



## Acute Arthralgia treated by Homoeopathic medicine *Berberis Vulgaris*: A Case Series

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### Abstract:

**Background:** Arthralgia is a symptom of the chronic manifestations of these diseases. Usually homoeopathy is overlooked for pain management, but it has a very wide action in acute cases, as our master Dr. Hahnemann has mentioned in aphorisms 72 and 73. *Berberis vulgaris* is used for various types of pain, like back pain, joint pain, and neuralgic pain. **Objective:** To assess the role of *Berberis vulgaris* in the management of acute arthralgia by the sublingual route of administration. **Result:** The cases of acute arthralgia were treated with homoeopathic medicine *Berberis vulgaris* in a decimal scale, i.e., 3x, and their effects were carried out using the Visual Analog Scale (pre and post score). It has been seen that patients improved and experienced a reduction in pain. The pre-VAS score for cases ranged from 9 to 7, while the post-VAS score ranged from 4-0 in all cases. During the study, it has been observed that in a month, a patient requires 10–12 doses or less. **Conclusion:** This study has shown that *Berberis vulgaris* helps in treating joint pain or rheumatic-like pain. Therefore, acute cases can also be managed by homoeopathy.

**Keywords:** Acute Arthralgia, Homoeopathic intervention, *Berberis Vulgaris*, Visual Analog Scale, Sublingual, Decimal scale

**Abbreviations:** *Berberis Vulgaris* – berbvl, Visual Analog Scale – VAS

### Introduction:

The term "arthralgia" comes from two Greek words: arthron means joint and algos means pain. It means pain in the joint or refers to any type of joint pain. <sup>1</sup> Arthralgia is a symptom caused by any injury, infection, or any illnesses or discomforts in joints, like arthritis, or can be due to any allergic reaction after medication, not any disease. It usually refers to when the condition is non-inflammatory, while if inflammation is present, it is said to be arthritis <sup>2</sup>, which is the most common cause of arthralgia. <sup>3</sup> The character of the pain may be sharp, dull, stabbing, burning, or throbbing in nature, and its intensity may vary from mild (soreness) to moderate to severe (limiting the movements, especially weight bearing). <sup>3,4</sup> It can arise from any part of a joint, whether cartilage or bone, ligaments, tendons, or muscles. <sup>4</sup>

Many studies have shown that *Berberis vulgaris* acts on gouty constitutions or rheumatic affections. The pain character of berbvl is Rheumatic paralytic pain in shoulders, arms, hands, fingers, legs, and feet Neuralgia under the fingernails, with swelling of the finger joints and heel pain as if ulcerated. Pain in the balls of the feet on stepping causes intense weariness and lameness of the legs after walking a short distance. <sup>5-7</sup>

The sublingual routes allow drugs to be delivered directly into the systemic circulation, thus avoiding the portal vein system and liver filtration. These drugs quickly cross the multilayered epithelium of the tongue; this muscular organ is highly vascularized, thus allowing fast absorption and the rapid appearance of therapeutic effects. <sup>8</sup>

### Methods:

The case series comprises five patients with acute symptoms of arthralgia who attended the outdoor patient at SwasthyaKalyan Homoeopathic Medical College and Research Centre, Jaipur. Both males and females from the age group 30-65 are included in the cases. The pain symptoms are analysed by the pre- and post-VAS scores.

#### Cases:

Details	Case 1	Case 2	Case 3	Case 4	Case 5
Date	07/04/2022	26/04/22	24/06/22	29/07/22	23/08/22
Age/Sex	42yrs/M	48yrs/F	30yrs/F	63yrs/M	32yrs/F
Presenting Complaint	• Pain in right ankle joint and right heel	• Pain in right knee at supra patellar region	• Pain of multiple joints (wrist, elbow)	• Pain in left knee (posterior and lateral)	• Pain in right feet since 2 days

