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## A case report on rheumatic arthritis treated with homoeopathy

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### Abstract

This is a case of 45 years male presented with the complaint of pain in multiple joints since 1 year. He is also suffering from the joint stiffness along with swelling. His pain gets aggravated on rest gets better by hot application and continues motion. On proper examination and investigation, it is found that his RA factor and C-reactive protein were increased which confirms that he is suffering from RA (rheumatoid arthritis) and he is treated at the personal clinic after systematic case taking followed by repertorisation of totality of symptoms. Repertorisation was done using Synthesis Repertory using RADAR software in order to choose the individualised remedy where *Rhus toxicodendron*<sup>5</sup>, *Calcarea carbonicum*, *Sulphur*, *Pulsatilla nigricans* and *Arsenic album* were shortlisted and patient responded well to the individualised homoeopathic treatment.

**Keywords:** Rheumatoid Arthritis<sup>3</sup>, RA factor, C-reactive protein, *Rhus toxicodendron*, Homoeopathy

### Introduction

Rheumatoid arthritis (RA) is a systemic autoimmune disease characterized by inflammatory arthritis and extra-articular involvement. It is a chronic inflammatory disorder caused in many cases by the interaction between genes and environmental factors, including tobacco that primarily involves synovial joints. It typically starts in small peripheral joints, is usually symmetric, and progresses to involve proximal joints if left untreated. Joint inflammation over time leads to the destruction of the joint with loss of cartilage and bone erosions. RA with a symptom duration of fewer than six months is defined as early RA, and when the symptoms have been present for more than six months, it is defined as established RA. RA, if untreated, is a progressive disease with morbidity and increased mortality. This activity describes the evaluation and management of rheumatoid arthritis and reviews the role of the interprofessional team in improving care for patients with this condition <sup>[1]</sup>.

### Etiology

The etiology of RA has a significant basis in genetics. It is thought to result from the interaction between patients' genotypes and environmental factors. In a nationwide study of 91 monozygotic (MZ) and 112 dizygotic (DZ) twin pairs in the United Kingdom, the overall MZ concordance rate was 15%, and in dizygotic twins, 5% <sup>[2]</sup>. The heritability of rheumatoid arthritis is approximately 40% to 65% for seropositive rheumatoid arthritis and 20% for seronegative rheumatoid arthritis <sup>[3]</sup>. The risk of developing rheumatoid arthritis has been associated with HLA-DRB1 alleles: *HLA-DRB1\*04*, *HLA-DRB1\*01*, and *HLA-DRB1\*10*. These HLA-DRB1 alleles contain a stretch of a conserved sequence of 5 amino acids referred to as the "shared epitope" (SE) in the third hypervariable region of their DRB1 chain, which has been associated with the risk of developing RA <sup>[4-7]</sup>.

### Case History

#### Personal Data

**Name:** XYZ

**Age:** 45

**Sex:** Male

**Marital Status:** Married

**Religion:** Hindu

**Dated:** 20/2/2022

**Presenting Complaints**

- Patient is presented with the complaint of pain in multiple joints since 1 year.
- Onset was gradual.

**Progression:** Firstly, smaller joints then involvement of big joints.

**Location:** Bilateral wrist, ankles, knees, shoulder, MCP, PIP.

**Sensation:** Stitching, stiffness.

**Modalities**

- < Morning, rest, wet weather, cold weather, first movement.
- > Warm application, continuous motion.

**On examination of joint**

**Inspection:** Redness and swelling present of knees, ankles and fingers.

**Palpation:** Tenderness and sponginess.

**Movements:** Restricted movements.

**Past History**

Recurrent fever history and weakness.

**Family History**

**Maternal:** History of RA.

**Paternal:** Died due to cardiac arrest.

**Physical Generals**

**Appetite:** Good, 3 meals a day.

**Thirst:** Thirsty.

**Desire:** Milk, Sour and acidic things.

**Aversion:** Nothing specific.

**Intolerance:** Cold and damp weather increases his complaints.

**Bowel:** Satisfactory, regular

**Bladder:** Clear, profuse, 4-5 times/ day, 5-6 times/night

**Sleep:** Disturbed due to pain, unrefreshing

**Perspiration:** Profuse, non-offensive.

**Thermal reaction:** Chilly Patient.

**Mental Generals**

Patient had a financial loss of huge amount due to robbery about 1 year back after which he suffered from very much stress and grief. He feels anxious and so worried about his son who lives abroad in foreign country. He has fear of dark and sleeps in a lighted room.

