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Homoeopathic management of Knee joint pain due to trauma: A case report

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Abstract

The structures involved in knee joint trauma due to fall includes tendons, ligaments, muscles or bones depending upon the force or impact of fall. Damage to these structures especially anterior cruciate ligament injury or meniscus tears has been recognized as a potential risk factor in developing rapid onset of post-traumatic osteoarthritis. This female patient aged 68 had a fall on knee joint and was admitted on 10/03/2023 with IP NO: 747, at Govt. Homoeopathic Medical College Thiruvananthapuram, for severe knee joint pain. Even though Arnica is the first remedy to be considered for trauma with sore bruised feeling, it failed to improve her condition and the constitutional medicine had removed her knee joint pain.

Keywords: Osteoarthritis, homoeopathy, arnica, rhus tox, Lachesis

Introduction

The knee joint is a complex joint that is made up of several structures including bones, ligaments, tendons and cartilage. The bones that form the knee joint are the femur or thigh bone, tibia or shin bone and patella or kneecap. The ligaments that support the knee joint are the anterior cruciate ligament (ACL), posterior cruciate ligament (PCL), medial collateral ligament (MCL), and lateral collateral ligament (LCL). The tendons that attach muscles to the knee joint are the quadriceps tendon and the patellar tendon. The cartilage in the knee joint is known as articular cartilage and it covers the ends of the bones to allow them to glide smoothly against each other.

If someone falls on their knee joint, they can experience various injuries ranging from mild to severe. The impact of fall can cause damage to the bones, ligaments, cartilage and tendons in the knee joint. Some of the common injuries that can occur due to falling on the knee joint include:-

1. **Fractures:** Falling on the knee joint can cause a fracture in the bones that make up the joint, such as the tibia or femur.
2. **Ligament sprains or tears:** The ligaments that supports the knee joint can be stretched or torn due to the impact of fall
3. **Tendon injuries:** Falling on the knee joint can cause damage to the tendons that attach muscles to the knee joint, leading to pain and weakness.
4. **Cartilage injuries:** The impact of the fall can cause damage to the articular cartilage in the knee joint, leading to pain and inflammation.

In case of fall on knee joint, apart from diagnosis of the traumatic condition, appropriate indicated medicines and accessory management like rest, ice, compression and elevation (RICE) is needed. The most common signs of knee injury are pain and swelling. In other conditions, the knee may catch or lock. Some knee injuries like ACL tear, cause the feeling of knee is giving way or instability ^[1]. Also, it is important to determine the acuity of the pathologic process as an acute traumatic or infectious event or exacerbation of a chronic overuse or degenerative syndrome ^[2]. Here, the knee joint pain comes under acute traumatic event.

Case Report

Patient Bio-Data

A 68-year-old retired teacher from Thiruvananthapuram was admitted in Govt. Homoeopathic Medical College Hospital Thiruvananthapuram with IP No: 747 and Bed No69 on 10/03/2023.

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Presenting Complaints

- Pain in both knee joints; more on left knee – 3 days. < Walking, bending, sitting. > Rest on bed.
- Pain in shoulder joint – left side.
- Pain in hip region and left leg. < walking & sitting.

History of presenting complaints

- Pain in left knee joint started after a fall on knee joint 3 days back. She fell on road while she was getting into an autorickshaw. Thereafter she couldn't get up by herself and with the support of nearby people she reached home.

Treatment history

- For knee joint pain, she took analgesic for 3 days – Dolo tablet.
- For shoulder joint pain and hip joint pain, she was under Homoeopathic treatment with physiotherapy.

History of Previous illness

- Has hypothyroidism - under allopathic treatment.
- Had breathing difficulty and pneumonia in 2020– (corona?) relieved by allopathic treatment.
- Had venous ulcers and dermatitis on both legs, 25 years back.

Family History

- Father had asthma.

Personal History

- Life situation.
- Place of birth - Poonthura.
- Occupation - R.t.d. teacher.
- Marital status - married.
- Nutritional status- good.
- Education - B.Ed.
- Religion - Christian.
- Economic status - good.
- Habits /Hobbies - stitching.
- Additions - tea drinking.
- Domestic relationship - good.
- Vaccination Status - taken 1 dose of COVID vaccine.

