



Role of Homoeopathy as a palliative treatment in chronic arthritis with deformities

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Introduction



- Homoeopathy has a great role to play in acute as well as chronic phases in all types of arthritis
- Antipsychotic treatment helps to decrease pace of progress of arthritis.
- In cases of arthritis with deformities, cure is not possible due to irreversible changes
- In such cases, main complaints are severe pain, stiffness, swelling and which leads to problems in mobility of patient which ultimately hampers the quality of life.



Aims and objective



- Give symptomatic relief to patients with chronic arthritis with deformities
- Improve quality of life in such patients
- To find out most effective homoeopathic medicines in arthritis with deformities
- Role of constitutional medicines in arthritis with deformities





Methodology



- **Inclusion criteria**- Male and female with chronic arthritis with severe deformities. Patients in whom joint replacement is advised
- **Exclusion criteria**- Patients with chronic and uncontrolled problems like Diabetes Mellitus, COPD, Heart diseases, psychiatric problems
- **Research technique**- Placebo control trial. All patients enrolled were divided in to two equal groups. Patients in one group A were given Homoeopathic medicines as per symptoms similarity. Patients from other group B were given placebo.
- **Duration of study**- One year



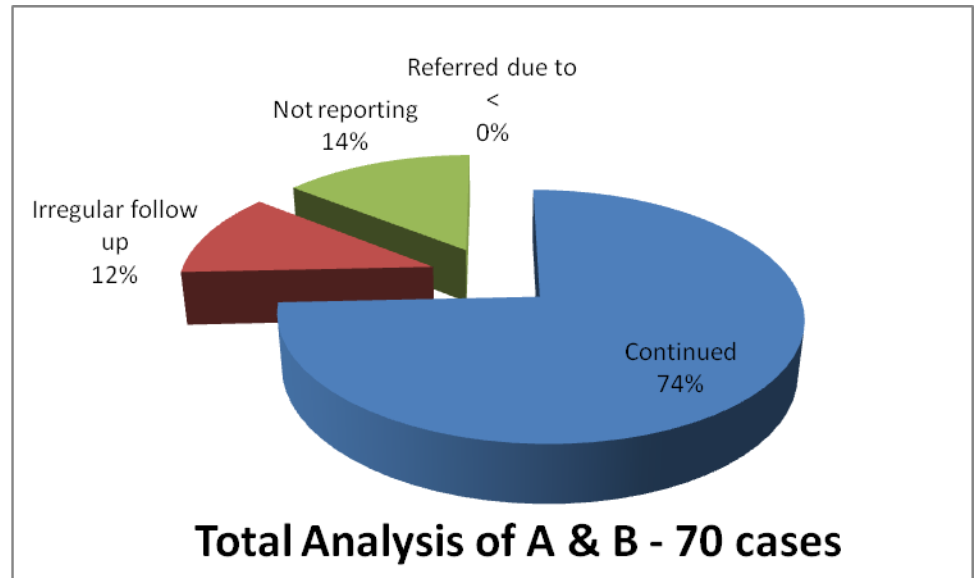
Methodology



- **Treatment method-** Patients in group A were given homoeopathic medicines as per symptom similarity. Constitutional and inter current medicines were also given along with acute medicine as and when required. In some patients with severe complaints, anti-inflammatory medicines were continued in initial phase of treatment and later on tapered . Patients in group B were given placebo along with their routine allopathic medicines if taking for long time or on SOS basis.
- Response in all patients from both groups were notes and analysed mainly w.r.t pain, swelling, stiffness, mobility, use of allopathic medicines and overall betterment.
- Auxiliary line of treatment like joint exercise/ physiotherapy were continued.

Analysis

Study was started with 70 cases, out of these 18 cases were dropped out due to irregular follow up or not reporting



Group	No. of cases	Continued	Irregular follow up	Not reporting	Referred due to <
A	35	26	2	7	0
B	35	26	6	3	0
Total	70	52	8	10	0

