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## Complete remission of seropositive rheumatoid arthritis with lithium carbonicum: A homeopathic case report

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### Abstract

Rheumatoid Arthritis (RA) is a chronic autoimmune disorder characterized by persistent synovitis, raised inflammatory markers, and circulating autoantibodies such as Rheumatoid Factor (RF). The typical clinical phenotype of RA is a symmetrical, deforming, small and large joint polyarthritis, often associated with systemic disturbance and extra-articular disease. This case report presents the complete clinical and laboratory remission of a 34-year-old female with seropositive RA, severe small-joint involvement, and markedly elevated RA factor (34.60IU/mL). Individualized homeopathic treatment with Lithium Carbonicum resulted in significant symptomatic relief and normalization of laboratory parameters. This case highlights the importance of precise remedy selection and the efficacy of homeopathic management in chronic autoimmune disorders.

**Keywords:** Rheumatoid arthritis, seropositive RA, elevated RA factor, homeopathy, lithium carbonicum, small-joint synovitis, rheumatic-gouty diathesis, autoimmune disease, case report, clinical remission

### Introduction

Rheumatoid Arthritis (RA) is a systemic autoimmune inflammatory disease. About 1% of the world's population is afflicted by RA, women two to three times more often than men. It is most common in those age 40 to 70, but no age is immune [6]. It leads to symmetrical polyarthritis, progressive joint destruction, disability, and impaired quality of life. Current conventional therapy relies on long-term immunosuppression but rarely achieves true remission.

Homeopathy, based on individualized remedy selection, offers a holistic approach by addressing the immune imbalance. Lithium Carbonicum, although lesser-known, has a marked affinity for synovial membranes, gouty-rheumatic states, and small-joint inflammation [5]. Homeopathy, based on individualized remedy selection, offers a holistic approach by addressing the immune imbalance. Chronic rheumatism connected with heart lesions and asthenopia offer a field for this remedy [4]. This case demonstrates its effectiveness when the totality of symptoms aligns accurately. This case demonstrates its effectiveness when the totality of symptoms aligns accurately.

### Pathology of Rheumatoid Arthritis

#### RA is characterized by

##### 1. Autoimmune Activation

- T-cell and B-cell activation
- Production of RF and anti-CCP antibodies
- Release of TNF- $\alpha$ , IL-1, IL-6 leading to chronic inflammation

##### 2. Synovial Inflammation (Synovitis)

- Swollen, warm, painful joints
- Synovial membrane thickening
- Infiltration by lymphocytes and macrophages

##### 3. Pannus Formation

- A destructive granulation tissue that:

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- Erodes cartilage
- Damages bone
- Leads to deformity and loss of joint function

#### 4. Cartilage Breakdown and Bone Erosion

- Mediated by inflammatory cytokines and enzymes
- Causes joint instability and weakness of grip, especially in wrist joints

