

The Role of Homoeopathic Medicines in Cases of Rheumatoid Arthritis

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Abstract:

This study was carried out in 120 patients between the age group of 30 to 60 yrs. Majority of cases were females. After detailed case history, examination and certain investigations Homoeopathic similimum was prescribed. On evaluation they showed significant relief from symptoms as well as marked improvement in general condition. At the end of this study 47 % cases showed improvement, 33% showed partial improvement and 20% showed no improvement. This proves that Homoeopathy is highly effective in treating Rheumatoid Arthritis.

Key Words: Rheumatoid Arthritis, Homoeopathy, Remedy

Introduction:

Rheumatoid arthritis is a chronic, immuno-inflammatory systemic disease that affects synovial joints with extra-articular manifestations. Bilateral, peripheral symmetrical joint involvement with early morning stiffness is characteristic feature of Rheumatoid Arthritis.

Rheumatoid arthritis is a long term autoimmune disorder that primarily affects joints. It results in warm, swollen and painful joints. Most commonly wrists and hands are involved. Often symptoms come on gradually over weeks to months. Rheumatoid arthritis shows genetic predisposition in families. Apart from genetic risk factor, environmental factors like smoking, silica exposure play an important role.

Aetiopathogenesis

1. Generalized:

- Genetic factors - RA shows genetic predisposition in families. Higher incidence in first degree relatives of affected individual.
- Sex - Common in females
- Age - It commonly begins in middle age
- Obesity

2. Environmental :

- Smoking
- Exposure to silica

Symptoms and signs:

Rheumatoid arthritis has an insidious onset; prodromal symptoms include mild constitutional complaints such as fatigue, anorexia, weight loss, vague musculoskeletal symptoms and generalized weakness. Pain, swelling, tenderness of affected joints with morning stiffness are presenting symptoms of rheumatoid arthritis. RA also affects other organs of body like skin, heart, lungs etc.

Diagnostic Criteria for Rheumatoid Arthritis:

- Morning stiffness (> 1hour)
- Arthritis of three or more joint areas
- Arthritis of hand joints
- Symmetrical arthritis
- Rheumatoid nodules
- Rheumatoid factor
- Radiological changes
- Duration of 6 weeks or more

Diagnosis of RA is made with four or more criteria.

Investigations:

- Blood tests – complete blood count, ESR, CRP
- Serum auto antibodies - anticyclic citrullinated peptide (CCP) antibody, Rheumatoid Factor
- Radiography of involved joint

Homoeopathic Approach:

Dr. Hahnemann states that true chronic diseases are due to chronic miasms – psora, sycosis and syphilis. Miasms play a key role in development of chronic disease. The patients past medical history and family history throw light upon the miasmatic background of patient. Thus we should study the case according to totality, constitution, miasmatic background and prescribe the homoeopathic remedy.

Homoeopathic Therapeutics:

Following remedies are commonly indicated:

Rhus tox, Bryonia, Actea spicata, Arnica, Causticum, Ruta, Colchicum, Ledum pal, Calcarea carb, Calcarea phos, Kalmia, Lithium carb, Sanguinaria, Caulophyllum, Pulsatilla, Sulphur.

Aims and Objectives:

To study the role of homoeopathic remedies in Rheumatoid arthritis.

Study Design:

Experimental and prospective type of study without control group.

Before and after comparison.

Materials And Methods:

120 cases were selected from college hospital, college, OPD and camps. Duration of study was of 18 months.

Sampling Technique:

Simple randomized sampling technique was used.

Method of Selection:

A. Inclusion criteria:

Age group of 30 to 60 yrs of both sexes are considered.

B. Exclusion criteria:

- Patient having history of immunodeficiency disorder.
- Patient with malignancies.
- Patients with gross pathological changes.

Observations And Results:

Table No. 1: Age Distribution

Age Distribution	No. of Patients	Percentile
30-40	24	20%
40-50	76	63.33%
50-60	20	16.67%

Table No 2: Sex Distribution

Sex Distribution	No. of Patients	Percentile
Female	80	66.67%
Male	40	33.33%
Total	120	100%

Table No 3: Result of Treatment

Prognosis	No. of Cases	Percentile
Improved	56	46.67%
Partially Improved	40	33.33%
Not Improved	24	20%

Selection of Remedy:

After detailed homoeopathic case taking and physical examination, individualizing totality was formed and selection of remedy was done according to symptoms similarity.

Drug Potency:

Low to moderate potency

Drug Administration:

This was done through oral route.

Drug Dispensing:

Was done in globules, powder and liquid.

Criteria for Follow Up:

All patients were duly followed and details of symptomatic and clinical changes were recorded.

Data Collection:

Was done according to standardized homoeopathic case Performa and was thoroughly maintained.

Summary:

The study was carried out in 120 patients between the age group of 30 to 60 yrs. Majority of cases were females.

After detailed case history, examination and certain investigations homoeopathic similimum was prescribed, while dealing with the case homoeopathic remedies like

Rhustox, Bryonia, Actea spicata, Arnica, Causticum, Ruta, Colchicum etc were frequently used.

On evaluation they showed significant relief from symptoms as well as marked improvement in general condition.

Conclusion:

At the end of the study 47% cases showed improvement, 33% showed partial improvement and 20% showed no improvement. This proves that homoeopathy is highly effective in treating rheumatoid arthritis.

Source of Support: Nil

Conflict of Interest: Nil

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