

## Importance of Homeopathy in treatment and control of sign and symptoms of Rheumatoid Arthritis in Selective Rural Population of village Hanutpura, Jaipur Rural, Rajasthan

M.P Sharma

*Professor and HOD, Dept. of Physiology & Biochemistry, Faculty of Homeopathic Science, Jayoti Vidyapeeth Women's University, Jaipur, India*

### ABSTRACT

This is a 6-month study set in a teaching hospital's department of rheumatology out-patient department (OPD) in Rural Population of village Hanutpura, Jaipur Rural, Rajasthan. The patients of the study were 65 in numbers who had RA and were seropositive for rheumatoid factor. Two series of medicines were used. One comprised 42 homeopathic medicines used for treating RA in 6cH ( $10^{-12}$ ) and/or 30cH ( $10^{-30}$ ) dilutions (a total of 59 preparations) manufactured in Indian Homoeopathic Pharmacopoeia Laboratory; the other comprised identical matching placebos and controlled prescribed diets. Based on miasmatic analysis (syphilitic Miasm) the sign and symptoms were classified to Rheumatoid Arthritis. The tests were advised based on the medical history and current condition of the patients followed by prescribed medicines and diet charts to control the symptoms of Rheumatoid Arthritis. At the end of the study the main outcome measures were visual analogue scale pain scores against the initial ones, reduced symptoms of RA, reduced duration of morning stiffness in the hands and joints using the erythrocyte sedimentation rate (ESR).

**Keywords:** Rheumatoid Arthritis, Jaipur, diets

### Introduction

This is a disease in which the immune system attacks the linings of the joints. This results in joint pain, stiffness, swelling, and destruction.

#### **What is Rheumatoid Arthritis (RA)?**

Rheumatoid arthritis (RA) is a disease that causes pain, swelling, and stiffness in the joints. In some people, it can also cause the joints to become damaged and deformed. Although it can affect any joint in the body, RA is most commonly found in the hands, wrists, feet, and knees. Usually, if it is found in one hand, it will appear in the other as well.

- Sometimes RA can cause problems with body parts other than your joints such as your heart, lungs, eyes, or mouth.

RA usually lasts many years or an entire lifetime. For some people, RA can last for only a few months to a few years with treatment, although this is rare. The symptoms of RA (pain, swelling, stiffness) can get worse for some periods of time and then get better for some periods of time.

#### **What causes RA?**

The cause of RA is unknown, but researchers think the condition may be passed down in families. The pain and symptoms of RA happen when your immune system (the system of the body that helps defend you from germs) attacks the healthy lining of your joints. The cause of RA is unknown. It is an autoimmune disease, which means the body's immune system mistakenly attacks healthy tissue. RA can occur at any age, but is more common in middle age. Women get RA more often than men. Infection, genes, and hormone changes may be linked to the disease.

*\*Correspondence*

**Dr.M P Sharma**

Professor and HOD, Dept. of Physiology & Biochemistry, Faculty of Homeopathic Science, Jayoti Vidyapeeth Women's University, Jaipur, India

**E Mail:** [dr.mahavirsharma@gmail.com](mailto:dr.mahavirsharma@gmail.com)

**Objective of the study**

To establish the belief that homeopathy is effective in reducing the symptoms of joint inflammation in rheumatoid arthritis (RA)

**Aetiology of disease:** The exact cause of RA is not yet known. It is known that RA is an autoimmune disease. This means the body's natural immune system does not operate as it should be; it attacks healthy joint tissue, initiating a process of inflammation and joint damage. Although the cause is not known, scientists do know that many factors contribute to the development of RA. Genetic, or hereditary, factors play a role. Scientists have shown certain genes that play a role in the immune system may be involved in determining whether or not you develop RA. However, some people with RA do not have these particular genes, and other people who do have the genes never develop the disease. Environmental factors may also contribute to the cause of the disease. Researchers have found that RA can be triggered by an infection, possibly a virus or bacterium, in people who have an inherited tendency for the disease. However, RA is not contagious.

**Common Symptoms in Patients-**

1. Pain and stiffness which lasts for more than one hour in the morning or after taking rest for a long time.
2. Joint inflammation in hands, wrist and fingers, neck, shoulders, elbows, hips, knees, ankles and feet.
3. Both sides of the body are generally affected at the same time
4. Fatigue, occasional fever and not feeling well.

**Methodology of treatment-**

There were following methods adopted to conduct the study.

5. Medical history of patients based on their current state of the disease
6. Case taking and begin with the investigations and following tests were advised to the patients
  - ✓ Rheumatoid Arthritis (RA)
  - ✓ CBC, ESR
  - ✓ Serum Cholesterol
  - ✓ Uric acid
7. Performed Miasmatic Analysis of the disease based on Psora, Sycosis & Syphilis

8. Prescribed the remedies to the patients as per their case observations report which included diet regime as well along with the doses homeopathic medicines and placebo.

**Miasmatic Analysis**

Basis on the miasmatic analysis outcome we established that the Rheumatoid arthritis comes under the syphilitic Miasm as it involves tissue destruction, deformity and finally death due to complications. Therefore, a correct anti-miasmatic homeopathic remedy, along with a proper diet regime has been prescribed to the patients, which helped us in arresting the sign and symptoms of disease and offer gentle rapid relief to the patients.

**Medicines prescribed-**

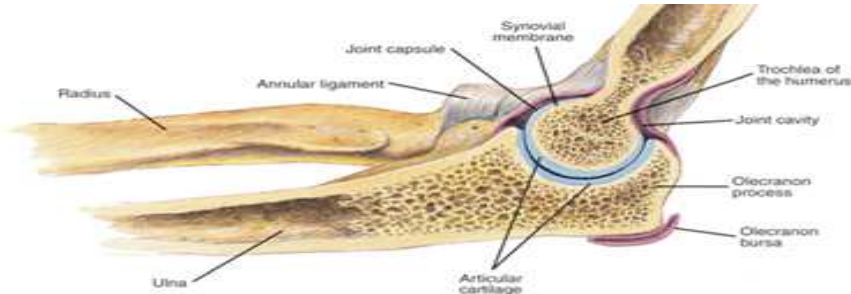
1. **Austicum-** 'Causticum 200' one of the best Homeopathic remedies for Rheumatoid Arthritis causing deformities
2. **Colchicum** – 'Colchicum 30' it is a most common homeopathic remedy for Rheumatoid arthritis
3. **Ledum Pal-**'Ledum Pal 200' Homeopathic remedy for Rheumatic Arthritis of feet
4. **Bryonia** - 'Bryonia 200' one of the best Homeopathic remedies for Rheumatoid Arthritis
5. **Caulophyllum** – 'Caulophyllum 30' Homeopathic remedy for Rheumatoid Arthritis affecting small joints

**Results**

36 patients completed the trial in the entire study. Over 6 months there were significant decreases in their mean pain scores (fell 18%), articular indices (fell 24%) and ESRs (fell 11%). 29 patients didn't complete the trial. Placebo and active homeopathy medicines had different and remarkable effects on pain scores. The mean pain scores were significantly lower after 3 months' active therapy of homeopathic medicines and controlled diet and weight regime. Articular index, ESR and morning stiffness were similar with active and placebo homeopathy.

**Conclusion**

We came to the conclusion that active homeopathy improves medicines with controlled diet can significantly lower the symptoms of RA, over 6 months, in patients attending a routine clinic within our OPD in department of rheumatology.



**Fig 1: Demonstration of areas for Rheumatoid arthritis**



**Fig 2: Symptoms of Rheumatoid arthritis**



**Fig 3: Inflammation in joints**

**References**

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