

ARTHRITIS TREATMENT

“Homeopathy ... cures a large percentage of cases than any other method of treatment and is beyond doubt safer and more economical and most complete medical science”

– Mahatma Gandhi – Father of Our Nation

For The Joy & Serenity of Holistic Healing ...

Dr. Swaitha Wesley

Arthritis

Arthritis is an inflammation of a joint. It is characterized by pain, swelling and limitation of joint movement. The cause may be purely a local pathology such as pyogenic arthritis, or a more generalized illness such as rheumatoid arthritis.

Arthritis and rheumatism are among the commonest forms of chronic disease. Strictly speaking, arthritis means disease of the joints, while rheumatism is disease of the soft connective tissues which support and move the joints. In fact, the distinction is often artificial, since many of these conditions affect both the joints and connective tissues.

Arthritis is frequently accompanied by joint pain. Joint pain is referred to as arthralgia.

- ❖ Four or more joints are involved- Polyarthritis.
- ❖ Two or three joints are involved- Oligoarthritis
- ❖ Only a single joint is involved- Monoarthritis.

Types of arthritis

There are many types of arthritis (over 100 identified). The types of arthritis range from those related to wear and tear of cartilage (such as **osteoarthritis**) to those associated with inflammation resulting from a misdirected immune system (such as **rheumatoid arthritis**). While osteoarthritis and **rheumatoid arthritis** are common types of arthritis,

there are many other common and uncommon types of arthritis. Other types of inflammatory arthritis include

- **psoriatic arthritis,**
- **ankylosing spondylitis,** and
- **reactive arthritis.**
- Types of **infectious arthritis** include **septic arthritis** and **Lyme arthritis.**

Self-limited forms of arthritis can occur in association with virus infections.

Risk Factors

- Age
- Female sex
- Race
- Genetic factors
- Repetitive stress
- Obesity
- Congenital / Developmental defects
- Prior inflammatory joint disease
- Metabolic / Endocrine disorders

General Symptoms:

Symptoms and signs associated with joint pain can include

- joint redness
- joint swelling
- joint tenderness
- joint warmth
- limping
- locking of the joint
- loss of range of motion of the joint
- stiffness
- weakness

Examination Test:

KNEE:

- Valgus stress test- *medial cruciate ligament*
- Varus stress test - *cruciate ligament*
- Posterior drawer test - *posterior cruciate ligament*
- Anterior drawer test – *anterior cruciate ligament*
- Apley's test – *distraction for ligament injury, compression for meniscus injury*
- Brush test – *mild effusion*
- Hughston plica test –*inflammation of supra patellar plica*

HIP JOINT:

- Thomas Test: Fixed Flexion Deformity
- Faber Test: Sacro-iliac
- Trendelenburg Test: Superior Gluteal nerve
Gluteus medius & minimus
- Shortening: Hip fracture

SPINE:

Cervical:

- Spurling's Radiculopathy
- L' Hermitte: Cervical spinal cord compression

Thoracocolumnar:

- Schober's Test : Ankylosing Spondylitis / Kyphosis
- Straight Leg raising test: Lumbar Disc Herniation

Shoulder :

- Jobe's Test
- Neer's Test
- Obrien's Test

Investigation:

- X-ray
- BMD
- Ultrasound
- Bone markers
- Bone biopsy and histomorphometry
- Anti-CCP
- Anti-Nuclear Antibody Test

“A Drop of Homoeopathic Medicine can change the Quality of Life.”

- Sri Ravi Shankar – Spiritualist

HOMOEOPATHY- Field of Miraculous Cure

Homoeopathic Treatment

Diseases being chronic, the treatment may have to continue for some time, repeating the remedy as the symptoms reappear.

If the remedy is well chosen to carefully match the symptoms and relief isn't experienced within a reasonable period of time, it might be advisable to increase the potency or frequency of dose (but not both potency and frequency). However, the frequency and duration of recurring symptoms will lessen between each dosing until finally the symptoms are entirely eradicated.

If no help ensues after this step, it is probable that the wrong remedy has been selected, it's best to select the first remedy very carefully and to avoid allopathic medicine while using it. Diet should be carefully watched upon and seen that it should not interrupt the medicinal treatment.

Be careful in selecting the remedy that matches the symptoms being suffered. If the wrong homoeopathic remedy is selected, nothing happens and the body excretes the tiny amount of the raw drug.

First if a remedy helps, stay with it until it quits helping. Secondly, avoid, or be very careful, in prescribing more than one remedy at a time. Many remedies antidote others. Remember, as you peel off layers of illness, you will have a "different" patient to treat should new symptoms resurface.