Physical generals**Functionals**

Appetite - Normal; prefers warm food.
 Thirst - Normal; prefers warm water.
 Sleep - Disturbed due to pain.
 Dreams - Not Particular.

Eliminations

Bowels - Regular.
 Urine - Normal.
 Sweat - Generalized.
 Menses - Menopause (54 yr.).

Reactions

Time- night <
 Season - Not Particular
 Bathing - Cold water <
 Covering - Prefers
 Fan - Not Particular
 Food/drinks - Potato cause heart burn

Motion/posture - <

Sleep - <

Constitution

Physical make-up – obese
 Side affinity – left
 Thermal affinity - Hot

Psychic Features

Calm, Religious
 Share emotions

Menstrual &Obstetric history

Menarche - 14 yr.
 Menopause - 54 yr.
 Obstetric history - G3 P2 L2 A1.
 Full term normal vaginal delivery.

Physical Examination**General**

Built - Well built, obese.
 Mild pallor.
 No cyanosis, no jaundice.
 No lymphadenopathy.
 Oedema - L knee present.
 Swelling - L knee present.

Vitals - PR - 60/mt

RR - 12/mt

BP - 110/70 mm of Hg

Local Examination – Knee joint (10/3/23).

Inspection - Swelling, redness

Palpation - Tender, warm, all movements are pain full.



Fig 1: Appearance of knee joint on 10/03/2023

Investigations**1. Blood**

1374

010118

AP-16018

24/3/23

LABORATORY REQUEST/REPORT FORM

CLINICAL PATHOLOGY

Hematology Analysis Report

First Name: Vimala
 Last Name:
 Sample ID: 1
 Run Time: 2023/03/24 09:05
 Diagnosis:
 Patient Name: Amala
 Age: 07 Sex: F OP/IP No.
 Date: 24/3/23

**ANIMEMENT HOMOEOPATHIC MEDICAL COLLEGE HOSPITAL
 IRANIMUTTOM, THIRUVANANTHAPURAM-695 009**

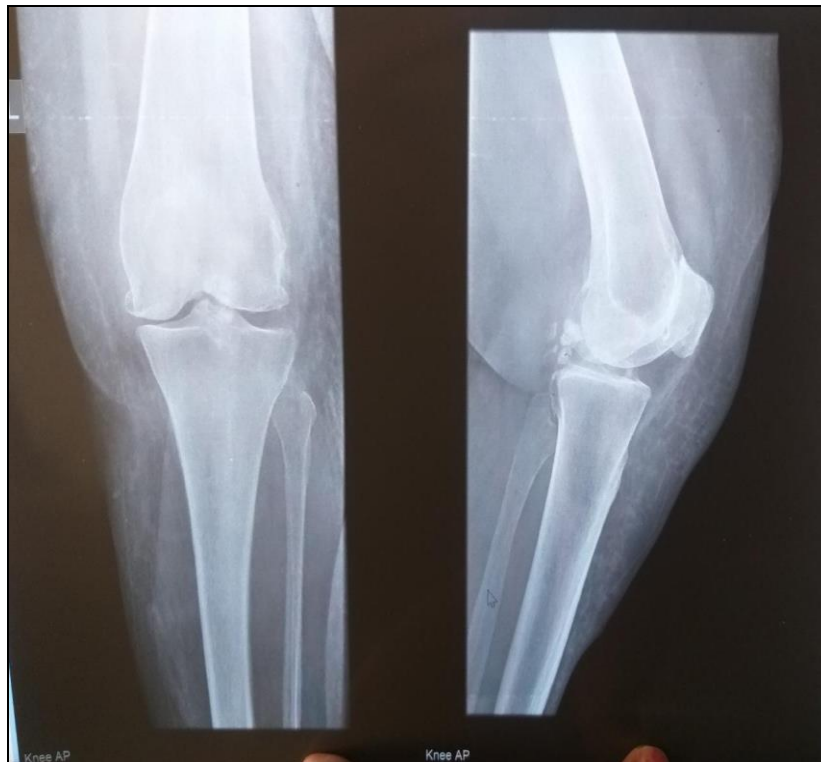
Parameter	Result	Unit
WBC	8.41	10 ³ /uL
Lym%	38.9	%
Gran%	57.3	%
Mid%	3.8	%
Lym#	3.27	10 ³ /uL
Gran#	4.82	10 ³ /uL
Mid#	0.32	10 ³ /uL
RBC	4.08	10 ⁶ /uL
HGB	12.5	g/dL
HCT	34.9	%
MCV	85.6	fL
MCH	30.7	pg
MCHC	35.8	g/dL
RDW-CV	12.3	%
RDW-SD	42.7	fL
PLT	317	10 ³ /uL
MPV	8.3	fL
PDW-SD	9.5	fL
PDW-CV	14.2	%
PCT	0.263	%
P-LCR	15.3	%
P-LCC	48	10 ³ /uL