#### 5. Systemic Manifestations

- Fatigue
- Low-grade fever
- Anemia
- Elevated ESR and CRP

#### 6. Seropositivity

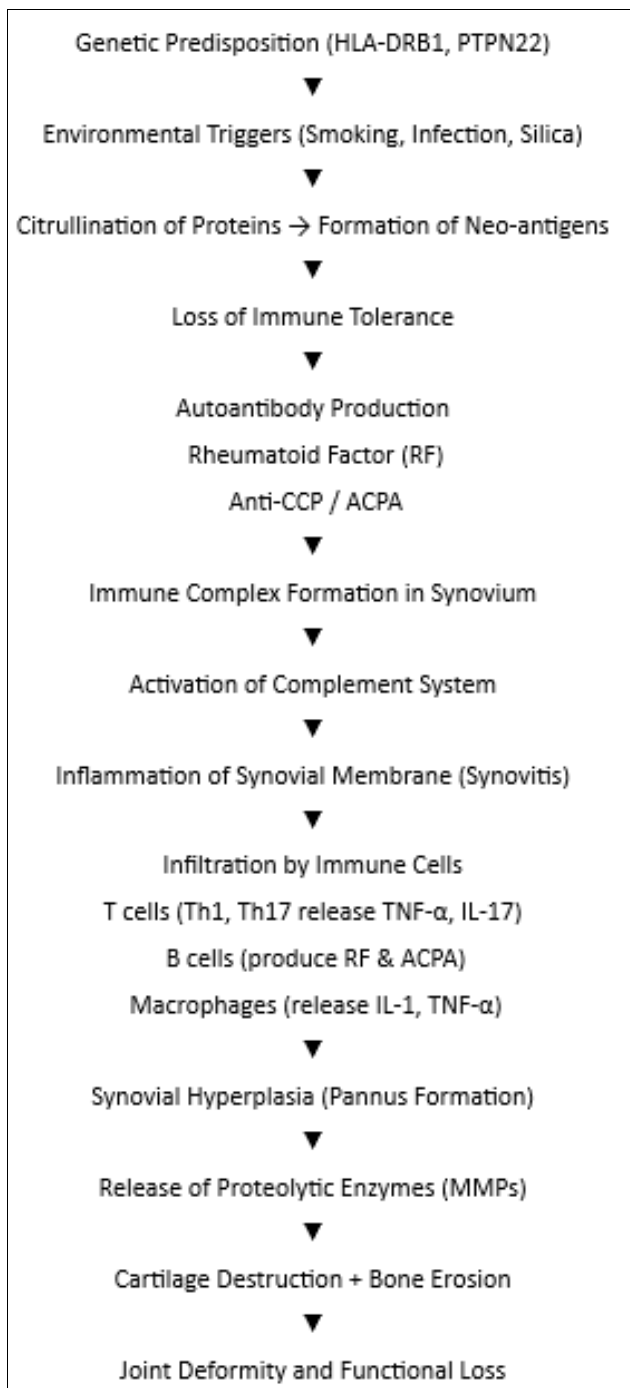


Fig 1: Flow chart of pathophysiology of rheumatoid arthritis

#### Case Report

##### Patient personal information

- Date - 12/03/2025
- Pt Registration No. - 31429
- OPD no. - 08
- Name of the patient - XYZ
- Age - 34 years
- Sex - Female
- Religion - Hindu
- Married/ single - Unmarried
- Address - Lucknow, U. P.

##### Present complaint - Chief Complaints

1. Severe pain and swelling in: Wrists, Fingers, Ankles, Knees

- Morning stiffness: 2-3 hours
- Weak grip; difficulty holding objects
- Aggravation in cold, damp weather
- Fatigue, irritability

##### History of present complaint

A 34-year-old female patient, Hindu by religion, presented with complaints of Pain and swelling in small joints, came into OPD of National homoeopathic medical college and hospital, Gomti Nagar, Lucknow on 12/03/2025. The condition was a diagnosed case of Rheumatoid arthritis, classified under ICD-10 code M06.9. She has now come for homoeopathic management of her condition. She brought some reports with her, that shows increased RA FACTOR. The patient had previously undergone allopathic treatment, but it failed to provide satisfactory relief. The pain was reported to be aggravated during cold weather and morning. Additionally, warm applications provided symptomatic relief.

##### Personal History

- Diet-vegetarian
- Addiction- nothing specific
- Allergies- nothing specific

##### Past History

No major illness.

##### Family History

- Father - alive
- Mother - alive
- Grandmother - died - DM2

##### Physical Generals

- Appetite - Good, can tolerate
- Thirst - Thirstless, craves warm drinks
- Desire - Spicy and salty foods
- Aversion - Nothing significant
- Intolerance - Nothing significant
- Tongue - Clean and moist
- Stool - Regular and satisfactory, once daily, in morning
- Urine - No abnormalities diagnosed
- Perspiration - on Face
- Thermal - Hot, but sensitive to cold
- Sleep - Good and refreshed, 6 hours at night
- Position of sleep - on back
- Dreams - Nothing significant

**General Physical Examination**

- Appearance - The patient was lean, thin and dull in complexion
- Posture of the body - Normal
- Gait activity - Normal
- Consciousness - Conscious and cooperative
- Facial Expression - Dull
- Skin - Normal texture and colour, no rashes or lesions
- Nails - Normal
- Hair - Normal
- Edema - Not present
- Pallor/ Icterus/ Cyanosis / Clubbing - Absent
- Lymph Nodes - Not palpable
- Height- 4.9"
- Weight- 68 kg