Sometimes it's necessary to give a second prescription that antidotes and complements the first prescription.

But however it is, every remedy will differ from person to person, Homeopathy being a symptom-based treatment. It treats the presenting symptoms of an individual rather than to their named disease. The underpinning tenet of homeopathy is that there has to be a symptom-

similarity between disease and remedy before a self-healing response from the body can be stimulated. Explained differently, the remedy has to mimic or duplicate the symptoms of the unwell person.

Scientific Evaluations of Homeopathic Remedies for Arthritis

Studies performed to evaluate the effectiveness of homeopathic remedies for rheumatoid arthritis have returned mixed results.

- A 3-month, double-blind, placebo-controlled study of 46 people evaluated the effectiveness of individualized homeopathic remedies for rheumatoid arthritis. 1 At the beginning of the study, two homeopathic practitioners evaluated all of the participants and wrote out prescriptions. Participants were then randomly assigned to receive either the prescribed treatment or placebo, unbeknownst to them or the researchers who would perform an examination. The results showed significant improvement as compared to placebo among the participants receiving active treatment, most notably in pain and stiffness.
- Another positive, double-blind, placebo-controlled trial of 111 people with rheumatoid arthritis evaluated the effectiveness of a fixed remedy containing *Rhus toxicodendron*, *Bryonia alba*, *Nux vomica*, *Berberis vulgaris*, and *Ledum palustre*. The results showed that people in the treatment group experienced a significant decrease

in the amount of analgesics required and in their perception of pain as compared to those in the placebo group.

- The results of another study suggest that it is the homeopath, rather than the homeopathic remedy, that produces a favorable effect. Eighty-three subjects with stable rheumatoid arthritis, who were also receiving conventional treatment, were randomized to 1 of 2 treatment groups for 24 weeks. One group had homeopathic consultations before being further randomized to receive different types of homeopathic remedies or placebo. The second group had a non-homeopathic consultation before being similarly randomized. For the 56 subjects who completed the study, only those receiving the **homeopathic consultations** experienced an **improvement in their symptoms** irrespective of the remedies or placebos they received.

Plan of Treatment should be adopted according to:

1. Potentially reversible condition
2. Contrallable but irreversible condition
3. Irreversible condition

Goals of Treatment:

1. Relieving Pain & Stiffness
2. Preventing further progress of disease
3. Helping the patient to remain active

Orthopaedic Treatment:

NON-OPERATIVE METHODS:

- Physiotherapy:
 - Heat therapy:
 - Ultrasound massage or short wave for 2-3 weeks depending on severity of pain
 - Helps to alleviate pain & muscular pain
 - Exercises to maintain joint functions
 - Muscles building exercises to gain strength
 - Cold therapy: Pain of longer duration
 - TENS (Transcutaneous electrical nerve stimulation)
 - Infrared
 - Massage
 - Knee supports
- Occupational therapy
- Rehabilitation

OPERATIVE METHODS:

- i. Preventive surgery
- ii. Palliative surgery
- iii. Reconstructive surgery
- iv. Salvage surgery

Primary Remedies

Abrotanum

(Made from Southernwood)

-A very useful remedy in wasting and emaciation, especially of lower extremities only, even though the patient maintains a good appetite.

Rheumatism following checked diarrhoea. Ill effects of suppressed conditions, especially in gouty subjects .Back lame, weak, and painful. Pain in lumbar reaion extending along spermatic cord. Paln in sacrum, with hemorrhoids. Extremities -Pain in shoulders, arms, wrists, and ankles. Pricking and coldness in fingers and feet. Joints stiff and lame. Dose: 3X to 30X.

Aconitum

(Made from the herb Monkshood). Functional changes only with no periodicity. The back is numb, stiff, painful with a crawling and tingling sensation as if bruised. Stiffness in nape of neck. Bruised pain between scapulae (shoulder blades). Numbness and tingling in the extremities with shooting pains; icy coldness and insensibility of hands and feet. Arms feel lame, bruised, heavy and numb. Rheumatic inflammation of joints; worse at night. Hip-joint and thighs feel lame, especially after lying down. Knees unsteady; disposition of foot to turn. Weak and lax ligaments of all joints. Sensation as if drops of water trickled down the thigh. Must be repeated often in acute illness. Dose: 3X to 30X.

Arbutus andrachne

(Made from the Strawberry tree)

A remedy for eczema associated with gouty and rheumatic symptoms. Arthritis; especially larger joints. Urine rendered more clear. Lumbago. Symptoms shift from skin to joints. Dose tincture to 3X.

