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## Homoeopathic management of rheumatoid arthritis: A case report

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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.

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**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

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

**Investigation**

13/Jan/2023

Lab Report  
Contact us at: 011-3399-9933

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ITDOME INFOSYSTEMS PVT. LTD.

Lab Id.	021701130030	Reg No	119352
Patient Name	Ms. GUNDEA 300317	Reg Date	13/Jan/2023 12:47PM
Age/Sex	50 YRS/Female	Sample Coll. Date	13/Jan/2023 07:00AM
Referred By	Dr. SUDEEP	Sample Rec.Date	13/Jan/2023 01:01PM
Client Code/Name	AP000006 HEALTHIANS NET	Report Date	13/Jan/2023 02:47PM
Ref. Source			
Barcode No	10152005		

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Test NAME WITH Methodology	Result	Unit	Biological Ref.Interval
IMMUNOLOGY_SEROLOGY			
RHEUMATOID FACTOR (QUALITATIVE)	20 :POSITIVE	IU/mL	<10:NEGATIVE

Method: By Slide agglutination method.

DR. PRAASHAN GUPTAL  
(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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**Investigation 2**  
20/Mar/2023



**Lab Report**

Contact us at: 011-3399-9933

ITDOME INFOSYSTEMS PVT. LTD.

Lab Id.	021701130030	Reg No	119352
Patient Name	<b>MC. GADGETA</b> 300317	Reg Date	20/MARCH/2023 12:30PM
Age/Sex	50 YRS/Female	Sample Coll. Date	20/MARCH/2023 06:40AM
Referred By	Dr. SUDEEP	Sample Rec.Date	20/MARCH/2023 03:00PM
Client Code/Name	AP000006 HEALTHIANS NET	Report Date	20/MARCH/2023 02:47PM
Ref. Source			
Barcode No	10152005		

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

Method: By Slide agglutination method.

**DR. PRASHANTI GOYAL**  
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Investigation 3

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**Lab Report**  
 Contact us at: 011-3399-9933

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ITDGE INFOSYSTEMS PVT. LTD.

Lab Id.	021701130030	Reg No	119352
Patient Name	██████████ A 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		

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Test NAME WITH Methodology	Result	Unit	Biological Ref.Interval
<u>IMMUNOLOGY SEROLOGY</u>			
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, Page 9 of 14  
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**Table 2: Repertorisation**

The screenshot shows the RADAR 10.0 software interface. The main window displays a list of symptoms and their corresponding numerical values for various remedies. The symptoms listed are:

1. EXTREMITIES - SWELLING - Knees (90) 1
2. EXTREMITIES - STIFFNESS - Knees (109) 1
3. GENERALS - PAIN - pressing pain (2) 1
4. GENERALS - PAIN - walking - amel. - drawing pain (2) 1
5. EXTREMITIES - PAIN - weather - change of weather (9) 1
6. ARMO...COMBANDIV... (2) 1

The table below shows the numerical values for these symptoms across 50 remedies (columns 1-50):

Symptom	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50			
1. EXTREMITIES - SWELLING - Knees	4	4	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3			
2. EXTREMITIES - STIFFNESS - Knees	1	3	2	1	2	2	3	1	2	1	3	2	2	1	1	2	2	3	3	2	2	2	1	3	2	3	2	1	2	2	3	3	1	1	1	2	1	1	3	1	1	1	1	1	1	1	1	1	1	1	1	1	1
3. GENERALS - PAIN - pressing pain	3	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
4. GENERALS - PAIN - walking - amel. - drawing pain	4	1	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
5. EXTREMITIES - PAIN - weather - change of weather	5	-	1	-	-	-	2	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
6. ARMO...COMBANDIV...	6	2	1	1	1	2	2	1	2	1	1	1	1	1	2	1	1	2	2	2	4	3	1	2	1	2	3	-	2	2	1	-	3	2	3	1	1	2	-	1	-	2	2	3	1	-	1	1	-	1	2	1	

**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**

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**How to Cite This Article**  
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