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Utility of homoeopathic management in orthopedic disorder

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Abstract

Without water there is no existence of sea and without bone there is no existence of human body. Bone is the base of human body, it makes a structure upon which whole body is framed.

Anything that is concerned with muscles, ligaments and joints is considered orthopaedic. Disorders are ailments, injuries or diseases that causes different problems in the human body. Orthopedic disorder is a burning issues of recent era. In Homoeopathy there is lots of scope for the treatment of this disorder, because our science follows nature's principle Similia Similibus Curenture. Homoeopathy makes human body in new shape by its constitutional and individualizing approach.

Keywords: Orthopedic disorder, homoeopathy, individualization, constitution, miasm

Introduction

Orthopedic" this word coined by Nicholas Andry from French as Orthopedia, derived from ancient Greek word "Orthos" means correct and "Paidion" means Child, (Art of correcting deformities of child). Previously, the science of orthopaedics was restricted to correcting deformities in children, but with the advancement of knowledge in anatomy, physiology and diagnostic techniques, a full fledged branch of like disorders has developed in the name of orthopaedics. Orthopedics is the branch of surgery concerned with conditions involving the musculoskeletal system.

Homoeopathy has got a very workable, pleasing and helpful in treating cases of orthopaedic disorders. Fractures and surgery are also helped by Homoeopathy. Homoeopathic medicines perform their responsibilities very well after surgery and fracture management. Other systemic orthopaedic diseases are well cured by Homoeopathy.

Epidemiology

Musculoskeletal conditions affect people across the life-course in all regions of the world. Musculoskeletal conditions were the leading cause of disability in 4 of the 6 WHO regions in 2017 (ranked second in the East Mediterranean region and third in the African region).

The prevalence of musculoskeletal conditions increases with age, young people are also affected, often during their peak income-earning years.

In the 2017 Global Burden of Disease (GBD) study, musculoskeletal conditions were the highest contributor to global disability (16% of all years lived with disability). 20-30% of people across the globe live with painful musculoskeletal condition.

Orthopedics disorder

Mostly, orthopaedic disorders are detected in the conditions given below→

1. Deformities

- a. Congenital.
- b. Acquired.

2. Bone affections

- a. Infections.
- b. Tumour.
- c. Other local affections.

3. Joint affections

- a. Internal derangement.

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- b. Arthritis.
- c. Dislocation and subluxation.
- d. Other mechanical derangement.

4. Soft tissue affections

- a. Tumour.
- b. Inflammatory lesion.

5. Neurological disorder

- a. Cerebral palsy.
- b. Poliomyelitis.
- c. Peripheral nerve lesion, etc.

6. Injury

- a. Fractures and injuries of upper and lower limbs including spinal and nerve injury
- b. Regional orthopaedic conditions like-frozen shoulder, tennis elbow, painful heel,
- c. Disorder of wrist, hip, knee, elbow, shoulder etc.
- d. Congenital disorders and injuries.

Non-traumatic skeletal diseases includes

- a. Infection.
- b. Tumour.
- c. Tuberculosis.
- d. Neuromuscular disorder.
- e. Metabolic disorder.
- f. Development disorder.
- g. Disorders of joints.
- h. Rheumatism, etc.

Homoeopathy in orthopedic disorder

Homoeopathy has very special role in non-traumatic skeletal disease. Skeletal injuries, fractures, congenital disorder can be treated by Homoeopathy, but after the surgical procedures. But in non-traumatic disorders, where there is deformity, degeneration of bones etc. Homoeopathy has a very specialized utility and applicability.

Concept of homoeopathy

Any Homoeopathic physician can deal with the case in its totality and individualization. But the orthopaedic surgeon is mainly concerned with diseases and injuries to the trunk and limbs. He is not so concerned with skull or facial bone disorder. When such type of problems appear, a neurosurgeon or dental surgeon required. However, Homoeopathic physician concerned with whole man. Because, man is the prior the organ and the house where he lives in his body. Homoeopathic system of medicine is holistic approach and aim to curing as a whole. The same medicine may be helpful or curative to orthopaedic as well as muscular disorders or nervous disorder. Because we select the simillimum with the help of individualization.

Organon of medicine

According to Organon of Medicine, Sec-67(FN)-Only in the most urgent cases, where danger to life and imminent death allow no time for the action of a Homoeopathic remedy.....in sudden accidents.....