Benzoicum Acidum

(Benzoic Acid)

The most marked characteristic pertains to the Odor and color of the urine. It has a marked action on metabolism. It produces and cures symptoms of a uric acid diathesis, with urine highly colored and very offensive, and gouty symptoms. Pains suddenly change their locality. Anti-sycotic. Pressure on spinal column. Coldness in sacrum. Dull pain in region of kidneys that becomes worse with wine. Extremities - Joints Crack On motion. Tearing with stitches. Pain in tendo Achilles. Tearing pain in great toe. This remedy is incompatible with wine. Dose: 3X to 6X

Belladonna

Sudden flare-ups of arthritis with a sensation of heat and throbbing pain indicate a need for this remedy. The joints look red and inflamed, and the surface may feel hot to the touch.

Berberis Vulgaris

Made from Barberry. - Rapid change of symptoms – pains change in regard to place and character - thirst alternates with thirst-less-ness, hunger, and loss of appetite, etc. Acts forcibly on the venous system, producing pelvic engorgements. Old gouty constitutions. It causes Inflammation of kidneys with hematuria. Pains may be felt all over body, emanating from small of back. Often called for in arthritic affections with urinary disturbances with wandering, radiating pains. Acts well in fleshy persons, good livers, but with little endurance.

Bryonia

This remedy relieves joint pain improved by staying immobile and applying pressure. Aching in every muscle. Exceedingly irritable. Pains here are stitching, tearing: worse by motion, better by rest.

Calcarea phosphorica

Stiffness and soreness of the joints, worse from drafts and cold, may be relieved by this remedy. Aching in the bones and tiredness are common, and the person feels worse from exertion. Calcium deposits or bone-spurs may develop, especially in the neck. A feeling of dissatisfaction and a strong desire for travel or a change of circumstances are often seen in individuals who need this remedy.

Calcarea carbonica

This remedy is often useful for arthritis in a person who is chilly, flabby or overweight, and easily tired by exertion. Inflammation and soreness are worse from cold and dampness, and weakness or cramping in the extremities are often seen. Problems often focus on the knees when Calcarea is needed.

Caulophyllum thalictroides

This remedy relieves arthritis and rheumatic pain localized in the fingers' phalanges.

Causticum

This relieves joint pain and arthritis pain with stiffness and feeling that tendons are too short.

Cimicifuga racemosa

This remedy relieves neck pain and cramps caused by bad posture and aggravated by cold and humidity.

Cinchona officinalis

Made from Peruvian Bark - China. Mostly a chronic remedy.

Knife-like pains around back. Pains in limbs and joints, as if sprained; worse with slight touch; hard pressure relieves. Sensation as of a string around limb. Joints swollen and very sensitive, with dread of open air. Great debility and trembling. With numb sensation. Averse to exercise; sensitive to touch. Weariness of joints; worse, mornings' ad when sitting. Worse with movement and at night. Dose: tincture to 30X.

Dulcamara

This remedy relieves joint pain and stiffness triggered by dampness and cold.

Gnaphalium

Made from Cud-weed - Old Balsam.

A remedy of unquestioned benefit in sciatica, when pain is associated with numbness of the part affected. Rheumatism and morning diarrhoea. Polyuria. Chronic backache in lumbar region; better resting on back. Lumbago with numbness in lower part of back and weight in pelvis.

Cramps in calves of legs and feet when in bed. Rheumatic pain in ankle joints and legs. Intense pain along the sciatic nerve; numbness alternates with pain. Gouty pain in big toes. Better when drawing limbs up and flexing thigh on abdomen. Gouty concretions.

Iodum

Rapid metabolism; loss of flesh with great appetite. Hungry with much thirst. Better after eating. Great debility, the slightest effort induces perspiration. Acts prominently on connective tissue. Abnormal vasoconstriction; capillary congestion followed by edema, ecchymosis, hemorrhages. Pain in bones at night. Gonorrheal rheumatism. Rheumatism of nape and upper extremities. Constrictive sensations. Dose: 3X to 30X

Kalmia Latifolia

Made from mountain laurel

Pain shifts rapidly. Frequently accompanied by nausea and slow pulse. Neuralgia; pains shoot downwards with numbness. Fulgurating pains of locomotor ataxia. Paralytic pains and aching in limbs. Back- pain from neck down arm extending to shoulder- blade. Deltoid rheumatism. Pains from hip to knees and feet. Weakness, numbness, pricking and coldness in limbs. Joints red, hot, swollen. Triture to 6X

Ledum palustre

Arthritis that starts in lower joints and extends to higher ones suggests a need for this remedy. Pain and inflammation often begin in the toes and spread up through the ankles and knees. The joints may make cracking sounds and may be very swollen. Cold applications bring relief to both the pain and swelling.

