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## Abandonment aches and so does my joints: A case report

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### Abstract

Rheumatoid arthritis is a chronic multisystem disease of unknown etiology characterized by persistent inflammatory synovitis, usually involving peripheral joints symmetrically. Although cartilaginous destruction, bony erosions, and joint deformity are hall marks, the course of RA can be quite variable. A case of Rheumatoid arthritis along with Hypothyroidism has been symptomatically recovered by using deep-acting homoeopathic medicines.

**Keywords:** Rheumatoid arthritis, hypothyroidism, abundance, homoeopathy, deep-acting individualized homoeopathic remedy

### 1. Introduction

**1.1 Case Report:** A 40 years old lady came in OPD with complaints of joints pain involving small and large joints with morning stiffness since 6-7 years. Complaints increased since 1 month, majorly right wrist pain with swelling and restricted movement. Along with that she puts on weight up to 7-8 kg in last 2 months. She was diagnosed with hypothyroidism on 23/5/2018 and she was on Tab. Levothyroxine 0.5 mg OD.

Also has complaints of hair fall & dry skin without scaling.

Appetite: Decreased.

Sleep: Disturbed, not adequate

### 1.2 Present history

**Table 1: Chief complaints**

S. No.	Location	Sensation & Pathology	Modality	Accompaniments
1.	MSS - Joints Both knees, Both shoulders, Both elbows, Both ankles, Both wrists (Atlanto- axial joint) (Right side is much affected than left) Both IP joints Onset- since 6-7 years Duration- Continuous Increased since 1 month	Pain++ Stiffness++ Difficulty in sitting & squatting Occ. feverish feeling	<+ night <+ morning (for 2- 3 hours) <+ movement (in wrist) <+ weight lifting >+ motion Not better with Allo Rx since 1-2 years	Appetite – decreased Thirst - N Stool - N Urine - N Sleep – Decreased Disturbed due to pain (3 to 4 hours/night)
2.	Endocrine Hypothyroidism detected on 23/05/2018 Both Soles Hair	Generalized swelling Generalized weakness Muscles ache Weight gain up to 7-8 kgs in last 2 months Dry skin No itching No burning No Scaling No pain Hair fall++	A/F Getting wet	

### 1.3 Physical Generals

**Appearance:** Medium built, whitish complexion.

**Weight:** Weight gain up to 7-8 kg in 2 months.

**Skin:** Dry (both soles).

**Hair:** Hair fall++

**Perspiration:** General- scanty, stains-indelible, sour smell.

**Digestion:** Normal.

**Thirst:** Normal.

**Appetite:** Decreased.

**Cravings:** Curd+3, Salt++,

**Aversions:** Milk+3, cannot eat warm/hot foods, not even tea.

**Stool:** Normal.

**Urine:** Normal.

**Sleep:** Disturbed due to pain in joints, due to light & slight noise.

**Duration:** 3-4 hours/night since 1 month

**Position:** Changing.

**Hobbies:** New clothes, visiting new places, watching rain & nature.

**Dreams:** Falling, rain, snake, neighbours, flowing water/flood, village/family.

**Thermals:** Chilly.

### 1.4 Menstrual history

**FMP:** 12 years of age Cycle – regular, 28-30 days.

**LMP:** 12 days back.

**Duration:** 3-4 days, flow more at night, scanty during the day.

**Quantity:** 3 pads/day.

**Colour:** Dark-red

No changes in menstrual function before/after marriage

### 1.5 Sexual history

Sexual function – Desire diminished, not having intercourse since 8-10 years

### 1.6 Obstetric history

G2 P2 A0 D0 L2

### 1.7 Past history

Typhoid 15 years back

### 1.8 Family history - Nil

### 1.9 Life Space Investigation

#### 1.9.1 Childhood

She was born and brought up in J. Village in UP, at her maternal home. At that time, family consisted of her parents, grandmother & 4 siblings including herself. She is the youngest in her family. Being youngest, she used to be pampered by everyone. She used to be good to everyone. She used to be attached with her mother the most as she could share each & everything with her without any hesitation. Her elder brother is very supportive to her in each matter. All her demands used to be fulfilled in childhood, though her financial condition was poor. Good \*IPR with siblings. (\*IPR – inter-personal relationship)

#### 1.9.2 School Life

She studied up to 7<sup>th</sup> std in school in her village. After that, she got engaged with a boy who is 5-6 years elder than her. She wanted to study further but due to her low economical

condition, she was kind of forced to get married by her parents. She felt quite bad about the whole incident. She felt that her wishes have been neglected by her family. Also her family didn't give them dowry.

