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Pain management in varying degrees of deforming forms of seronegative, seropositive and osteoarthritis with Homeopathy

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ARTHRITIS:

- ▶ It is not a single disease, but an informal way of referring to joint disease or even joint pain.
- ▶ There are more than 100 different forms of arthritis and related conditions.
- ▶ Arthritis is perceived as a disease of the age, but is prevalent in both men and women younger than 65 years.
- ▶ Arthritis and other rheumatic conditions are among the most prevalent chronic conditions in India and other parts of the world. They include many types of arthritis and autoimmune disorders that affect the bones and joints and other components of the musculoskeletal (MSK) system causing morbidity, mortality and disability.

Classification & common types:

There are several diseases where joint pain is primary, and is considered the main feature. Generally when a person has "arthritis" it means that they have one of these diseases, which include:

- ▶ Osteoarthritis
- ▶ Rheumatoid arthritis
- ▶ Gout and pseudo-gout
- ▶ Septic arthritis
- ▶ Ankylosing spondylitis
- ▶ Juvenile idiopathic arthritis
- ▶ Still's disease

- ▶ Joint pain can also be a symptom of other diseases. In this case, the arthritis is considered to be secondary to the main disease; these include:

Psoriasis (Psoriatic arthritis), Fibromyalgia, Post-viral arthralgia, Reactive arthritis, Hyperparathyroidism, Ehlers-Danlos Syndrome, Haemochromatosis, Hepatitis, Lyme disease, Sjogren's disease, Hashimoto's thyroiditis, Celiac disease, Non-celiac gluten sensitivity, Inflammatory bowel disease (including Crohn's disease and ulcerative colitis), Henoch–Schönlein purpura, Hyperimmunoglobulinemia D with recurrent fever, Sarcoidosis, Whipple's disease, TNF receptor associated periodic syndrome, Granulomatosis with polyangiitis (and many other vasculitis syndromes), Familial Mediterranean fever, Systemic lupus erythematosus.

- ▶ An *undifferentiated arthritis* is an arthritis that does not fit into well-known clinical disease categories, possibly being an early stage of a definite rheumatic disease.

Signs and symptoms:

- ▶ **Pain**, which can vary in severity, is a common symptom in virtually all types of arthritis.
- ▶ **Swelling**
- ▶ **Joint stiffness** and aching around the joint(s).
- ▶ Arthritic disorders like lupus and rheumatoid arthritis can affect other organs in the body, leading to a variety of symptoms. Symptoms may include:

Inability to use the hand or walk, stiffness, which may be worse in the morning, or after use, malaise and fatigue, weight loss, poor sleep, muscle aches and pains, tenderness, difficulty moving the joint etc.

- ▶ It is common in advanced arthritis for significant secondary changes to occur. For example, arthritic symptoms might make it difficult for a person to move around and/or exercise, which can lead to secondary effects, such as:
 - ▶ Muscle weakness
 - ▶ Loss of flexibility
 - ▶ Decreased aerobic fitness
- ▶ These changes, in addition to the primary symptoms, can have a huge impact on quality of life.
- ▶ Decreased mobility and disability, in combination with the above symptoms, can make it difficult for an individual to remain physically active, contributing to an increased risk of obesity, high cholesterol or vulnerability to heart disease. People with arthritis are also at increased risk of depression, which may be a response to numerous factors, including fear of worsening symptoms.

Homeopathy & it's role:

- ▶ It is important to understand the scope and limitations of our mode of treatment depending on what stage of the disease the patient comes to us.
- ▶ Many of the cases, we have included in this study, were under long term medication – like immunosuppressants and other forms of analgesics, anti-inflammatories etc. It was necessary to evaluate how homeopathy could help inspite of these medications and how it helped to reduce the dosage of these drugs as well as help maintain the regular activities with significantly lesser pain.
- ▶ Some cases in the study, were never under any allopathic medication and were purely managed with Homeopathy for many years with good effect.
- ▶ What is interesting to note is that, if homeopathy is chosen as the first choice of treatment, within the first 6 months of the diagnosis of conditions like rheumatoid arthritis, the acute flare-ups as well deformities could be kept at bay for several years.