I. Haematology Investigations		Urine Analysis Investigations	
Sl. No.	Patients Value	Normal Range	Sl. No.
1		4000-11000 cell/cmm	1 Albumin
2			2 Sugar
3		40-60%	3 Acetone
4		20-40%	4 Bile Salts
5		2-8%	5 Bile Pigment
6		2-6%	6 Phosphates
7		0-1%	7 Pregnancy Test
8			8 Microscopy (Urine)
1	Monocytes	2-6%	(a) Pus Cells
2	Basophils	0-1%	(b) Epithelial Cells
3	ESR	70	(c) RBC
4	Haemoglobin	M-14-16g% F-12-16g%	(d) Others
5	Platelet Count	1.5-4.5 lakhs/mm	
6	Blood Grouping		
Any other Investigations			
1			
2			

(Signature of Medical Officer) (Signature of Lab Technician)

BIOCHEMISTRY, SEROLOGY & SPECIAL INVESTIGATIONS			
	TESTS	RESULTS	REFERENCE RANGE
BLOOD SUGAR	FBS	93	70-110 mg/dL
	PPBS	129	< 140 mg/dL
	RBS		80-140 mg/dL
	HbA1C		< 6.5%
LIPID PROFILE	Total Cholesterol		<200 mg/dL
	Triglycerides		<150 mg/dL
	HDL		>60 mg/dL (Desirable)
	LDL		<130 mg/dL
	VLDL		<30 mg/dL
RFT	Blood Urea		20-40 mg/dL
	Serum Creatinine		0.6-1.2 mg/dL
	Serum Uric Acid		Male : 3-7 mg/dL Female : 2.5- 7 mg/dL
	Serum Bilirubin Total		0.6-1.2 mg/dL
LFT	Serum Bilirubin Direct		<0.3 mg/dL
	SGOT		5 - 40 IU/L
	SGPT		5 - 40 IU/L
	Serum ALP		0-5 years : 60-321 IU/L 5-10 years : 110-360 IU/L 10-12 years : 103-373 IU/L 12-16 years : 67-382 IU/L >16 years : 36-113 IU/L
	Total Protein		6.7-8.6 g/dL
	Serum Albumin		3.5-5.5 g/dL
TFT	T3		80 - 200 ng / dL (In Adult)
	T4		4.5 - 12 µg/dL (In Adult)
	TSH		0.2- 5.1 µ IU/ml (In Adult)
OTHER INVESTIGATIONS	RA		0-18 IU/ml
	ASO		< 200 IU/ml
	CRP		< 5 mg/l
	VITAMIN D3		30-100 ng/ml

2. X-ray: knee (L); AP & Lat



Blood report showed that she was not diabetic, but ESR raised. Degenerative changes of left knee joint were noticed in the X-ray. Based on acute totality, Arnica 30/2D was prescribed and admitted her. Arnica 30 was repeated for further 4 days.

Arnica Montana

- Leading remedy for bruises, ecchymoses and hemorrhages from mechanical injuries – E.B. Nash [3].

- Possess a native affinity to the effects of falls – Clarke [4].
- For terrible falls from mountains, pour boiling water on Arnica plant, give the infusion to the injured, results astonishing results – M N Tyler [5].
- Concussions & contusions, results of shock/injury without laceration of soft parts – H C Allen [6].