**Provisional Diagnosis**

Rheumatoid Arthritis <sup>[8]</sup>

**Totality of symptoms**

- Ailments after loss of money.
- Fear of dark.
- Worried about his child.
- Desire milk, sour and acidic things.
- Stitching pain in joints.
- Aggravation in cold and wet weather.
- Amelioration by continuous motion.
- Stiffness of joints aggravate in cold weather.

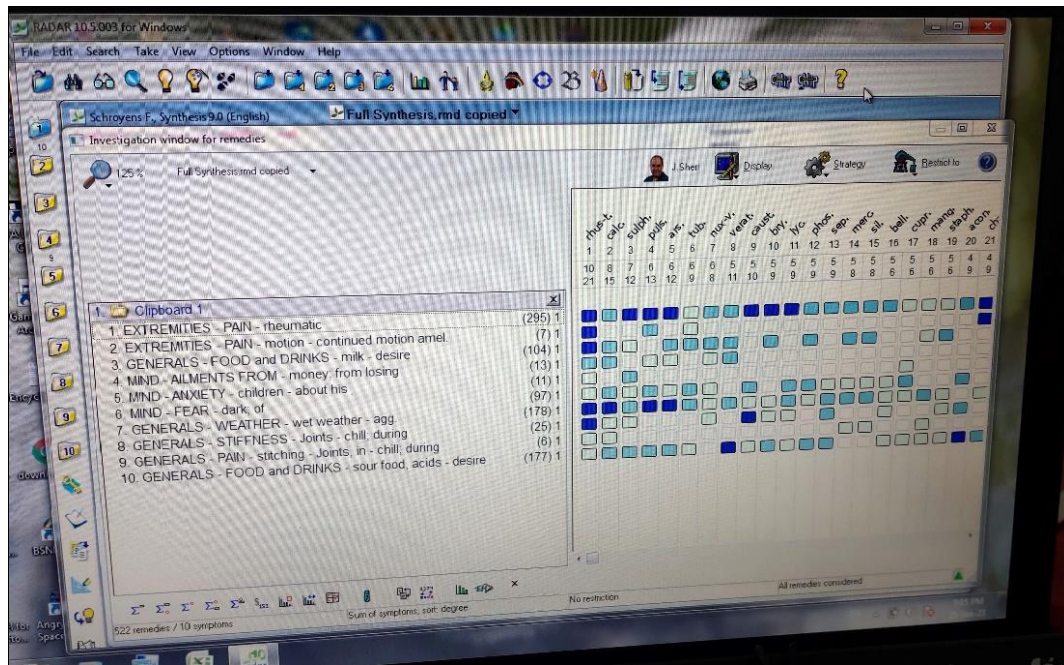
**Rubrics <sup>[9]</sup>**

1. Extremities – pain – rheumatic.
2. Extremities – pain – motion – continued motion amel.
3. Generals – food and drinks – milk – desire.
4. Mind – ailments from – money; from losing.
5. Mind – anxiety – children – about his.
6. Mind – fear – dark.
7. Generals – weather – wet weather – agg.
8. Generals – stiffness – joints – chill; during.
9. Generals – Stitching – Joints in – chill; during.
10. Generals – food and drinks – sour food, acids; desire.

**Analysis and Evaluation**

Individualised homeopathic medicine was prescribed to the patient after analysis and evaluation of the case totality was having certain characteristic symptoms like “ailments from losing money from, fear of dark, worried of his child” were important mental generals in this case. “Desire for milk, sour and acidic things, aggravation in cold and wet weather, amelioration from continue motion” were important generals of this case.

Repertorisation was done on RADAR 10 software <sup>[9]</sup> using Synthesis treasure edition, 2009 by Frederick Schroyens with Repertorial result showing top five remedies as Rhus tox<sup>5</sup> (20/10), Calcarea (15/8), Sulphur (12/7), Pulsatilla (13/6) and Arsenic (12/6).



