

# A Clinical Study to Appraise the Efficacy of Astacus Fluviatilis in the Management of Urticaria by Using Chronic Urticaria -Quality of Life (CU-QoL)

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## ABSTRACT

People often experience urticaria, sometimes referred to as hives, which is characterised by erythematous, edematous, itchy, and transitory plaques that affect the skin and mucous membranes. Acute spontaneous urticaria, chronic spontaneous urticaria, chronic inducible urticaria, and episodic chronic urticaria are the different classifications. Many causes are blamed for the aetiology, but sometimes they are idiopathic. These include infections, medications, diet, psychogenic factors, and respiratory allergies. Clinically, there are irritable, swollen, and red plaques. Homoeopathy effectively cures acute, chronic, and recurrent urticaria by addressing the underlying immune system imbalance and takes on the illness head-on. Numerous effective homoeopathic therapies exist to treat urticaria. One of the significant remedies is Astacus fluviatilis that is very helpful in cases of urticaria. This study was done on 20 patients, where 10 patients were given Astacus fluviatilis and 10 patients were given a placebo. The statistical results showed that Astacus fluviatilis gave better results compared to the control group.

**Keywords:** Urticaria, Treatment, Astacus fluviatilis, Homoeopathy.

## INTRODUCTION

Erythematous, edematous, itchy, and transitory urticarial plaques covering the skin and mucous membranes are symptoms of the disease urticaria also referred to as hives by people. It is a fairly typical thing.

8.8-20% of people in the neighbourhood have an urticaria attack at least once in their lifetime.<sup>[1]</sup> All ages and genders can experience it, however young individuals tend to experience it more frequently. Urticaria and angioedema are combined in 40–50% of patients, while just urticaria or angioedema is present in 40% and 20% of patients, respectively.<sup>[2]</sup> An estimated 15% to 23% of adults have experienced at least one episode of acute urticaria at some time in their lives.<sup>[3]</sup> The prevalence of chronic urticaria in adults is estimated at 0.5% to 5%.<sup>[4]</sup> Due to the persistent itching, frequent recurrence, and unexplained cause of chronic urticaria, it has a substantial impact on quality of life.<sup>[5]</sup> Urticaria interferes with everyday life and subjective well-being in some patients; It also disrupts family dynamics, impairs performance at work and school, and has a detrimental impact on leisure time.<sup>[6]</sup> Lesions brought on by skin pruritis can affect a person's physical appearance and social life depending on their quantity and location and produce varying degrees of discomfort.<sup>[7]</sup>

Anti histamine medicines and other drugs are currently used as therapeutic methods in traditional medicine; however, they only provide palliative effects and their prolonged usage may result in consequences.

Homoeopathic Materia Medica is the systematic collection of symptoms from the data collected from drug proving's,

poisonings and clinical cures are arranged according to standard schema of location A thorough review of material medica literature of *Astacus fluviatilis* showed its indications in nettle rash all over body, wheals, itching, erysipelas. [8,9]

*Astacus fluviatilis* was selected for its unstudied positive effect as a major choice of selection as a specific drug in the management of Urticaria in homoeopathic practice as the justification. This study is aiming to investigate the efficacy of *Astacus fluviatilis* in the therapy of Urticaria impacted individuals.

## MATERIALS & METHODS

**Source of data:** MNR Homoeopathic Medical College & Hospital

**Type of study:** Experimental study

**Study design:** Randomized -Controlled Clinical trial.

**Sample size:** 20

**Inclusion criteria:**

1. Patients aged between 16 and 45 years.
2. In the case of women who are not pregnant and not lactating.

**Exclusion criteria:**

1. Females who were pregnant or lactating were not included in the study.
2. People who have malignant disorders.

**Proposed Intervention:**

Depending on the patients' susceptibilities, different potencies of *Astacus fluviatilis* are administered.

**Data collection:**

A pre-designed case pro-forma and chronic urticaria quality of life questionnaire (CU-QoL) are used to collect data.

- **Analysis of data**
- Each patient's symptoms were collected and examined.
- The experimental group received *Astacus fluviatilis*.
- Taking into account the case's criteria for susceptibility, vitality, and changes in the structural and functional levels,

the potency was selected. The control group received a placebo.