**Vital Signs**

- Temperature - 98.2degree Fahrenheit, Afebrile
- Pulse rate - 80 beats per min.
- Respiration rate- 16 breaths per min.
- Blood pressure - 120/74 mm of Hg

**Systemic examination**

- Gastrointestinal System-N.S.
- Cardiovascular System- N.S.
- Respiratory System- N.S.
- Genitourinary System-N.S.
- Locomotor System- swelling on both sided interphalangeal joints on palm.
- Central Nervous System- N.S.

**Local Examination**

Pain, stiffness and swelling in small joints.

**Investigation: RA FACTOR**

**Diagnosis:** Rheumatoid Arthritis.

**Investigations:** RA Factor: 34.60IU/mL

**Homeopathic Analysis & Differential Diagnosis**

A detailed differential study was conducted:

1. Colchicum  
Gouty pains, oversensitivity, nausea  
→ Not matching (no nausea or smell sensitivity)
2. Caulophyllum  
Wandering pains in small joints  
→ Not matching (pains not wandering)
3. Rhus toxicodendron  
Better by motion  
→ Patient was worse from motion
4. Ledum  
Cold joints; better from cold  
→ Patient had warm, swollen joints
5. Benzoic acid  
Offensive urine, nodular gout  
→ Absent
6. Kalmia  
Shifting, downward pains  
→ Not present

Why Lithium carbonicum Was the Simillimum

Key indications matching the case:

- Rheumatic-gouty diathesis
- Marked wrist and finger-joint involvement
- Weak grip; inability to hold objects (strong keynote)
- Swelling and stiffness of small joints
- Aggravation in damp/cold weather
- Irritability and nervous tension
- Raised RA factor indicating synovial pathology

**Maternal affinity:** Small joints, synovial membranes, fibrous tissues.

**Treatment & Follow-Up**

*Initial Prescription (12/03/2025)*

Rx

- Lithium carbonicum 30 C/TDS
- Sac lac 30/TDS

for 15 days

S. No.	Date	Follow up	Prescription
1.	05/04/2025	Pain decreased by 30% Sleep improved Morning stiffness reduced	Rx Lithium carb 30C/tds Sac lac 30/tds
2.	19/04/2025	Swelling significantly reduced Stiffness ≤ 40 minutes	Rx Lithium carb 30C/tds Sac lac 30/tds
3.	24/05/2025	Able to do household work No new joints involved Slight pain persist	Rx Lithium carb 30C/tds Sac lac 30/tds
4.	30/08/2025	Slight pain persist	Rx Lithium carb 30C/tds Sac lac 30/tds
5.	27/09/2025	Slight pain increased, due to exertion	Rx Lithium carb 200C/3 dose Sac lac 30/tds
6.	29/10/2025	Some relief in pain	Rx Rubrum met 200/3 dose Sac lac 30/tds
7.	15/11/2025	Pain was better than before Advice for investigation (test for RA factor)	Rx Rubrum met 200/3 dose Sac lac 30/tds
8.	22/11/2025	RA FACTOR normal No relapse Complete functional recovery	Rx Rubrum met 200/3 dose Sac lac 30/tds



Fig 2: Comparison of case reports

### Discussion

This case demonstrates that Lithium Carbonicum has a profound curative impact on chronic autoimmune joint diseases when prescribed on accurate totality. Its affinity for synovial tissues, small joints, and rheumatic-gouty states aligned perfectly with the patient's symptomatology. The significant reversal of laboratory markers (RA factor) and long-term stability without conventional medication indicate true clinical remission.

### Conclusion

Individualized homeopathic therapy with Lithium Carbonicum successfully achieved complete clinical and serological remission in a patient with seropositive Rheumatoid Arthritis and high RA factor. This case emphasizes the importance of classical homeopathic principles, careful differential analysis, and remedy precision in managing chronic autoimmune disorders.

### Conflict of Interest

Not available.

### Financial Support

Not available.

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