



PRO LIFE ERA
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A Holistic Approach of Homoeopathy In Rheumatoid Arthritis

Rheumatoid arthritis (RA) is a progressive, disabling, chronic multi system disease which is characterized by pain, swelling and stiffness of the synovial joints, which is often worse in the morning and after periods of inactivity.

Rheumatoid arthritis (RA) stands as a prevalent & incapacitating chronic ailment, affecting approximately 1–2% of the population RA represents a chronic and systemic inflammatory condition that can impact various tissues and organs, primarily targeting the flexible, synovial joints of the body.

Causative Factor-Occurs when the body's immune system mistakenly attacks its own healthy tissues particularly the synovium. This autoimmune response causes inflammation in the affected joints.

Pathogenesis-RA is characterized by the proliferation of the synovial membrane, a process that results in the degradation of articular cartilage and subchondral bone. This pathological progression induces synovitis and synovial hyperplasia, leading to symptoms such as joint swelling, stiffness, and pain.

Types of RA-*Seropositive RA*, where blood tests show high levels of anti-CCP and RF.

Seronegative RA, where people with this form experience classic RA symptoms- joint swelling, morning stiffness, and pain- but test negative for anti- CCP and RF.

Symptoms-Swelling of joints, stiffness, joint pain, and diminished functionality, often leading to significant impairment in daily activities and quality of life. People with RA may also experience fatigue, fever, and loss of appetite.

Investigations--Rheumatoid factor

•ESR(Erythrocyte sedimentation rate)

•CRP, •ANA, ASO

•Anti-CPA (anti-citrullinated peptide antibody), •Synovial fluid analysis

•Radiographic evaluation

Homoeopathic Approach-Alternative medicine approaches like homeopathy, encompass a holistic approach to patient care, addressing not only the physical symptoms but also the mental, emotional, and spiritual dimensions of illness.

Some Homoeopathic remedies, which are best suited to RA.

•**Rhus Toxicodendron (RT)**- this remedy is often used for joint pain and stiffness that worsens with initial movement but improves with continued motion. Agg in cold & damp conditions.

•**Bryonia Alba**- Intense pain and inflammation in the joints, which worsen with any kind of movement. Amel. From rest & applying pressure to the painful area.

•**Apis Mellifica**- Apis is used when joints are red, hot and swollen. Keynote symptoms is stinging or burning sensation in the joints.

•**Arnica Montana**- General pain and soreness, especially after overexertion or physical trauma. It can help with muscle and joint pain.

•**Colchicum Autumnale**-Used when there is severe pain and swelling in the joints, especially in the finger joints. The pains is worsened by the slightest touch.

•**Causticum**- Is indicated when there is muscle weakness, tearing pain in the joints, and a sensation of stiffness.

•**Kalmia Latifolia**-Used when there is pain that radiates down the arm or leg

from the affected joint. Its associated with stiffness and inflammation.

•**Ledum Palustris**-Ledum is often used for pain that starts in the feet or ankles and moves upwards. It may be helpful for people who experience cool joints and feel better with cold applications.

In Homoeopathy, mother tinctures are routinely prescribed for the treatment of wide variety of ailments such as

•*Rauwolfia serpentina* is used for high blood pressure, fever, sedation, stomach pain, skin problems, and muscular problems.

•*Ricinus communis* Mother tincture (RCMT) is used to relieve the symptoms of vertigo, burning sensation in stomach, diarrhoea and in inflamed anus.

•Like wise the mother tincture of *Bellis perennis* (BPMT) is used for joint soreness, muscle soreness soreness of abdominal wall and uterus, and in diarrhoea.

•Similarly, the mother tincture of *Terminalia arjuna* (TAMT) is used in various diseases of heart, angina pectoris, suffocation, vertigo and gonorrhoea.^[7]

•These mother tinctures are prescribed for the treatment of analgesia and arthritis, but lack scientific basis.

Above all these hom. Remedies and mother tinctures, most of are for symptomatic relief in cases of RA. But, the real **Constitutional remedy** can help a patient from core. As we all know Homeopathy based on the principle of 'Likes Cure Likes', after a homeopathic case history, we can find a exact ailment of a diseased person, and can give a best constitutional remedy.

Lifestyle adjustments-In addition to



medications, lifestyle modifications like regular exercise, joint protection technique, and a balance diet can help manage the symptoms and improve the overall quality of life for individuals with RA.

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