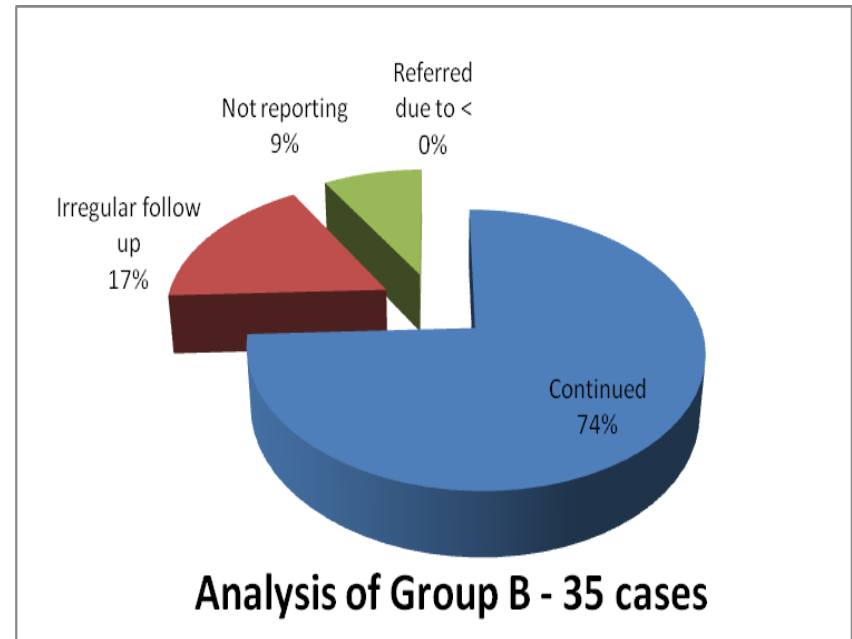
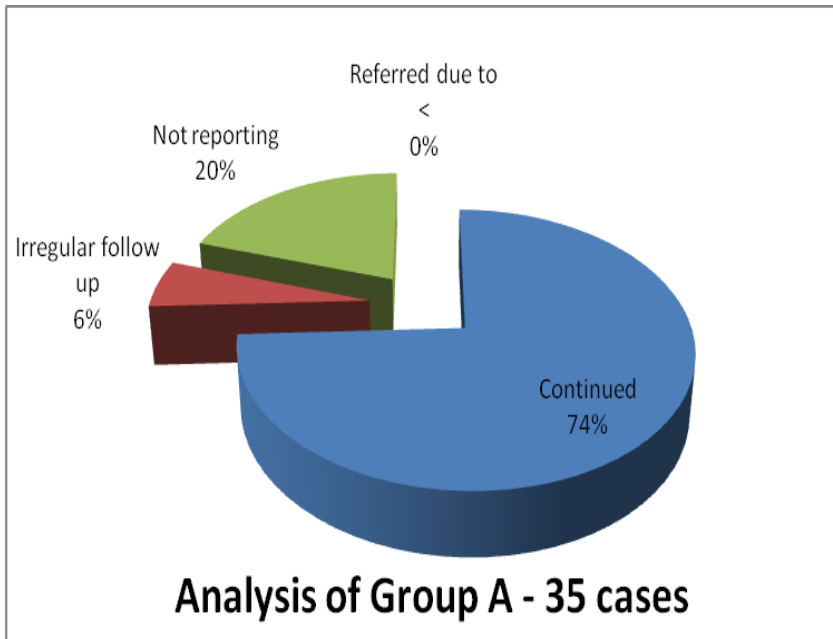