- ▶ It was also noted, that while under homeopathic treatment, the rapid deterioration could be curbed, general immunity and overall health of patients in cases of rheumatoid arthritis, psoriatic arthritis and ankylosing spondylosis was relatively better than while purely under treatment of modern medicine.
- ▶ In patients who were under immunosuppressive therapy for polyarthritic involvement in rheumatoid arthritis, it was observed that with homeopathy, the dosage of the drugs could be reduced and in some cases even eliminated as also their other idiosyncrasies and acute complaints could be very well handled.
- ▶ In cases of severe osteoarthritis, it was found to keep the patients pain free or comfortable for many years, until the patient chose to resort to replacement surgery, while in earlier stages of OA, it was found to maintain good range of motion of joints, delay rapid progression and maintenance of normal daily activities.

Limitations of homeopathy in such cases:

- ▶ Drug interaction and interference with modern medicine – it is of utmost importance to choose the right constitutional remedy in cases where the patient is immunocompromised.
- ▶ Choice of homeopathy as a secondary method of treatment rather than primary.
- ▶ Timely investigations and examinations for proper diagnosis and staging of a chronic degenerative joint disorder – patients sometimes are non-compliant when request for investigations are made by a homeopath and not a specialist consultant, or on the other spectrum the homeopath is ignorant of the need for diagnosis.
- ▶ There is a valid possibility that a patient with grade IV osteoarthritis of knees, or even in cases of severe joint fusion of the hip joint or osteoarthritic changes in a case of rheumatoid arthritis - may choose surgery at some point – and for maintenance of good quality of life, it could be helpful to them to do so – accepting this fact is necessary and hence a limitation.

- ▶ Chronicity of the form of arthritis and in some cases there are gross extra articular complications that might cause further difficulties in treatment.
- ▶ Constantly changing remedies to alleviate pain will definitely not help – a in-depth study of the case will lead you to choose the right constitutional remedies, in some cases an anti-miasmatic, and related complementing acute remedies to handle the acute arthralgia. Here, our limitation lies in not reading and understanding our source books and repertories enough.

APPROACH:

- ▶ Detailed case taking considering the mental and the physical aspect of the patient
- ▶ Understanding the stage at which the patient has come for treatment and in what ways homeopathy may help
- ▶ Repertorising the case to come to a remedy – either acute or chronic
- ▶ Reference of source book to confirm the keynotes of the remedy chosen
- ▶ To check whether the essence of the remedy is present in the given case
- ▶ Determining the dosage and repetition of the chosen remedy
- ▶ Adequate follow-up – with respect to inquiry of complaints, required investigations to understand activity of disease like in RA or for diagnosis, advise of physical therapy,

REMEDIES:

► Remedies that have helped manage pain in the **acute phases and flare-ups:**

1. Benzoic acid
2. Hekla lava
3. Rhus tox
4. Ruta graveolens
5. Guaiacum
6. Sticta pulmonaris
7. Bellis perennis
8. Acetic acid
9. Bryonia
10. Osteoarthritic nosode (OAN)
11. Sycotico (bowel nosode)
12. Actea spicata
13. Kalmia latifolia
14. Cimicifuga
15. Agaricus muscarius
16. Aconitum napellus
17. Causticum
18. Colchicum
19. Ammonium muriaticum
20. Ledum palustre
21. Hypericum
22. Formica rufa
23. Urtica Urens

REMEDIES:

- ▶ Remedies with a special predilection to arthritic complaints and work extremely well as constitutional remedies:
 1. Kali group of remedies especially Kali carb, Kali iod, Causticum
 2. Calcarea group of remedies especially Calc phos, Calc fluor, Calc carb
 3. Acid group of remedies especially Phosphoric acid, Picric acid and Benzoic acid
 4. Nosodes: Medorrhinum, Psorinum, Thuja, Syphilinum
 5. Lac caninum and other remedies from the Lac group
 6. Ammonium group of remedies
 7. Aurum group of remedies
 8. Pulsatilla, Lycopodium, Sepia
 9. Silicea, Manganum aceticum

