

Preliminary results on the influence of Arnica-Heel and Traumeel S on hemophiliac patients

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Summary

The present study represents an analysis of application of Arnica-Heel and Traumeel S drops on 25 hemophilia patients for period of 45 days. The main parameters were the frequency of bleeding episodes, severity of bleeding and the ache symptoms during the bleeding and at the time without bleeding. In spite of a very short period of investigation the results are optimistic – tendency to lessening numbers of bleeding episodes and releasing of the pain symptoms especially between bleeding episodes.

Hemophilia is an inherited disease connected with the impossibility of the blood to clot because of the quantitative lowering of Factor VIII or IX or qualitative changes of the same factors. It affects mainly males with frequency 1:5000 - 1:10000 newborn males. Three different forms of the disease exist on the base of Factor VIII or IX level – severe (Factor VIII level < 1%), moderate (Factor VIII level < 2-5%) and mild (Factor VIII level > 5 %). Bleeding episodes with different severity, sometimes life threatening are the main features of the disease. The joints, especially knee joint, are the target place of the bleedings. Because of the recurrent bleedings in a target joint within the time, chronic synovitis develop and later hemophilic arthropathy (5).

The only treatment of hemophilia is a replacement therapy with antihemophilic globulin. Once chronic synovitis or hemophilic arthropathy developed, the only use of antihemophilic globulin could not cure the symptoms. In some patients synovectomy is done to stop the future bleedings (5).

Arnica Montana is a homeopathic product derived from the plant of the same name, belonging to the Compositae family. It acts mainly on the vessels and increasing vessel tonus and stability. An inflammatory effect is also observed (3). Having in mind this we decided to investigate the effect of Arnica-Heel drops and Traumeel S drops on hemophilic patients with

chronic synovitis and recurrent bleedings. Both of them contain Arnica Montana and have anti-inflammatory effect and stabilize vessels' wall.

Material and Methods

A clinical trial with 26 patients with severe form of hemophilia was formed. All of the patients have chronic synovitis mainly in the knee joint with recurrent bleedings. The patients were divided into three groups depending on their age. 14 patients belong to the first group of age 20-30 years, 10 – to the second group – 30-40 years and 2 – to the third group – over 40 years. According to the type of hemophilia 24 patients were with hemophilia A and 2 – with hemophilia B. Arnica-Heel and Traumeel s were given twice daily – 20 drops of each. The main parameters, which we followed, were the frequency of bleeding episodes, severity of bleeding and the ache symptoms during the bleeding and in the time without bleeding. The data for the frequency and severity were compared with the same received for each patient for a period of 6 month before the usage of Arnica-Heel and Traumeel S. The time patients were followed was 1 month.

Results

25 males aged from 20 to 48 years completed this study. One patient leaves the study on his own will. The patients were followed 45 day. The number of bleeding episodes of each patient was taken from their register in Hemophilia Center in Plovdiv Higher Medical Institute. An average number of bleedings was estimate for each of them for one month. The average number of bleeding episodes for one month with administration of Arnica-Heel and Traumeel S is given in table 1. A lessening of bleeding episodes with Arnica-Heel and Traumeel S can be seen from the same table.

Discussion

The chronic synovitis is the main complication in hemophilia patients (7). The joint damages are proportional to the frequency of bleedings. As frequent the bleedings are chronic inflammation in the joint developed, changes in the bone cartilage begins which leads to more frequent bleedings (1, 2). Besides as a result of the inflammation and the bleedings a hypervascularisation /widening of the blood vessel's net/ of the synovial membrane develops. This fact is an additional reason for more frequent bleedings. So a vicious circle is established.

The treatment of chronic synovitis is a complex process. The main still remains the replacement therapy with anti-hemophilic globulin. But once the

inflammation and cartilage damages were established the only use of anti-hemophilic globulin could not cure the synovitis (4). Some anti-inflammation drugs are used to stop this process. If it could not help a synovectomy is done (6). The anti-inflammation, anti-exudative and regeneration effect of Arnica-Heel and Traumeel S was studied in this train in hemophiliac patients. As we did not expect that the combination will affect directly the hemostasis we follow the therapeutic effect on inflammation process of the affected joint. As evaluation of homeopathic treatment is usually complicated by the fact that the effect of it varies a lot according to the individuals, we took the pain symptom as a criterion for evaluation the effect. The pain symptoms are directly connected with bleedings and with chronic damages of the joints. The first valuation was the effect of Arnica-Heel and Traumeel S on the pain in a period without bleeding (tabl. 2). One patient was without response, 2 evaluated the effect as low, 14 - as good and 8 - as excellent. The results received in the evaluation of the pain during the bleedings (tabl. 3) shows that 6 patients have no effect, 8 - low, 7 - good and 4 - excellent. Having in mind this results we could say that Arnica-Heel and Traumeel S reduce the pain symptoms better in the periods without bleeding, than during the bleeding. Taking as a criterion the number of bleedings for one month the bleeding episodes show a tendency to reduce. We could speculate that this might be due to the quite short period of observation. As the criteria 'frequency of bleedings' is very important for these patients we think a period of at least 6-month for observation is needed.

From the results we have received we could speculate that the combination Arnica-Heel and Traumeel S effects the chronic synovitis in patients with hemophilia as the action is not directly on the hemostasis but indirectly on the inflammation, reducing the pain symptoms subjectively. Reducing the inflammation in the joint may lead to a slight reduction of bleeding episodes by braking of the vicious circle. We could also speculate that the effect of Arnica-Heel and Traumeel S might be due to stabilizing action on vessels' walls. More investigations should be done to prove this.

Conclusions:

1. The use of Arnica-Heel and Traumeel S leads to decreasing of the number of bleeding episodes and respectively to the quantity of anti-hemophilic globulin used for the treatment.
2. A release of the pain symptoms, especially in the period without bleeding is observed.