Group A & B



Group A

Group B

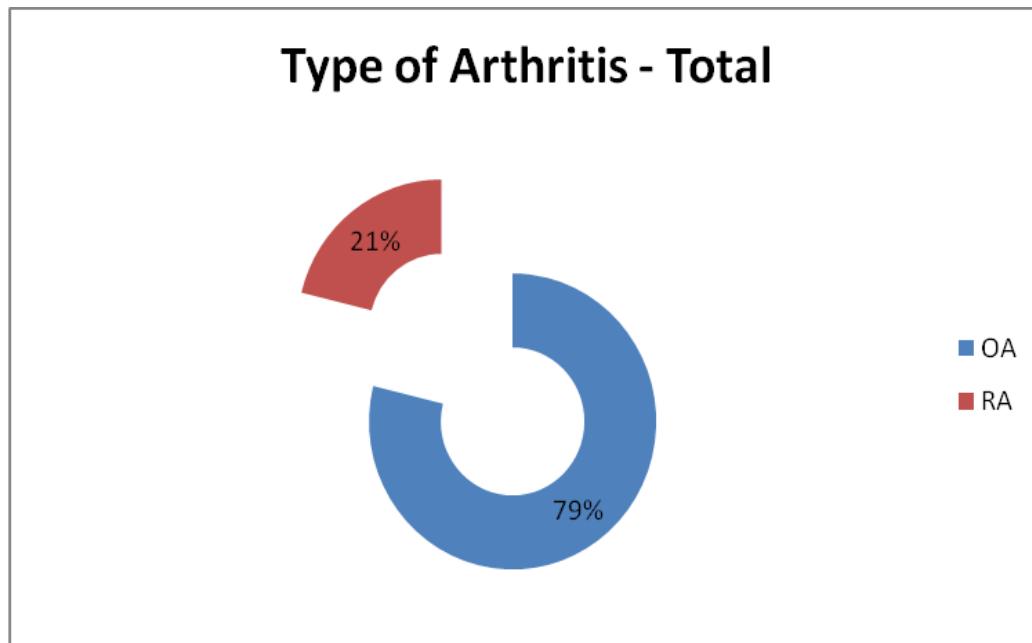




Types of Arthritis



Group	OA	RA
A	21	5
B	20	6
Total	41	11



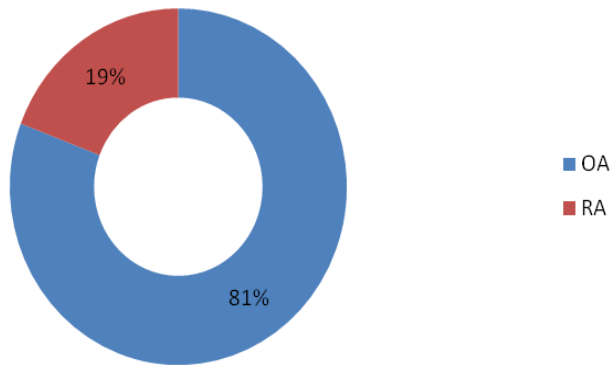


Group A & B



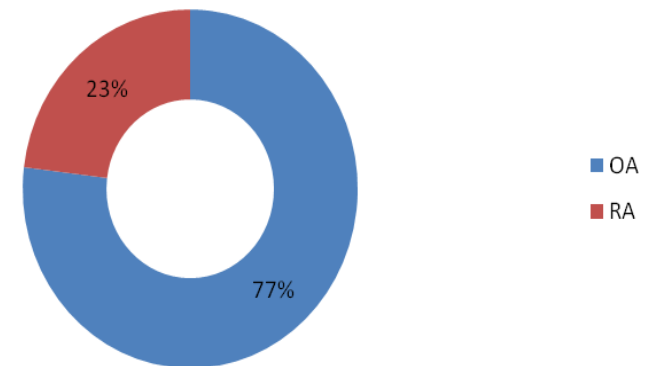
Group A

Type of Arthritis - Group A



Group B

Type of Arthritis - Group B

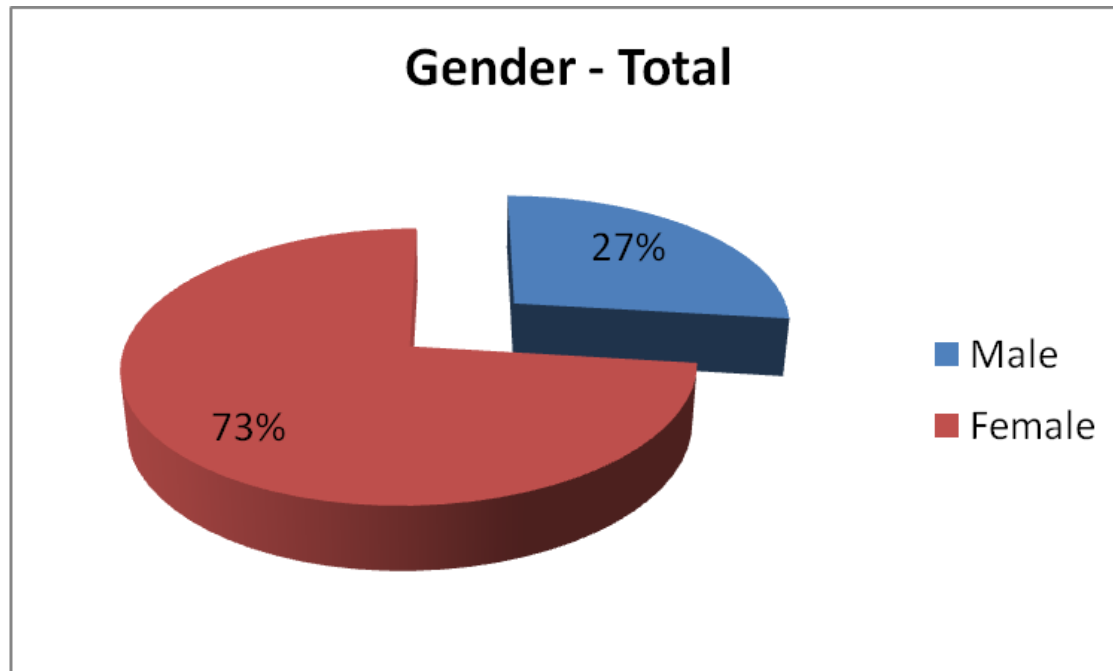




Gender



Group	Male	Female