ESSENCE OF REMEDIES IN PRACTICE:

- ▶ **Benzoic acid** – rheumatism accompanied by urinary & heart complaints, pain at the insertion of tendo-achilles, history of suppression of gout, shifting pains, > heat, < cold air, uncovering
- ▶ **Hekla lava** – hard, bony nodosities, exostoses of bone – painful Herberden's nodes, involvement of TM joint
- ▶ **Famous trio of joint pains – Rhus tox, Ruta, Arnica** – Arnica 1x works well in cases of long standing bone-pains (**Bellis perrenis**), whereas **Ruta** works it's magic in cases where the ligaments, tendons, muscles surrounding a particular joint – for example, in bone marrow contusions or edema in RA, weak ligament structures in old people suffering from OA (especially in lower potency), shoulder affections, easy sprains and strains, **Rhus tox** – works well in acute synovitis where pain is better by continued motion, early morning stiffness typical of RA although a common symptom

ESSENCE OF REMEDIES IN PRACTICE:

- ▶ **Guaiacum** – acute inflammation of larger as well as smaller joints, painful nodes – in OA, RA, Gout, tenderness to touch, <warmth (especially of bed), sore to touch, > pressure
- ▶ **Sticta pulm** – involvement of unusual joints like the shoulder, tenderness in spots, shooting pain in knees, pain triggered by change in temperature or places, rheumatic complaints along with respiratory complaints
- ▶ **Bellis per** – good remedy for recurring joints pains after suppression of gout, sore lame bruised feeling, stiffness of the spine, good remedy for ankylosing spondylosis, wrist joint pains in OA and RA, < warmth of bed, cold washing, cold air
- ▶ **Bryonia** – synovitis, > rest, patient with a rigid musculature, stiffness >warmth – works well in 3X potency in acute synovitis of later stages in OA as well as RA.

RUBRICS:

- ▶ 1. EXTREMITIES - INFLAMMATION - Ankles - Joints (2) 1
- ▶ 2. EXTREMITIES - INFLAMMATION - Feet - Joints (2) 1
- ▶ 3. EXTREMITIES - INFLAMMATION - Fingers - Joints (20) 1
- ▶ 4. EXTREMITIES - INFLAMMATION - Fingers - Joints - bursitis (1) 1
- ▶ 5. EXTREMITIES - INFLAMMATION - Fingers - Joints - gouty (1) 1
- ▶ 6. EXTREMITIES - INFLAMMATION - Fingers - Joints - painful (1) 1
- ▶ 7. EXTREMITIES - INFLAMMATION - Fingers - Joints - rheumatic (1) 1
- ▶ 8. EXTREMITIES - INFLAMMATION - Fingers - Joints - warm water (0) 1
- ▶ 9. EXTREMITIES - INFLAMMATION - Fingers - Joints - warm water - amel. (1) 1
- ▶ 10. EXTREMITIES - INFLAMMATION - Fingers - Joints - weather; warm (0) 1
- ▶ 11. EXTREMITIES - INFLAMMATION - Fingers - Joints - weather; warm - am... (1) 1
- ▶ 12. EXTREMITIES - INFLAMMATION - Fingers - Joints - Middle (1) 1
- ▶ 13. EXTREMITIES - INFLAMMATION - Hands - Joints (2) 1
- ▶ 14. EXTREMITIES - INFLAMMATION - Hips - Joints (15) 1
- ▶ 15. EXTREMITIES - INFLAMMATION - Hips - Joints - left (2) 1