- These cases were monitored for a total of six months.
- During the follow-up, each case was carefully assessed, taking into account the severity of the symptoms prior to, during, and following treatment

**Follow ups**

- Every 15 days, cases were assessed for the subjective and objective changes.
- Each case was tracked for the study's purposes at least 6 months after the start of treatment.

**Assessment of effectiveness**

- The effectiveness of the drugs was assessed based on clinical improvement, symptom alleviation or eradication, and an improvement in general health.
- Following completion of the prescribed period of treatment, the severity of the post-treatment sickness was compared while taking the patient's general wellbeing and urticaria symptoms into consideration.

## Chronic Urticaria-QoL Questionnaire

Chronic Urticaria Quality of Life Questionnaire (CU-QoL)

In the past 14 days how much were you troubled by the following symptoms?

	Not at all	A little	Rather	A lot	Very much
1. Itching					
2. Wheals					
3. Swelling of your eyes					
4. Swelling of your lips					

Indicate how often you were limited by your hives (urticaria) in the past 14 days in the following areas of daily life

	Never	Rarely	Sometimes	Often	Very often
5. Work					
6. Physical activities					
7. Sleep					
8. Free time					
9. Sleep					
10. Free time					
11. Social relationships					
12. Eating					

In the following questions, we would like to know more about the difficulties and problems that could be related to your hives (urticaria) (regarding the past 14 days)

	Never	Rarely	Sometimes	Often	Very often
13. Do you have difficulties falling asleep?					
14. Do you wake up at night?					
15. Are you tired during the day because you did not sleep well at night?					
16. Do you have difficulties concentrating?					
17. Do you feel nervous?					
18. Do you feel miserable?					
19. Do you have to limit your food choices?					
20. Are you bothered by the symptoms of hives (urticaria) that appear on your body?					
21. Are you embarrassed to go to public places?					
22. Is it a problem for you to use cosmetics (e.g. perfumes, creams, lotions, bubblebath, make up)?					
23. Do you have to limit your clothing choices?					
24. Are your sports activities limited because of your hives (urticaria)?					
25. Do you suffer side-effects from the medications you take for hives (urticaria)?					

## Chronic Urticaria-QoL scores

### Calculation

Scale range

- Not at all – 0
- A little – 1
- Rather – 2
- A lot – 3
- Very much – 4

## STATISTICAL ANALYSIS

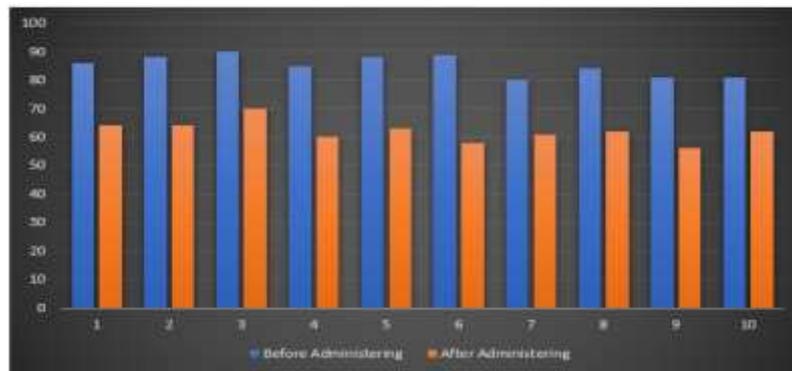
- Descriptive statistics were employed to examine the data, and if needed, tables, percentages, and graphs were utilised to show the findings.
- The significance of the treatment before and after using homoeopathic medicine was assessed using an unpaired "t-test"