While dealing with orthopaedic disorder in Homoeopathy we may divide in 2 categories-

1. Surgical.
2. Non-surgical.

Sec-186-Those so called local maladies.....solely by external lesion.....parts require mechanical aid.....may be removed by mechanical means, eg., by the reduction of dislocation.....by bringing apposition of broken extremity.....work of healing eg., when the violent fever resulting from extensive contusions, lacerated muscle.....to be removed by internal medicine....then the services of the dynamic physician and his helpful Homoeopathy come into requisition.

Sec-189-....no external malady can arise, persist or even grow worse without some internal cause.....whole organism.....No eruption on the lips, no whitlow can occur without previous internal ill-health.

Sec-190-.....by means of internal remedies.....judicious, sure, efficacious and radical.

Sec-193-....employed only internally.....the general morbid state of the body is removed along with the local affection.....

Sec-197-.....not only for the local symptoms arising from the miasm of psora, but also.....syphilis or sycosis.....

Sec-204-If we deduct all chronic affections.....that depend on a persistent unhealthy mode of living, as also those innumerable medicinal maladies.....

Homoeopathic approach towards orthopedic case

Any orthopaedic disorder is seen from the following angles-

1. History of the patient.
2. Physical examination.
3. Clinical examination.
4. Investigation.

Apart these

- a. Miasmatic status of patient-Psora/syphilis/sycosis.
- b. Individualized symptoms.
- c. Causation-Exciting cause/fundamental cause/Maintaining cause.
- d. Accessory circumstances-Age/sex/occupation/Mode of living/habits, etc.
- e. Obstacle/maintaining cause.

Importance of homoeopathy in orthopedic disorder

1. Homoeopathy is mainly concerned with non-traumatic skeletal disorders and some traumatic events like- abrasion, laceration, bruise etc.
2. Miasmatic and constitutional study of the patient is much more important. In non-surgical orthopaedic disorder causation indicates hints of cure, eg-If a patient gouty or tubercular diathesis he or she more susceptible to RA pattern disease or metabolic disease.
3. Boenninghausens technique to take a case, has another approach for dealing with orthopaedic cases. Collection symptoms on the basis of-Location / Sensation / Modality / Concomitant.
4. Homoeopathic medicine helps to remove local affection as well as general well being of the patient and restore of vital force.
5. Homoeopathic medicine helpful in pre, during and post surgical cases as well as orthopaedic cases, it may alter the situation which needs surgery. After giving medicine general well being and complication after surgery is reduced.
6. Homoeopathic medicine affects the psychosomatic level.
7. Homoeopathic approach to orthopaedic diseases

revolves around the pivot of constitutional medication. The genetics involved in orthopaedic diseases are treated by selected similimum. Constitution=Hereditary character+Environmental influence+body's reaction+susceptibility.

8. Intrauterian disorder or complication after pregnancy like deformity is well treated by miasmatic medication. sec-285(FN),....But the of Mothers in their pregnancy.....mild antipsoric treatment.....with sulphur.....the children usually more healthy and stronger.....(prevent complication after pregnancy).
9. Non-surgical orthopaedic disorder which have evolved slowly mainly syphilitic in miasm. They are basically psoric (functional problem) but later they mix with psora. However excess or abnormal growth appears in syctic miasm.

Management of orthopedic disorder

Orthopedic disorder share some similar risk factors to other non communicable diseases, such as-

1. Inadequate physical activity.
2. Obesity.
3. Smoking.
4. Poor nutrition.

While management of orthopaedic disorder some conditions require surgical intervention after that medicinal (surgico-medical), in some cases first apply medication if not cure

then requires surgery (Medico-surgical).

But many orthopaedic disorder can be managed in primary care through combination of non medicinal intervention like-exercise, weight management, psychic therapy, physiotherapy etc.

In Homoeopathy in such cases have been acts properly. According to sec-224,.....improved by sensible friendly exhortations, consolatory arguments, serious representations and sensible advice.....(Psychic Therapy).

Sec-228,.....requires auxiliary mental regimen.....(Which helps to bring patients confidence and well-being).

Sec-290,....Auxillary treatment by means of Massage....restore the tone of muscles and blood and lymph vessels.....(which gives patients relief).

