

Evaluation of the effectiveness of arnica montana 6ch in the control of postoperative myalgia by isometric effort in dentistry

Rosy de Oliveira Nardy^{1,2}; **Adriana Marques Nunes**²; **Leonardo dos Santos Barroso**^{2,3}; **Cristina Garani Schneider Guimarães**²

¹Associação Brasileira de Reciclagem e Assistência em Homeopatia (ABRAH);

²Centro Universitário de Volta Redonda (UniFOA) - Volta Redonda/RJ;

³Universidade de Taubate (UNITAU) - Taubaté/SP;

E-mail of correspondent author: rosynardy@gmail.com

Abstract

Arnica montana 6CH is a medicine indicated for inflammatory and painful conditions, especially in muscle structures. The RDC / TMD Axis II questionnaire is a validated tool for the diagnosis of Temporomandibular Muscle Dysfunction.

Objective: This multicenter, randomized and controlled study, approved by Human or Animal Research Ethics Committee UniFOA - CAAE: 48680015.3.0000.5237 aimed to verify the clinical performance of Arnica montana 6CH in contractures and muscle pain triggered by isometric stress.

Materials and Methods: 70 patients underwent prolonged dental treatment sessions, and they were selected after clinical examination and positive responses to the RDC / TMD questionnaire to confirm signs and symptoms of Temporomandibular Muscle Dysfunction at the first consultation. Randomly, Arnica montana 6CH was prescribed for 35 patients called group I, and placebo for 35 patients called group II, at a dose of 5 globules, 03 times a day, for 1 week. In the second endodontic consultation, after 15 days, a new clinical examination was performed at the beginning and end of the prolonged dental consultation with crossing of data from the RDC questionnaire, to monitor the prevalence of TMD muscle signs and symptoms. The data were tabulated and analyzed.

Statistical analysis: The test t de Student was used for paired samples, significant at the level $\leq 0.05\%$.

Results: Anamnetic data from the RDC questionnaire, 86% of the individuals in the GI had lower pain and muscle contracture rates in the second consultation, compared with 22% in the GII.

Conclusion: The drug Arnica montana 6CH proved to be effective in preventing muscle changes and clinical symptoms resulting from isometric efforts with a statistically significant difference ($p \leq 0.05$).

Keyword: Isometry, Thermography, Homeopathy, Endodontics, Arnica montana 6CH