A	6	20
B	8	18
Total	14	38





Group A & B

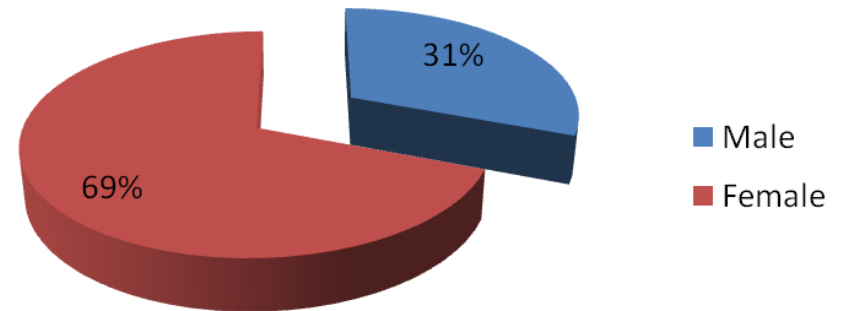
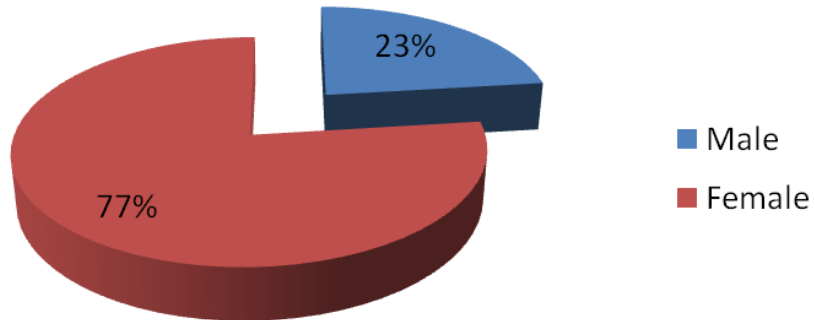


Group A

Group B

Gender - Group A

Gender - Group B

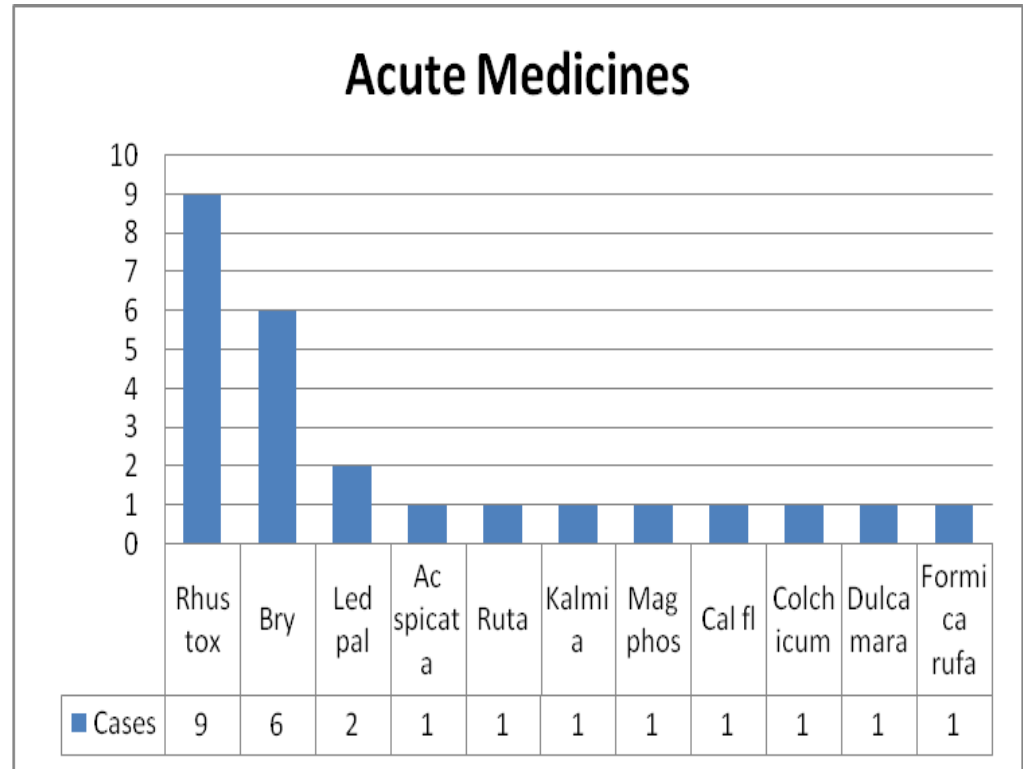




Acute Medicines



Medicine	Cases
Rhus tox	9
Bry	6
Led pal	2
Ac spicata	1
Ruta	1
Kalmia	1
Mag phos	1
Cal fl	1
Colchicum	1
Dulcamara	1
Formica rufa	1

