



HOMEOPATHIC MANAGEMENT OF OSTEOARTHRITIS OF KNEE JOINT BY CAUSTICUM: A CASE REPORT

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❖ ABSTRACT

- Osteoarthritis is most common joint disorder in world, as it is ranked 11th highest contributor to global disability and 38th highest in disability adjusted life years. ^[11] According to World Health Organization (WHO) OA is the second commonest musculoskeletal problem in the world population (30%) after back pain (50%). ^[9] In western population it is one of the most frequent causes of pain, loss of function and disability in adults. Radiographic evidence suggest of Osteoarthritis occurs in the majority of people by 65 years of age and in about 80% of those aged over 75 years. In the US it is second only to ischemic heart disease as cause of work disability in men over 50 years of age and accounts for more hospitalization than Rheumatoid arthritis each year. ^[13]
- The pooled global incidence of knee OA was 203 per 10,000 person-year in individuals aged 20 and over. Correspondingly, there are around annual 86.7 million individuals (20 years and older) with incident knee OA in 2020 worldwide. ^[14] As I started my post-graduation study here and went to see so many patients in college OPDs, I observed the number of patients increasing with complaints of joint pain as chief complaint or associated with other diseases like hypertension, diabetes, etc.
- Homoeopathy is the 2nd and most widely used complementary and alternative medicine in health care system. ^[15] Patient survey around the world shows consistent selection of homoeopathic medicine is due to its satisfactory result over conventional medicine, adverse effects of conventional medicine lead to only limited dose could be taken for pain relief and cost effectiveness of homeopathy. And homoeopathy has shown some promising results in clinical practice.
- Homoeopathy plays major role in management of osteoarthritis cases of knee by reducing swelling, tenderness, pain relief and by improving loss of function so we can give better quality of life to patient and we can also decrease prevalence of knee replacement surgery by proper homoeopathic medicine that is by proper case taking, symptoms analysis, evaluation, repertorization and selection of medicine, potency and

dose. But it is very difficult to choose similimum from Materia medica so here repertory become tool which is helpful in finding similimum by searching symptoms as a rubric in which group of medicine are listed.

❖ **KEYWORDS-** osteoarthritis, Homeopathy.

❖ **INTRODUCTION**

Osteoarthritis is non-inflammatory degenerative joint disease marked by degeneration of articular cartilage, hypertrophy of bones at margins and changes in synovial membrane, accompanied by pain and stiffness. Its most common site is knee joint. There are two types of osteoarthritis that is primary and secondary. Primary osteoarthritis affects the weight bearing joints. The cause is known (idiopathic). Secondary osteoarthritis Have clearly defined cause such as history of trauma, endocrinal disease, metabolic disease, Congenital, Joint disease, Neurological, Vascular, Bone disease, Calcium deposition and Miscellaneous cause etc.

• **COMMON SYMPTOMS**

- Pain - Deep aching and intermittent over time
- Morning stiffness 5-30 min (average 20 min)
- Reduced functioning of effected joint
- Feeling of instability of joint and locking resulting from loose bodies and frayed menisci
- Locking or buckling of knee joint
- Range of motion decrease both active and passive due to tenderness
- Asymmetric duck gait.

Hip joint is commonly affected in population with western living habits, knee is involved more commonly in a population with Asian living habit, that is the habit of squatting and sitting crossed legs.

• **ON EXAMINATION:**

- Swelling, synovitis, muscle wasting, tenderness
- Shrug's sign
- In later stage CPPD crystal deposition in associated with osteoarthritis
- Crepitus on palpation-Restrict flexion and extension with coarse crepitus
- Jerky asymmetric(atalgic) gait with less weight bearing on painful side
- Varus or valgus deformity
- Subluxation

Baker's cyst – posterior knee pain suggests presence of complicating popliteal cyst.

• **INVESTIGATION:**

- RADIOLOGICAL EXAMINATION

Narrowing of joint space

Subchondral sclerosis dense bone under the articular surface

Osteophyte formation

Loose bodies

Deformity

- Other investigation –

Synovial fluid aspiration and,

CBC, and ESR for rule out rheumatoid arthritis

As homeopathy plays important role in management of osteoarthritis in relieving pain, in other complaint and prevent further progression of pathology by selecting similimum. “The proper uses of the repertory will lead to correct off hand prescribing in simple cases, in from ten to twenty years. The mechanical use of repertory never leads to artistic prescribing or to remarkable results”.