| | caust. | puls. | bry. | merc. | led. | caul. | colch. | guaj. | nat-s. | rhus-t. | arn. | lyc. | sulph. | benz-ac. | acon. | apis | |
|---|--------|-------|------|-------|------|-------|--------|-------|--------|---------|------|------|--------|----------|-------|------|---|
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 1 |
| | 12 | 11 | 10 | 10 | 9 | 9 | 9 | 9 | 8 | 8 | 8 | 8 | 8 | 7 | 7 | 7 | 1 |
| | 20 | 19 | 19 | 15 | 16 | 14 | 13 | 13 | 12 | 12 | 11 | 11 | 11 | 13 | 12 | 11 | 1 |
| ▶ 1. EXTREMITIES - INFLAMMATION - Ankles - Joints (2) 1 | | | | | | | | | | | | | | | | | |
| ▶ 2. EXTREMITIES - INFLAMMATION - Feet - Joints (2) 1 | | | | | | 1 | | | | | | | | | | | |
| ▶ 3. EXTREMITIES - INFLAMMATION - Fingers - Joints (20) 1 | 2 | 1 | 2 | | | 3 | | | 2 | | 2 | | 2 | | | | |
| ▶ 4. EXTREMITIES - INFLAMMATION - Fingers - Joints - bursitis (1) 1 | | | | | | | | | | | | | | | | | |
| ▶ 5. EXTREMITIES - INFLAMMATION - Fingers - Joints - gouty (1) 1 | | | | | | | | | | | | | | | | | |
| ▶ 6. EXTREMITIES - INFLAMMATION - Fingers - Joints - painful (1) 1 | | | | | | | | | | | | | | | | | |
| ▶ 7. EXTREMITIES - INFLAMMATION - Fingers - Joints - rheumatic (1) 1 | | | | | | | | | | | | | | | | | |
| ▶ 8. EXTREMITIES - INFLAMMATION - Fingers - Joints - warm water (0) 1 | | | | | | | | | | | | | | | | | |
| ▶ 9. EXTREMITIES - INFLAMMATION - Fingers - Joints - warm water - amel. (1) 1 | | | | | | | | | | | | | | | | | |
| ▶ 10. EXTREMITIES - INFLAMMATION - Fingers - Joints - weather; warm (0) 1 | | | | | | | | | | | | | | | | | |
| ▶ 11. EXTREMITIES - INFLAMMATION - Fingers - Joints - weather; warm - am... (1) 1 | | | | | | | | | | | | | | | | | |
| ▶ 12. EXTREMITIES - INFLAMMATION - Fingers - Joints - Middle (1) 1 | | | | | | | | | | | 1 | | | | | | |
| ▶ 13. EXTREMITIES - INFLAMMATION - Hands - Joints (2) 1 | 3 | | | | | 1 | | | | | | | | | | | |
| ▶ 14. EXTREMITIES - INFLAMMATION - Hips - Joints (15) 1 | 1 | 2 | | | | | | 2 | | | 1 | | | | | 1 | |
| ▶ 15. EXTREMITIES - INFLAMMATION - Hips - Joints - left (2) 1 | | | | | | | | 2 | | | | | | | | | |




GENERALS - INFLAMMATION - Joints; of



- **Joints; of:** (183) abrot. **ACON.** act-sp. *Agn.* aloe am-be. am-c. am-caust. am-m. am-p. ambr. *Ang.* ant-c. *Ant-t.* apat. **APIS** aran. aran-ix. arb. arg-met. arist-cl. *Arn.* ars. asar. asc-c. *Aur.* aur-m-n. bacis-7. bar-c. **BELL.** *Benz-ac.* berb. bora-o. botul. brach. brass-n-o. *Brom.* **BRY.** *Calc.* calc-caust. calc-f. calc-hp. calc-p. caps. carb-ac. carb-an. carc. cassia-s. caul. *Caust.* cham. chin. chinin-s. cemic. clem. cocc. *Colch.* colchin. coli. coloc. conch. cop. cortico. cortiso. crot-h. cupr. cycl. *Dulc.* dys. eos. eup-per. euphr. ferr. ferr-i. *Ferr-p.* ferr-pic. fl-ac. form. *Form-ac.* gamb. *Gaul.* germ-met. gins. graph. *Guaj.* hecla hed. hep. hyper. ichth. ign. influ. *Iod.* junc-e. kali-ar. *Kali-bi.* *Kali-c.* *Kali-i.* kali-m. kali-p. kali-s. *Kalm.* *Kreos.* *Lac-ac.* lac-c. lach. **LED.** lil-t. *Lith-be.* lith-c. lith-sal. *Lyc.* lyss. mand. *Mang.* mang-act. **MED.** meny. *Merc.* *Merc-c.* methyl. mez. moni. morg. morg-p. nat-c. *Nat-m.* nat-p. *Nat-s.* nit-ac. nux-v. onop. osteo-a. ph-ac. phos. *Phyt.* *Pip-m.* podo. prot. *Psor.* *Puls.* pyrog. rad-br. ran-b. *Rham-cal.* *Rhod.* *Rhus-t.* *Ruta* sabad. sabin. sal-ac. sang. *Sars.* scarl. *Sep.* **SIL.** spong. staph. *Stel.* stict. streptoc. stront-c. sul-i. sul-ter. *Sulph.* syc. symph. syph. tarax. thuj. thym-gl. thyr. toxo-g. tub. tub-d. tub-r. uncar-tom. urt-u. valer. ven-m. verat. verat-v. visc.




