

Case Study

A Case of Osteoarthritis Treated by Homoeopathic Constitutional Medicine: A Case Study

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Abstract Osteoarthritis is now a burden disease in the whole world, it effects person daily activity & causing impairments. It is the major public health challenge to the population. Homoeopathy although widely used in Osteoarthritis, is assumed to have nothing significant but placebo effects and Its specific clinical effects are frequently ascribed as implausible. In this article, I briefly discuss on osteoarthritis and a case, which was treated by Homoeopathic medicine.

Keywords *Osteoarthritis; Homoeopathy; Rhus-Toxicodendron*

Introduction

Osteoarthritis (OA) is a chronic degenerative disorder of multi-factorial etiology characterized by the loss of articular cartilage, hypertrophy of bone at the margins, sub-chondral sclerosis, and range of biochemical and morphological alterations of the synovial membrane and joint capsule [1].

Pathological changes in the late stage of OA include softening, ulceration, and focal disintegration of the articular cartilage. Synovial inflammation also may occur. Typical clinical symptoms are pain, particularly after prolonged activity and weight-bearing; whereas stiffness is experienced after inactivity. It is probably not a single disease but represents the final end result of various disorders leading to joint failure. It is also known as degenerative arthritis, which commonly affects the hands, feet, spine, and large weight-bearing joints, such as the hips and knees [1]. Clinical Symptoms of Osteoarthritis is much significant for diagnosis. Clinical diagnosis is made with the help of American College Rheumatology guidelines. Different investigation which is not helpful for diagnosis, its only help to evaluate the cause of disease.

Most cases of OA have no known cause and are referred to as primary OA. Primary osteoarthritis is mostly related to aging. It can present as localized, generalized, or as erosive OA. Secondary osteoarthritis is caused by another disease or condition [1].

Osteoarthritis is the second most common rheumatologic problem and it is the most frequent joint disease with a prevalence of 22% to 39% in India [1]. OA is more common in women than men, but the prevalence increases dramatically with age Nearly, 45% of women over the age of 65 years

have symptoms while radiological evidence is found in 70% of those over 65 years. OA of the knee is a major cause of mobility impairment, particularly among females [2, 5]. OA was estimated to be the 10th leading cause of nonfatal burden [1].

On the basis of pathogenesis OA occurs two clinical forms: Primary OA: Occurs elderly, more common in female, another Secondary OA: Occurs any age due to any previous wear, injury [8].

Commonly affected joints include the cervical and lumbo-sacral spine, hip, knee and the first metatarsal joint. In the hands, the distal and proximal interphalangeal joints and the base of thumb are often affected. Osteoarthritis can be diagnosed based on structural abnormalities or on the symptoms, these abnormalities evoke. Many persons with x ray evidence of OA have no joint symptoms and, while the prevalence of structural abnormalities is of interest in understanding disease pathogenesis, what matter more from a clinical and public health perspective is the prevalence of symptomatic OA [2]. The knee and hip are the principle large joints affected and principle sites of significant disability. Knee OA is more prevalent than hip OA [3].

With the help of conventional medical treatment pain of osteoarthritis will be relieves temporary, but it produces adverse effects in gastrointestinal & cardiovascular problem. So, many patients using alternative therapy for this. The rheumatological problem is most common problem encountered by alternative medicine practitioner. However scientific research has so far not provided evidences solid enough to support the effectiveness of alternative medicine for managing of rheumatological problem [6].

Case Study

Chief Complaints

A 48 year man complaining, pain in the both the knee joint for last 2 year, aggravated from sitting while, rainy weather, at night & ameliorated from pressure, motion;

Associated with, pain in the head with feeling of heaviness while lying down;

History of Present Illness

He took conventional medicine for last 2 years, but when discontinued the medicine complaints aggravated;

Past History

He is suffering from Malaria 10 years ago, but after that she took Allopathic medicine & recovery takes place;

Family History

Father: Suffering from hypertension;

Personal History

He had addiction for smoking & lives in damp area. He is a daily worker. There is no problem in his family.

Mental General & Physical General

He does not want any company. When anyone try to talk with her, he felt irritated. When any problem comes to his life he wants to handle by her own way, does not wants any person help. He is very restless & irritable.