#### 1.9.3 Married Life

She got married at the age of 13 years (In 1994) but as per their rituals, she was there at her parents' home for 3 years after marriage. Then, at the age of 16 years (In 1997), she had been brought to her in-laws family. Family consisted of 25-30 members (joint family). In the beginning, she had been teased by her SIL & BIL who're younger than her but by the time, she got used to it & could handle them better. Her in-laws also used to taunt her in matter of dowry & often used to tell her that, "Tu Kuchh Leke Nahi Aayi Hain". They used to scold her if she does a small mistake in house-hold works. Henceforth, she used to feel lonely and isolated in in-laws family. At that time, she used to miss her family and used to cry in solitude.

Due to their misbehaviour with her, she used to get disappointed but as time passed, she became habituated to it & as she's been mature, she started ignoring their talks & taunts. She has having good IPR with her Devrani & Jethani. She was having good IPR with her husband, too but after few years of marriage, her husband came in Gujarat for better earning purpose. Initially, he used to stay alone in village K., Vadodara and has business/shop of junk food (samosa) and before 7-8 years, even patient shifted here with her son. Her daughter had to stay there in UP because she had her study running there.

#### 1.9.4 Current Life

At present they are living in a small, nuclear family. Her husband, son & patient herself. Financial condition is not so good but necessary things, they can afford well. Her husband often doubts her & gets angry with her if she talks over call with somebody from her maternal family. Not so good IPR with him. Good IPR with her son. Patient is attached with both of her children but as her daughter is not here with them, patient seems little anxious about her. And since 15-20 days, matter of her daughter's marriage is going on between her in-laws & husband but she personally feels that, at present her daughter is too young to get married. She doesn't want her daughter's life to be like hers but she can't utter a word against her in-laws & husband, she added that, "Vo Log Apne Mann Ki Hi Karte Hain, Kisi Aur Ki Nahi Sunte". due to this reason, she feels quite tensed about her daughter's future.

#### 1.10 Patient as a person

She is very mild & gentle kind of lady, soft-spoken & isn't able to talk loudly or out of an anger, she often gets disappointed with her husband but doesn't become outspoken. She added that, "Gussa to bahot aata hain par kbhi kuchh bol nahi pati hu". According to her, she forgives & forgets easily & but has constant feeling of greif that, "Aise insaan se shadi hui jo meri baat manta nahi hain, kbhi mujhe patni mana hi nahi unhone." – She has brooding & weeping disposition, while narrating about her in-laws & husband. She was on verge of crying. She is still attached to her parents & brother. She shares everything with her mother & daughter because no one else listens to her. She has tremendous anxiety about what if my husband leaves me? because many times, he abuses and hits her.

She has having fear of insects, fear of injection, fear of blood (it causes palpitation), fear of deep/flowing water since childhood.

**1.11 General Examination**

Pulse: 85/min.  
 BP: 120/80 mm hg.  
 SPO2: 99%.  
 RR: 14/min.  
 TEMP.: 97.4°F.  
 Weight: 69 kg.  
 Nails: Pink.  
 Conjunctiva: Pink.  
 Tongue: Pink, Moist.