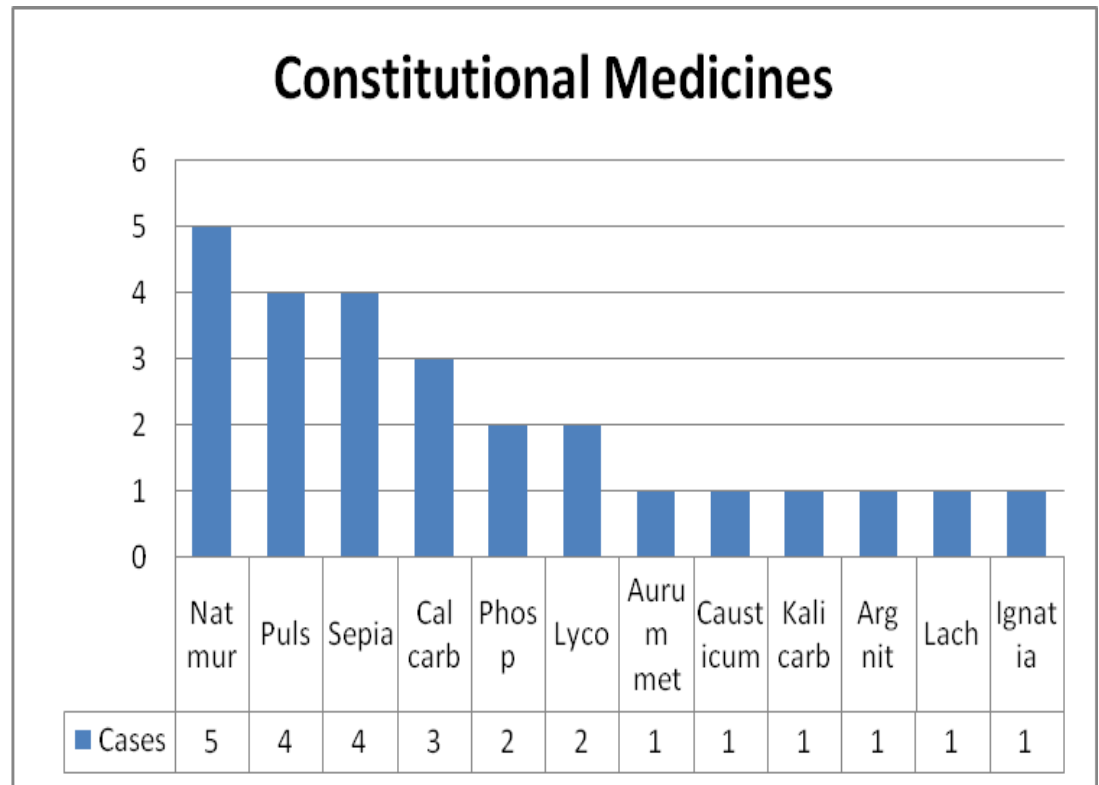




Constitutional Medicines



Medicine	Cases
Nat mur	5
Puls	4
Sepia	4
Cal carb	3
Phosp	2
Lyco	2
Aurum met	1
Causticum	1
Kali carb	1
Arg nit	1
Lach	1
Ignatia	1