EXTREMITIES - INFLAMMATION - Joints - evening

- **Joints:**  **V** (155) abrot. **ACON.** aethi-a. agn. allox. am-be. am-caust. am-m. am-p. *Ang.* ant-c. *Ant-t.* **APIS** apoc. aran. aran-ix. arb. arg-met. arist-cl. *Arn.* ars. ars-s-f. asar. *Aur.* *Aur-m-n.* bar-c. **BELL.** *Benz-ac.* berb. **BRY.** cact. cal-ren. *Calc.* calc-f. calc-p. calc-sil. canth. *Cardios-h.* caul. *Caust.* cham. chin. *Chinin-s.* cimic. clem. *Colch.* colchin. coloc. conch. cortiso. crot-h. cycl. dulc. eup-per. euphr. ferr. ferr-i. *Ferr-p.* ferr-pic. fl-ac. form. *Form-ac.* *Gaul.* gins. gnaph. graph. *Guaj.* hed. hep. hip-ac. hyper. ichth. ign. *Iod.* kali-ar. *Kali-bi.* *Kali-br.* *Kali-c.* kali-chl. *Kali-i.* kali-s. *Kalm.* *Kreos.* *Lac-ac.* lach. **LED.** lil-t. *Lith-be.* lith-c. lith-sal. *Lyc.* mand. *Mang.* mang-act. med. meny. *Merc.* merc-c. mez. morg-g. myris. nat-br. *Nat-m.* nat-p. *Nat-s.* nat-sil. nit-ac. nux-m. osteo-a. p-benzq. pall. parat-b. parathyr. ph-ac. phos. *Phyt.* *Pipe.* plb. *Psor.* *Puls.* pyrog. rad-br. ran-b. *Rhod.* *Rhus-t.* *Ruta* sabad. sabin. sal-ac. sang. *Sars.* *Sep.* **SIL.** slag solid. spong. staph. *Stel.* stict. streptoc. sul-i. sul-ter. *Sulph.* syph. tarax. thuj. thyr. tub. tub-r. urt-u. valer. verat. verat-v. viol-t. visc.



