, there are few scientific studies devoted to assessing the effectiveness of homeopathic care for children in the domestic literature.

Purpose of the study. To assess the effectiveness of homeopathic care for the children's population of St. Petersburg.

#### Materials and methods

A clinical and statistical assessment of the course and results of the study of the effectiveness of homeopathic care for the child population, organized by us, was carried out. The study involved 367 patients of the Center for Homeopathy of St. Petersburg at the age of 0-17 years. The representativeness of the sample was checked according to the formula of A.M. Merkov. [4]. For each of the patients, 6 pediatricians of the Homeopathy Center, practicing the homeopathic method, filled in statistical cards, including information on 15 registration

signs, including the condition of the child and the treatment prescribed for him. In total, 367 sheets of initial visits and 1,038 sheets of return visits were completed.

### Results and discussion

Among the 367 surveyed children, children of early age (48.3%) and preschool age (35.0%) prevailed. Schoolchildren accounted for 15.4% and adolescents 1.4% of all children who consulted pediatricians of the Homeopathy Center. As the results of the clinical and statistical analysis of the effectiveness of homeopathic care for the child population showed, 367 examined children had diseases that belonged to the 8th grade of ICD-10, that is, the pathology that became the reason for seeking homeopathic care is very diverse. The proportion of children with frequent long-term illnesses was 35.0%. On average, each child visited a pediatric homeopath  $2.8 \pm 0.4$  times during the year, including two times (42.7%), three times (31.5%) and four times (25.8%) ... The child's age did not significantly affect the frequency of visits.

Homeopathic was the main treatment for all children. However, in addition to this type of therapy, doctors used herbal medicine in children of early and preschool age (2.1 per 100), in children 3-14 years old, other types of treatment - massage, osteopathy (4.2 per 100). Allopathic remedies were also recommended (5.6 per 100). An analysis of the course of homeopathic treatment revealed that pediatricians practicing the homeopathic method used 97 homeopathic remedies, of which 79 were single-component (81.4%) and 18 multicomponent (18.6%). Most of the one-component preparations were made from plant materials (50.6%); every third preparation (38.0%) was of mineral origin and 11.4% was of animal origin. On average, each child received  $4.4 \pm 0.7$  homeopathic remedies during the treatment period. The most frequently used drugs were: sulfur (67.8%), calcarea phosphoric (42, 7%), calcarea carbonica (30.1%), silicea (21.7%), mercurius solubilis (20.3%), phosphorus (18.9%), hepar sulfur (8.4%). Among the potencies of the used homeopathic remedies, medium potencies prevailed (C12, C30 - 71.5%). Of the multicomponent homeopreparations, foreign-made means were more often used (28.0% of cases): angina-hel, bronchalis, lymphomyosot, mucose compositum, tonsilla compositum, ubiquinone compositum, traumel, hepel, euphorbium compositum, iricar, tonsilotren, cinnabsin; somewhat less frequently (18.2%) - domestic homeopathic preparations. 0% of cases) means of foreign production: angina-hel, bronchalis, lymphomyosot, mucose compositum, tonsilla compositum, ubiquinone compositum, traumel, hepel, euphorbium compositum, irikar, tonsilotren, cinnabsin; somewhat less frequently (18.2%) - domestic homeopathic preparations. 0% of cases) means of foreign production: angina-hel, bronchalis, lymphomyosot, mucose compositum, tonsilla compositum, ubiquinone compositum, traumel, hepel, euphorbium compositum, irikar, tonsilotren, cinnabsin; somewhat less frequently (18.2%) - domestic homeopathic preparations.

In the course of clinical and statistical analysis, the effectiveness of homeopathic treatment of children was assessed, both objectively (according to doctors who practice the homeopathic method) and subjectively (parental opinions). In the course of treatment, according to doctors, recovery occurred by the second visit in 10.6%; by the third visit - in 12.8%, by the fourth visit - in 11.4% of children. From the second to the fourth visit, the number of children who, according to doctors, had a significant improvement in their health, increased by 1.9 times (from 38.9% to 73.2%). The number of worsening cases was negligible - 4.

Evaluation of the effectiveness of treatment in children of different age groups showed that it is optimal for a child to visit a pediatrician-homeopath at least

four times: by the fourth visit, pediatric homeopaths noted positive changes in their health status in 93.5% of children. It is known that homeopathic treatment almost never causes unwanted side effects. This position is confirmed by the data obtained in the course of the study. In total, 4 cases of adverse events (1.1 per 100 cases) were identified in children by expert doctors, and all of them were regarded as not serious and not directly related to treatment.

The number of children with a subjective assessment of their state of health as "excellent" increases from 7.3% at the second visit to 19.7% at the fourth visit. According to parents, every fourth child (27.4%) feels "very good" by the fourth visit, and every third child feels "good" (39.4%). According to the subjective assessments of parents, the well-being of children has significantly improved after the third (82.1%) and, especially, the fourth visit (86.4%).

#### conclusions

In the course of homeopathic treatment, pediatricians practicing the homeopathic method mainly use single-component homeopathic preparations of herbal (50.6%) and mineral (38.0%) origin in medium potencies. The conducted clinical and statistical study showed that homeopathic treatment, used in combination with additional methods, shows a pronounced effectiveness (according to both objective and subjective assessment) in the treatment of a wide range of diseases in children of different age groups, without causing unwanted side effects ...

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Author's address  
Shchenikova E.Yu.  
gaslena@bk.ru

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