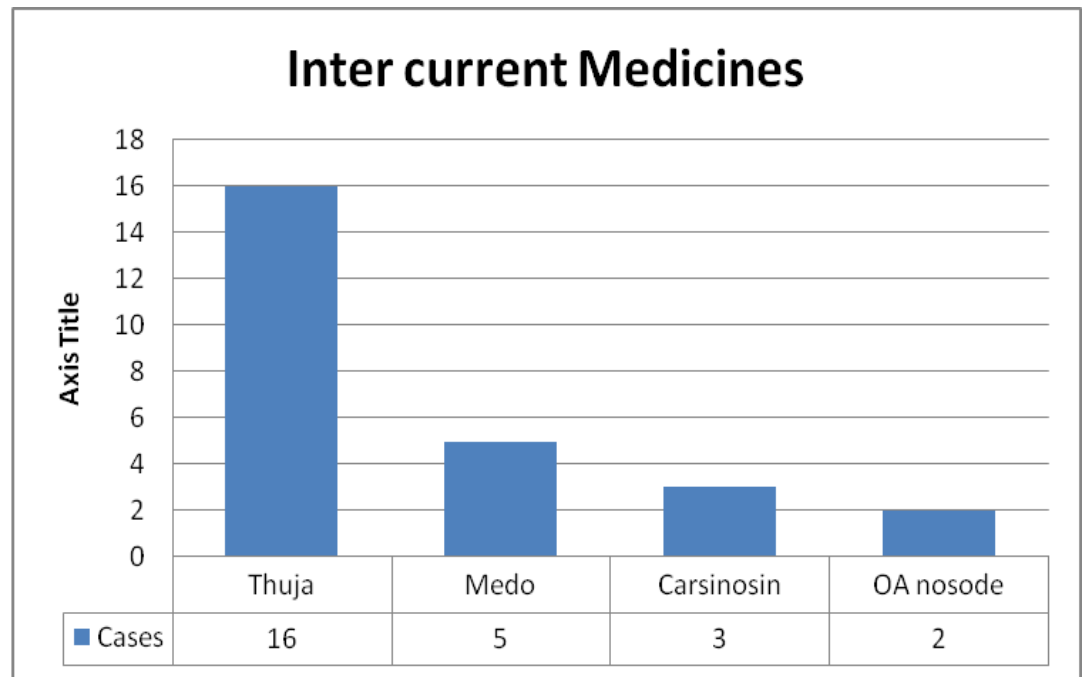




Inter current Medicines



Medicine	Cases
Thuja	16
Medo	5
Carcinosin	3
OA nosode	2





Discussion



- **Marked improvement more than 80%-** No joint pain or occasional pain, no swelling, stiffness and general betterment of patient. Good mobility of patient. Need no allopathic medicines for more than 6 months.
- **Improvement more than 60% but less than 80%-** No joint pain or occasional pain, occasional swelling and/or stiffness and general betterment of patient. Mobility hampered only to some extent during increase in joint complaints for some time. Required allopathic medicines on SOS basis for 1-2 days only



Discussion



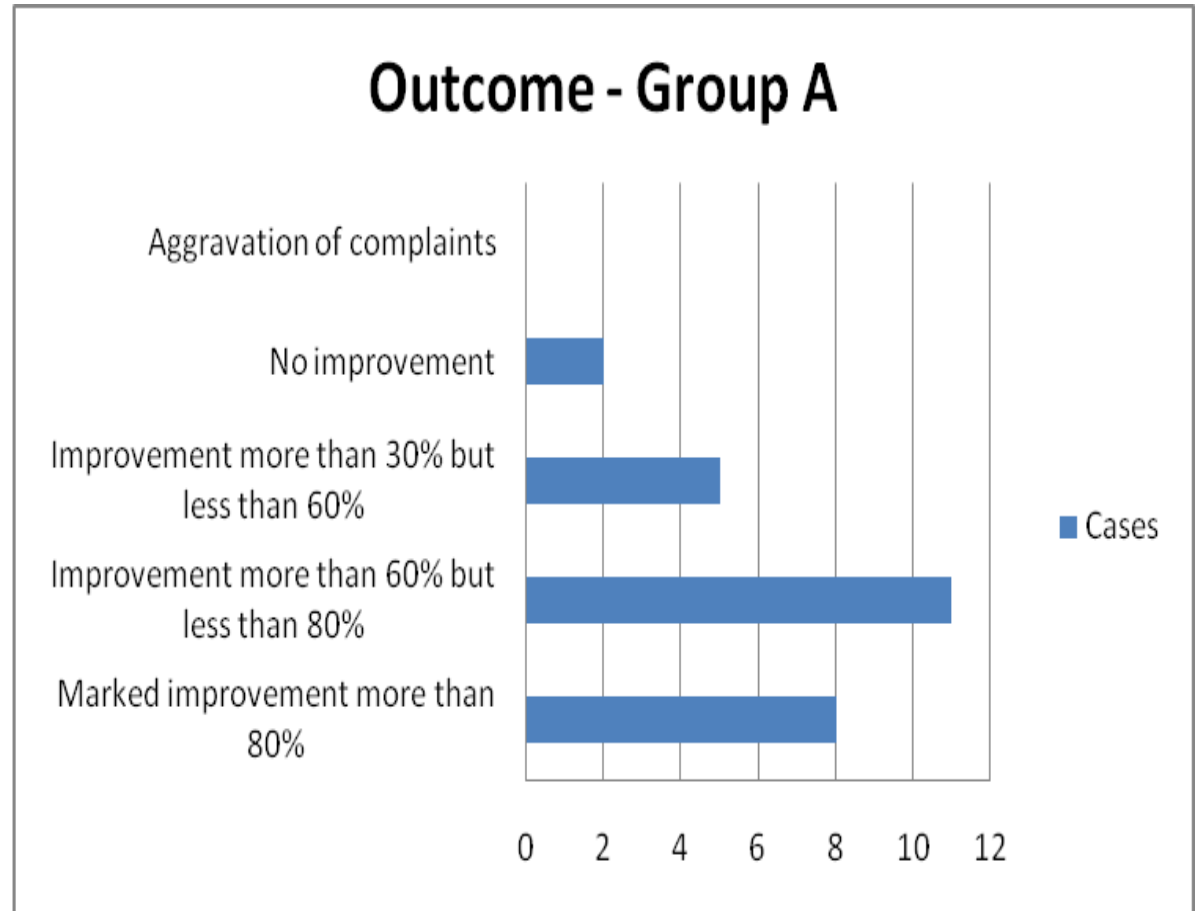
- **Improvement more than 30% but less than 60%-**
Repeated joint pains swelling and stiffness requiring allopathic medicines frequently. Mobility of patient restricted.
- **No improvement-** No change in pain, swelling and stiffness. Require allopathic medicines routinely for continuing daily activity . Mobility of patient restricted.
- **Aggravation of complaints-** Increase in pain, swelling and stiffens. No general well being with decoration in mobility and need continuous allopathic medicines.