EXTREMITIES - PAIN - Joints - rheumatic - accompanied by

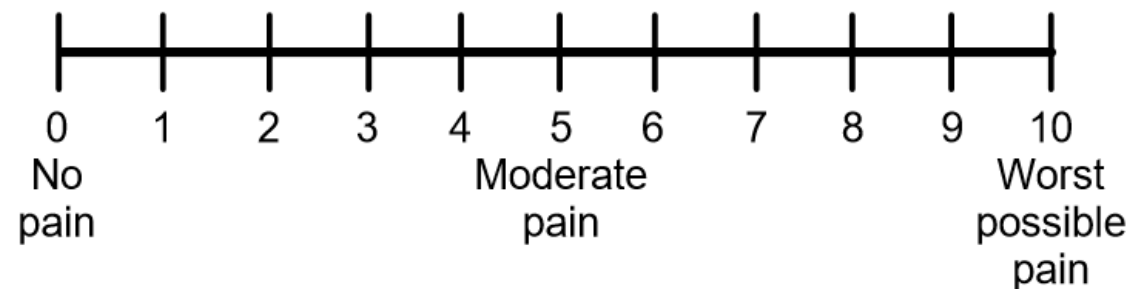
. **rheumatic:**  (166) abrom-a. abrot. *Acon.* act-sp. aesc. agar. agn. all-c. am-be. am-c. am-caust. ant-c. *Ant-t.* *Apis* apoc. arg-met. *Arn.* ars. ars-i. *Ars-s-f.* asc-c. asc-t. **AUR.** aur-m. bads-10. bads-7. bar-act. *Bell.* *Benz-ac.* berb. **BRY.** *Cact.* caj. *Calc.* **CALC-P.** *Calc-s.* camph. cann-s. carb-n-s. carc. *Casc.* caul. **CAUST.** cedr. *Cham.* *Chel.* *Chim.* chin. *Chinin-s.* chlf. *Cimic.* clem. *Cocc.* **COLCH.** *Colchin.* *Coloc.* corv-cor. dig. dios. dros. *Dulc.* *Eup-per.* euphr. fago. *Ferr.* ferr-i. **FERR-P.** ferr-pic. fic-m. flav. **FORM.** form-ac. franc. gaul. gels. germ-met. gins. gonotox. *Guaj.* ham. *Hep.* hymos. ign. indg. **IOD.** **KALI-BI.** kali-c. *Kali-chl.* *Kali-i.* kali-m. kali-p. *Kali-s.* *Kalm.* kreos. *Lac-ac.* *Lac-c.* *Lach.* lap-la. *Led.* lith-be. **LYC.** macro. mag-p. mand. *Mang.* meli. *Merc.* meth-sal. mez. morg. nat-lac. *Nat-m.* nat-p. nat-pyru. *Nat-s.* nat-sal. *Nux-v.* nyct. ol-j. *Olib-sac.* ox-ac. petr. *Phos.* *Phyt.* pic-ac. pin-s. *Prop.* prot. psor. *Puls.* *Rad-met.* ran-b. *Rham-cal.* rheum *Rhod.* **RHUS-T.** rumx. *Ruta* sabin. *Sal-ac.* salol. *Sang.* sec. senec. sep. **SPIG.** spong. *Staph.* *Stel.* stict. still. streptoc. stront-c. stry. sul-i. *Sulph.* syph. *Ter.* teucr. thuj. til. vac. verat. *Verat-v.* *Viol-o.* viol-t.

ASSESSMENT

NUMERIC PAIN RATING SCALE:

This scale has been used in this study to demonstrate the efficacy of homeopathic remedies in managing the pain of patients suffering from the deforming forms of arthritis considered in the same

