

Treatment of Osteoarthritis With A Homeopathic Constitutional Remedy: A Case Report

Abstract-Osteoarthritis (OA) is a joint disease that happens when the joints wear down over time, causing pain, stiffness, and limited movement. It's common as people get older. Injuries to the joint can increase the chance of developing OA. Carrying extra weight puts more pressure on the joints, which also raises the risk. A family history of OA can make someone more likely to get it. Repeating the same movements or activities can contribute too. Many people with OA rely on surgery and painkillers, but these can be expensive and sometimes lead to complications. That's why alternative treatments like homeopathy are worth considering. Homeopathy avoids surgery, reduces the risk of complications, and is more cost-effective. It focuses on stimulating the body's vital force to help heal, rather than just treating symptoms. This study aims to see how effective personalized homeopathic remedies are for treating primary osteoarthritis. These remedies can help ease pain and discomfort, reduce inflammation, and are chosen based on each patient's unique health history and physical traits.

Introduction-Osteoarthritis is a long-term condition that slowly wears down the cartilage in joints. It's the most common joint disease worldwide. In Western countries, it's the fourth most common health problem for women and the eighth for men. In England and Wales, between 1.3 and 1.75 million people have symptoms of osteoarthritis. In 2000, more than 80,000 hip or knee replacements were done in the UK, costing £405 million. Osteoarthritis is the second leading cause of disability in older adults in the West, after heart disease, affecting activities like walking and climbing stairs. Overall, 10%–15% of adults over 60 have some form of osteoarthritis, and as the population ages, this condition is becoming

more common.

Case report-A diagnosed case of primary osteoarthritis, 55 years old female patient, daily wage by occupation came to OPD of Vinayaka mission homeopathic medical college and hospital on 26 November 2024.

Chief complaints-The patient presented with the complaints of pain in both knee joint which is stitching type of pain aggravated while walking. And also she had burning sensation in foot. She had a known history of diabetes type 2 since 2 years. Complaints worse at night.

History of presenting complaints-Patient is apparently normal 2 years back then she gradually developed pain in both knee which is stitching type in nature agg while walking. And also she had a known history of dm. she had present complaint of burning sensation in foot which is more worsen at night.

Past history-Chicken pox at age of 10 years which is relieved by native medicine. Tonsillitis surgery done at age of 35 years.

Treatment history-She took allopathic medicine for same complaint, But not relieved.

Family history-Spouse died due to an accident. Had 4 children.

Personal history

- Non consanguineous marriage.
- Low economic status.
- Mixed diet No any addictions.
- Vaccinated.

Life space investigation-Milestones are normal in childhood. Studied upto 7th standard. Married at age of 21 years. She is a daily wage and had 4 children. Her husband died due to an accident.

Physical generals-

- Appearance - dark
- Appetite - reduced
- Thirst - normal
- Stool - 2 times / day normal
- Urine - normal (d5 n1)

- Sweat - increased
- Sleep – disturbed due to complaint
- Thermal reaction – hot patient

Mental generals

- Anxiety about health
- Weeping easily
- Understanding and intellect good
- Memory good.

Clinical findings

- Tenderness present in both knee joints.
- Crepitus positive in both knee joints.
- No any swelling, discolouration, warmth.

Case analysis

- Weeping easily
- Anxiety about health
- Appetite reduced
- Sleep disturbed
- Sweat increased
- Burning sensation in foot
- Stitching pain in both knee
- < walking
- < night.

Repetorial result

- Based on kent repertory,
- Mind – weeping
- Mind – anxiety- about health
- Stomach- appetite – diminished
- Sleep – disturbed
- Perspiration – profuse
- Extremities – pain- burning – foot
- Extremities- pain – stitching- knee
- Generalities- walking – agg
- Generalities – night-agg.

Selection of remedy-

- Sulphur 200 2 doses/ weekly once

Selection of potency-The slow disease progresses and availability of mental, physical and particular characteristic symptoms with structural reversible pathological changes indicate that the state of susceptibility was moderate to high. Thus 200 potency were selected and repeated infrequently.

First prescription

- Sulphur 200C/ 2 Doses/ Weekly Once / Early Morning/ Before Food.
- Calcarea Phosphoricum 6X/ 45 TAB/ 1-1-1/ AFTER FOOD.

Follow up-After 2 weeks Patient feels better from physical generals & slightly pain reduced.

- Sulphur 200c/ 1 dose/ gave again.

- After 1 week

• She got relieved from physical generals and main complaints.

- Later continued with biochemic tablet (calcarea phosphoricum).

Discussion-Homeopathy is a system of medicine that embraces a holistic approach for treating patients. Detailed case taking is essential to elucidate the constitutional makeup of the patient and a single remedy is selected on the basis of totality of symptoms. This case report shows that the homeopathic constitutional approach is helpful in the treatment of OA without requiring medicated external applications. In this case, SULPHUR 200c and biochemic remedy were administered overtime, which not only ameliorated the complaints but also improved her mental state. She was quite helpful about her recovery.

Conclusion-The present case report provides concrete evidence of the successful treatment of OA with constitutional homeopathic medicine. this case has highlighted the importance of holistic approach in the treatment wherein the individuality of a patient is considered for remedy selection, not just disease



symptoms. This case report can help clinicians enhance their knowledge about managing patients with OA.

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