

Review Article

Homoeopathy and Arthritis

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ABSTRACT

Pain persisted in arthritis is initiated and maintained by articular pathology, it is also heavily influenced by range of other factors. Right homeopathy medicine for arthritis can remove the patient's pain and stiffness of joints effectively. Homeopathy treatment is a long lasting cure compared to other treatment and also gives relief within a short period of time.

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INTRODUCTION

Arthritic pain is common and is associated with worse functional outcomes and poorer quality of life when compared with a range of other chronic conditions. Homeopathy medicine for arthritis can remove the patient's pain and stiffness of joints, swelling effectively in addition to slowing down the worsening of condition. With the help of proper doses and frequent repetition of doses along with the constitutional remedy the patient could get relief

ARTHRITIS

Arthritis is the swelling and tenderness of one or more of your joints. The main symptoms of arthritis are joint pain and stiffness, which typically worsen with age. The most common types of arthritis are osteoarthritis and rheumatoid arthritis. But both have different etiological factor. The osteoarthritis is the degenerative arthritis where the cartilage and joints bones get eroded due to the aging process, obesity, from diabetes, history of injury to joint etc. and generally found in older age groups. In contrast to osteoarthritis the rheumatoid arthritis is the auto immune disease occur at any age where the body's own immune system affect the joints and causes inflammation and stiffness in joints

Common signs and symptoms:

- Pain and stiffness
- Restriction of movements and limited mobility of joint
- Swelling
- Crunching sounds in joints when walking

especially occur in osteoarthritis

- Deformities of joints occur in rheumatoid arthritis
- Fever and body pain in case of rheumatic and septic arthritis

Homeopathic treatment in arthritis:

Rhus tox- Rhustox arthritis symptoms are relieved by motion. They are worse from sitting and worse from rising from a sitting position, or on first commencing to move; continued motion, however, relieves. Warmth also relieves the Rhustox arthritis. Damp weather and the approach of storms aggravate, cold also aggravates. Rhododendron is similar, in that change of weather aggravates. The character of the Rhustox pains is first a stiffness and soreness. There are also tearing pains, drawing, paralysed sensation, and even stitches. The sudden pain in the back known as "crick" is met well with Rhustox. It has an especial affinity for the deep muscles of the back. It is perhaps the most often indicated of any remedy in backache. It is also, it may be mentioned in passing, a remedy for the effects of overexertion, such as sprains, wrenches, etc., being to fibrous tissues what Arnica is to the softer structures. The arthritis calling for the Rhustox may appear in any part of the body; the lower extremities seem to have suffered most in the provers. The great keynote of Rhustox are the following

1. Relief from continued motion; the backache, however, being sometimes worse from motion
2. The stiffness and soreness

3. The aggravation when first beginning to move.
4. The aggravation from damp weather and cold. Cold air is not tolerated; it seems to make the skin painful

5. The relief of all symptoms by warmth

Bryonia- The arthritis of bryonia attacks the joints themselves, producing particular rheumatism, and it also inflames the muscles tissue, causing muscular rheumatism. The muscles are sore and swollen, and the joints are violently inflamed, red, swollen, shiny, and very hot. The pains are sharp stitching or cutting in character, and the great feature of the remedy should always be present, namely, the aggravation from the slightest motion. Touch and pressure also aggravate.

Bryonia seems to suit well the acid condition of the blood, which gives rise to rheumatism

Causticum- . Arthritis caused by dry, cold, frosty air. The restlessness of this remedy occurs only at night, pains impel constant motion, which does not relieve. The symptoms calling for Causticum are stiffness of the joints. The tendons seem shortened and the limbs are drawn out of shape. It is sort of rheumatoid arthritis. Causticum like Guaicum and Ledum, has gouty concretions in the joints. There is much weakness and trembling with Causticum, as with all the preparations of potash, and it is of little use in arthritis troubles if fever be present. Weakness of the ankle joint, contracted tendons, and a sprained feeling in the hip-joints are some of its important symptoms.

Ledum – Ledum is one of our best remedies for arthritis and gout, especially the latter. The great symptom which has always been regarded as the distinctive characteristic is the direction the pains take, namely, going from below upwards. Like Caulophyllum and some others, Ledum seems to have a predilection for the smaller joints. Nodes form in them and the pains travel up the limbs. The pains are made worse from warmth of the bed. The effusion into the joints is scanty and it soon hardens and forms the nodosities above mentioned. Ledum, like Colchicum, causes acute, tearing pains in the joints; weakness of the limbs and numbness and coldness of the surface.

Pulsatilla – Pulsatilla is usually brought prominently to mind when there is a tendency for the rheumatism to shift about, wandering rheumatic pains being one of its red strings. But other remedies have this symptoms also, prominent among them being Kalmia, Bryonia, Colchicum, Sulphur, Kalibichrominum, and that member of the tissue family most resembling Pulsatilla, namely, kalisulphuricum. There is

little trouble in distinguishing Pulsatilla from any or all of these remedies by its general symptoms. Kalisulphuricum, however, will give the most trouble, but it is not a well proven remedy and need only be thought of to try when Pulsatilla seems the remedy yet fails. Other characteristics of the Pulsatilla arthritis are the aggravation from warmth, aggravation in the evening, and the relief from cold. There is, too, freestlessness with the remedy, the pains are so severe that the patient is compelled to move, and slow, easy motion relieves, as also with Lycopodium and Ferrum. A prominent use of Pulsatilla is in gonorrhoeal rheumatism. The joints are swollen and the pains are sharp and stinging. Kalibichromium is also a remedy for gonorrhoeal rheumatism, as well as for wandering pains; it has relief in a warm room, which at once distinguishes it from Pulsatilla. Arthritis dependent on disturbance of the liver or stomach is apt to find its remedy in Pulsatilla.

Calcarea Carbonica - It is one of the important medicines for Osteoarthritis especially of knee joint. There is mild swelling and pain in the deeper portion of the joint. The pain is generally worse in cold damp weather. Like Rhustox in Calcarea carb the pain is also aggravated when getting up from a sitting position and also by walking. The person is fatty and obese constitutionally and tendency to catch cold easily.

Rhododendron - Rheumatic pains which wander from joint to joint with swelling of joints, worse before or during thunderstorm, cold or wet or unsettled weather. Better from warm wrapping. Enlargement of joints not due to gouty deposits. Arthritic nodes.

Kalmia- Kalmia is another of the remedies which have wandering pains, and it is especially useful in pains affecting the chest i.e. the cost chondral articulation. It has also tearing pain in legs, without swelling. The pain is neuralgic type of pain. The pain from the chest portion shoot down into the stomach and abdomen. Sometimes the pain from chest traverse downwards in arm. The pain is always attended or succeeded by numbness of the part.

Colchicum- this is the great remedy for gout the typical case calling for colchicum is where the swelling is red or pale, with extreme tenderness to touch, a tendency to shift about from joint to joint, and pains which are worse on the slightest motion. If the general symptoms of great prostration of the muscular system and abdominal bloating be present colchicum is the remedy. It is more indicated when the smaller

joints, fingers, toes, wrist and ankles, are affected; the pains are very violent, patient cannot bear to have the parts touched or to have anyone near him. Arnica has this fear that the part may be hit by anyone passing; it has also arthritis pains in the foot, worse towards evening, and a red big toe joint which feels as though it had been sprained, so arnica may be indicated well in gout. The colchicum patient is apt exceedingly irritable and the gout is not apt to decrease this irritability. Unless colchicum be given according to these indications it will do no permanent good.

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