

Case Study

Case Discussion about Rheumatoid Arthritis through Homoeopathic Treatment

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Abstract In day today life such a type of disease like Rheumatoid Arthritis, this is an auto immune disorder disease and progressive by nature, mostly affects Small synovial joints of hand and feet. That is why it is seen always in chronic condition. In this article with the help of homoeopathy I treat rheumatoid arthritis and briefly discusses on the same.

Keywords *Rheumatoid arthritis; Lycopodium; Homoeopathy*

Introduction

Rheumatoid arthritis is chronic inflammatory conditions of joints. Rheumatoid Arthritis (RA) is a chronic autoimmune disorder that causes inflammation of the joints and surrounding tissues. It is a systemic disease, meaning it can affect the entire body. RA is characterized by joint pain, swelling stiffness, and decreased range of motion. It can also cause fatigue, fever, and anemia. RA is a progressive disease, meaning it can get worse over time. Treatment typically involves medications, physical therapy and lifestyle changes. An autoimmune disorder, rheumatoid arthritis occurs when your immune system mistakenly attacks your own body's tissues. Rheumatoid arthritis affects the lining of our joints, causing a painful swelling that can result in bone erosion and joint deformity. The inflammation associated with rheumatoid arthritis is what can damage other parts of the body as well. While new types of medications have improved treatment options dramatically, severe rheumatoid arthritis can still cause physical disabilities.

Sign and symptoms

- Joint stiffness that is usually worse in the mornings and after inactivity
- Fatigue, fever and loss of appetite
- Pain or aching in more than one joint
- Stiffness and tenderness in more than one joint
- May same symptoms on both sides of the body (such as in both hands or both knees)
- Weight loss
- Fever
- Fatigue or tiredness

In early stage may all sign and symptoms seen, but all sign and symptoms gradually rise and complete deformity of bones and change their structure of their body. After sometimes patient unable to done their own necessary works.

Rheumatoid Arthritis – RA is the immune response in which the body's immune system attacks their own healthy cells. The specific causes of RA are unknown, but some factors can increase the risk of developing the disease.

Risk factor of RA

Researchers have studied a number of genetic and environmental factors to determine if they change person's risk of developing RA.

Characteristics that increase risk

- **Age.** RA can begin at any age, but the likelihood increases with age. The onset of RA is highest among adults in their sixties.
- **Sex.** New cases of RA are typically two-to-three times higher in women than men.
- **Genetics/inherited traits.** People born with specific genes are more likely to develop RA. These genes, called HLA (human leukocyte antigen) class II genotypes, can also make your arthritis worse. The risk of RA may be highest when people with these genes are exposed to environmental factors like smoking or when a person is obese.
- **Smoking.** Multiple studies show that cigarette smoking increases a person's risk of developing RA and can make the disease worse.
- **History of live births.** Women who have never given birth may be at greater risk of developing RA.
- **Early Life Exposures.** Some early life exposures may increase risk of developing RA in adulthood. For example, one study found that children whose mothers smoked had double the risk of developing RA as adults. Children of lower income parents are at increased risk of developing RA as adults.
- **Obesity.** Being obese can increase the risk of developing RA. Studies examining the role of obesity also found that the more overweight a person was, the higher his or her risk of developing RA became.

Characteristics that can decrease risk

Unlike the risk factors above which may increase risk of developing RA, at least one characteristic may decrease risk of developing RA.

- **Breastfeeding.** Women who have breastfed their infants have a *decreased* risk of developing RA.

Other health effect

- **Eyes.** Dryness, pain, inflammation, and trouble seeing properly.
- **Mouth.** Dryness, irritation or infection.
- **Skin.** Rheumatoid nodules — small lumps under the skin over bony areas.
- **Lungs.** Inflammation that can lead to shortness of breath.
- **Blood vessels.** May Inflammation of blood vessels that can lead to damage in the nerves, skin and other organs.
- **Blood.** Lower or normal number of red blood cells.
- **Heart.** Inflammation can damage the heart muscles

Pathological Investigation

There is no pathological investigation can determine for sure Rheumatoid arthritis. Most people with RA will have some abnormal investigation results. Some people will have normal results for all pathological

Two lab tests that are positive in most people and often help in the diagnosis are:

- RH factor
- Anti-CCP antibody

These tests are positive in most patients with RA. The anti-CCP antibody test is more specific for RA.

Other tests that may be done include:

- Complete Blood count (CBC)
- Metabolic panel and uric acid
- C Reactive protein (CRP)
- Erythrocyte sedimentation Rate (ESR)
- Antinuclear Antibody
- Tests for hepatitis
- X Ray for joints
- Joint ultrasound or MRI
- Fluid analysis for joint

Management

Dietary Management

Always avoid Curd, Ice Cream, Radish, Freeze Water, Cold Drink, Alcohol, any fast food etc.

Physical Management

Regular gentle exercise

Treatment

RA most often requires long-term treatment by an expert in arthritis called a rheumatologist or the ayush physician Treatment includes:

- Medicines
- Physical therapy
- Exercise
- Education to help you understand the nature of RA, your treatment options, and the need for regular follow-up.
- Surgery, if required

Early treatment for RA with Homoeopathic medicines should be used in all patients. This will slow joint destruction and prevent deformities. The activity of the RA should be checked at regular visits to make sure the disease is under control. The goal of treatment is to stop the progression of the RA.