Orthopedic disorder are commonly linked with depression and other chronic health condition. It limit mobility and reduce ability to work, effects geriatrics also.

WHO, is responding through the Integrated care for older people (ICOPE) approach, with multimodal exercise as a key component.

Therapeutics of orthopedic disorder

It is absolutely true that in orthopaedic cases where surgery is not required, Homoeopathy has a vast role or curing potential.

According to George Royal,

Sl. No	Orthopedic Disorder	Homoeopathic Medicine
1.	Osteogenesis imperfect	Calcarea phosphorica, Calcarea carbonica, Calcarea flourica, Silicea, Symphytum.
2.	Rachitis	Calcarea phosphoric, Calcarea flourica, Silicea, Nux vomica. Kalium iodum.
3.	Acute periostitis	Arnica Montana, Echinacea.
4.	Acute osteomyelitis	Arnica Montana, Echinacea, Mercurius solubilise, Heper sulphuricum, Silicea.
5.	Arthritis deformity	Colchicum autumnale, Bryonia alba, Benzoicum acidum, Rhus toxicodendron, Calcarea phosphorica, Picricum acidum, Flouric acid.

Emergency homoeopathic medicine in orthopaedic cases

1. Arnica Montana-Sore, lame, bruised feeling or incase of traumatic injury (mechanical), fear of being touch.
2. Carbolic acid-Lacerated wounds from blunt instruments, bones bare, crushed, much sloughing of soft parts.
3. Calendula officinalis-Traumatic affections: To secure union by first intention and prevent suppuration, rupture of muscles of tendons, specific for clean, surgical cuts or lacerated injury.
4. Hypericum perforatum-Injury of rich in sentient nerves, bad effects of spinal concussion, injury in coccyx.
5. Rhus toxicodendron-From spraining or straining, pain as if muscle or tendon was torn, as if bone were scraped by knife<rest,>motion.
6. Ruta graveolens-Ligament injury, injuries of bone or periosteum, backache>lying in back.
7. Symphytum officinalis-Excellent remedy for fracture and mechanical injury/facilates the union of fracture bone.
8. Belladonna-Affected parts is red with inflamed, hot and pain comes suddenly goes suddenly.

These are the common emergency medicine in orthopaedic cases, which helps prompt result.

According to Dr. Kents repertory 1st grade medicine of orthopedic disorder

1. Arthritic nodosities-Apis. Benz-ac, Calc., Calc-f,

- Graph, Led., Lith., Lyc.
2. Rhematic pain-Ars., Arn., Aur-m-n., Bad, Benz-ac., Bry., Caust., Cham., Chel., Colch., Form., Kali-i., Kalm., Med., Phyt., Rhod., Rhus-t., Sang., Sulph.
3. Swelling upper limb-Rhus-t./lower limb-Sil., Sulph. Knee Berb, Bry, Calc, Hep, Led, Lyc, Puls, Sil, Rhus-t.
4. Tumors, cystic (in general)-Bar-c., Graph.
5. Caries of spine-Calc., Calc-f., Calc-s., Merc-c., Ph-ac., Sil., Sulph.
6. Opisthotonus-Bell., Cic., Cupr., Hyos., Nux-v., Op., Stram., Stry.
7. Back pain-Aesc., Alum., Arn., Bell.,Bar-c., Bry., Calc., Calc-p., Carb-s., Eup-per.,Eup-pur., Graph., Guaj., Ip., Kali-c., Lac-c., Lyc., Mur-ac., Nat-m., Nat-s., Nux-m., Nux-v., Par., Phos., Psor., Puls., Rhus-t., Sep., Sil., Sulph.
8. Injuries (including blows, falls and bruises)-Arn., Con., Hep., Hyper., Puls., Rhus-t., Sul-ac.
9. Caries bone-Ang., Asaf., Fl-ac., Kali-i., Lyc., Merc., Ther.
10. Dwarfishness-Bar-c., Calc-p., Sulph.
11. Marasmus-Ars., Ars-i., Calc., Calc-p., Iod., Nat-m., Sil.
12. Hang nail-Nat-m, Sulph.

