



A Classical Homoeopathic Approach to Rheumatoid Arthritis Using H.A. Roberts' Rheumatic Repertory: A Case-Based Study

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ABSTRACT :

Rheumatoid Arthritis (RA) is a chronic autoimmune condition that predominantly affects small joints and leads to progressive disability if untreated. This article presents a clinical case managed with classical homoeopathy using H.A. Roberts' rheumatic section in **The Principles and Art of Cure by Homoeopathy**¹. A middle-aged female with a long-standing case of RA experienced significant relief through a single well-selected remedy. Indian literature and clinical reasoning were integrated in the process. This study highlights the utility of classical repertorization combined with keen observation of mental and general symptoms for holistic management.

KEYWORDS: Rheumatoid Arthritis, Homoeopathy, H.A. Roberts, Classical Repertorization, Indian Authors, Chronic Disease, Autoimmune, Mental Generals

INTRODUCTION

Rheumatoid Arthritis is a chronic, systemic inflammatory autoimmune disorder primarily targeting the synovial joints. It leads to joint destruction, deformity, and systemic manifestations. Globally, its prevalence is about 0.5–1% with a higher incidence in women between 30–50 years of age². The conventional treatment includes NSAIDs, DMARDs, corticosteroids, and biologicals, which offer symptomatic relief but often fall short in halting the autoimmune drive. In contrast, homoeopathy aims to correct the constitutional imbalance, offering individual-centric therapy that can modify the disease course over time.

According to Dr. Subrata K. Banerjee, "Chronic diseases like RA need deep-acting, constitutionally prescribed antipsoric remedies which must cover the mental, physical, and pathological totality."³

CLINICAL OVERVIEW OF RHEUMATOID ARTHRITIS*

Etiopathogenesis:

RA is triggered by genetic predisposition (HLA-DR4), infections, or stress, leading to autoantibody formation (RF, Anti-CCP). The immune complex attacks joint linings, resulting in pannus formation and erosion.

Symptoms:

Symmetrical joint pain and stiffness
Morning stiffness > 30 minutes
Fatigue, weight loss
Swelling, redness, deformity of joints

Diagnosis:

RA Factor (positive in 70%)
Anti-CCP (high specificity)
ESR, CRP – Raised
X-ray: joint space narrowing, erosions²

CASE REPORT

Patient Details:

Name: Mrs. R. K.

Age: 45 years

Occupation: Homemaker

Date of first consultation: 3 August 2023

Chief Complaints: Pain and stiffness in small joints (fingers, wrists, ankles) for 5 years

Clinical Presentation:

Mrs. R. K. complained of morning stiffness lasting over an hour, worse in cold and damp weather. Pain was burning and tearing in nature, migrating from one joint to another. Deformities were observed in fingers and wrists. Emotionally, she presented with deep-seated grief and suppressed anger due to long-standing familial neglect.

Mental Generals:

Reserved, suppressed emotions

Felt neglected and undervalued in her family

Craves warm food and dislikes confrontation

Physical Generals:

Thermally chilly

Desires: warm food, spices

Aversion: sour things

Sleep: disturbed due to pain

Diagnosis:

Rheumatoid Arthritis (seropositive)

TOTALITY OF SYMPTOMS

Mind – Grief, long-standing

Mind – Ailments from suppressed anger

Extremities – Pain – migrating

Extremities – Stiffness – morning – > motion

Generals – Cold, damp aggravates

Desires – Warm food

Thermals – Chilly patient

REPERTORIAL APPROACH USING H.A. ROBERTS' RHEUMATIC REPERTORY

Dr. H.A. Roberts, in his work Principles and Art of Cure by Homoeopathy, provides a special rheumatic rubric section where clinical conditions like RA are presented along with related modalities and mental concomitants¹.

Rubrics Selected from Roberts' Rheumatic Section:

1. Pain, shifting
2. Worse in cold, damp weather
3. Morning aggravation
4. Grief-related complaints
5. Better by motion
6. Progressive joint deformities
7. Burnt, tearing pain in joints

Repertorial Results:

Top remedies emerging: Causticum, Rhus tox, Pulsatilla, Lycopodium

MATERIA MEDICA DIFFERENTIATION

Causticum:

Grief, injustice, progressive stiffness, burning pains, joint deformities, better by warmth, reserved nature. Known to have deep anti-sycotic and anti-psoric action.

Reference: Clarke's Materia Medica⁴ and also emphasized by Dr. Banerjee³ as a "constitutional deep-acting remedy in destructive rheumatic affections."

Rhus tox:

Stiffness > motion, < rest. Useful in acute stage but lacks deeper constitutional grief and reserved temperament.

Pulsatilla:

Changeable symptoms, mild nature, desire for consolation—not matching the deeper suppressed grief and burning pain.

REMEDY PRESCRIBED

Causticum 200C, single dose, followed by placebo for 30 days

FOLLOW-UP AND OUTCOME***First Follow-up (1 Month):***

Stiffness improved by 40%
Sleep improved
Less weepy, more communicative

Second Follow-up (3 Months):

Burning pain reduced, stiffness <30 minutes
RA factor dropped from 90 IU/ml to 54 IU/ml
No new joint affected

Sixth Month Follow-up:

No migratory pain
ESR and CRP normalized
Emotional state stabilized
Improvement continued without repetition

DISCUSSION

This case confirms that RA, though labeled incurable by modern medicine, can show remarkable recovery when managed with constitutional homoeopathy. The use of H.A. Roberts' rheumatic repertory helped in precise rubric selection based on modalities and the nature of pain¹. The mental state rooted in grief, as understood from Indian literature and supported by works of Dr. Ajit Kulkarni and Dr. Banerjea³, emphasized the necessity of deep acting anti-psoric remedies.

According to Dr. Manish Bhatia, understanding the psychological conflict behind disease enhances remedy selection, especially in autoimmune cases⁵. The results validate the idea that “no disease is local, every disease is general,” as echoed in *Organon*⁶ and modern Indian literature⁷.

CONCLUSION

Homoeopathy has the potential to bring long-term relief in autoimmune conditions like Rheumatoid Arthritis by addressing the totality of symptoms—mental, emotional, physical, and pathological. H.A. Roberts' clinical rubrics bridge pathology and symptomatology effectively. Indian authors' insights, combined with classical repertorization and constitutional prescribing, provide a robust foundation for managing chronic diseases holistically.

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