❖ CASE REPORT

Name: Mrs SSk	Date: 09/05/2022
Patient ID: S/616	Age/sex: 53 years. /Female
Qualification: MBA	Occupation: Housewife
Address: RAJKOT	Marital status: Married
Weight: 67kg, 157 cm	Religion: Hindu

Chief complaints: [causation, O.D.P., and concomitants]

The patient was well before August, 2021; but then she experienced sudden locking (+2) and stiffness (+2) of her right knee, then the pain increased gradually and stiffness of the knees also increased which is aggravated by get up or standing up from the sitting position (+3). On asking about type of pain, patient said feeling heaviness (+3) in knees. and tightness (+2). in knees specially during sitting and after sitting when start to move then after walking for some time feels better. Pain is aggravated when extending the knee (+2) after working in one position or sitting for some time or standing some time in one position. Pain is also aggravated during evening (+2) and ascending steps (+3). Crackling sound in the knee, on examination.

Patient is known case of hypertension since 1 year, presently on allopathic treatment.

Location	Sensation	Modality	Concomitant
Locomotor system	Locking (+2) of the left knee	<when extending the	
Knee joint	Stiffness in knees (+2) Heaviness (+3) and tightness of knee (+2) Crackling sound	knee (+2) <by get up from sitting position (+3) Evening (+2), climbing stairs (+3)	

Associated complaint

There was occasional dull, aching pain in the back (+1) off and on since 2 weeks. Pain is aggravated after lifting weight (+2), standing for long time (+2) and ameliorated by lying on back (+3)

Location	Sensation	Modalities	Concomitants
Back Lumbar region	Dull aching pain in the back	<after lifting heavy weight, standing for long time >while lying down on back	

Past history:

No.	Disease	Age	Duration	Treatment	Result
1.	Warts on chin and around nose	20 years	6 months	Surgical removal with allopathic treatment	Disappear with this treatment.

Life Space/Mental State/Direct Mental Expression:

The patient is mild nature as a person, easily cry over slightest matter. She gets offended (+2) when someone shows her mistakes gets upset with trifles; very helpful nature for others. She becomes easily sad over suffering of others, she told that when she looks at beggars and handicapped people, she feels sad for them and help whatever she can do for them. There were no major childhood events found nor any major life event was found during case taking.

EVALUATION OF SYMPTOMS

1. Feeling heaviness (+3) in knees. and tightness (+2). in knees specially during sitting and after sitting when start to move then feels better after walking for some time. Pain is aggravated when extending the knee (+2). Pain is also aggravated during evening (+2) and ascending steps (+3). Crackling (+3) sound in the knee, on examination
2. Stiffness of the knees which is aggravated by get up or standing up from the sitting position (+3).
3. Mild, in nature
4. Gets offended (+2) when someone shows her mistake
5. Weeping disposition (+2)
6. Chilly patient
7. Sour smelling perspiration (+2)
8. Addiction tea in the morning, causes dullness if not taken
9. Dull, aching pain in the back <lifting heavy weight, standing for long time; >while lying down on back.

TOTALITY OF SYMPTOMS

1. Feeling heaviness (+3) in knees. and tightness (+2). in knees specially during sitting and after sitting when start to move then after walking for some time feels better. Pain is aggravated when extending the knee (+2). Pain is also aggravated during evening (+2) and ascending steps (+3). Crackling (+3) sound in the knee, on examination
2. Stiffness of the knees which is aggravated by get up or standing up from the sitting position (+3)
3. chilly patient
4. Sour smelling perspiration (+2)
5. Mild, gentle in nature

6. Gets offended (+2) when someone shows her mistake

7. Sympathetic (+2)

8. Weeping disposition (+2)

REPORTORIAL TOTALITY

1. KNEES-Cracking

2. KNES- Ascending, aggravation-steps

3. KNEES-Heaviness, joint

4. KNEES- Stiffness

5. KNEES-Time-Evening

6. KNESS-Tension, joint when sitting or beginning to walk, better continual walking

7. KNEES- Stretching out-extending limb, aggravation

TOTALITY OF SYMPTOMS

1. Feeling heaviness (+3) in knees. and tightness (+2). in knees specially during sitting and after sitting when start to move then after walking for some time feels better. Pain is aggravated when extending the knee (+2). Pain is also aggravated during evening (+2) and ascending steps (+3). Crackling (+3) sound in the knee, on examination