## RESULT

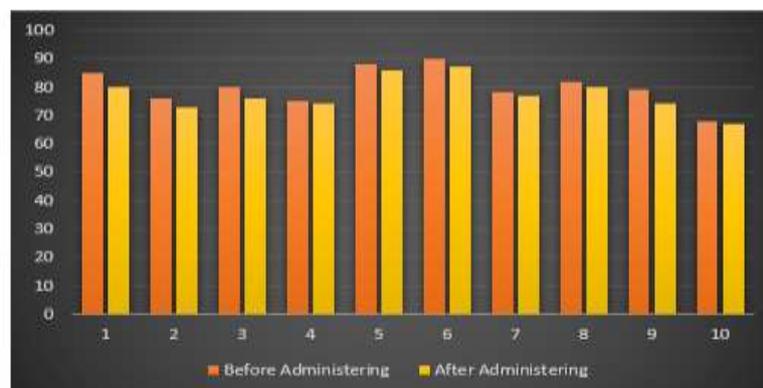
Table 1: CU-QoL scores before and after of both *Astacus fluviatilis* and Control group

Sl. No	CU – QOL SCORE ASTACUS FLUVIATILIS GROUP				CU – QOL SCORE CONTROL GROUP			
	Name	Before	After	difference	Name	before	after	difference
1	Mr. B	80	64	22	Mr.K	85	80	5
2	Mr. L	88	64	24	Mr.SI	76	73	3
3	Mrs.Q	90	70	20	Mrs.J	80	76	4
4	Mrs.P	85	60	25	Mrs.G	75	74	1
5	Mrs.N	88	63	25	Mr.C	88	86	2
6	Mr.A	89	58	31	Mr.H	90	87	3
7	Mrs.V	80	61	19	Mrs.Y	78	77	1
8	Mr.D	84	62	22	Mr.A	82	80	2
9	Mrs.S	81	56	25	Mr.P	79	74	5
10	Mrs.T	81	62	19	Mr.D	68	67	1

CU-QoL Scores before and after Administration of *Astacus fluviatilis*



CU-QoL Scores before and after Administration of placebo



### P Value and statistical significance:

- The two-tailed P value is less than 0.0001.
- By conventional criteria, this difference is considered to be extremely statistically significant.

### Confidence interval:

- The mean of ASTACUS FLUVIATILIS GROUP minus CONTROL GROUP equals 20.50
- 95% confidence interval of this difference: From 17.86 to 23.14

### Intermediate values used in calculations:

- $t = 16.3377$
- $df = 18$
- standard error of difference = 1.255

### Unpaired t- Test results

Group	Astacus fluviatilis group	Control group
Mean	23.20	2.70
SD	3.65	1.57
SEM	1.15	0.50
N	10	10

- Based on p value, mean and standard difference of *Astacus fluviatilis* group ( $23.20 \pm 3.65$ ) and Control group ( $2.70 \pm 1.57$ ).
- The above unpaired t test reveal that *Astacus fluviatilis* showed appreciable efficacy in the improvement of Quality of life of individuals suffering with Urticaria

### DISCUSSION

The patients for this clinical trial are chosen from the O.P.D, I.P.D, and camps of MNR Homoeopathic Medical College and Hospital, and it lasts for around 6 months. 20 patients were chosen at random, and 10 of them received medication while the other 10 received a placebo.

The follow up for each patient is taken for 15 days. Unpaired t test statistical analysis was performed using the values of the CU-QoL scoring that were acquired from the

patients before and after the treatment after collecting data from all the patients.

Unpaired t test statistical analysis was performed using the values of the CU-QoL scoring that were acquired from the patients before and after the treatment after collecting data from all the patients.

Administration of the *Astacus fluviatilis* yielded positive results. At the conclusion of the *Astacus fluviatilis* treatment, all patients displayed a considerable improvement in their symptoms, as evidenced by the CU-QoL score, with no new symptoms developing.

- The patient's condition significantly improved as a result of the medication's effect when compared to a placebo.
- The usage of medication did not result in the emergence of any new symptoms, but rather a reduction in the already present symptoms

### CONCLUSION

Out of the 10 patients that received *Astacus fluviatilis*, the majority of them significantly improved compared to the control group. The results of the given study's administration of *Astacus fluviatilis* showed remarkable efficacy in improving the Quality of Life of people with Chronic Urticaria, according to an unpaired t test that revealed the p value is significant.

### Declaration by Authors

**Ethical Approval:** Approved

**Acknowledgement:** None

**Source of Funding:** None

**Conflict of Interest:** The authors declare no conflict of interest.

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