



## “Scope of Homeopathy in the Treatment of Osteoarthritis.- A Case study”

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### Abstract:

The incidence of arthritic diseases in clinical practice are very common in now- a- days. This disease produces a definite problem for aged persons/senior citizens as it hampers their walking habit & also normal routine works. So, life becomes disgust for them. This troublesome disease has extremely less amenable in other pathies including modern medicine. Most sophisticated knee surgery has also no surety for them. In this context, Homoeopathy has some scope in this disease to prevent further damage of knee joints, minimizing the most troublesome pains, stiffness & immobility. it is a degenerative disease, difficult to permanent cure with time to time troublesome symptoms. So, This article suggested a scientific clinical homoeopathic protocol basing on personal clinical experience, where at least within a period of 06 months, patient to be applied different groups of homoeo medicines singly basing on the character/symptoms of the disease with need of the patient & found it as good success.

### Keywords:-

**Osteo-arthritis, Homoeopathic treatment Protocol.**

### Introduction

#### Osteoarthritis of Knee:-.

Osteoarthritis of Knee, is a very common disease in now- a- days after Diabetes & Hypertension. Commonly, it is known as wear-and-tear arthritis because the natural cushioning between joints & cartilages — wear away. Due to this, the bones of the joints rub more closely against each other. So, the shock-absorbing benefits of cartilage is loosed in a great way.

**Epidemiology:**

**Incidence**-The chance of developing osteoarthritis of Knee rises after age of 45. Women are more likely to have Osteoarthritis than men. it may be also hereditary. In some cases, it may result from injury/infection to knee or due to obese condition.

**Pathophysiology in OA of Knee-**

This rubbing results in-

•Pain.

•Swelling

•Stiffness

•Decreased ability to move &

Sometimes, formation of an

extra bits of bone is known as Bone spurs. It is just like a hard lump & remains around the affected joint.

**Causes Of OA :-.**

•Age-:(after 45 years) is the most common cause of OA, because, the ability of cartilage to heal decreases as a person gets older. It may also develop at earlier but % are less.

•Weight-: more body weight increases much pressure on the knees. So, obese persons are the more suffers of this disease.

•Heredity-:genetic mutations might make a person more likely to develop Osteoarthritis of the knee. It may also be due to inherited abnormalities in the shape of the bones that surround the knee joint.

•Gender-: women ages 45 and older are more likely than men to develop osteoarthritis of the knee.

•Repetitive stress injuries-: People with certain occupations like lifting heavy weights (55 pounds or more) are more likely to develop Osteoarthritis of the knee because of the constant pressure on the joint.

**Research Question:**

Is Homoeopathic medicine effective in improving Osteoarthritis ?

**Hypothesis:**

Homoeopathic medicine is effective in improving Osteoarthritis.

**Objective:**

To study the effect of Homoeopathic medicines in improving Osteoarthritis by

1. Reducing pain,
2. Stiffness and
3. Limiting the disease progress.

**Materials and Method:****Case Study:**

**Diagnosis of the Osteoarthritis Knee:-** Taking detail case history of affected Patient.

Physical examination of Knee joint & its adjacent affected parts can give clear diagnosis of OA of knee.

**Homoeopathic approach to Osteo-arthritis of Knee**

Homeopathy has wide scope for its treatment with its varieties of medicines in different forms. The selection of homoeopathic remedies must be based upon the theory of individualization and symptoms similarity by detail case taking. But, the difficulty here is, due to the unbearable recurrent knee joint pains, stiffness & immobility felt by the patient, it may not give sufficient time to the treating doctor for a smooth treatment. So, it is better to formulate a well programmed homoeopathic treatment protocol for a certain period of time(at least for 06 months) rather than giving a single or one type of remedy through out the treatment period. However, all types of the medicines in the protocol should neither be mixed nor to be given simultaneously. As per the need, they may be given singly in due course.

**Homeopathic Remedies for Osteoarthritis:-**

**1.Kali. iod**–Rheumatism of Knee with effusion in joint- so huge swelling of Knee found.

Pain—< night, while bending the knee & lying on affected side..