2. Stiffness of the knees which is aggravated by get up or standing up from the sitting position (+3)

3. chilly patient

4. Sour smelling perspiration (+2)

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GROUP OF REMEDIES

Sulphur-22/6

Causticum-20/7

Nux vomica-20/6

PLANNING OF TREATMENT WITH REASON:**MIASM:** Fundamental miasm: Tubercular

Dominant miasm: Syco-syphilitic

HOMOEOPATHIC PRESCRIPTION

Remedy: Medicine was selected on the base of physical and mental symptoms. Causticum having stiffness, crackling and tension in joint. Causticum also covers arthritic deformans and heaviness in limb. In causticum stiffness in knee aggravated by sitting and ameliorated by continue walking. causticum is chilly patient, complaint aggravated in evening, mentally sympathetic, emotional and least things make him cry.

Prescription

Causticum 200 BD (4 medicated globules) x 3 days and SL BD 4 pills for 7 days

Follow up

Date	Change of symptoms	Treatment
17-05-2022	Pain like heaviness and tightness in the knee SQ, stiffness in knee SQ slightly, pain on beginning of motion and during sitting decrease slightly.	Causticum 1m BD x 2 days, SL BD 4 pills,7 days
24-05-2022	pain in the knee slightly reduced (10%) according to the patient, stiffness SQ, pain while beginning to move is slightly reduced, an episode of back pain+2 occurred due to lifting of weight.	Rhus tox 30 TDS 3 days (rhus tox given because backpain lifting from) SL BD 4 pills for 7 days

2-06-2022	pain in the knee is better 30%, better in back pain. Stiffness is also better 20%, pain in the knee on beginning to move and in sitting is also better 30 to 40%	SL BD 4 pills for 15 days (Patient was going out of town so wanted medicines for 15 days)
18-06-2022	Pain in the knee is better 50%, stiffness better 50%. Now stiffness is for lesser time than before.	Causticum 1M BD x 2 dyas SL BD, 7 days
25-06-2022	Pain in the knee is better 60%, better in stiffness about 50%.	SL BD 4 pills for 15 days
10-07-2022	pain in the knee has increased due to	Rhus tox 30
	increased physical work at home, also body ache due physical exertion, stiffness is also increased.	TDS for 2 days for relief of pain in knee and body ache. (Effective on muscular exertion rhus tox also acts on pain and stiffness in joint and also coming in totality) SL BD 4 pills for 7 days
18-10-2022	Pain in the knee has reduced 60%, stiffness of the joint has reduced 50 to 60%, mentally the patient feels much better.	Causticum 1M BD x 2 days SL BD 4 pills for 15 days

3-11-2022	Pain in the knee is better 70%, stiffness also reduced 80%, no difficulty in rising up from sitting position.	SL BD 4 pills, one month
5-12-2022	Pain in the knee has reduced after last prescription but has increased since 4 days, stiffness in the knee has also increased, O/E there is swelling of the joint with mild	Causticum 1M BD x 2 days SL BD 4 pills, 7 days
	tenderness.	
12-12-2022	pain in the knee is better by 80%, stiffness has reduced (+2), mentally the patient feels less offended now when someone shows her mistake, patient feels more energetic now.	SL BD 4 pills, 15 days
28-12-2022	Pain in the knee has reduced by 90%, no stiffness is felt after last prescription, no swelling and tenderness of the joint, mentally the patient feels better about affected by small things.	Causticum 1M BD for 2 days SL BD 4 pills, one month
27/1/2023	Pain at the knee joint has reduced for 95%, less difficulty in ascending stair and in household work. Stiffness occasionally, gets less affected when other criticizing her.	Causticum 1M BD for 2 days SL BD 4 pills for 1 month

❖ CONCLUSION:

Now a days osteoarthritis is common problem due to sedentary lifestyle and obesity. Homeopathy has proved itself to be the most promising therapy on which people can really.

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