



# International Journal of Research Publication and Reviews

Journal homepage: [www.ijrpr.com](http://www.ijrpr.com) ISSN 2582-7421

## Arthritis with Homeopathic Management

**DR. A.Umamaheswari**

MD scholar

### ABSTRACT:

Arthritis is one of the progressing hazards of health in old people. Arthritis is the disease of the joints. Once the person crosses his 30 there is imbalance of osteoclastic and osteoblastic activity. In this article we study about the causes, symptoms, complications, differential diagnosis, and management of arthritis in homoeopathy.

### Introduction:

Arthritis is defined as inflammation of the joints with pain and swelling of the joints. Arthritis is more than 100 types of arthritis in this osteoarthritis is most common among the elderly people. In osteoarthritis there is no inflammation. Inflammation of joints occurs in case of psoriatic arthritis, rheumatoid arthritis, ankylosing spondylitis, etc. sometimes deposition causes swelling of the joints such as gout, calcium and phosphate deposition. Sometimes infection can produce swelling and pain in the joints. E.g septic arthritis. Autoimmune disease also produces arthritis, in SLE, scleroderma, myositis, inflammatory disease.

Arthritis may inflammatory, non-inflammatory, infective, and auto immune producing arthritis.

From this we study about the brief about the arthritis. Arthritis can cause pain and swelling of the joints, if this is untreated means it will go to degenerative changes in the joints. In homoeopathy there is lot of medicines for arthritis and it will cure the disease of joints. Here we will study few of the specific homoeopathic remedies for arthritis.

### Causes for arthritis:

Osteoarthritis, the predisposing factors are obesity, female above 45 yrs old, injury on the joint, and in old people.

Mutations in genes have been described, genes encoding types II, IV, V, and VI collagens.

Rheumatoid arthritis is an autoimmune inflammatory disorder, smoking and environmental factors causing stimulation and activation of immune system that produces inflammation of the joints.

Injuries on the joints means, later the person have risk of develop arthritis.

Bacteria or viruses that spread to the joint that produces infectious arthritis.

In case increased metabolic activity of uric acid causes deposition of uric acid crystals in to the joint, produces inflammation and pain on the joint.

### Risk factors

age of the patient, in old age persons may get arthritis due to over work and wearing of the joints.

In women after menopause, there is risk for arthritis and osteoporosis.

In obese person may develop arthritis because over load of weight on the joints.

In family history of arthritis, the person may develop arthritis.

The person having the habit of smoking may develop arthritis.

### Types of arthritis:

#### *Osteoarthritis*

In osteoarthritis tiny bits of bone can grow at the end of the bone, the extra growing bone is called as osteophytes.

The synovial fluid is increased, and the synovial membrane is get stretched and joint is deformed.

It is more common in women; they develop arthritis after the age of 45. The most commonly affected part is hips, knees, wrist, elbow and back.

***Metabolic arthritis:***

In calcium and uric acid metabolism increased means, there is deposition of crystals of calcium and uric acid on the joints. It commonly affects the big toe but also other joints also involved. The joints look like shiny, red and hot.

***Rheumatoid arthritis:***

In our body, the immune system protects the body from the infections and other illness. In autoimmune disease, the immune system attacks the normal healthy tissues, and joints also. In auto immune disease there is release of immune bodies, and fluid from the blood into the joints. The excessive fluid cause inflammation and the chemicals in the fluid damage the joints. The extra fluid can stretch the capsule and chemical in the fluid irritate the nerve endings.

***Psoriatic arthritis:***

It is an autoimmune condition of the body. It produces painful swelling and stiffness of the joints. The patient has scaly eruption on the scalp, elbow, back and buttocks.

***Ankylosing spondilitis:***

This is due to extra calcium; this extra calcium causes growth of bone especially on the spine, and produce pain and inflammation of the spine.

***Symptoms of arthritis:***

There is pain, swelling, stiffness of the joint, redness of the joint, and inability to movement of the joint.

***Complications of arthritis:***

The patient has pain in the joints, loss of mobility, inability to walk, tenderness, deformity of joints, muscle weakness, stretching of the capsule of joints, which leads to tearing of the ligament. Due to muscle weakness, easy to fall. Fracture of the bones.

In rheumatoid arthritis not only affecting the joints but also it affects other system of body.

Skin: inflammation of the skin, and damage to the skin.

Bones: osteoporosis and increased risk of fracture.

Heart: inflammation of the heart muscles.

Lungs: interstitial lung disease.

Blood vessels: inflammation of the blood vessels.

Eyes: inflammation of the eyes and dryness of the eyes.

Other complications:

Infection of the joints, DM, HT, and increased level of cholesterol.

Sleep disturbances, depression and anxiety.

Homoeopathic management:

Rhus tox:

The patient has Hot, painful swelling joints, soreness of condyles of bone. Rheumatic pains spread over long surface area of nape of neck, back, loins, back and extremities. The patient has loss of power in forearm and fingers. < during sleep, night, rainy wet weather, cold climate. > During dry weather, warmth, and walking.

Bryonia:

The patient has hot, painful swelling of the knees, with stitches in the joints. Worse on least motion. < Least motion, dry weather, warmth. > cold, by pressure.

Guaicum officinalis:

The patient has immoveable joints, stiffness of joint, gouty swelling, rheumatic pains in shoulders and wrists. < From dry, cold weather, touch, from 6 to 4 am. > External pressure.

Aesculus hip:

Aching between shoulder blades, the patient has weak spine, hands and feet swelling.

**REFERENCES**

1. <https://www.ncbi.nlm.nih.gov/books/NBK518992/>
2. <https://www.sciencedirect.com/sdfe/pdf/download/eid/3-s2.0-B9780323033701500113/first-page-pdf>
3. Reginato AM, Olsen BR. The role of structural genes in the pathogenesis of osteoarthritic disorders. *Arthritis Res.* 2002;4(6):337-45. [PMC free article] [PubMed]

4. Siva C, Velazquez C, Mody A, Brasington R. Diagnosing acute monoarthritis in adults: a practical approach for the family physician. *Am Fam Physician*. 2003 Jul 01;68(1):83-90. [[PubMed](#)]
5. <https://versusarthritis.org/about-arthritis/conditions/arthritis/#:~:text=We%20all%20need%20calcium%20to,damage%20the%20bone%20and%20joint>.
6. <https://www.nhs.uk/conditions/osteoarthritis/symptoms/#:~:text=Your%20fingers%20may%20become%20stiff,opening%20jars%20or%20turning%20keys>.
7. <http://www.homeoint.org/books/boericmm/a/aesc.htm>
8. <https://www.materiamedica.info/en/materia-medica/john-henry-clarke/index>
9. [https://www.narayana-verlag.com/homeopathy/pdf/Text-Book-of-Materia-Medica-S-K-Dubey.05778\\_1Foreword.pdf](https://www.narayana-verlag.com/homeopathy/pdf/Text-Book-of-Materia-Medica-S-K-Dubey.05778_1Foreword.pdf)
10. <http://homeoint.org/books/allkeyn/index.htm>