

Review Article

Effect of Homoeopathy in management of Rheumatoid Arthritis

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ABSTRACT

Rheumatoid arthritis (RA) is a chronic systemic inflammatory disease whose characteristic feature is a persistent symmetric polyarthritis (synovitis) that affects the hands and feet, with progressive articular deterioration resulting difficulty in performing activities of daily living (ADLs) and constitutional symptoms Any joint lined by a synovial membrane may be involved, however, extra-articular involvement of organs such as the skin, heart, lungs, and eyes can be significant RA is theorized to develop when a genetically susceptible individual experiences an external trigger (eg: cigarette smoking, infection, or trauma) that triggers an autoimmune reaction. No laboratory test results are pathognomonic for RA, but the presence of anti-cyclic citrullinated protein antibody (ACCPA) and rheumatoid factor (RF) is highly specific for this condition. Homoeopathy treats the individual as a whole, in Rheumatoid arthritis also, Homoeopathic medicine is given not only to control the ongoing inflammatory process, but also to treat the patient having the tendency towards it without any side effects on other parts of the body there by reducing the chance of further complications of the disease.

Keywords: Rheumatoid arthritis, homoeopathic medicines, cure



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INTRODUCTION

Rheumatoid arthritis is an auto immune disorder that causes chronic inflammation of the joints which is triggered by the destruction of connective tissues by the body's own immune system under certain. negative influences. Specific proteins like HLA DR4 present in the host cells cause the production of antibodies (IgM) against connective tissue. Consequently, it causes chronic inflammation of the joints and surrounding tissues. Initially this causes the patient to suffer from pain, aches and stiffness in joints and if left untreated joints get deformed.

Epidemiology

Its incidence is 3 percent of worldwide population Rheumatoid arthritis can occur at any age but usually between 25 and 55 age group. Prevalence of RA la 3 times more in

women than men.

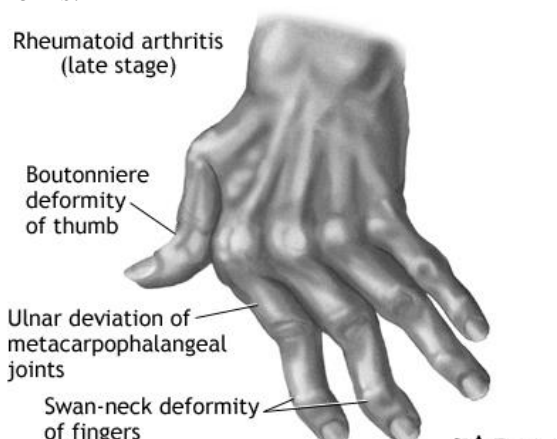
Etiology

The cause of RA remains unknown. It has been suggested that RA might be a manifestation of the response to an infectious agent in a genetically susceptible host The presence of HLA-drw-4 and HLA-DR 1. The typical clinical phenotype of RA is a symmetrical deforming small and large joint polyarthritis, often associated with systemic disturbance and extra auricular disease."

Tendency to develop rheumatoid arthritis may be through genetical inheritance. It is also suspected that the cause of RA remains unknown. It has been suggested that RA might be a manifestation of the response to an infectious agent in a genetically susceptible host.

Pathogenesis

Against unknown exciting antigenic agents' rheumatoid factors (mainly the Fc fragment of IgG) are elaborated. Rheumatoid factors (autoantibodies) are synthesized in rheumatoid synovial tissue and mainly IgM in 70-90% of cases and remaining 10-30% could be IgG, IgA or IgE. These factors along with IgG triggers off a complement cascade. The WBCs engulf this immune complex and elaborate lysosomes. Neutrophils release procollagenase, which is converted into an active collagenase by the synovial fluid. This splits the collagen of the articulate cartilage. The neutral proteases complete the degradation of the collagen fibrils.



Clinical Features

Rheumatoid arthritis usually affects women in mid-thirties. Pain, swelling, stiffness of the small joints of hands and feet are the presenting complaints. Other joints also affected with varying frequencies. Patient also gives the h/o weight loss, lethargy and depression. Joint swelling could be symmetrical and present with deformities of bones and joints in the late stages. Symptoms fluctuate from day to day."

Extra-articular presentations

This consists of palindromic presentation involving one or two joints, RA factor is invariably present. Systemic presentations may present two more features in 75% cases. Subcutaneous nodules over the elbows, sacrum and occiput. It may also present in eyes, lungs, heart, etc.

Widespread of vasculitis leading to Raynaud's phenomenon.

digital arteritis, necrotizing arteritis, peripheral neuritis, etc.

Blood abnormalities commonly encountered such as chronic anaemia, iron deficiency anaemia, vitamin B12 and folate deficiency, leucocytopenia, thrombocytosis and marrow hyperplasia.

Osteoporosis of generalized or localized.

Eye changes seen are keratoconjunctivitis sicca or Sjogren's syndrome, episcleritis, scleritis, secondary glaucoma and scleromalacia perforans. Lung affections are pleurisy, pleural effusion, Caplan's syndrome and fibrosingalveolitis. Heart affections are pericardial effusion, friction and arrhythmias and heart block.

Neuromuscular affections are carpal tunnel syndrome, mononeuritis multiplex, muscle wasting, subluxation of C1 and C2, etc."