**1.12 Systemic Examination**

RS: AE = BLE, BS – Vesicular  
 CVS: S1s2 – N  
 CNS: NAD  
 P/A: Soft, non-tender

**MSS**

Both knees – Mild swelling & redness, No crepitations, ROM – painful, Right > Left.  
 Both Shoulders – No swelling, rom – not restricted, mild painful.  
 Both ankles – no swelling, rom – N.  
 Right wrist – Swelling+++ , ROM – restricted, painful+++ , redness++ , warmth++  
 Left wrist – no swelling, ROM – N  
 Bilateral IP Joints – Stiffness, mild swelling, no deformities.

No thyroid swelling noted on examination

**1.13 Investigations**

23/02/17 - CBC – Hb – 11.9 (FEMALE – 12-14 gm/dL)  
 Uric acid – 4.81 (3.5 to 7.2 mg/dL)  
 RA factor – 132 IU/ml (<15 IU/ml)

23/05/18 - CBC – Hb – 11.9  
 TSH – 37.98 (0.5 to 5mIU/L)

**1.14 Final Diagnosis**

Rhematoid arthritis  
 Hypothyroidism

**1.15 Repertorial Totality**

**Kent approach - Qualified mental, Physical generals (Synthesis Android app used)**

Mind – A/F – anger suppressed  
 Mind – Anxiety – anticipation; from  
 Mind – Anxiety – children – about his  
 Mind – Brooding – grief, over  
 Mind – Discontented  
 Mind – fear – insects of  
 Mind – fear – deep water, of  
 Mind – forsaken feeling  
 Extremities – pain – joints – night bed agg, in  
 Extremities – pain – wrists – lifting agg.  
 Extremities – stiffness – wrists – right  
 Sleep – disturbed – noise, by the slightest  
 Dreams – frightful  
 Dreams – rain  
 Dreams – village; own  
 Dreams – neighbour  
 Dreams – Snakes  
 Dreams – flood  
 Generals – food & drinks – curd – desire  
 Generals – food & drinks – milk – aversion  
 Generals – food & drinks – salt – desire

**1.16 Repertorial result**

NAT M 25/11  
 PHOS 17/11  
 SEP 17/10  
 MAG C 17/10  
 CARC 11/10  
 PULS 19/9  
 LYC 18/9  
 MAG M 17/8  
 CALC 15/9  
 KALI C 11/8

**1.17 Repertorization in RADAR-10: Murphy Repertory - 3<sup>rd</sup> Edition**

The screenshot shows the RADAR-10 software interface. At the top, there is a list of 12 symptoms: 1. Dreams - FRIGHTFUL, dreams; 2. Dreams - RAIN, of being soaked in; 3. Dreams - SNAKES, dreams of; 4. Dreams - FLOOD; 5. Sleep - DISTURBED, sleep - pains, by; 6. Sleep - INSOMNIA, sleeplessness - anxiety, from; 7. Wrists - STIFFNESS - motion, agg; 8. Mind - ANGER, general - suppressed, ailments from; 9. Mind - DISCONTENTED, dissatisfied; 10. Mind - ABANDONED, forsaken feelings; 11. Food - MILK, general - aversion to; 12. Food - SALT, general - desires.

Below the list is a grid of 36 homeopathic remedies, each with a score indicating its match to the symptoms. The remedies listed are: CARC, MERC, NAT-M, SIL, LACH, SEP, MAG-C, PHOS, PULS, ARS, NAT-C, CALC, MAG-M, ALUM, AUR, CARB-V, NIT-AC, STAPH, CHAM, CON, SULPH, CHIN, KALI-C, THUJ, CALC-S, CAUST, IGN, BELL, IYS, RHUS-T, LYC, ARG-M, BR, COCC, TUB.

The scores for each remedy are: CARC (8), MERC (8), NAT-M (7), SIL (7), LACH (7), SEP (7), MAG-C (6), PHOS (6), PULS (6), ARS (6), NAT-C (6), CALC (6), MAG-M (6), ALUM (6), AUR (5), CARB-V (5), NIT-AC (5), STAPH (5), CHAM (5), CON (5), SULPH (5), CHIN (5), KALI-C (5), THUJ (5), CALC-S (5), CAUST (5), IGN (5), BELL (5), IYS (5), RHUS-T (4), LYC (4), ARG-M (4), BR (4), COCC (4), TUB (4).