0–10 Numeric Pain Rating Scale



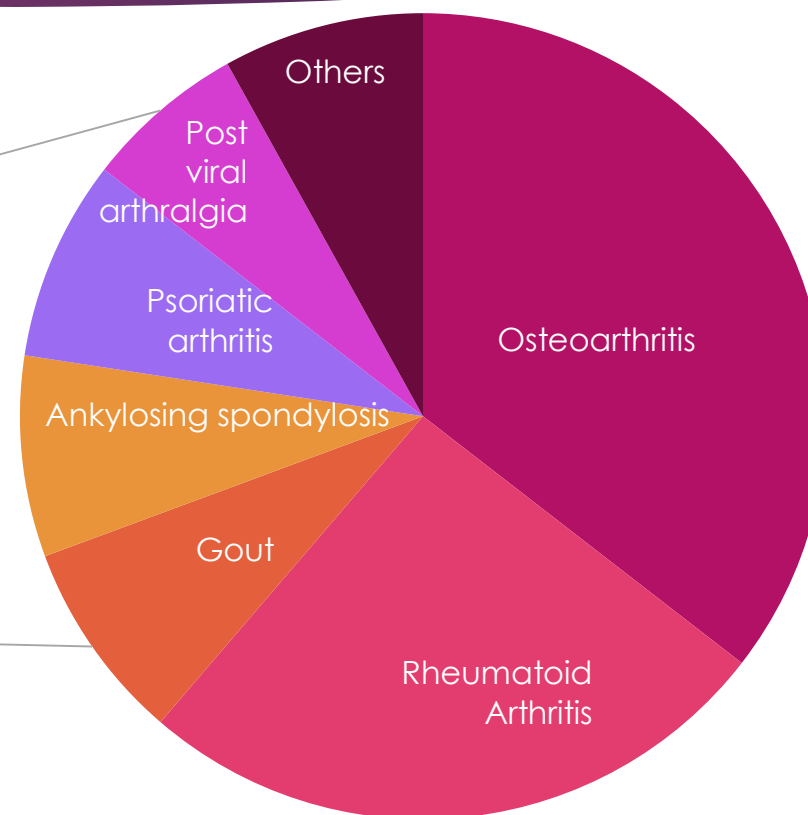


▶ **ARTHRITIS IMPACT MEASUREMENT SCALE:**

- ▶ This scale was used to demonstrate the efficacy of homeopathy in helping the patient resume or continue their daily activities with as little pain as possible. The patients were asked to rate their functionality on a scale of **1 to 5**, prior to medication and post medication and the response was evaluated over a long period of time to understand the broad spectrum over which the activity was seen to be improving. Moreover, demonstration of preserved physical function is a prerequisite for proving that a homeopathic drug has disease-controlling capacity.

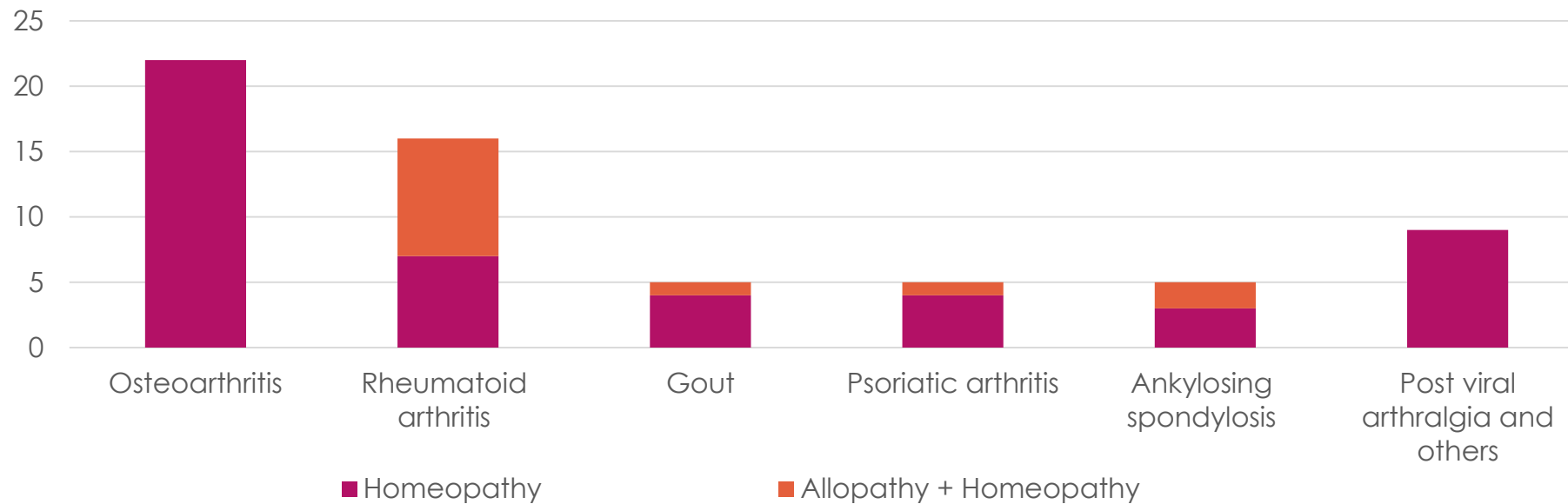
STATISTICS

- ▶ Total number of patients or cases considered for this study = 62
- ▶ Maximum number of cases seen are of osteoarthritis and RA in varying degrees.