	since 10days • Pain < evening, standing • Swelling around ankle with numbness and heaviness in leg	with swelling and stiffness since 7 days • Sudden severe pain as if would tear  • Pain in lower back radiate to both lower limbs  < While standing	shoulder, lower limb) with trembling in hands since 7 days  < Pressure and griping >warm application  Right > left	side) since last 4 days • Pain sudden and last for an hour < Walking >Massage • Difficult in passing urine need time to urinate	< Standing, walking and pressure >Rest  • There is sensation of ball in feet while walking with swelling of feets
Pre VAS Score	9	9	9	7	9
Prescription	Rx BerbVul 3x/ 4 globules/ sublingual -3 doses at 15 minutes interval Followed by Sac Lac 30/4 globules/ TDS  x 2days	Rx BerbVul 3x/ 4 globules/ sublingual - 3 doses at 15 minutes interval Followed by Sac Lac 30/ 4 globules/ TDS  x 2days	Rx BerbVul 3x/ 4 globules/ sublingual - 3 doses at 15 minutes interval Followed by Sac Lac 30/ 4 globules/ TDS  x 2days	Rx BerbVul 3x/ 4 globules/ sublingual - 3 doses at 15 minutes interval Followed by Sac Lac 30/ 4 globules/ TDS  x 2days	Rx BerbVul 3x/ 4 globules/ sublingual - 3 doses at 15 minutes interval Followed by Sac Lac 30/ 4 globules/ TDS  x 2days
1 <sup>st</sup> Follow Up with date and prescription	09/04/2022 • There is no significant changes in pain but swelling around ankle slightly reduced by 10% Rx BerbVul3x/ 4 globules/ sublingual – 3doses 15 minutes interval Followed by Sac lac 30/ 4 globules/ TDS x7 days	09/04/2022 • There is no significant changes in pain but swelling around ankle slightly reduced by 10% Rx BerbVul 3x/ 4 globules/ sublingual – 3doses 15 minutes interval Followed by Sac lac 30/ 4 globules/ TDS x7 days	09/04/2022 • There is no significant changes in pain but swelling around ankle slightly reduced by 10% Rx BerbVul3x/ 4 globules/ sublingual – 3doses 15 minutes interval Followed by Sac lac 30/ 4 globules/ TDS x7 days	09/04/2022 • There is no significant changes in pain but swelling around ankle slightly reduced by 10% Rx BerbVul 3x/ 4 globules/ sublingual – 3doses 15 minutes interval Followed by Sac lac 30/ 4 globules/ TDS x7 days	25/08/22 • Relief in pain about 50% • No sensation of ball in feet Swelling reduced by 50% Rx Berbvul 3x/ 4 globules/ sublingual/SOS Followed by Sac lac 30/ TDS x7 days
2 <sup>nd</sup> Follow Up with date and prescription	20/04/22 • Slight relief in pain about 10% Swelling reduced by 15% Rx BerbVul 3x/ 4 globules/ sublingual – 3doses 15 minutes interval Followed by Sac lac 30/ 4 globules/ TDS x7 days	06/05/22 • Slight relief in pain in knee 5-7%  • Backache better by 50% • No radiating pain towards lower limbs seen  • Swelling and stiffness better by 50% Rx BerbVul 3x/ 4 globules/ sublingual – 3doses 15 minutes interval Followed by Sac lac 30/ 4 globules/ TDS x7 days	05/07/22 • Relief about 20% in pain  • Pain in morning reduced and stiffness also reduced Rx BerbVul 3x/ 4 globules/ sublingual – 3doses 15 minutes interval Followed by Sac lac 30/ 4 globules/ TDS x7 days	08/08/22 • Relief in knee pain about 25-30%  • Stiffness reduced  • Urine complaint better , can pass urine easily Rx Berbvul 3x/ 4 globules/ sublingual/SOS Followed by Sac lac 30/ TDS x7 days	01/09/22 • No pain and no swelling seen • No ball like sensation Rx Sac lac 30/ TDS x7 days
3 <sup>rd</sup> Follow Up with date and prescription	27/04/22 • Relief in pain about 20% • Swelling improved and reduced by 30% Rx BerbVul 3x/ 4 globules/ sublingual – 3doses 15 minutes interval Followed by Sac lac 30/ 4 globules/ TDS x7 days	12/05/22 • Relief in pain in knee about 25% • Backache better by 50% • Slight swelling present • No stiffness Rx Berbvul 3x/ 4 globules/ sublingual/SOS Followed by Sac lac 30/ TDS x7 days	12/07/22 • Relief in pain about 50% • No stiffness • Morning pain better by 70% Rx Berbvul 3x/ 4 globules/ sublingual/SOS Followed by Sac lac 30/ TDS x7 days	17/08/22 • Relief in pain in knee and no stiffness noticed • Took sos for once • Urine flow normal Rx Berbvul 3x/ 4 globules/ sublingual/SOS Followed by Sac lac 30/ TDS x7 days	07/09/22 • She was absolutely fine No pain and swelling Rx Sac lac 30/ TDS x7 days
4 <sup>th</sup> Follow up with date and prescription	05/05/22 • Relief in pain about 80% • Swelling slightly	18/05/22 • Relief in all pain about 50% • Required SOS once	18/07/22 • Relief in all complaints about 80-85%	23/08/22 • Minor pain felt butsubsidy within few minutes and no	

	seen now  <u>Rx</u> <i>Berbvul</i> 3x/ 4 globules/ sublingual/SOS Followed by Sac lac 30/ TDS x7 days	<u>Rx</u> <i>Berbvul</i> 3x/ 4 globules/ sublingual/SOS Followed by Sac lac 30/ TDS x7 days	<u>Rx</u> Sac lac 30/ TDS x7 days	stiffness  • He feels better <u>Rx</u> Sac lac 30/ TDS x7 days	
Post VAS Score	1	4	1	1	0
Total doses given	12 doses	10 doses	10 doses	9 doses	3 doses

### Results and Discussion:

Five patients were selected for the clinical study, out of which two are male and three are female. *Berbvul* has a positive effect on acute arthralgia. Cases observed within a month to know the effectiveness of the medicine when administered sublingually with first follow-up on the second day, then weekly. The VAS score was reduced from 9 to 4, 1 or 0 in the above cases. Therefore, the utilisation of homoeopathic medicine in such cases may help the patients by avoiding the regular use of painkillers and thus saving them from the adverse effects of the analgesic drugs. The prospective nature of the study negated the chances of information bias. The present case series has shown us the usefulness of *berbvul* in acutely managing arthralgia. However, higher quality studies are required to establish the relationship between arthralgia or any rheumatic pain and *berbvul*. However, this case series may be useful for the purpose of hypothesis generation, which can be tested in the future by a parallel group explanatory or pragmatic trial with an optimum sample size.

### Conclusion:

The clinical study inspired the capability of homoeopathic therapeutic drugs in improving pain. So, we concluded that there was a significant decrease in pain score in acute pain (arthralgia) before and after homoeopathic intervention.

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