

Scope of Homeopathy in the Treatment of Rheumatoid Arthritis with Scientific Research, Case Studies, Therapeutics, Rubrics, Pathophysiology and Materia Medica

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ABSTRACT

Rheumatoid arthritis is considered to be the most common chronic, systemic disease and a systemic inflammatory polyarthritis with extra-articular involvement that is involving the lung and many other organs with reported progressive joint damage causing severe disability. The fundamental manifestation is degeneration of the articular cartilage characterized by a decreased joint space, osteophytes and a variety of deformities that develop as the disease progresses. The disease mainly affects the weight bearing joints. Homoeopathic system will best on Similia Similibus Curenture, so all the curable diseases are cure by proper application of homoeopathic medicine with accurate principles and managements.

INTRODUCTION

Homeopathy is the most recent system of management in this modern world. The basic concept as proposed by the founder of this system of treatment by Master *Samuel Hahnemann* showcased the similar remedy, minimal dose and rapid cure of the patient. Homeopathy has proved at many a times that it is very useful in treating rheumatoid arthritis.

Rheumatoid arthritis is the most common chronic, systemic disease and a systemic inflammatory polyarthritis with extra-articular involvement that is involving the lung and many other organs with reported progressive joint damage causing severe disability. Rheumatoid arthritis or degenerative joint disease is the most common joint disorder. The main feature is degeneration of the articular cartilage. It is clinically presented as joint pain and crepitus in the elderly age group. It is radiologically characterized by decrease joint space, osteophytes and a variety of deformities that develop as the disease progress. Osteoarthritis mainly affects the weight bearing joints. As it is a degenerative joint disorder most of the old persons are suffering from this disease.

The fundamental manifestation is degeneration of the articular cartilage¹ characterized by a decreased joint space, osteophytes and a variety of deformities that develop as the disease progresses. The disease mainly affects the weight bearing joints.

Keywords: Rheumatoid Arthritis, Homeopathy, Osteoarthritis.


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The relative risk is 1.9 for men and 3.2 for women.² Homeopathy medicines are really valuable in reducing pain and symptoms of osteoarthritis of knee with significant improvement noted in VAS scale.³ The term osteoarthritis was coined by *John Spendon*.⁴ The Indian Journal of Orthopaedics had performed a study which resulted in the prevalence of rheumatoid arthritis involving the knee was found to be 28.9%. As per the results obtained by WHO, Osteoarthritis is identified to be second most-commonest musculoskeletal problem in almost 30% of the world population.

PATHOLOGICAL DIVERSITIES

The condition rheumatoid arthritis involving the knee mostly affects the synovium of the knee joints. The initial structural changes in the rheumatoid arthritis mostly include enlargement, proliferation and disorganisation of the chondrocytes in the most superficial part of the articular cartilage. The superficial layer of the articular cartilage is mostly degraded by fibrillation and crackling of the matrix and the underlying cancellous bone becomes sclerotic and thickened.

Basic calcium phosphate and calcium pyrophosphate dehydrate crystals are present microscopically in most of the joints involved at the end stage of the rheumatoid/osteoarthritis.

The various signs and symptoms that are involved in the condition include,

- Severe to moderate pain involving the knee while at rest (day or night)
- Bony crepitus from the affected compartment
- Crackling sound during the movement of the joint
- Warmth over the joint
- Limited range of movement
- Deformities occurring in the latter stages of life

Non – articular features:

- Bursitis, Teno-sinovitis, Wasting of muscles
- Kerato-conjunctivitis, scleritis
- Carpal tunnel syndrome, Polyneuropathy
- Palpable lymph nodes, Anemia, Thrombocytosis
- Pleural effusion
- Pericarditis

PREVENTION STRATEGIES

MANAGEMENT

The protocols that are basically involved in the management of rheumatoid arthritis are,

- Pain relief
- Reduction of inflammation
- Protection of the articular structures
- Maintenance of the function
- Gaining control over the systemic involvement

The major changes that have to be followed in order to manage the rheumatoid arthritis effectively include:

1. Control Weight

The most important thing to prevent osteoarthritis is weight reduction, which can be done by regular exercise and reducing the intake of diet.

2. Exercise

If the muscles that run along the front of the thigh are weak, research shows you have an increased risk of painful knee osteoarthritis.

3. Avoid Injuries or Get Them Treated

Injury to the knee joint is the major predisposing cause of developing osteoarthritis.

4. Eat Right

No specific diet has been shown to prevent osteoarthritis. Certain nutrients have been associated with a reduced risk of the disease or its severity. They include:

Omega-3 fatty acids - These healthy fats reduce joint inflammation, while unhealthy fats can increase it. Good sources of omega-3 fatty acids include fish oil and certain plant/nut oils, including walnut, canola, soybean, flaxseed/linseed, and olive.

Vitamin D - A handful of studies have shown that vitamin D supplements decreased knee pain in people with osteoarthritis.

HOMEOPATHIC REMEDIES OF RHEUMATOID ARTHRITIS

A. BRYONIA ALBA

Pain with inflammation, which is aggravated by movement and relieved by moderate pressure and rest. There is inflammation of joints which are hot and swollen. Stiff knees and painful, joints red, swollen, hot, with stitches and tearing, with movement aggravates. Painful spot-on pressure.⁵ Worse, warmth, any motion, morning, eating, hot weather, exertion, touch. Pressure and rest relieve the symptoms. Pain in serous membranes and joints.

