



ARTHRITIS: ITS HOMEOPATHY MANAGEMENT

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ABSTRACT

Arthritis is a illness-triggering painful soreness and stiffness of the joints. It is the ailments of joints inflammation. It affects people irrespective of gender and age. In any form of arthritis the most common symptoms are constraint in movement with stiffness of joint. These may be visible, such as knobby finger joints. In this paper we have presented our study of cure of arthritis with the help of homeopathic remedies.

KEYWORDS : ARTHRITIS, HOMEOPATHY, REMEDIES, STIFFNESS, JOINT PAIN ETC.

INTRODUCTION:

Arthritis can also cause permanent joint changes. These may be visible, such as knobby finger joints, but often the damage can be seen only on X-rays. Some types of arthritis affect the heart, eyes, lungs, kidneys and skin as well as the joints.

The arthritis has a worldwide presence of around 1%. The arthritic complaints are insidious in nature and often neglected in their initial stages. Their characteristic features are joint pains exacerbated on movement coupled with either stiffness of the joints, restricted range of movements, instability or even may involve swelling. The functional derangement is more often associated with radiological abnormalities which may include narrowing of the joint space, osteophytes formation, subchondral bone sclerosis, cysts, and the collapse of bones or even subluxations.

Types of Arthritis:

- Inflammatory arthritis
- Degenerative or mechanical arthritis
- Connective tissue disease
- Infectious arthritis
- Metabolic arthritis
- Childhood arthritis
- Septic arthritis

The two main types of arthritis are inflammatory arthritis, of which the commonest form is rheumatoid arthritis, and soft tissue rheumatism. Rheumatoid arthritis affects about one person in a hundred; it is nearly three times commoner in women than men (for unknown reasons). Its cause, too, remains frustratingly elusive. It tends to come on at an earlier age than osteoarthritis (typically in the 30s to 50s) and is more aggressive, running a more rapid course: about a third of sufferers are seriously disabled within ten years, although it is very variable. It particularly affects the small joints, especially of the hands and feet, causing a typical hand deformity where the fingers slant sideways. But it can affect almost any joint in the body, and also cause nodules under the skin and eye problems. There are many other forms of inflammatory arthritis, some of them associated with infections.

Common Signs And Symptoms:

- Joint swelling, redness, and tenderness.
- Pain and stiffness
- Restriction of movements and limited mobility of joint
- Swelling
- Crunching sounds in joints when walking specially occur in osteoarthritis
- Deformities of joints occur in rheumatoid arthritis
- Fever and body pain in case of rheumatic and septic arthritis

Common Dignosis Methods:

- RA (Rheumatoid Arthritis) factor

- X-ray of the joint
- ESR (Erythrocyte Sedimentation Rate)
- C-Reactive proteins (CRP)
- CBC (Complete blood count)

Homeopathic Management:

Homeopathy is based on the theory of 'treating like with like'. The way homeopathic remedies work isn't clear, but there doesn't seem to be any safety risk with using them.

In our Homeopathy hospital we have conducted the studies on following number of patients:

Sr. No.	Age Group	Number of Patients
1	25 to 40 years	05
2	41 to 50 years	12
3	Above 50 years	35

Following Homeopathy Medicines where prescribed based on symptoms and condition of the individuals:

Sr. No.	Name of Medicine	Purpose
1	ACONITUM NAPELLUS	Pain and inflammation
2	BELLADONNA	Joints look red and inflamed
3	BRYONIA	Joint pain improved by staying immobile and applying pressure
4	LEDUM PALUSTRE	Pain and swelling
6	CAULOPHYLLUM THALICTROIDES	Arthritis and rheumatic pain localized in the fingers' phalanges
7	DULCAMARA	Pain and stiffness triggered by dampness and cold
8	RUTA GRAVEOLENS	Feeling of great stiffness and lameness
9	GAULTHERIA Q	Acute severe pain in multiple joints
10	CANTHARIS Q	Disturbed sleep due to pain
11	RHUSTOX 3X	Pain in multiple joints
12	AESULUS	Pain in back extending to hip
13	ACID NITRICUM	Pain on back
14	CAULOPHYLLUM	Small joints are affected
15	COLCHICUM	Affects several tissues
16	ALLIUM SATIVA	For pain in hip
17	LEDUM PAL	Feet and travels upwards spreading to the upper joints of the body
18	KALMIA	Useful in pains affecting the chest

CONCLUSION:

During our treatment of arthritis we have found that the homeopathy helps in curing and helps in fast recovery of the patients suffering from pain and stiffness in joints. If the proper

treatment with continuous follow ups has been taken the arthritis can be treated with the help of Homeopathy.

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