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## Treatment of rheumatoid arthritis in a border District of Uttar Pradesh: An Empirical Study

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### Abstract

Rheumatoid arthritis is better managed with homoeopathy. The success of homoeopathy in healing even conditions that are thought to be incurable, so long as the patient seeks treatment early. Safe and reliable remedies are offered by homoeopathy. In order for patients to enjoy active, pain-free lives, it reduces RA-related pain and stiffness and boosts the body's immune system. This has also been demonstrated internationally. Homeopathy is a holistic medical approach that treats the whole person, including the mind and body. Because of this, it is particularly helpful in treating autoimmune diseases like RA, especially those in which stress is a known trigger. RA patients in large numbers have benefited from this amazing homoeopathic science.

**Keywords:** Holistic, auto-immune disorders, immunity, pain, stiffness

### Introduction

In order to slow the progression of the disease, homoeopathic treatment tries to provide RA patients with symptomatic relief and to restore compromised immunity. The therapy aids in postponing the onset of side effects like deformities or incapacity as much as feasible.

Homeopathy is a holistic medical approach that treats the whole person, including the mind and body. Because of this, it is particularly helpful in treating autoimmune diseases like RA, especially those in which stress is a known trigger. RA patients in large numbers have benefited from this amazing homoeopathic science.

Non-steroidal anti-inflammatory medicines (NSAIDs), which have the potential to harm the stomach lining and result in bleeding ulcers, or corticosteroids, which among other adverse effects can cause high blood pressure and bone brittleness, are the main traditional treatments for RA.

**Table 1:** Types of Treatment for Rheumatoid Arthritis

Sr. No.	Treatment as Usual	Adverse effects that could result with standard care	The benefits of homoeopathic
1	Immune stimulants	Bone deterioration	no negative effects
2	Anesthetics and painkillers	Temporary relief	Permanent remedy
3	Stomach ulcers could develop over time		

Safe and reliable remedies are offered by homoeopathy. In order for patients to enjoy active, pain-free lives, it reduces RA-related pain and stiffness and boosts the body's immune system. This has also been demonstrated internationally.

### Review of Literature

In a double-blind, placebo-controlled trial done in Britain in 1980, 82% of the homoeopathic treatment group reported a significant improvement in their RA symptoms, compared to just 21% of the control group receiving placebos. The participants in this study had each received a unique prescription for homoeopathic medicine.

Rheumatoid arthritis is better managed with homoeopathy. The success of homoeopathy in healing even conditions that are thought to be incurable, so long as the patient seeks treatment early.

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Proliferation and inflammation are the two key pathogenic features. With the invasion of lymphocytes (particularly CD4 T cells), plasma cells, and macrophages, the synovium exhibits symptoms of a persistent inflammatory reaction. Afterwards, it multiplies and spreads throughout the cartilage's surface, resulting in a mass that resembles a tumour and is known as a "pannus".

#### The following are RA symptoms and signs:

1. Joint pain: The discomfort may become better with movement and is worse when you first get up in the morning.
2. Painful dreams are frequent at night.
3. A morning stiffness that frequently lasts for several hours
4. Symptoms that are common to everyone: tiredness and general malaise
5. Disability is dependent on how the particular joints change.
6. Swelling: Soft tissue swelling resulting from effusion
7. Sense of Warmth
8. A sensitive response to movement and pressure
9. Muscle wasting near the afflicted joint and mobility restriction
10. Late-stage deformities that develop from the disease.

#### Diagnosis Historical Perspective

Rheumatoid arthritis was given a new classification system in 1979 by the American College of Rheumatology. Below are these:

1. A classification guideline: To determine whether a patient has rheumatoid arthritis, four or seven criteria must be met.
2. Criteria:
  - a. Morning stiffness: One hour passes before there is the greatest relief in stiffness in and around the joint.
  - b. Soft tissue edoema or joint effusion in three or more joint regions with arthritis that a doctor has witnessed simultaneously in at least three joint sites.
  - c. Arthritis of the wrist, proximal interphalangeal joint, metatarsophalangeal joint, or hand joint
  - d. Symmetric arthritis is when the same joint locations on both sides of the body are simultaneously affected.
  - e. Rheumatoid nodules.
  - f. Serum rheumatoid factor: Evidence of abnormally high serum levels of this substance.
  - g. Radically altered images.

#### Classification of Disease Severity in RA

Class I: No limitations on performing daily activities.

Class II: Modest restraint that is sufficient for daily activities.

Class III: Significant limitations, including the inability to carry out the majority of self-care-related tasks.

Class IV: Incapacity or confined to a bed or wheel chair.