Outcome Group A



Outcome	Cases
Marked improvement more than 80%	8
Improvement more than 60% but less than 80%	11
Improvement more than 30% but less than 60%	5
No improvement	2
Aggravation of complaints	0

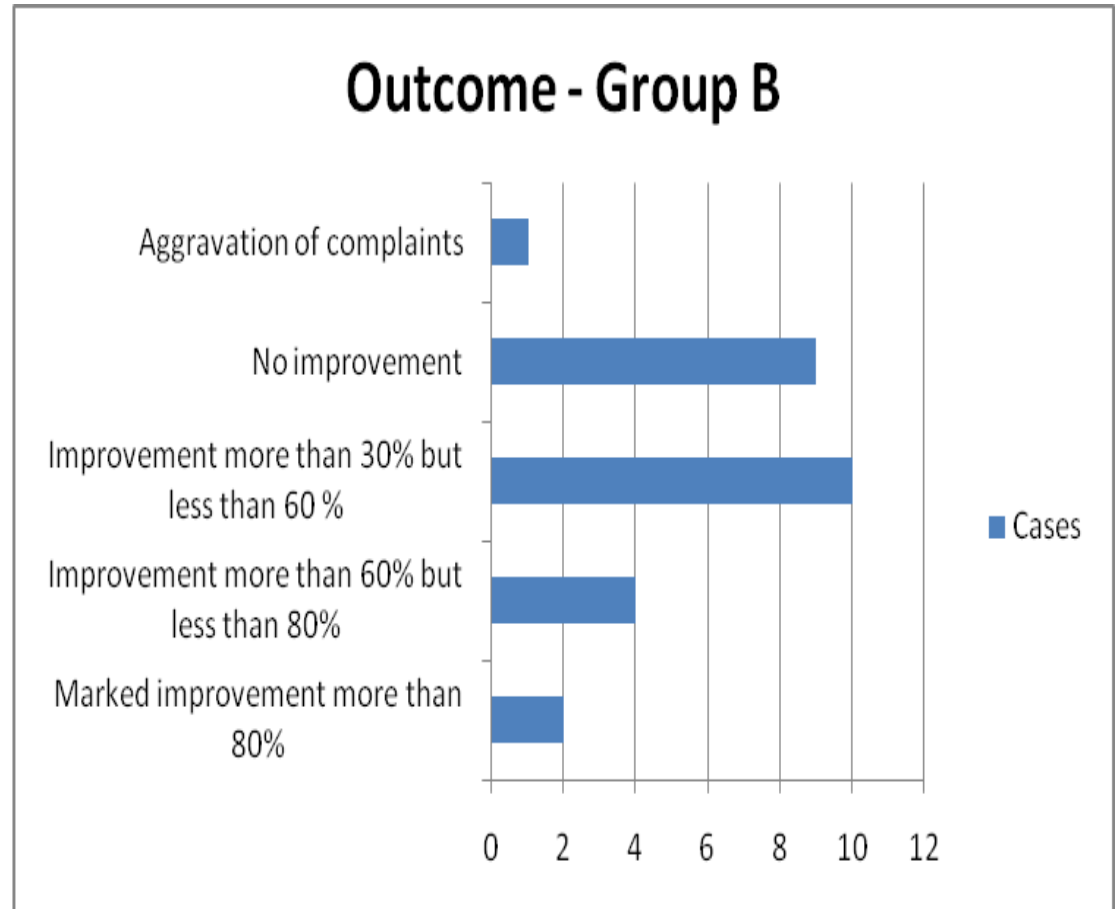




Outcome Group B



Outcome	Cases
Marked improvement more than 80%	2
Improvement more than 60% but less than 80%	4
Improvement more than 30% but less than 60 %	10
No improvement	9
Aggravation of complaints	1





