



BEYOND SYMPTOM RELIEF: SYNERGISTIC COMPLEMENTARY ACTION OF NUX VOMICA AND SULPHUR IN OSTEOARTHRITIS WITH LUMBAGO – A CASE ASSESSED BY NARANJO HOMEOPATHIC IMPROVEMENT SCALE

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ABSTRACT

Osteoarthritis with lumbago is a chronic degenerative condition characterized by persistent pain, stiffness, and restricted mobility, significantly affecting quality of life. Homeopathy approaches such conditions holistically by addressing both the presenting physical complaints and the patient's constitutional state. In chronic musculoskeletal disorders, improvement often progresses through a sequence of remedies, and understanding complementary remedy relationships and Kent's observation becomes vital for achieving sustained results.

KEYWORDS : Osteoarthritis, homeopathy, individualization, complementary remedy

METHODOLOGY:

A 62year male patient from the OPD of Parul institute of homeopathy and research hospital, Vadodara, presented with complaint of bilateral leg pain, tingling and numbness since 7–8-month, knee joint pain since 6-7 months, and back pain since 5 months. Individualized Homeopathic medicine was selected on basis of totality of symptoms and further improvement was noticed with complementary remedy.

courageous, goal oriented. Complete repertory was used for repertorization and Nux Vomica 200 was prescribed, one dose daily for 3 days, followed by placebo. Within a few weeks, the patient developed acute symptoms of watery stool with urgency (patient had same complain long ago) for which Sulphur 200 was administered as a complementary remedy (justification- kent's 11th observation.)

Case Summary:

A 62-year-old male patient presented with complaint of bilateral leg pain, tingling, numbness (to the extent that footwear get off) in foot and sensation as if prickling (kanta vagta hoy evu) aggravated by bare foot, ameliorated with rest, bilateral knee joint throbbing pain aggravated by walking, throbbing lumber pain. As a person he is confident, fearless,

PATIENT INFORMATION:

- NAME: XYZ
- AGE/SEX: 60 year /male
- MARITAL STATUS: Married
- OCCUPATION: 31 years of duty as driver now farmer
- DIET: Veg
- ADDRESS: Nanadra, Kheda

Table: 1 LSMC

LOCATION	SENSATION	MODALITIES	CONCOMITTENT
MSS LOWER EXTRIMITIES B/L LEG FOOT O: 7-8 MONTH	TINGLING +++ (KANTA VAGTA HOY EVU) NUMBNESS+++ (EVEN SLIPERS GETS OFF AND NOT AWARED) PAIN-PRICKING	< BARE FOOT ++ < WALKING ++ < REST ++	
KNEE B/L	PAIN – THROBBING ++ NO BURNING O/E – CRACKLING ON RT> LT	< WALKING ++ > RUBBING WITH OIL	
BACK LUMBER REGION TO FLANK	THROBBING PAIN ++		

PAST HISTORY & FAMILY HISTORY:

Diagnosed with alcoholic encephalitis – in January, 2024
F/H/O: Mother –died- naturally – no major illness
Father –died – naturally – no major illness

PERSONAL HISTORY:

- Appetite: satisfactory
- Desire: not specific
- Aversion: not specific
- Thirst: 3 lit /day
- Perspiration: moderate, no stain, no smell
- Urine: 5-7 time /day, 2 time /night
- Bowel: 2 time a day, without any urgency
- Sleep: 11 pm to 4 am, sound sleep
- Habit: alcohol and stopped since 1 year due to diagnosed with encephalitis, smoking bidi (10-12 bidi /day)
- Thermal: towards chilly, every season need Luke warm water, fanning occ, need covering in every season

MENTAL:

The patient comes from a moderate -income family with 5 members: mother, father, patient and younger brother.

He studied up to 6th grade but then lost interest in schooling. At age 11, he understood his family's financial condition, so his goal became to work as a truck driver. After leaving school he started working on a farm and gradually transitioned to driving.

He worked as a driver for 30-35 years.

During this time, he had 3 accidents while driving after consuming alcohol, but without any injuries.

His marriage life is good IPR with wife and children is good.