#### Radiological Findings

It demonstrates distinctive symmetrical patterns of involvement in the alterations.

1. Soft tissue edoema.
2. A reduction in joint space.

3. Margins are eroding.
4. Erosion-related mouse-eating look.
5. Joint malformation.
6. Osteoporosis and cysts may form at the ends of bones.

#### Homoeopathic Concept of Healing Rheumatoid Arthritis

According to the homoeopathic medical approach, sickness primarily manifests as altered mental and physical states and pathological bodily processes. For a homoeopathic doctor, the sickness is comprised of all of a patient's morbid functions and sensations. The entirety of symptoms should be taken into account when treating a patient; this is the only rule for homoeopathic medicine.

Hahnemann created a distinct, logical, and clinical classification of disorders. His classification is based on clinical standards that won't alter in the future. Acute and chronic diseases are separated from one other.

A degenerative condition is rheumatoid arthritis. Always the result of active miasmatic combinations are degenerative diseases. A state that is conducive to a degenerative disease is created by the miasmatic diversification of the human intellect and civilization.

- a. A disruption in nutrition results from psora.
- b. Sycosis forces it to build up debris that needs to be removed,
- c. Syphilis results in its degeneration. For all imbalances, both dynamic and somatic, these circumstances have the potential to be the real culprits.

#### Psora

- Movement aggravates neuralgic pain, which is typically eased by quiet, rest, and warmth.
- Cramps in the toes, ankles, and calf muscles of the lower extremities.
- Extremity numbness and tingling in the fingers.

#### Sycosis

- Shooting and tearing pains in the muscles and joints, discomfort in the fingers or minor joints.
- Sycotic pains are relieved by rest and the patient is relieved by moving, by rubbing, stretching, and better in dry, fair weather.
- A storm or an atmosphere that is moist, humid, and growing cold makes pain worse.
- Sycosis is frequently characterised by stiffness and pain, especially limping.
- It causes strong palpitations with pounding of the entire body due to reflex rheumatic difficulty.
- Infiltration of inflammatory deposits, but it swiftly absorbs and never forms.

#### Syphilis

- Pains in the upper or lower extremities' long bones or the periosteum that are stabbing, shooting, or lancinating.
- Pain that worsens at night or as nightfall approaches. Additionally, they are made worse by temperature changes and a chilly, moist environment.
- Nodular development.
- The infiltration of persistent inflammatory deposits.

#### Material Media Indication to Healing

##### 1. Arnica Montana

- a. A bruised and extremely sore sensation throughout the

body.

- b. Anxiety and overly sensitive body-wide sensations
- c. Bed appears difficult to lie on, but thinks other issues are more important.
- d. The upper body is hot while the lower body is cold.

## 2. Bryonia Alba

- a. The aggravation caused by any motion and the equal alleviation caused by complete stillness, whether it is mental or bodily.
- b. An excessive amount of dryness of the body's mucous membranes.
- c. Pressure can ease any form of Brownian discomfort.
- d. Irritability is a symptom of bryonia, and complaints began as a result.

## 3. Ledum Pal

- a. Legs and feet that are held in cold water swell up until the knees and turn purple and brittle.
- b. Warmth of bed, motion, and evening. Rheumatism starts in the lower limbs and progresses upward.
- c. Pains are throbbing, sticking, and tearing.
- d. The affected parts become emaciated.

## 4. Guaiacum

- a. Rheumatic pain made worse by heat and movement.
- b. Modification of unpleasant pee and sweat.
- c. Heat sensation in the afflicted limb.
- d. Looking out for changes in tonsil and rheumatic disease symptoms.

## 5. Mercurius

- a. Pain during the night, heat from the bed, and excessive perspiration.
- b. Increased perspiration, increased thirst, and increased salivation.
- c. Tongue: big, flabby, and showing tooth impressions.
- d. Offense and trouble laying on the right side.

## 6. Pulsatilla

- a. Wandering pains are sharp, hopping aches that cause joint edoema and erythema.
- b. Rheumatoid arthritis brought on by becoming wet, especially the feet.
- c. Thirstlessness.
- d. Heat makes pains worse, and the body gets heated all the time.
- e. People who are hesitant, slow, and phlegmatic in nature and readily moved to tears.

## 7. Rhus Toxicodendron

- a. In damp, rainy weather and after midnight, pains are worse.
- b. Lameness, stiffness, and discomfort upon arising from sleep or upon rising in the morning, followed by heat.
- c. Extreme restlessness, anxiety, inability to stay in bed, and need to frequently change positions in order to find pain relief.
- d. Tongue: dry, painful, red, cracked, with a triangular red tip and a tooth imprint.