B. RHUS TOXICODENDRON

There is restlessness and the pains are worse on first motion, better by continued motion. The joints are hot, painful and swollen. Tearing pains in tendons, ligaments and fascia. Limbs stiff paralyzed. The cold fresh air is not tolerated; it makes the skin painful.⁵ It acts on cellular ligaments and fibrous joints.⁶ Tenderness about the knee-joint. Complaints increased during sleep, cold, wet rainy weather and after rain; at night, during rest, and relieved by warm, dry weather, motion; walking, change of position, rubbing, warm applications, from stretching out limbs.

C. KALI CARBONICUM

The nature of pain is stitching, stabbing and burning character which is relieved temporarily by cold application and not by rest or motion. The patient shrieks on account of pain. Pain is tearing in nature in limbs with swelling. The complaint increased in cold weather from soup and coffee, better in warm weather. The pains are sudden and so sharp which make the patient cry.

D. ARNICA MONTANA

Arthritis which is of a chronic nature with a feeling of bruised soreness can indicate a need for this remedy. Sprained and dislocated feeling. Soreness after over exertion. Rheumatism begins low down and works up. Rheumatism begins low down and works up. The complaint aggravated during least touch, motion, rest, wine and damp cold. And better, lying down. Recent and remote affections from injuries, especially contusions or blows.

E. RUTA GRAVEOLENS

Arthritis with a feeling of great stiffness and lameness, worse from cold and damp, and worse from exertion often is relieved by this remedy. Tendons and the capsules of the joints may be affected. Arthritis may have developed after overuse, from repeated wear and tear.

F. APIS MELLIFICA

This remedy is mostly used in acute conditions with redness, tenderness and swelling. Joints feel hot and have stinging pain. Warmth can aggravate the symptoms and cool applications bring relief. The complaint got aggravated from heat in any form touch, pressure, late in the afternoon, after sleeping, in closed and heated rooms and relieved by open air, uncovering, and cold bathing.⁷

G. CALCAREA CARBONICA

Arthritis in a person who is flabby or overweight, and easily tired by exertion. Swelling of knees in fatty constitution with sweats on the head and hands worse in cold and damp weather.⁷ Aggravated from exertion, mental or physical, ascending, cold in every form, water, washing, moist air, wet weather, during full moon, standing. Better, dry climate and weather; lying on painful side.

H. STICTA PULMONARIA

The main action reduces fluid in the joints. Housemaid's knee. Shooting pain in knees. Joints and neighbouring muscles red, swollen, painful. Rheumatic pains precede catarrhal symptoms.⁷ Worse with sudden changes of temperature. Mainly curative in inflammatory rheumatism of the knee joint. It is very sudden in its

attacks and unless promptly relieved by strict will go on to the oxidative stage and become chronic in character. Peculiar symptom legs felt as if floating in the air or felt light and airy as if not resting on the bed.⁸

I. FORMICA RUFA

Pains, stiff and contracted joints. Better by warmth, pressure and rubbing.⁵ Muscles feel strained and torn from their attachment. Weakness of lower extremities. Rheumatism comes on with suddenness and restlessness. Sweat does not relieve. Relief after midnight and from rubbing.⁹

J. LEDUM PAL

Swelling of feet and legs up to knees, purple and mottled > when holding feet in ice water. Rheumatism begins in lower limbs and ascends. < Warmth of bed, motion, evening. Pains are sticking, tearing, throbbing. Emaciation of the affected parts.

K. GUIACUM

Rheumatic pain badly aggravated by heat and motion. A feeling of warmth in the affected limb. Tending for the alteration of the tonsils and rheumatic affection.¹⁰

L. MERCURIUS

Pain is more at night, heat of the bed and from the profuse sweat. Excessive thirst and profuse salivation. Tongue becomes large, flabby and showing the imprint of teeth. Offensiveness and difficulty in lying on the right side.¹¹

M. THUJA OCCIDENTALIS

Rheumatic pain aggravated in cold weather, rainy season and at 3 A.M. Fixed ideas and various dreams in sleep. Ailments from bad effects of vaccination from suppressed or maltreated gonorrhoea. Sweat only on covered parts or all over except the head, when he sleeps, stops when he wakes. Fig warts, condylomata and wart-like excrescences upon mucus and cutaneous surfaces.⁶

N. SULPHUR

Dirty, filthy people aversion of being washed. Relapsing history of patients. Burning sensation on vertex, palm and sole. Weak, empty, all gone or faint feeling in the stomach at around 11a.m and cannot wait for the lunch.¹¹

O. COLCHICUM

Pains are drawing tearing, pressing, light or superficial during warm weather, affects the bone and the deeper tissues when air is cold. Arthritic pain in joints—patient screams with pain on touching a joint or stubbing a toe. Urine dark, scanty or suppressed, in drops with white sediments, bloody, brown, black, inky. Smell painfully acute, nausea and faintness from the odour of cooking food.⁷

P. MEDORRHINUM

Intense burning heat that usually begins at the nape of neck and extends down to the spine. Burning sensation at the hands and feet. Insatiable craving for liquor, for salts, for sweets, ice, acid, orange and green fruit. Memory weakness and intense restless and fidgety legs and feet.

CONCLUSION

Homeopathy system of medicine is considered best on symptoms that are similar with individualisation of the patients according to the homeopathic principles. If there is a possibility of detecting it at the earliest might possibly increase the chances of cure. Homeopathic medicines given in centesimal potency have a great role in reducing pain of patients suffering with osteoarthritis of the knee joint.

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