



International Journal of Homoeopathic Sciences

E-ISSN: 2616-4493
P-ISSN: 2616-4485
www.homoeopathicjournal.com
IJHS 2023; 7(1): 137-138
Received: 09-10-2022
Accepted: 15-11-2022

Dr. Oinam Rahun Singh
BHMS Internee, Alva's
Homoeopathic Medical
College, Mijar, Moodbidri,
Dakshina Kannada,
Karnataka, India

Dr. Sharath Mandicha
Assistant Professor,
Department of Community
Medicine, Alva's
Homoeopathic Medical
College, Mijar, Moodbidri,
Dakshina Kannada,
Karnataka, India

Corresponding Author:
Dr. Oinam Rahun Singh
BHMS Internee, Alva's
Homoeopathic Medical
College, Mijar, Moodbidri,
Dakshina Kannada,
Karnataka, India

Efficacy of homoeopathic medicine *Formica Rufa* 30ch in the management of osteoarthritis of knee joint using womac index score method

Dr. Oinam Rahun Singh and Dr. Sharath Mandicha

DOI: <https://doi.org/10.33545/26164485.2023.v7.i1c.742>

Abstract

Osteoarthritis is a chronic degenerative disorder of multifactorial etiology characterized by the loss of articular cartilage, hypertrophy of bone at the margins, subchondral sclerosis and range of biochemical and morphological alterations of the synovial membrane and joint capsule. Homoeopathic philosophy does not favour the use of temporary pain killers or short cuts in treating diseases. Homoeopathy treats the patients as a whole by considering the symptoms. There are several Medicines found to be effective in the management of Osteoarthritis. This is an attempt to evaluate the efficacy of Homoeopathic Medicine *Formica Rufa* 30CH in the treatment of Osteoarthritis of Knee Joint. Hence I selected this homoeopathic medicine *Formica Rufa*.

Keywords: Homoeopathic medicine, womac index, *Formica Rufa*

Introduction

Osteoarthritis occurs when the cartilage that cushions the ends of bones in your joints gradually deteriorates. Osteoarthritis is characterized by focal loss of cartilage with accompanying peri-articular bone response in the form of sub-chondral bone sclerosis and attempted new bone formation by way of bony overgrowths called osteophytes. Osteoarthritis involves all components of the joint, including bone, cartilage, meniscus and synovium osteoarthritis clinically presents as joint pain and crepitus in the elderly⁸. Cartilage is a firm, slippery tissue that enables nearly frictionless joint motion. Eventually, if the cartilage wears down completely, bone will rub on bone. Osteoarthritis has often been referred to as a wear and tear disease. But besides the breakdown of cartilage, osteoarthritis affects the entire joint. It causes changes in the bone and deterioration of the connective tissues that hold the joint together and attach muscle to bone. It also causes inflammation of the joint lining.

Homoeopathic philosophy does not favour the use of temporary pain killers or short cuts in treating diseases. Homoeopathy treats the patients as a whole by considering the symptoms I have selected this topic, as this is a condition it can be experienced by most of the people in elderly age group. As various case report documentation show homoeopathy has more scope in treating osteoarthritis

Formica Rufa homoeopathic remedy prepared by crushing live ants. It is good remedy for complaint of joints.

Methods and Materials

SOURCE OF DATA

Alva's Homoeopathic Medical College and Hospital
OPD and IPD, Mijar, Moodbidri
Peripheral OPD of Alva's Medical College and Hospital.

Selection of sample

- **Sample Technique:** Simple random sample
- **Selection of sample size:** 30 subjects

Methods

- Study was conducted after getting approval from the concerned authorities.
- Minimum 30 subjects were selected as per inclusion and exclusion criteria.

- These 30 subjects were administered with dose of *Formica Rufa* 30 CH.
- One dose of *Formica Rufa* 30CH was administered orally on the first consultation (stat) and was repeated on every follow-up.
- Single dose was consisting of 4 globules (No.30) medicated with *Formica Rufa* 30 CH.
- Follow-up were recorded at intervals of every 10 days. Each subject was studied for consecutive 3 months maximum