## 8. Ruta Graveolens

- a. A bruised, limp sensation all over, worse in the limbs and joints, as after a fall or blow.

- b. Every portion of his body where he is lying hurts and feels battered.
- c. When lying down, the restless turn and shift around frequently.
- d. Back pain, which is eased by lying on one's back.

## 9. Sulphur

- a. Standing is the worst position for sulphur sufferers since they are unable to stand
- b. People who are so unclean that they detest getting cleaned.
- c. Complaints keep reoccurring.
- d. Burning sensations on the sole, palm, and vertex.
- e. Unable to wait till lunch at 11 a.m. because you feel weak, empty, all gone, or faint.

## 10. Thuja Occidentalis

- a. Rheumatic pain is much worse in cold, wet weather, and at three in the morning.
- b. Fixed thoughts and varied sleep dreams.
- c. Health issues resulting from vaccine side effects or improperly treated or controlled gonorrhoea.
- d. Sweat ceases when he wakes up, only on covered areas or everywhere except the head.
- e. Warts, condylomata, and excrescences that resemble warts on cutaneous and mucous surfaces.

## 11. Kali Bichromicum

- a. Rheumatism and stomach symptoms, one of which appears in the fall and the other in the spring, alternate.
- b. Localized pain that is manageable with a fingertip.
- c. Pain suddenly arises and vanishes.
- d. Pain shifts quickly from one area to another.
- e. Patient who is cold.

## 12. Colchicum

- a. In cold weather, deep tissue and bones are affected by pains that are pulling, ripping, pushing, light, or superficial.
- b. The direction of pain is left to right.
- c. Arthritic pain in the joints—when the patient touches a joint or bumps a toe, they scream in agony.
- d. Bloody, brown, black, or inky urine that is dark, sparse or repressed, in drops, or inky.
- e. Acutely painful smell, dizziness, and nausea from the smell of preparing food.

## 13. Syphilinum

- a. Pain from dusk to light of day, starting at twilight and ending at light of day.
- b. Pain gradually worsens and gets better, changing and requiring frequent position changes.
- c. An inherited propensity for alcoholism and a desire for alcohol in any form.
- d. Shoulder joint or deltoid insertion rheumatism caused by lateral arm raising.

## 14. Tuberculinum

- a. When the best treatment option fails to ease symptoms or make a significant improvement in someone with a family history of tubercular affliction.
- b. Milk cravings and a dislike of meat.
- c. Cosmopolitan.
- d. Without knowing how or where, easily contracts a cold.

- e. Rapid and noticeable emaciation, flesh loss while consuming a healthy diet.

### 15. Medorrhinum

- Sharp, intense heat that radiates from the spine down to the nape of the neck.
- Burning of the hands and feet; demands that they be exposed and fanning.
- An intense need for booze, salt, sugar, ice, acid, orange, and green fruit.
- A poor memory that makes it difficult to recall names.
- Severe agitation and restlessness in the legs and feet.

The data was gathered from patients who presented with symptoms that were suspected to be related to rheumatoid arthritis and were cared for and treated until the patient's symptoms diminished or vanished completely and the patient was declared cured. Information on Block Khuniyawan Research Centre, ITWA, and Siddharthnagar District, UP (Uttar Pradesh).

**Table 2:** Age Distribution of Patients

Sr. No.	Parameters	Frequency	Percentage (%)
1	< 20	2044	14
2	20-40	876	22
3	40-60	8468	58
4	> 60	3212	6
	Total	7300	100

The age distribution of the respondents shows that shows that 58 percent belonged to the age group of 40 to 60 years old. They were followed by those who were more than 60 years of age. Only 14 percent of the patients belonged to the less than 20 years old category. There were 6 percent of the patients who belonged to the 20 to 40 who belonged to year's old category.

Thus, most of the patients belonged to the more than 40 years old age group.

**Table 3:** Caste Distribution of Patients

Sr. No.	Parameters	Frequency	Percentage (%)
1	General	1606	22
2	Schedule Caste	1752	24
3	Schedule Tribe	511	7
4	Other Backward Class	2555	35
5	Others	876	12
	Total	7300	

When examining the socio-cultural category of the patients it was observed that the maximum (35 percent) belonged to the other Backward Class followed by the Scheduled Caste (24 percent) and the General category (22 percent). While 12 percent belonged to other category there were only 7 percent members of the scheduled tribes.

Thus, it can be seen that almost all categories of socio-cultural communities were the patients seeking treatment.