## 1.17 Planning and Programming of Treatment

**Table 2:** Selection of Potency

No.	Define with reasons the states	Potency choice	Repetition
1.	Susceptibility – Moderate SOD – Physical Age/Sex – 40 years/Female POD – Gradual Occ. – Homemaker Miasm - Sycosis	200	Infrequent
2.	Sensitivity - High Mind ++ Sleep ++ Nerves ++ Dreams ++	30	Infrequent
3.	Correspondence Physical ++ Mental ++	Mag Carb 30	Infrequent
4.	Structural Changes Present – irreversible	200	Infrequent
5.	Fundamental Miasm - Psora Dominant Miasm - Syco-syphilis	200	Infrequent

### 1.18 Final Prescription

MAG CARB 30 3P HS weekly.  
SL 3-3-3 for 1 week.

### Advice

#### Physiotherapy

Full diet with dry fruits, pumpkin, green-vegetables – spinach particularly.

## 2. Follow ups

**Table 3:** Follow ups

Date	Symptom changes	Prescription
11/08/2020	All complaints better 10-20% except pain in right wrist She cried out of pain & shared all the matters that happened in family in last week – about her daughter’s marriage Patient was advised to take Tab. Levothyroxine 0.25 mg 1 OD	THUJA 200 1P STAT MAG CARB 30 3P HS weekly SL 3-3-3 FOR 1 week
18/08/2020	All complaints better 30-40% Pain in right wrist better 20% Itching++ over dorsal aspect of both feet & over right great toe since 1 week < Getting wet >+ Scratching Burning++ after scratching, App. – improved, Sleep – 4-5 hours/night	SULPH 200 1P STAT MAG CARB 30 3P HS Weekly SL 3-3-3 FOR 2 Weeks
01/09/2020	All complaints better 60% Rt wrist pain better No skin complaints	MAG CARB 30 3P HS weekly SL 3-3-3 FOR 2 weeks
15/09/2020	All complaints better Swelling over Rt wrist-mild ROM- No restriction Weight loss up to 6 kgs in 5 months Weight 63 kg, App./Sleep - improved	MAG CARB 30 3P HS weekly SL 3-3-3 FOR 1 month
19/10/2020	All complaints better Rt wrist – no pain, no swelling Hair fall decreased	MAG CARB 30 3P HS weekly SL 3-3-3 FOR 2 Months
29/12/2020	All complaints better, Anger – decreased, Anxiety – decreased, No skin complaints, IP joints – no stiffness, App. / Sleep – improved – 5-6 hours/night without disturbance.	MAG CARB 30 2P HS weekly SL 3-3-3 for 1 week

## 3. Discussion

This complex case of RA and Hypothyroidism was treated with individualized homoeopathic medicine which showed an extra-ordinarily awesome result in objective, subjective as well as in pathological symptoms of patient. In 4 months of follow-up period mentioned above there were no aggravation at all. An individualized homoeopathic medicine which was obtained out of in-depth interview with patient and her husband. Medicine prescribed was MAG CARB 30. An article named “Homoeopathic Treatment of Hypothyroidism: A case report” published in Research Gate where Nat Mur 200 C was prescribed on basis of patient’s whole history and the result was very good. An article named “Rheumatoid Arthritis with Hypothyroidism” - A case Study with Homoeopathic Treatment” published in

Advancements in Homoeopathic Research in 2021 where medicine helped to treat the case without much exacerbation.

## 4. Conclusion

Homoeopathy is a specific system of medicine which functions as a treatment designed for an individual and it varies from patient to patient and disease to disease. It treats not only the symptoms but the person as a whole. This case shows tremendous result in symptoms of RA and Hypothyroidism with individualized homoeopathic medicine. However, these both are chronic cases, further follow-up study and analysis as well as objective verification of subjective symptoms are must for scientific validation of result.

### **Conflict of Interest**

Not available

### **Financial Support**

Not available

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