Case history

A 36 yrs. old male patient comes in my clinic with previous report regarding RA. Its complains have polyarthritis,

Chief complaints

Start with involvement of small joints with partially swelling with pain. Gradually big joints are also involved.

History of present illness

Above all complaint start from last 3 years, but patient not continue the treatment with any single doctors, he always changes their physician in 3 to 6 months.

Past History

In childhood suffering from jaundice

Family History

No any disease found in his family.

Personal History

He had addicted to chewing different type of pan masala,

Habitat

Sleeping in air condition room

Physical General and Mental General

Company desire, patient want to leave in group or with any one person, he has gentle by nature. He wants to take cold substances with small quantity of water intake. Sleep disorder due to pain.

Diagnosis

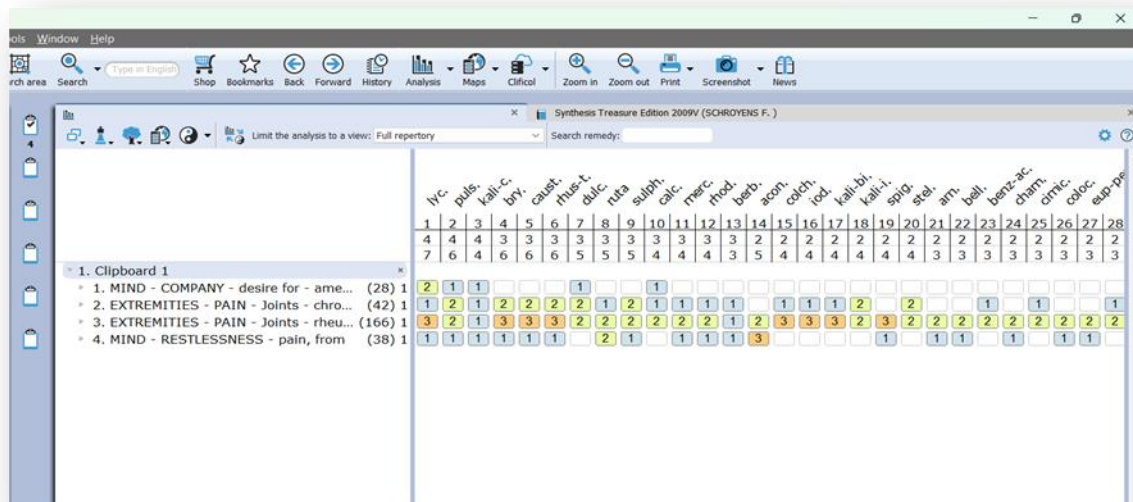
Diagnose is done by a physical examination and symptoms based

Analysis & Evaluation of symptoms

SL. No.	Character of Symptoms	Symptoms	Intensity	Miasmatic
1.	Mental General	He wants company	+++	Syphilis
2	Mental General	Restlessness	+++	Syphilis
3	Mental General	Genteel person	++	Sycosis
4	Physical General	He desires for cold food	+++	Poreč
5	Physical General	Sweet desire	+++	
6	Particular	Pain in all joints with swelling > by motion	+++	Sycosis
7	Particular	Complaints < at night and alone	++	Syphilis
8	Particular	Complain > from pressure	+++	Psora

Prescription

As per repertorisation lycopodium is most prominent indicated drugs from collected symptoms therefore I select lycopodium on the basis of completeness of symptoms of the patient.



Prescribed on 7/08/2021

Lycopodium 0/3, 1 dose in empty stomach in the morning with 20 ml of normal water there after sac lac (Sugar of Milk) prescribed BD for 10 days.

Repetition of dose and potency

As per philosophy of homoeopathy never repeat the medicine till complication of the patient not aggravate the symptoms

Date of Visit	Response	Medicine Prescribe
22.8.2021	No change takes place	Sac lac 30 TDS prescribe for 3 days
2.9.2021	Comes with mild improvement in all symptoms	Sac lac 30 for 10 days
18.9.2021	Come with pain and swelling, even all symptoms are aggravated	Lycopodium 0/6 1dose with normal water empty stomach in the morning and Sac lac 30 BD for 10 days
5.10. 2021	Come with no complain, mild swelling is seen	Sac lac for 15 days BD
24.10.2021	Come with no complain	Sac lac for 1 month BD.
3.12.2021	Come with no complain	Sac lac for 1and ½ month
13. 2. 2022	He has no complain and come with a new patient of joint pain	Sac lac 30 for 2 months BD
12.4.2022	With no complain	Prescribe no medicine

Conclusion

In the homoeopathy, patient as well as doctor should have more patience to get best result of treatment. Because homoeopathy believes in the patient (individual) not in disease. In my clinical experience I always follow the philosophy (Organon) of homoeopathy and try to use Single medicine. There are so many drug for Rheumatoid arthritis. Do not ignore patient doctor relationship for healthy treatment.

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