**Table 4:** Gender Distribution of Patients

Sr. No.	Parameters	Frequency	Percentage (%)
1	Male	5183	71
2	Female	2117	29
	Total	7300	100

There were more males (71 percent) than females (24 percent) of the patients represented in the population attending the clinic for various complaints.

Thus, females were in a large proportion but were not equally represented as the men. There were several reasons a major one being that the women were almost always dependent on their men folk for coming to the clinic. Very few women came without their men. Even then they usually came with other women usually elder women.

**Table 5:** Distribution of Patients on the basis of Occupation

Sr. No.	Parameters	Frequency	Percentage (%)
1	Farmer	2044	28
2	Daily Wager	2555	35
3	Service	584	8
4	Business	657	9
5	Self employed	1022	14
6	Others	438	6
	Total	7300	100

Where looking at the occupational background of the patients coming to the clinic it was observed that the largest proportion of the sample was either a daily wage or a farmer. The next larger category belonged to those who were self-employed.

**Table 6:** Number of Visits to the Homeopathic Clinic

Sr. No.	Parameters	Frequency	Percentage (%)
1	1 <sup>st</sup> Time	803	11
2	2 <sup>nd</sup> Time	1679	23
3	3 <sup>rd</sup> Time	1168	16
4	Frequently	2190	30
5	Always	1460	20
	Total	7300	100

There were several patients who had developed a trust in the homeopathic form of treatment and were often confident of finding a cure for their liniment. There were many who were coming frequently and reportedly to the clinic.

**Table 7:** Frequent Health Complaints

Sr. No.	Parameters	Frequency	Percentage (%)
1	Fever	2409	33
2	Pain in Body	1679	23
3	Pain in Knee Joints	1168	16
4	Unable to walk	949	13
5	Cannot go to work	1095	15
	Total	7300	100

Frequent symptoms complained of which were later found clinically to belong to a patient of Rheumatoid Arthritis.

**Table 8:** Treatment Regime Followed Usually

Sr. No.	Parameters	Frequency	Percentage (%)
1	Tried Allopathy	1752	24
2	Tried Homemade Jodi Booti	949	13
3	Tried other doctors	1533	21
4	Homeopathy from beginning	3066	42
	Total	7300	100

Most of the patients had reportedly tried several forms of treatment but could find succor only after adopting the homeopathic form of treatment provided at the clinic.

**Table 9:** Relief Experienced by Patient on Homeopathic Treatment

Sr. No.	Parameters	Frequency	Percentage (%)
1	First Day onwards	657	9
2	Few days later	1241	17
3	Symptoms severity decreased but problems went on	2044	28
4	Long term cure now finished totally	730	10
5	Total relief always believe in Homeopathy medicine	2628	36
	Total	7300	100

When asked about how they felt after taking the treatment there were a majority who reported that they obtained relief from the severity of their symptoms almost immediately to in a very short time. They also know that their problem was being cured for the long term.

**Table 10:** Since when has Patient been taking Homeopathy Medicine

Sr. No.	Parameters	Frequency	Percentage (%)
1	Since childhood	1095	15
2	Since few years	2555	35
3	Just recently	2920	40
4	First time	730	10
	Total	7300	100

A majority of the patients had switched to homeopathic medicine only recently because they had been trying other forms of medicine and sure for their acute symptoms of RA

**Table 11:** Duration on the Treatment

Sr. No.	Parameters	Frequency	Percentage (%)
1	One week	1095	15
2	15 days	584	8
3	One month	438	6
4	3 months	2263	31
5	6 months	1314	18
6	Continuing for a year	1606	22
	Total	7300	100

Many of the patients that they were continuing taking the medicine from one to three months as they were interested it being totally cured from the pain and disability of RA

**Table 12:** Most Effective Cure Experienced in Treatment Approach Followed

Sr. No.	Parameters	Frequency	Percentage (%)
1	Allopathy	876	12
2	Homeopathy	3358	46
3	Ayurveda	219	3
4	Mix of all	1168	16
5	Homemade concoction	730	10
6	Special Baba's Medicine	949	13
	Total	7300	100

Almost of the patients reported that they were now totally dependent as homeopathy treatment and trusted it totally.

**Table 13:** Treatment Sought from which Major Source

Sr. No.	Parameters	Frequency	Percentage (%)
1	Here always	3066	42
2	Big Hospital	1095	15
3	Local Clinic	1460	20
4	Big City	1679	23
	Total	7300	100

A majority of the respondents said that they always approached the homeopathic doctor for treatment of their RA Symptoms besides other afflictions.

### Conclusions

Homeopathy works best when patients are treated individually based on their unique symptoms in accordance with homeopathic principles. Early diagnosis increases the patient's chance of complete recovery.

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