Joint deformities in RA

Rheumatoid hand shows symmetrical peripheral joint swelling of metacarpophalangeal and interphalangeal joints; ulnar deviation of the hand; Boutonniere deformity, Swan neck deformity, trigger fingers: trigger thumb.

Laboratory Investigations

Haemoglobin percentage is low showing normochromic hypochromic anaemia.

WBCs are decreased or normal and increased lymphocytes.

ESR is raised.

Increased platelets

X ray of affected joints.

Increased C reactive protein.

Synovial fluid analysis.

SEROLOGICAL TESTS:

RA TEST: RA factor usually IgM type

LATEX FIXATION TEST

INHIBITION TEST

HLA B27 TEST

Management In Homoeopathy

Rheumatoid arthritis is triggered by the destruction of connective tissues by the body's own immune system. Homoeopathic approach is aimed to go deep into the individual's susceptibility to specific cause (a) to reduce the pain and inflammation (a) to prevent the deformities. (b) to preserve the function of the joint.

The scope of homeopathic medicine in rheumatoid arthritis is very favorable. Homoeopathy is a method of therapeutics based on principle of "similia similibus curantur." Homoeopathic medicines are well known for their safe and harmless mode of action and also, they offer economic effective and alternative mode of therapeutics when applied in various diseases Homoeopathy can be a great boon for all those suffering from rheumatoid arthritis. As homeopathic prescription is based upon careful analysis of symptoms of the patient it becomes a system of medicine that understands and treats the patient to ensure the complete elimination of the disease from the roots

The cardinal facts about rheumatic gout as bearing question of treatment are first the great predominance of women among its subject. second the frequent coexistence in them of menstrual perturbation or disorder. The remedies suggested by this concatenation of uterine and rheumatoid troubles are pulsatilla, Sabina and actea racemosa.

Homoeopathic therapeutics

Abrotanum- Rheumatism with excessive pain before the swelling commences, joints stiff, swollen, with pricking sensation; wrists and ankle-joints painful, inflamed, very lame and sore.

Acteaspicata- Arthritis of small joints especially wrist, fingers, ankles, toes; character of pain is tearing and tingling, pains worse from touch and motion; swollen and red joints with slight fatigue.

Apismellifica - Arthritis with oedema of the hands and feet, without thirst, with sensitiveness to touch; character of pain: burning, stringing, sore and suddenly migrating from one part to other.

Arnica montanna - Arthritis due to injury, arthritic pain with fear of being touched; Feels bed on which he lies too hard; extreme coldness of forearm.

Belladonna - Shiny, swollen joints as in first stage inflammation; shooting pain shifting rapidly, affected joint appears hot, redness, throbbing and burning pain; arthritic

affection with subcutaneous red streak Benzoicumacidum Pain with cracking sound on motion; tearing and stitching pain with redness and swelling of joints, worse at night. Tearing and stitching pain in small joints with redness and swelling, worse at night; crackling sound from the affected joints on motion.

Bryonia alba - Arthritis with red, hot and swollen joints; stitching and tearing pains worse on least movement; arthritic affections along with other general symptoms of the remedy like dryness of mucous membrane, great thirst, complaints aggravated by least motion, etc.; pain better by absolute rest and lying on the painful side.

Calcarea carbonica - Osteoarthritis of knee due to obesity, coldness of inflamed joint; pain after exposure to wet. Well suited to fatty flabby individual having desire for boiled egg, perspire more over the scalp.

Caulophyllum-Wrist rheumatism, especially in women; pain worse while closing the hands; character of pain is erratic, drawing and changes one joint to another abruptly. Rheumatism of smaller joints; wrist, fingertips, toes, etc; sore pain worse by touch.

Cimicifuga racemose- Rheumatism with muscular soreness; pain in the small joints of patients who uses it as profession like computer profession, piano players, etc.

Colchicum autumnale -Drawing, tearing and pressing pain during warm weather with cold air, pain shifts from right to left; patient screams when touching the affected joint

Dulcamara - Rheumatic pain from cold exposure, damp and rainy weather or changes in hot weather, rheumatoid arthritic affection alternates with diarrhoea; arthritis follows scute skin eruptions.

Kalmia latifolia -Affection of multiple joint and intense pain shifts from one joint to another, joints hot, red and swollen, worse form least motion. Rheumatic manifestation with cardiac disorder, inflammation of small joints with red, hot, swollen, joint; arthritic pain rapidly shifting from one joint to other, pain wore from least movement.

Medorrhinum- Arthritic pain with sore

feeling of whole body, arthritic patient with past history of suppressed venereal disease; pain especially when walking: arthritis with intense restless of legs and feet. Rheumatism with strong sycotic background, arthritic joint sensation on heat.

Phytolacca decandra- Arthritic pain shifts abruptly like electric shock; pain shooting, lancinating and flying to other parts, pain better by stretching the limbs is

Rhododendron - Rheumatoid arthritis of acute stage; drawing and tearing pain that is worse at rest and in wet cold, windy weather.

Rhustoxicodendron- Arthritis after over lifting; pain on first motion and better by continued motion; complaints worse in rainy weather and affected parts sore to touch; joint pain better by motion, therefore cannot keep the extremities in one position.

Viola odorata - Pressing

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