**Fig 1:** Reportorial Analysis [9]

**Prescription**

Rhus Toxicodendron [10] 30/ 4 doses

**Table 1:** Prescription and Follow-up

Date	Symptoms	Prescription
20/02/2022	Patients first visit	Rhus tox 30/ 4 doses
27/02/2022	Stiffness reduced	Placebo
21/03/2022	Swelling reduced 40%	Placebo
16/04/2022	Swelling reduced 80%, pain also reduced	Placebo
13/05/2022	Improvement in movements	Rhus tox 30/ 4 doses, followed by Placebo
20/06/2022	No new complaints	Rhus tox 30/ 4 doses, followed by Placebo
29/07/2022	Generals good, no new complaints, feeling of wellness	Placebo

**After Treatment**

**LIFE LINE PATHOLOGY LAB**  
Timing : 10 a.m. to 6 p.m.  
Campus : Sanjivani Hospital  
Naugwan Chauraha, Pilibhit -262001

Name : MR. [REDACTED] Age/Sex : 45 Y/M  
Referred by : [REDACTED] Date : 29/07/2022

Test	Value	Reference Range
FBS	243.0 mg/dl	(Up To 140mg/dl)
RA, Factor	15.05 'NEGATIVE'	(Up To 20 mg/dl)

**DR. PRAVEEN RAI**  
Consultant Pathologist

*Note:*  
All Result should be Co-related Clinically  
If the result is Alarming or Unexpected, Please Contact the Lab Immediately  
Not valid for Medico Legal Purpose

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If the result is Alarming or Unexpected, Please Contact the Lab Immediately  
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**Before Treatment**

**Shri Ram Murti Smarak  
Institute of Medical Sciences, Bareilly**  
(Established & run by Shri Ram Murti Smarak Trust)

Ram Murti Puram, 13 Km, Bareilly-Nainital Road, Bareilly - 243 202 (U.P.) INDIA  
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email : hospital@srms.ac.in, website : www.srms.ac.in

**SRMS**

**LABORATORY REPORT**

Ref. Doctor \_\_\_\_\_ Age : 45 Yrs / M

Patient Name : [REDACTED] IPD/OPD No : 42246879

Address : VILL KYOLADIYA NAWABGANJ - BAREILLY

Referred By : [REDACTED] Bed No : \_\_\_\_\_ Ward : \_\_\_\_\_

Date : 22/02/2022 - 11:02:00 Lab No : 124039 / 124041

**IMMUNOLOGY**

TEST	OBSERVED VALUES	REF. VALUES
	<b>C-Reactive Protein</b>	
Lab No. : 51		
Sample : Serum		
Principle : Turbidimetric Immunoassay (CRP-UV)		
Test Value : 2.5 mg/dl		
Reference/Normal Value : Equal To Or Less Than 0.6 mg/dl		
	<b>Rheumatoid Factor</b>	
Lab No. : 52		
Sample : Serum		
Principle : Turbidimetric Immunoassay		
Test Value : 150 IU/ml		
Reference Value (Normal) : Equal To Or Less Than 20 IU/ml		

Collected By : RAWI YADAV R COLLECTION      Processed By : ANSHU ..

Page 1 of 1      Verified By : *Fauzia Khan*      Dr. Fauzia Khan  
MBBS, MD  
Associate Professor

**24 HOURS HELPLINE : 0581-2582000**

### Basis for prescription

All the medicines which were highest in repertorization were taken into consideration and differentiated according to their symptoms. Calcarea patient mostly have lack of confidence and insecurity. Here, the patient is extrovert, fearful and restless which suggests Rhus tox as the best suited remedy. Sulphur patient is extrovert, philosophical, indisposed to everything. Arsenic patient is very fastidious, restless and having unquenchable thirst. According to the predominant symptoms of the patient best suited remedy was Rhus tox because it covered all the mentals, physicals and particular symptoms in the totality like stiffness in joints, pain in joints, aggravation in wet weather, desire for milk, fear of dark etc.

### Conclusion and Discussion

In this case the patient has a genetic and familial predisposition of having the illness. Symptoms narrated by the patient and attendant along with consideration of both mental and physical generals and particulars this has leads to the physician to select the above prescribed medicine. Homoeopathic medicine selected based on homoeopathic principles proved to be very effective in this case of RA and

shown remarkable results in the treatment. Rhus toxicodendron was selected on the basis of mental generals, physical generals and particulars and keeping in mind the knowledge of Materia Medica and homoeopathic philosophy. Medicine was given in very few doses which appeared very effective in treatment of this case [11].

### Conflict of Interest

Not available

### Financial Support

Not available

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