Since childhood Patient as a person: bold ++, goal oriented ++, fearless ++, no any stress / anxiety

PHYSICAL:

- Built: lean and thin
- Sun: < headache and vertigo
- Physical examination:
bp: 110/80mmhg
pulse: 85 /min

RR: 19 /min
Temp: normal
spo2: 98 %

Systemic Examination:

- RS: AE-BLE CLEAR
- CVS: S1S2 +
- CNS: conscious and oriented
- P/A: soft and non-tender
- LM: rt knee > left knee – crackling sound

DIAGNOSIS:
OSTEOARTHRITIS AND LUMBAGO

ANALYSIS AND EVALUATION

- Bold ++ = mental, general, characteristic
- Goal oriented ++ = mental, general, characteristic
- Confident = mental, general, characteristic
- Sun < headache = physical, particular
- Sun < vertigo = physical, particular
- B/L feet tingling +++ = physical particular, characteristic
- B/L feet numbness +++ = physical particular, characteristic
- B/L feet pricking pain ++ = physical particular, characteristic
- B/L feet pain < walking with bare foot ++: = physical particular agg modality, characteristic
- B/L knee throbbing pain ++ = physical particular, characteristic
- Back – lumbar region pulsating pain ++ = physical particular, characteristic
- Back and B/L knee pain, sole pain < walking ++ = physical particular, agg modality, characteristic
- Back and B/L knee pain, sole pain > absolute rest ++ = physical particular, ame modality, characteristic

TOTALITY

- Courageous ++
- Goal oriented ++
- Sun < ++ headache
- Sun < ++ vertigo
- B/L feet pain < walking with bare foot +++
- B/L feet tingling +++
- B/L feet numbness +++
- B/L feet pricking pain ++
- B/L knee throbbing pain ++
- Back – lumbar region pulsating pain ++
- Back and B/L knee pain, sole pain < walking ++

Source	Nerv	Dep	Pub	Alum	Nat/c	Boy	Agar	Sp	Def	St	Cacc	Calc
Ind	27	23	22	21	21	21	20	19	18	18	18	17
Ind/Lum	10	7	7	7	7	6	7	7	7	7	5	6
Diagnosis	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
[Complete] [Mind/Consciousness] (34)	1		3	3	1		3	3	2			
[Complete] [Mind/Attention/Intellect/Achieve things, desire to] (24)	1											
[Complete] [Head/Pain, headache/Sun, exposure to Agn.] (36)	3	3	4	2	4	4	3	2	4	1	3	3
[Complete] [Vertigo/Sun/Gravitation, and] (13)	1				3		3		1			1
[Complete] [Extremities/Pain/feet] (32)	4	4	4	4	4	4	4	4	4	4	4	4
[Complete] [Extremities/Tingling, pricking/feet Sides] (49)	3	2	3	2	3	3			3	3	4	
[Complete] [Extremities/Numbness, insensibility/feet] (12)	4	4	4	4	3	2	2	3	1	3	4	4
[Complete] [Extremities/Pain/Pulsating, throbbing/knees] (25)												2
[Complete] [Back/Pain/Pulsating, throbbing/lumbar region] (22)	2	3							1		3	
[Complete] [Generalities/Pain/Risking Agn.] (30)	4	4	3	3	3	4	3	3	4	3	3	3
[Complete] [Generalities/Pain/feet/Ansd.] (14)	4	3	1	1		4	3	3		1		

Fig:1 Repertorization

Final Prescription: DATE: 19/2/25

- NUX VOMICA 200 X 3 DOSE
- SL 30 BD X 7 DAYS

REMEDY JUSTIFICATION:

NUX VOM was selected as the similimum Considering the patient's temperament, habitual use of stimulants, thermally chilly reaction, and predominance of psoric symptomatology despite diagnostic indication suggestive of sycotic pathology.

FOLLOW UP:

Table: 2 Follow Ups

Date	Symptoms	Prescription
5/3/25	knee pain – 30 – 40 % relived back pain – 50 % relived B/L sole tingling, and pricking pain – 30 % relived c/o 3time water stool / day	NUX VOMICA 200 X 3 DOSE SL 30 X BD 7 DAYS
12/3/25	Knee pain – 50 % relived back pain – 60 – 70 % relived B/L sole tingling, pricking pain – 60 % relived – now able to walk with bare foot c/o 3time water stool /day	NUX VOMICA 200 X 1 DOSE x HS SL 30 X BD 7 DAYS
19/3/25	knee pain – 80 % relived back pain – relived completely B/L sole tingling and numbness – relived completely c/o stool 2 time /day	SL 30 X BD 7 DAYS
9/04/25	No numbness and tingling in sole no back pain No knee pain Stool 2-3 time /day	SL 30 X BD 7 DAYS
23/4/25	No numbness and tingling in sole no back pain No knee pain Stool 2-3 time /day	SL 30 X BD 7 DAYS
3/5/25	In all complain relived Stool: 3 time /day – watery (mostly morning) with urgency of stool if delayed then stool passed in cloths since 3 days	SULPHUR 200 SINGLE DOSE SL 30 BD X 7 DAYS
28/5/25	Stool –watery stool – 2time in morning with urgency	SL 30 BD X 7 DAYS
11/6/25	Stool – normal consistency (no loose stool – 2 time a day	SL 30 BD X 7 DAYS
1/7/25	c/o tingling in B/L sole since 3 days Stool – normal	NUX VOMICA 200 single DOSE
20/7/25	c/o tingling in B/ L sole mild relived Stool – normal	NUX VOMICA 200 single DOSE
13/8/25	C/o tingling and numbness increased	SULPHUR 200 single DOSE
20/8/25	B/L sole numbness and tingling reduced 80-85% now walk with bare foot	SL 30 BD X 7 DAYS