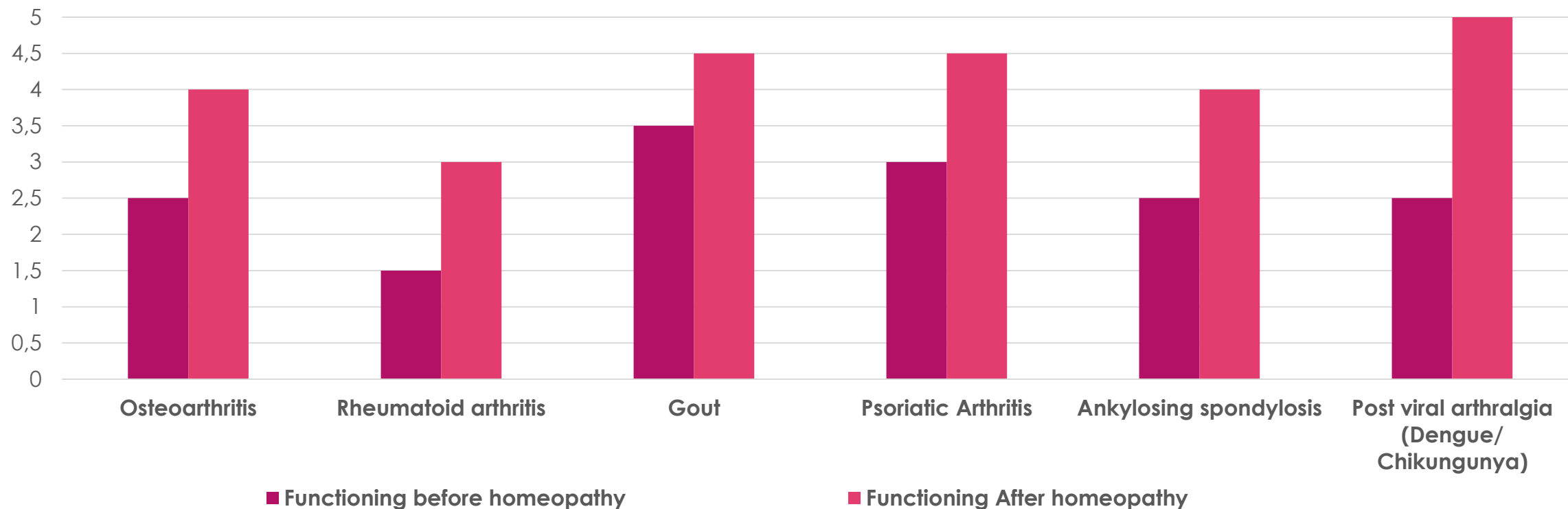
Distribution of patients based on treatment received:

Diagrammtitel



Arthritis impact measurement:

Improvement in daily functioning before and after homeopathy



Understandings of a young practitioner:

- ▶ Advanced stages of any form of arthritis with deformities – **lower** potencies in decimal and centesimal scale – both in acute and chronic phases
- ▶ Biochemic salts – like **Calc fluor 6x, 12x, Calc Phos 6x, Kali sulph 6x** along with the constitutional remedy work wonders in cases of Osteoarthritis and Psoratic arthritis
- ▶ Constitutional remedies and even acute remedies when administered in water work better than in dry doses – read more about the five cup method
- ▶ Low potencies for extended period of time – sometimes the 6th or 30th potency can go on for years and provide sufficient improvement
- ▶ If the patient develops aggravation in 200th potency – use the 50 millesimal potency

- ▶ **Evaluation at first case taking**
- ▶ **Investigations to assess the stage of the disease if not already done**
- ▶ **Peruse through the repertories and source books**
- ▶ **Read, read, and read some more**
- ▶ **Ask a senior practitioner when you're stuck**
- ▶ **Confirm symptom totality with patient portrait + essence of remedy in practice**

REFERENCES:

- ▶ Harrison's textbook of medicine
- ▶ Manual of rheumatology – Indian rheumatology association
- ▶ Arthritis impact measurement scale – American College of Rheumatology
- ▶ Heritage Homeopathic Journal
- ▶ LINKS
- ▶ Synthesis repertory
- ▶ Radar Opus professional - licensed software
- ▶ Homeopathic materia medica

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THANK YOU!

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