11/3/23	12/05/23	12/09/23	12/03/23
<p>pain @ knee persist Oedema and redness of @ knee j.</p>	<p>> Pain @ knee joint (slight >) Oedema and redness of @ knee persist LBA especially @ side persist < standing after sitting slight > of @ shoulder joint</p>	<p>- Redness and the knee joint turned black - tenderness present - Temperature present - LBA especially @ side persist < sitting. -> shoulder joint pain A-G U-R T-G B-NP S-d S-coral B.P:</p>	<p>- Redness and swelling of left knee joint - Tenderness present - LBA esp. @ side persist @ extending to right leg up to calf < standing after sitting, walking > shoulder pain A-G U-R T-G B-NP S-d S-coral B.P- 130/92 mmHg</p>
<p>Appetite - N Thirst - N Bowel - R Bladder - N Sleep - Disturbed Blood pressure ? Physical findings</p>	<p>A-N U-NP T-N B-Reg S-sound S-Cen B.P - 108/72 mmHg</p>	<p>Rx 1) Arnica 30/2D (1-0-1) 2) BT - 3d (1-1-1) 3) campher oil - ext</p>	<p>Rx 1) Arnica 30/2D (1-0-1) 2) FP 6x/4D (1-1-1-1) 3) Rhus toxic (ext)</p>
<p>Prescription: ✓ Arnica 30/2d (1-0-1) BT-3d (1-1-1) Campher oil - ext</p>			

Patient had no relief and appearance of knee joint was as follows after administration of Arnica for 5 days.



Fig 2: Appearance of knee joint on 15/03/2023

Arnica

- “The tissues affected in all these instances is the muscular and upon this Arnica specially acts, a myotic; for numerous affections described under the term myalgia” - R Hughes ^[7].
- Sore, lame, bruised feeling all through the body as if beaten, traumatic affection of muscles - HC Allen ^[6].
- After Arnica, Rhus tox 30/2D was prescribed for subsequent 2 days, followed by BT for further 2 days.

Rhus tox

- “I have recognized that Rhus is the best specific against the consequences of muscular strains and contusions” – R Hughes ^[7]
- “Rhus especially affects fibrous tissues, tendons, fasciae, sheaths of nerve, ligaments and tissues external to joints” – ML Tylor ^[5].



Fig 3: Appearance of knee joint on 20/03/2023

She had no relief for her symptoms pain, redness and swelling were present. The appearance of swelling became little darker. After repertorisation, Lachesis 200/2D was given on 20/03/2023, followed by BT on subsequent days.

Lachesis

- Skin turns dark, bluish, purple appearance – HC Allen ^[6].
- Red bluish painful swelling on the limbs, very sensitive, impending gangrene - EB Nash ^[3].
- When the so-called traumatic Gangrene supervenes upon an injury, recommends medication upon Lachesis –R Hughes ^[7].

22/03/23 onwards she had changes – pain and swelling gradually reduced, she was able to stand and walk without support and was discharged on 30/03/2023.

Age/Sex:		O. P. No.
Symptoms evaluated	Rubric	Reperto
1. Desire covering : GENE- ration - Dura for		
2. Hurt burn by eaty potato: STOMAC - HEART BURN - early after		
3. (L) knee joint pain. after fall: EXTRE - PAIN - knee		
1. knee joint pain < walking: EXTRE - PAIN - walky on.		
2. shoulder joint pain (R) side.		
Religious - HIND - Religion - effatua.		
calm - HIND - calmness.		
	4/8 - Lachesis	
	5/7 - Nat mure	
	4/6 - Carbo.	
	4/6 - Colub. tr.	



Fig 4: Appearance of knee joint on 30/10/2023

Discussion

Even though Arnica Montana is the king of all traumatic remedies, this case was relived only by the constitutional medicine Lachesis, which was selected based on Totality of symptoms. H.A Roberts reminds us to recognize the value of the Totality of symptoms over the Key note prescribing in the chapter XI of The Principles and Art of Cure by Homoeopathy [8]. In The Genius of Homoeopathy, Stuart Close says Totality of symptoms is to be considered as the basis of Homoeopathic prescription that represents the therapeutic idea [9]. When an individual gets a disease, this individual will present the disease in his own peculiarities, the peculiar features of that disease [10]. In Aphorism 7 of Organon of Medicine Dr. Hahnemann says that the Totality of symptoms must be the principal, the only thing the physician must note in every case of disease and to be removed [11].

Conclusion

This knee joint pain due to trauma was successfully managed with administration of 2 doses of Lachesis 200, the individualised Homoeopathic medicine. We have many remedies for traumatic conditions. This case study focusses on importance of selection of remedy based on Totality of symptoms.

Conflict of Interest

Not available

Financial Support

Not available

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