>by motion & open air.

**2.Calcaria carb.**–Osteoarthritis of knee joint especially in fat and obese persons. < when getting up from a sitting position , by walking & Cold. Cold , clammy knees is another feature of Calcarea carb. There is cramps in calves when stretching out the legs at night. They have a special craving for eggs and undigestable things.

**3.Benzoic acid** –Arthritis of Knee joints, cracking sound on walking.

Pains-Tearing, stitching type.

Knee- Swollen hugely with redness,.

< at night, motion.

Urine-highly offensive, dark brown colour. Blood examination- ↑ of Uric acid

**Case study:-****Presenting complaints:.**

A woman with 40 years of age visited with the complaint of pain in bilateral knee joints for last 8 months. The pain was so severe as if the bone was being cut by knife with contraction of knee. Complaints aggravated in the morning, while ascending and ameliorated by uncovering the affected part. The patient was also suffering from constipation since 8 months.

**History of presenting complaints:.**

The pain in knees started 8 months ago, for which she took conventional medicines. The medicines gave her temporary relief, but after discontinuing the medicine, the pain reappeared. For last 15 days, the severity of the pain increased with cracking sound on motion along with stiffness.

**Past history:**

She suffered from psoriasis long time back, which was treated by homoeopathy.

**Family history:**

Father suffered from bronchial asthma for last 5 year and Mother suffered from hypertension for last 2 years.

**Personal history:**

Her diet was irregular. She had no addiction.

**Mental general and physical general:**

No significant mental symptoms was found. While enquiring her physical general aspects, it was found that she had good appetite but still lost her weight. She was obese, and had a phlegmatic constitution. She easily get cold and could not tolerate it.

**Prescription:-**

After repertorisation, Calcarea carbonicum was at the highest grade with highest matching of the symptoms. Hence, Calcarea carbonicum was selected on the basis of completeness of symptoms of the patient and after consulting with materia medica.

Date-4/8/2022

Calcarea carbonicum 200/ 1 dose, early morning mixing with ½ cup of water for 2 days along with Placebo every day, two times after eating for 7 days

**Selection of dose and potency:**

As per Organon of Medicine, (aphorism 247 5th edition)(8), according to the susceptibility of the patient, the potency was selected. The patient was highly susceptible and intensity of the symptoms was also increased. Also, she suffered from that affection since long, so the case was started with high potency.

**Result:****Follow up:-**

18/8/2022--No changes took place. Pain in both knee joints with stiffness.

Rx, Placebo30/1drop BD× 15 days

5/9/2022--Patient had more pain along with cutting pain, but bowel movements improved.

Rx,Placebo -30/ 1 drop BD x 15 days

23/9/2022--She had slight improvement in the pain, felt better.

Rx,Placebo-30/ 1 drop BD x 7 days

5/10/2022--No changes after improvement.

Rx,Calcarea carbonicum -200/1 dose

20/10/2022--Moderate improvement on pain with slight stiffness and regular bowel movement.

Rx,Placebo-30/ 1 drop BD x 7 days

30/10/2022--No pain with much improvement, no stiffness with feeling of comfort

Rx,Placebo-30/ 1 drop BD x 15 days

24/11/2022--No symptoms occurred after considerable time

**Discussion****Repetition of Medicine:-**

As per Organon of Medicine, every well chosen medicine should be repeated at suitable interval aphorism 246 5th edition. In this case, after initial improvement of the patient, symptoms were unchanged and came to a standstill, therefore, at that time, it is necessary to repeat the same medicine with same potency.

**Conclusion**

1. In case of any kind of joint disorders, homoeopathy proves to be of vast scope.
2. A homoeopath treats the patient according to the symptomatology and the dynamic medicine does not produce any kind of side-effects like conventional medicines.
3. Homoeopaths believe in the individualistic approach, and in the above case, with the help of Boenninghausen Repertory, the case was completely cured without any side effects.

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