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HOMEOPATHIC MANAGEMENT OF RHEUMATOID ARTHRITIS

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ABSTRACT:

Rheumatoid arthritis is an autoimmune disease with an unpredictable course. Conventional treatment has reduced the severity of symptoms, but the pathogenesis of the disease is unclear and is managed with immunosuppressants, analgesics, and antimalarial therapy. Most cases progress to complications that can be very burdensome. Rheumatoid arthritis patient in a 48-year-old woman who received personalized homeopathic treatment for more than 3 months with improved clinical signs and symptoms, with recurrence of pre-existing symptoms of milder severity.

INTRODUCTION

Rheumatoid arthritis, a systematic autoimmune disease characterized by inflammatory arthritis and extra-articular involvement, primarily affects synovial joints, typically starting symmetrically in small peripheral joints and progressing to involve proximal joints. Clinically, the diagnosis of rheumatoid arthritis can be differentiated from osteoarthritis¹. The affected area in rheumatoid arthritis is the proximal interphalangeal and metacarpophalangeal joints morning stiffness for more than an hour. While osteoarthritis typically affects the distal interphalangeal joint due to wear and tear, it affects one side of the body and the morning stiffness disappears within half an hour. In the early stage of the disease, the influx of inflammatory cells into the synovial membrane leads to monocyte proliferation and thickening of the synovial membrane with small villous projections into the joint space. Synovial thickening with a swampy feeling on palpation will indicate that cytokines are produced in large quantities in the synovium, promoting an intense inflammatory response that leads to bone erosion and cartilage loss.

Cytokines are protein messengers that transmit information between cells and within cells through specific cell surface receptor molecules

Rheumatoid arthritis fluid is a hypoxic environment leading to increased production of (cox)2-derived noniceptive eicosanoids. Most studies describe rheumatoid arthritis HLA-DRH and HLA-DR1 are considered to be a very important genetic background, especially in anti-cyclic citrullinated peptide (anti-CCP) positive smokers, genetic predisposition and environment trigger an autoimmune reaction and antibodies attack the soft tissue of the synovium and cause inflammation and gradual destruction in organs progressing to comorbidities such as ophthalmological manifestations such as Sjogren's syndrome.

Globally, the prevalence of rheumatoid arthritis was 0.24% according to the ARA criteria, giving a prevalence in India of about 0.75%. A 2019 study revealed that 70% of women are prone to the condition. However, in severe rheumatoid arthritis, the autoimmune disease, which is only slightly reduced by conventional treatment, is used only for treatment.

CASE PRESENTATION

The patient, a teacher, was 49 years old when she came for a homeopathic consultation in March 2023. she was treated with conventional and alternative medications.

FILING COMPLAINTS

The patient had severe pain in the left knee joint with lumbar and upper forearm of the right shoulder with a feeling of numbness, as she says, the pain is like wandering. She experienced incontinence when laughing or coughing.

More complaints

Other complaints include distension of the abdomen with burning in the area of the sternum when overeating. He occasionally complains of a slight headache when in the sun, which subsides after sleep.

PAST MEDICAL HISTORY

The patient experienced allergic bronchitis at the age of 26 years, repeated urinary tract infection 3 years ago.

GYNECOLOGICAL HISTORY

The patient reached menarche at the age of 15 years, because the irregular menarche was not treated with any drugs, it resolved itself, she complained of severe dysmenorrhoea before menstruation, which previously improved with the flow of menstrual bleeding.

DIFFERENTIAL DIAGNOSIS

Rheumatoid arthritis can be confused with fibromyalgia, which is musculoskeletal pain that does not progress or cause joint damage, Lyme disease, which affects one or two tick-infested joints, while rheumatoid arthritis is symmetrical.

HOMEOPATHIC CONSULTATIONS

The patient sought homeopathic consultation on March 16, 2023, the joint affection escalated to the above-mentioned list with a specific type of personality since childhood as a shy personality, the current state of mind says that her husband does not show enough care and concern for her, she wants everyone at home with her always they speak. By closely monitoring allergic bronchitis treated with conventional treatment, an even simpler complication of dermatitis, which was suppressed, again led to the pathology of autoimmunity. In general, the patient was warm-blooded, without thirst, the homeopathic medicine Pulsatilla 200 one dose was indicated.

Follow

After correction, the patient improved in a month with feelings of pain and numbness with the recurrence of older skin rashes with itching, demonstrated improvement in immunological parameters.

DISCUSSION AND CONCLUSION

In this case, one dose of Pulsatilla 200 was prescribed as an Individualized homeopathic medicine according to the summary of symptoms, a significant improvement in the rheumatoid factor with worsening symptoms was achieved, the only limitation here was the impossibility of proving any pharmacological effect of the drug, because homeopathy does not act on matter, but on the energy fields of the organism, it needs further studies.

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