After enquiring the physical general aspects of the patient, it was found that, he has desire for sweet, takes 4 to 5 litre water daily, sleep is disturbed, perspiration is oily in character. he can't tolerate cold which makes his complaints worse. Sour taste in mouth.

Diagnosis

Diagnosis is done with the help of clinical symptoms, physical examination [1];

Analysis & Evaluation of Symptoms

SL NO.	Character of Symptom	Symptom	Intensity	Miasmatic Analysis [3]
1.	Mental general	She does not want company	+++	SYPHILIS
2.	Mental general	Irritable	+++	SYPHILIS
3.	Mental general	Restlessness	++	PSORA
4.	Physical general	He desires for sweet	+++	PSORA
5.	Physical general	Profuse thirst	++	PSORA
6.	Particular	Pain in knee > by motion	+++	SYCOSIS
7.	Particular	Complaints <at night	++	SYPHILIS
8.	Particular	Complaints> from pressure	+++	PSORA

Prescription

After repertorization, Calcarea carb has possess highest grade & highest matching of the symptoms. Here, I select Calcarea carb on the basis of completeness of symptoms of the patient. I also consult with Materia Medica [6][7] and after repertorization Calcarea carb is indicated remedy.

Repertorization

See the reportorial sheet

The screenshot displays a repertorization software interface. At the top, there is a search bar labeled 'Query (Enter Only Main Keywords)' and a 'Recorded Symptoms' list. Below this, a grid shows the relationship between symptoms and remedies. The columns represent remedies: Rhus-t, Lyc, Sulph, Calc, Sep, Bry, Chin, Nat-m, Kali-c, Lad, Nux-v, Puls, Carb-v, and Bell. The rows represent symptoms covered by these remedies. The 'Symptoms Covered' list includes: [KT] [Mind]Company:Aversion to, [KT] [Mind]Irritability (see anger), [KT] [Stomach]Thirst:Extreme, [KT] [Stomach]Desires:Sweets, [KT] [Extremities pain]Pain:Knee, [KT] [Extremities pain]Pain:Knee:Motion :Amel, [KT] [Extremities pain]Pain:Knee:Sitting:While, and [KT] [Extremities]Stiffness. The bottom of the interface shows 'Symptoms 8' and 'Remedies 323'.

Prescribed on 26/11/2021

Rhus Toxicodendron-200/ 1 dose, early morning mixing with ½ cup of water for 2 days along with Placebo every day, two times after eating for 7 days;

Selection of dose & potency

As per organon of Medicine aphorism 247 5th edition [8] & according to the susceptibility of the patient potency is selected. Here the patient is highly susceptibility is high & intensity of the symptoms is also much & she suffers from long time due to that affection, so start the case with higher potency.

Repetition of Medicine

As per Organon of Medicine, every well-chosen medicine should be repeated at suitable interval aphorism 246 5th edition [8]. In this case, after initial improvement of the patient, symptoms are unchanged or standstill, at that time repeat the same medicine is necessary with same potency.

Follow up

Date of Visit	Response	Medicine prescribe
08/01/2022	No changes take place. Pain in the both the knee joint	Rubrum-200/ 1 drop BD x 15 days
16/01/2022	Patient have more pain can't sleep at night pain but improves in bowel movement	Rubrum -200/ 1 drop BD x 15 days
30/01/2022	He had slight improvement in the pain, she feels better	Placebo-30/ 1 drop BD x 7 days
12/02/2022	No changes occur after improvement	Rhus Toxicodendron-200/1 dose
19/02/2022	No pain with much improvement, no	Lactopen-200/ 1 drop BD x 7

	stiffness with feeling of comfortless	days
24/02/2022	No symptoms occur after considerable time	Phytum-200/ 1 drop BD x 15 days
02/03/2022	No complaints occur	

Conclusion

In case of any kind of joint disorder, Homoeopathy have vast scope. We treat the patient according to its symptomatology & our dynamic medicine have not produce any kind of side-effects like conventional steroid medicine. We believe on individualistic approach & our science have scope to get rid of such kind of joint disease.

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