Comparison of Outcome



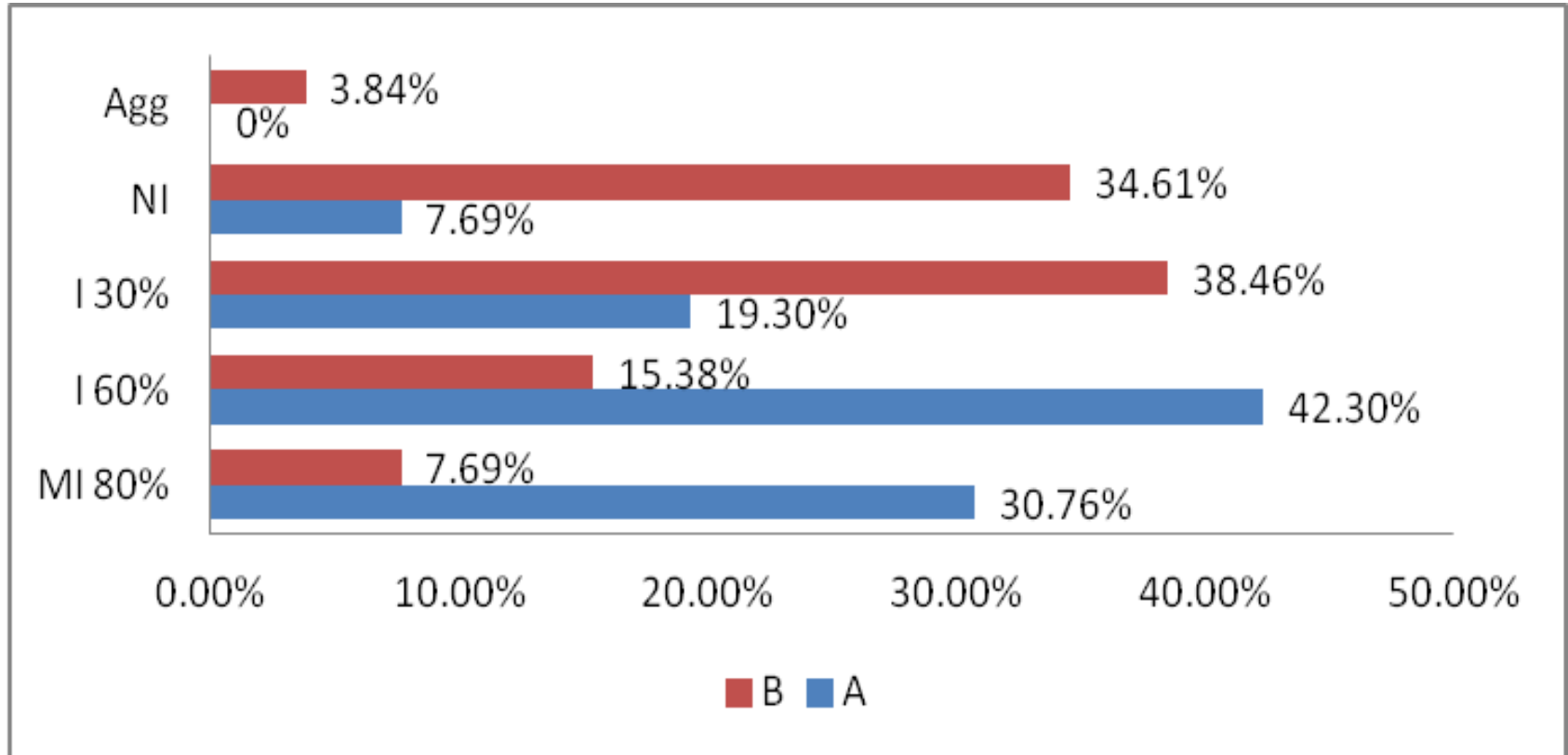
Comparison of Outcome



Group	Marked improvement more than 80%	Improvement more than 60% but less than 80%	Improvement more than 30% but less than 60%	No improvement	Aggravation of symptoms
A	8 (30.76%)	11 (42.30%)	5 (19.3%)	2 (7.69%)	0 (0%)
B	2 (7.69%)	4 (15.38%)	10 (38.46%)	9 (34.61%)	1 (3.84%)



Comparison of Outcome





Conclusion



- Most effective acute, Constitutional and inter current medicines discussed already
- Prescription of only acute medicines as per symptoms similarity did not gave improvement for longer time but prescription of constitutional and/or inter current medicines were required in almost all cases for sustained and overall improvement in patients



Conclusion



- It was found that acute medicines in lower and medium potency with frequent repetition, constitutional and inter current medicines in medium to higher potency were effective.
- Homoeopathy is very useful to reduce joint complaints with overall betterment in general conditions in arthritis with deformities and also reduce the dependency of allopathic medicines irrespective of type of arthritis.



Suggestion



- Further study with large sample size with blinding and for longer duration is essential



Thanks