Single medicine of orthopedic disorder (With Gradation) in Dr. Kents Repertory

1. Anchylosis, elbow-Sil.
2. Curved finger nail-Nit-ac.

3. Softening of femur-Sil.
4. Slow growth of finger nails-Ant-c.
5. Brittle bones-Calc., *Symph.*
6. Dislocation in last lumbar vertebra, sensation of-Sanic.
7. Exostoses on sacrum-Rhus-t.
8. Exostoses on ribs-Merc-c.
9. Arthritic nodositis, painful-Led./forearm-Am-c.
10. Caries of bone, fibula-Sil./Toes, left toe-Sil./elbow, wrist, humerus-Sil.
11. Dislocation, patella-Gels./Going upstairs-Cann-s.
12. Pain, lower limbs sciatica alternating sides-Lac-c.
13. Thrombosis of lower limb-*Apis*.
14. Tumors, knee-Ant-c./Leg-Tarent.
15. Tumors, Tibia, osteosarcoma-Syph.
16. Injuries, Periosteum-*Ruta*./ Tendons-*Anac*.
17. Weakness, upper arm extending to the hand-Crot-t.
18. Twitching, Flexor muscle-Op./Wrist, motion on-*Rhus-t*./Shoulder, during rest-Dros.
19. Ulcers, extrimity-Merc-c./Joints-*Sep*.

Medicine of orthopedic disorder in William Boericke repertory (Only italic medicine)

1. Scoliosis-Calc. c, Sil.
2. Writers cramps-Arg. m, Arg. n, Caust., Cim., Gels., Mag. p., Stann.
3. Exostoses, finger-Hekla.
4. Lumbago-Acon., Aesc., Aloe., Ant.t., Arn., Bry., Calc. fl., Calc. p., Carb.ac., Caul., Cham., Cim., Dulc., Eup., Gnaph., Nux.v., Rhus. t. Kali. c.
5. Tailors cramps-Anac., Anag., Mag. p.
6. Tendo achilis pain-Benz. ac., Cim., Mur. ac.
7. Callosities, soles-Ant. c.
8. Bunion on big toe-Benz.ac., Rhod.,Sil.
9. Callosities, toes-Ant.c., Ferr. picr., Ran.sc., Sil.
10. Chilblains-Nit.ac.
11. Morbus coxarius-Acon., Arg.m., Calc.p., Caust., Cistus., Col., Kali. c., Phos. ac., Sil., Sul.
12. Hygroma patella-Arn., Calc. p., Iod.
13. Coxalgia-Aesc., Ars., Bry., Calc.p., Col., Hyper., Kali.iod., Mez., Puls., Stram.
14. Synovitis, Bursitis, Housemaids knee-Acon., Apis., Bry., Kai. iod., Puls., Sil., Slag., Sticta.
15. Ganglion, Wrist on back-Benz.ac., Ruta., Sil.
16. GAIT, Ataxic-Arg.n.
17. GAIT, Spastic, knees knock against each other when walking-Lathyr.
18. GAIT, Staggering, unsteady, difficult walking-Agar., Agrost., Angust., Carbon. s., Caust., Cocc., Gels., Myg., Nux. v., Oxytr., Phos., Sec., Zinc. m.
19. Arthritis, Acute-Acon., Bry., Colch., Guaiac., Led., Merc., Puls., Rhus. t, Stellar.
20. Arthritis, Chronic-Caust., Cim., Guaiac., Kali. iod., Piperaz., Puls., Sul. tereb.
21. Gout-Acon., Am., Benz., Benz. ac., Cajup., Chin.s., Cinch., Colchicine., Guaiac., Lith.c., Lyc., Merc.s., Puls., Sab., Sul., Uric. ac.
22. These are some condition with Homoeopathic medicine, which helpful for treating the patient. But we must follow the totality of symptoms and landed over the correct similimum, because we "Treat The Patient, Not The Disease".

Conclusion

Orthopedic disorder treatment is not away from

Homoeopathic doctrine. The concept of vital force, symptomatology of the derange vital force is healed by internal medication. Homoeopathic selection of similimum depends upon proper case taking and individualization. Where there is no scope of Homoeopathic treatment specially where surgical intervention needed at that time required surgery but other non-surgical cases Homoeopathy is best way to treat the cases. So in this modern era Homoeopathic treatment is sophisticated and holistic approach for treating patient. We must go through our fundamental principle SIMILIA SIMILIBUS CURENTUR which helps to preventive as well as curative purpose of orthopaedic disorder.

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