Pulsatilla

Pain that moves unpredictably from one joint to another suggests a need for this remedy. The hips and knees are often affected, and pain may be felt in the heels. Symptoms are worse from warmth, and better from cold applications and open air. A person who needs this remedy often is moody and changeable, and usually wants a lot of attention and comforting.

Radium

Aching in back of neck. Pain and lameness in cervical vertebrae, worse dropping head forward. Better standing or sitting erect. Lumbar and sacral backache, pain appears to be in bone, continued motion relieves. Backache between shoulders and lumbar-sacral region, better after walking. Severe pain in all limbs, joints especially in knees and ankles, sharp pains in shoulders, arms, hands and fingers. Dose: 12X and 30X

Rhododendron

Made from Snow-rose. Rheumatic and gouty symptoms well marked. Rheumatism in Hot season. Joints swollen. Gouty inflammation of great toe-joint. Rheumatic tearing in all limbs, especially right side. Worse at

rest and stormy weather. Stiffness of neck. Cannot sleep unless leg crossed. Dose: 6X

Rhodium

Fleeting neuralgic pains. Stiff neck and rheumatic pain down left shoulder and arm. Itching in arms, palms and face. Feels weak, dizzy and tired. Dose 200

Rhus Tox

Affects fibrous tissue producing pains and stiffness. Hot painful swelling of joints. Tearing pains. Rheumatic pains spread over a large surface area at nape of neck, loins and extremities. Limbs still, paralysed. The cold fresh air is not tolerated. Tearing down the thighs. Trembling after exertion. Tenderness around knee joint. Worse rest, cold, wet rainy weather.

Ruta graveolens

Arthritis with a feeling of great stiffness and lameness, worse from cold and damp, and worse from exertion often is relieved by this remedy. Tendons and the capsules of the joints may be affected. Arthritis may have developed after overuse, from repeated wear and tear.

According to Concise Repertory of Homoeopathic Medicines by Dr. Phatak;

Some indicated specific medicine rubrics related to arthritis:

Joints, Ankylosing, spurious, with: Kali-iodatum

Joints, Broken as if: Par.

Joints, Cold Agg: Calc-phos, Rumex

Joints, Cracking in, Walking in Open Air Agg: Ruta

Joints, Crusts on: Sepia

Joints, Digging: Colchicum

Joints, Fatigue+: Staphysagria

Joints, Gritty feeling: Conium

Joints, Oedema about: Thuja

Joints, Oil, lacking in , as if: Gnaphyllum, Lilium tig

Joints, Power, loss of: Medorrhinum

Joints, Red Spots, on: Belladonna, Sticta

Joints, Stiff, little pain with: Phosphorus

Joints, Swelling, Fatigue, slight agg: Actea spicata

Joints, Swelling, shining red+: Aconite

Joints, Weak, Dislocation, after: Rheum

Joints, Weak, Exertion agg: Phosphorus

Joints, Weak, Pregnancy, during: Murex

Joints, Weak, After spasms: Rheum

According to the 6th Edition of Organon;

Aphorism 290- Explains about use of Massage, if suffering from weakness, loss of flesh and lack of sleep. The muscles are grasped and moderately pressed to restore the tonicity of the Muscles.

Aphorism 291- Explains about the use of Water Bath , for restoring health in acute as well Chronic conditions.

Warm Bath- Helps to arouse the slumbering sensibility from frozen, drowned, and suffocated. Useful where the irritability is unevenly distributed.

Cold Bath- Useful in restoring chronically affected individuals. Serves as a Palliative treatment.

MANAGEMENT:

➤ Green tea



Green Tea have an inflammatory property EGCG(a substance in green tea) may halt arthritis progression by blocking interleukin 1, a pro - inflammatory cell , from damaging cartilages

➤ Garlic



Help to ease the rheumatoid arthritis pain. In 2013 studies published in the journal food and chemical toxicology noted that garlic has significant anti inflammatory effect because it inhibits the production of pro-inflammatory substance known as cytokines

➤ Broccoli



Lab studies have found that sulforaphane, a compound in broccoli may block enzymes, linked to joint destruction and inhibit inflammation

➤ Dairy products



Low – fat or non – fat milk and other dairy products are safe for most people with arthritis

➤ Beans



It is a part of recommended diet, such as soy beans , are also known to reduce inflammation in rheumatoid arthritis since it is a source of omega-3 fatty acid that is beneficial against swelling and pain.

➤ Whole grains



Whole grain - It lowers your level of c- reactive protein, In people with RA, CRP levels may go up during a flare.