Modified Naranjo Criteria: Assessing Causality in Homeopathic Case Reports

Table: 3 Naranjo Analysis

Date	Clinical status summary	Main remedy considered	Modified Naranjo score (approx.)
05/03/25	Partial relief of knee/back/sole symptoms; watery stool 3x/day	Nux vomica 200x 3 dose /SL 30	+ 4 (improvement, timely, partial multi-symptom relief)
12/03/25	Further relief; walking barefoot; stool still watery	Nux vomica 200 single dose /SL 30	+ 5 (continued multi-domain improvement)
19/03/25	Knee 80% better; back & soles fully relieved; stool 2x/day	SL 30	+ 5 (near complete symptom resolution)

09/04/25	No pain/tingling; stool 2-3×/day	SL 30	+5
23/04/25	Same as 09/04/25	SL 30	+5
03/05/25	Pain resolved; watery urgent stool 3×/day (new main GI complaint)	Sulphur 200 single dose	0 (baseline before new remedy effect)
28/05/25	Watery stool 2×/morning with urgency	SL 30	+3 (partial improvement in stool)
11/06/25	Stool normal consistency, 2×/day; all other symptoms resolved	SL 30	+5 (full symptom resolution)
01/07/25	Tingling in bilateral soles since 3 days; stool normal	Nux vomica 200 single dose	+1 (new symptom onset, pre-treatment)
20/07/25	Mild relief of tingling; stool normal	Nux vomica 200 single dose	+3 (partial relief)
13/08/25	Tingling and numbness increased	Sulphur 200 single dose	0 (worsening symptoms, no improvement)
20/08/25	Numbness and tingling reduced 80-85%; walks barefoot now	SL 30	+5 (major symptom relief, good temporal linkage)
3/9/25	No any complaint	SL 30	+5 (major improvement)

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Scientific Justification:

- Nux Vomica was prescribed constitutionally and brought clear initial improvement in OA and lumbago, confirming the remedy choice.
- After a few weeks, the patient developed watery, urgent stool, at this new stage, the acute totality matched Sulphur, which is the well-known complementary remedy of Nux Vomica.
- When the first remedy reaches its limit and a new layer appears, the complementary remedy completes the curative process. Therefore, Sulphur was selected for further improvement that Nux had initiated.
- This concept of concordance was given by Dr. Boenninghausen in Therapeutic Pocket Book. Later when Dr. Allen edited, he changed the title from "Concordances" to "Relationship of remedies".
- Dr. Boenninghausen started a serious work on relationship of remedies in 1836 as THE RELATIVE KINSHIP OF HOMOEOPATHIC MEDICINES and refined it further in 1846 through the BTPB Repertory. Boenninghausen took 10 years to refine the concept of concordances.
- The word CONCORDANCE MEANS -THE INHERITANCE BY TWO RELATED INDIVIDUALS (ESPECIALLY TWINS) OF THE SAME GENETIC CHARACTERISTIC, SUCH AS SUSCEPTIBILITY TO A DISEASE.
- Example: belladonna's complementary remedy calcarea carb specially in semi chronic and constitutional disease.
- Carbo; (Lowness of vitality may suggest a preliminary course of Carbo to nurse up recuperation to the point that Kali carb would come in helpfully). Follows Nux often in stomach and bladder troubles.
- Following administration of the constitutional remedy (Nux Vomica followed by Sulphur), the patient experienced a transient return of watery diarrhoea, an old symptom from his history, which aligns with Kent's 11th Observation. This reappearance signifies the similimum acts deeply on the vital force, reversing the disease process from within outward as per Hering's Law. It yielding sustained relief in osteoarthritis and lumbago symptoms as scored on the Naranjo scale.