Homoeopathic management of rheumatoid arthritis: A case report

Dr. Sudeep

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Abstract
Rheumatoid arthritis is an autoimmune disease of chronic character. It is a symmetrical poly arthritis, which is characterized by inflammation, redness, warmth, swelling and pain of the affected joint. Which leads to physical disability also develop extra articular manifestation, including fatigue, Subcutaneous nodules, lung and heart involvements also we can find hematological abnormalities. The cause of the Rheumatoid is still but genetic factors, environmental factors, hormonal factors can be a cause.

In homoeopathy constitutional, miasmatic approach is usually used to manage Rheumatoid arthritis. Here is a case of 50 year old female diagnosed with rheumatoid arthritis was managed with homoeopathic medicine Rhus Toxicodendron.

Keywords: Rheumatoid arthritis, Rheumatoid factor (RA), case report

Introduction
World-wide incidences are approximately 0.8 to 2.1%. In India incidences are 0.5-0.75%. Though male and female both are having this problem but women are more affected with this.

Clinical features
Symmetrical pattern of affected joints, Morning stiffness that lasts one or more hours, knee joint, Small joints of the hands and feet are characteristically involved, although any joint can be affected.

Following is a case of Rheumatoid Arthritis managed with homoeopathic medicines.

A 50 years old married woman about 5 feet weighing around 70 kg. She was a teacher who visited clinic for the treatment on the 14/1/2023.

History of presenting complain
Patient was well before 1 year, but some-times, she felt pressive pain in the both knee joint and fingers. With stiffness, pain aggravated by the change of weather, she also started noticing the swelling both knees and fingers.
She started taking allopathic medication for the pain but no relief.

Past history
Taken allopathic treatment for rheumatoid arthritis and stopped the medications 6 months back.

Mental and Disposition
She is very religious since childhood, she wants to live alone, she does not like to share her problem with anyone. She is living in joint family, she feels irritated.

Personal history
Appetite: 2 times per day/veg./feel hunger
Thirst: Thirst-less.
Desires: Sweets/milk.
Aversions: Oily food.
Thermal reaction: Hot.
Open Air: Feel better.
Homoeopathic intervention
As per the principle of homoeopathy and after reportorial
analysis, Rhus tox covered the maximum number of the
rubrics, so the treatment started with the Rhus tox 200.

Table 1: Prescription and follow up

<table>
<thead>
<tr>
<th>Date of visit</th>
<th>Symptoms</th>
<th>Prescription</th>
</tr>
</thead>
<tbody>
<tr>
<td>14/01/2023</td>
<td>Pain in the both knee joint.</td>
<td>Rhustox 200, 4 pills, one dose stat was given.</td>
</tr>
<tr>
<td></td>
<td>Stiffness and swelling in the knee joint.</td>
<td>With diet and regimen for rheumatoid arthritis.</td>
</tr>
<tr>
<td></td>
<td>RA factor- 20 IU/ml</td>
<td>Saclac 4 pills thrice a day.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Advice to test for RA factor test after one months.</td>
</tr>
<tr>
<td>Follow up date</td>
<td>Symptoms</td>
<td>Prescription</td>
</tr>
<tr>
<td>30/01/203</td>
<td>Pain reduce in both knee 40%</td>
<td>Sac lac 4 pills, thrice in a day for one month</td>
</tr>
<tr>
<td></td>
<td>Swelling reduce to 50%</td>
<td>Advice her to follow diet and regimen.</td>
</tr>
<tr>
<td></td>
<td>No stiffness were found in the morning.</td>
<td></td>
</tr>
<tr>
<td>1/03/2023</td>
<td>Pain in both the knees still present.</td>
<td>Rhustox 200, 4 pills, one dose stat was given.</td>
</tr>
<tr>
<td></td>
<td>No Stiffness.</td>
<td>With diet and regimen for rheumatoid arthritis.</td>
</tr>
<tr>
<td></td>
<td>Swelling is same as previous visit.</td>
<td>Saclac 4 pills thrice a day.</td>
</tr>
<tr>
<td></td>
<td>RA factor-16IU/ml</td>
<td>Advice to test for RA factor after onemonths.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Follow up after one month.</td>
</tr>
<tr>
<td>1/04/2023</td>
<td>Pain in both the knee joint reduced to 80%</td>
<td>Sac lac 4 pills, thrice in a day for one month</td>
</tr>
<tr>
<td></td>
<td>No stiffness and no swelling.</td>
<td>Advice her to follow diet and regimen.</td>
</tr>
<tr>
<td></td>
<td>RA factor-&lt;10IU/ml</td>
<td></td>
</tr>
</tbody>
</table>

Investigation
13/Jan/2023

*Image of Lab Report*
Investigation 2
20/Mar/2023

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Lab Report
Contact us at: 011-3399-9933

Report Date
20/MARCH/2023 02:47PM

Test NAME WITH Methodology Result Unit Biological Ref.Interval
IMMUNOLOGY_SEROLOGY
RHEUMATOID FACTOR (QUALITATIVE) 16 :POSITIVE IU/mL <10:NEGATIVE

Method: By Slide agglutination method.

Clinically Tested By: Accuprobe Healthcare & Diagnostics Pvt Ltd: 9, Maharaja Surajmal Marg, Priya Enclave, Karkardooma, Anand Vihar, Delhi - 110092

DR. PRASHANT GUJAL
(CONSULTANT PATHOLOGIST)

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Investigation 3

Lab Report

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Lab Id. 021701130030  Reg No 119352
Patient Name #300317  Reg Date 23/APRIL/2023 12:30PM
Age/Sex 50 YRS/Female  Sample Coll. Date 23/APRIL/2023 07:20AM
Referred By Dr. SUDEEP  Sample Rec.Date 23/APRIL/2023 02:00PM
Client Code/Name AP000006 HEALTHIANS NET
Ref. Source  Report Date 23/APRIL/2023 02:47PM
Barcode No 10152005

Test NAME WITH Methodology Result Unit Biological Ref.Interval

**IMMUNOLOGY SEROLOGY**

RHEUMATOID FACTOR (QUALITATIVE) <10 :NEGATIVE IU/mL <10:NEGATIVE

Method: By Slide agglutination method.

DR. PRASHANT GOYAL
(CONSULTANT PATHOLOGIST)

Clinically Tested By: Accuprobe Healthcare & Diagnostics Pvt Ltd: 9, Maharaja Surajmal Marg, Priya Enclave, Karkardooma, Anand Vihar, Delhi - 110092

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Table 2: Repertorisation

Result and Discussion
After prescription of Rhus tox patient condition was improved and her laboratory reports were convincing the result. In this case study homoeopathic treatment had shown result in Rheumatoid arthritis and Rhus tox in 200 potency were found to be very effective. This study shown that homoeopathic treatment based on holistic approach rather than particular pathological diagnosis.

Conclusion
Rheumatoid arthritis depend upon many factors from the cause to their precipitating factors and the major presentation including the pain, stiffness, tenderness ECT. Based on this case study Rhus tox homoeopathic medicine shown significant improvement in Rheumatoid arthritis.

Informed consent
Informed consent was signed by patient on her first visit.

Conflict of interest
None

Reference
4. R A DAR 10 software.

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