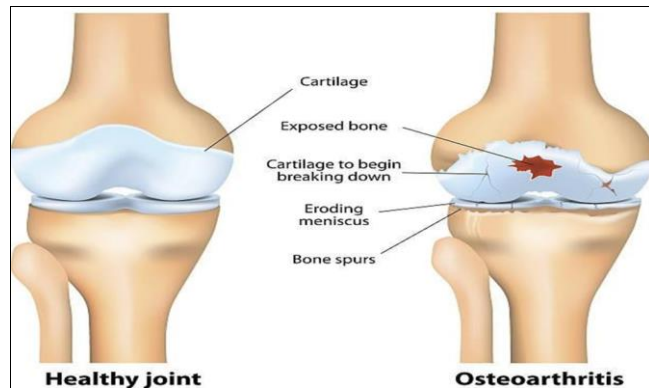


Fig 1: Show osteoarthritis

Results

Out of 30, 15 cases prescribed with osteoarthritic nosode 200 CH 8 cases were improved. Other 15 cases, Rhus tox 200 CH were given for 5 patients in that 2 were improved. Calcarea carb 200 CH were given for 2 Patients in that 1 improved. Guaiacum 200 CH were given for 3 patients in that no improvement. calcarea flour 200 CH were given for 2 patients both are not improved. calcarea phos 200 CH were given for 1 patient, not improved. Bryonia 200 CH was given for 2 patients both were not improved.

Treatment Outcome

Table 1: Treatment Outcome

Sl. No	Treatment Outcome	No. of cases	Percentage
1.	Improved	19	63.33%
2.	not improved	11	36.67%

Discussion

Osteoarthritis is the most common form of arthritis, affecting millions of people worldwide. It occurs when the protective cartilage that cushions the ends of the bones wears down over time. Although osteoarthritis can damage any joint, the disorder most commonly affects joints in your hands, knees, hips and spine.

Osteoarthritis is estimated to be fourth leading cause of disability in the world wide. Most of the disability burden is attributable to the involvement of the knees. There are several Medicines found to be effective in the management of Osteoarthritis. This is an attempt to evaluate the efficacy of Homoeopathic Medicine *Formica Rufa* 30CH in the treatment of Osteoarthritis of Knee Joint.

30 subjects were selected as per inclusion and exclusion criteria. These 30 subjects were administered with dose of *Formica Rufa* 30CH. One dose of *Formica Rufa* 30CH was administered orally on the first consultation (stat) and was repeated on every follow-up. Follow-up were recorded at

intervals of every 10 days. Each subject was studied for consecutive 3 months maximum.

In this study male were found more prone to Osteoarthritis than females. Here the peak incidence was observed in 46 – 50 Years aged subjects. WOMAC Score Before & After Treatment among improved cases change was 7 to 25 maximum whereas change in WOMAC Score among non-improved cases was 0 to 3.

Formica Rufa 30CH was found effective in the treatment of Osteoarthritis of Knee Joint as per results of this study. So, we can conclude that when *Formica Rufa* 30CH is been prescribed as a Therapeutic prescription still it covers more than half of cases and minimise the discomfort through constitutional prescription is recommended by homoeopathic science.

Conclusions

This study deals with efficacy of homoeopathic medicine *Formic Rufa* 30CH in management of Osteoarthritic. After administration of *Formica Rufa* 30CH 63.33% cases were improved and 36.67% cases not improved.

Highest improvement seen in age group of 35 - 50 years after *Formic Rufa* 30CH is administered. From the study Conducted I have arrived that *Formic Rufa* has good role in management of Osteoarthritis

Financial support and sponsorship: Nil.

Conflicts of interest: None declared.

Reference

1. Davidsons Principles and Practice of medicine, 21st Edition, Churchill Livingstone; c2010.
2. Harrisons Principles of Internal Medicine, Antony S. Fauciene, MD, Eugene Braunwall MD, Dennis. L. Kasper MD, Stephen. L. Hauser. MDD anL. Longo, J Larry Jameson MD, Phd-17th Edition.
3. Boericke W. Pocket Manual of Homeopathic Materia Medica
4. Phatak SR. Materia Medica Of Homeopathic Medicines
5. BD Chaurasia’s Human Anatomy Lowerlim band Pelvis, vol 27 the dition
6. Golwall’s medicine for students, Golwalla A Sharukh, 25th edition Jaypee Publishers I Text Book Of Medicine, G.S. Sainani 6th Reserved Edition, Associations of Physicians in India, Jaypee Publisher; c2015.

How to Cite This Article

Oinam RS, Sharath M. Efficacy of homoeopathic medicine *Formica Rufa* 30ch in the management of osteoarthritis of knee joint using Womac index score method. International Journal of Homoeopathic Sciences. 2023;7(1):137-138.

Creative Commons (CC) License

This is an open access journal, and articles are distributed under the terms of the Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International (CC BY-NC-SA 4.0) License, which allows others to remix, tweak, and build upon the work non-commercially, as long as appropriate credit is given and the new creations are licensed under the identical terms.