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Rheumatoid Arthritis

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Abstract

A chronic inflammatory disorder affecting many joints, including hands and feet. Homoeopathy is a system of medicine which affects the immune system as well as whole

human being as it is effective in reducing the symptoms of joint inflammation in RA. It treats gently and permanently in case of rheumatoid arthritis

Keywords: homoeopathy, cost effective, inflammatory diseases

Introduction

Rheumatoid arthritis is a chronic inflammatory disorder that affects the joints and it also can damage the body systems which include the skin, eyes, lungs, heart, and blood vessels. It is an autoimmune disorder which occurs when the immune system mistakenly attacks the own's body's tissue. It affects the lining of joints, causing a painful swelling which results in bone erosion and joint deformity, the inflammation process of rheumatoid arthritis can damage the other parts of body as well.

Aetiology

It is an autoimmune disorder

Why some people develop RA is not clear yet. The individuals with RA might have certain genes which are activated by certain trigger in the environment like bacteria, virus, emotional or physical stress or some external factor.

The immune system fights with foreign body, the immune system mistakes the body's cells for foreign invaders and releases inflammatory chemicals that attacks the synovium. The inflamed synovium gets thicker and joint are painful, tender red and swollen, movement of joint is difficult.

Pathophysiology

- HLA-DR4 is the major susceptibility haplotype.
- CD4+T lymphocytes including Th1 cells and Th17 cells play a central role by interacting with other cells in the synovium.
- Lymphoid follicles form within the synovial membrane in which T cell –B cell interaction lead Bcells to produce cytokines and autoantibody.
- Synovial macrophages-activated by immune complex –produce proinflammatory cytokines including TNF,IL-1,IL-6and IL-15.
- Proinflammatory cytokines acts on synovial fibroblast to promote swelling.
- Activation of osteoclasts and chondrocytes drives destruction of bone and cartilage
- The pannus spreads and under the articular cartilage
- Muscles attached to inflamed joints atrophy and may be infiltrated with lymphocytes'.

Clinical features

People with RA may not have redness or swelling in the initial stage, but they may have tenderness and pain.

- Pain in joint, swelling, tenderness and stiffness that remains for 6 weeks or more than that.
- Commonly the MCP, PIP, wrist, MTP, ankles, elbow, shoulder, hip and knees
- Stiffness of joints in the morning that last for 30 minutes.
- Many joints are involved.
- Small joints are typically affected first
- Swan neck- deformity, button-hole deformity-deformity of thumb.
- COCK-up toe deformity.
- low grade fever, fatigue,

- RA having more inflammatory symptoms is termed as flare which can last for days or months.

Other effects

Eyes: Sensitivity to light, pain, dryness, inflammation

Mouth: Irritation, dryness and inflammation of gums

Skin: Rheumatoid nodules

Lungs: Shortness of breath and lung disease because of inflammation and scarring.

Blood vessels: Inflammation of blood vessels leading to damage in nerves, skin and other organs.

Blood: Lower red blood cells

Heart: Damage to heart muscles and surrounding areas because of inflammation.

Risk factors

Women are more likely to have RA

It mostly begins in middle age group although it can occur at any age group.

Genetic predisposition for developing this disease

Smoking also appears to be associated with RA

Diagnosis

Rheumatoid arthritis is difficult to diagnose at early stages.

Blood test – elevated ESR and elevated C-reactive protein level, blood test for rheumatoid factor and anticyclic citrullinated peptide (anti-CCP) antibodies.

Imaging test- X-ray to track progression of RA

MRI and ultrasound test to judge the severity of disease

Homoeopathic Approach in Rheumatoid arthritis

In homoeopathy, there was no such thing as prescribing for a specific diagnostic entity by name. Disease, according to the Homoeopathic system of medicine, is primarily based on a changed state of mind and body, manifesting itself through morbid functions and sensations. The disease is defined by a homoeopathic physician as the sum of a patient's morbid functions and sensations. The true and only conceivable portrait of the disease is the sum of its symptoms. The totality of a patient's symptoms should be taken into account when treating them, as this is the only guideline for homoeopathic treatment. Hahnemann's classification of diseases is unique, rational, and clinical. His classification is based on a number of clinical criteria that will never change. Acute and chronic diseases are the two types. True chronic diseases are caused by a chronic miasm, whereas acute diseases are caused by a transient explosion of latent psora. Rheumatoid arthritis is a degenerative disease that affects the joints. Active miasmatic mixtures are always the cause of degenerative diseases. The miasmatic diversification of the human mind, along with its civilization, creates an environment conducive to degenerative disease. Psora is a nutrient disturbance. Syphilis causes it to degenerate by causing it to accumulate debris that should be removed. Because all of these factors have the potential to be the root causes of all imbalances, both dynamic and somatic.

Abrotanum [Abrot]

Chronic arthritis. Gouty deposits about fingers-joints, during cold, stormy weather, painful, sore and hot at that time; metastasis to heart; piercing pain in heart; high fever; emaciation, though appetite is good. Painful and inflamed wrist and ankle-joints, stiff, with pricking sensation; ailments

after suppressed gout.

Actea spicata [Act-sp]

RHEUMATOID ARTHRITIS; swelling of joints after slight fatigue; pain as from paralytic weakness of hands; great stiffness of joints after rest; small joints swell after walking; legs weak after change of temperature; fingers numb, cold, discoloured; exertion causes cold sweat.

Apis mel [Apis]

Acute arthritis, where the affected parts show an erysipelatous redness or shining whiteness and are swollen; oedema of affected parts; great tenderness to touch. (>) BY COLD WATER; podagra.

Bryonia [Bry]

Joint swollen, tense, not very red, (<) by motion or touch; deathly sickness when raising the head; tongue white down the centre; patient unbearably cross.

Causticum [Caust]

Nodes; joints stiff; toes or fingers contracted; pains relieved by warmth of bed.

Guaiaicum [Guai]

Arthritic lancinations and contraction of limbs; (<) by slightest motion and accompanied by heat on affected parts. Gouty inflammation and abscess of the knee; IMMOVABLE STIFFNESS OF THE CONTRACTED PARTS; pinching in abdomen from incarcerated flatulence; pyrosis; constipation.

Kali iod [Kali-i]

Chronic arthritis with considerable spurious ankylosis; periosteum affected, (<) at night, preventing sleep, limbs contracted.

Manganum [Mang]

Arthritis vaga, shifting from one joint to another or crosswise, with shining redness and swelling of the joints; burning spots about joints, (<) from touch or motion; at night causing the patient to moan and to groan. Toe or other joint dark red in spots; tendo Achilles shortened; chronic arthritis with anaemia.

Rhododendron [Rhod]

Arthritic nodes; paralytic weakness of the limbs, aggravated in rough weather and rest; sensation in lower legs and feet as if asleep; periosteal affections.

Staphisagria [Staph]

Arthritic nodes from deposition of urates of soda; pain from the eyes to the teeth; eyes burn and feel dry despite profuse lachrymation; patient weak and exhausted from dissipation; face sallow. Chronic gout of men advanced in life, corpulent with feeble pulse, palpitations, dyspnoea on exertion; pains in smaller joints of hands and feet, with much swelling and hardness; SKIN AFFECTIONS ALTERNATING WITH PAINS IN JOINTS; weakness of knees; soles of feet tender.

Conclusion

Homoeopathic constitutional similimum improves the health of patients reducing the intensity of pain, disability is limited

causing a mark improvement in disease condition in particular. It also limits the need of analgesics **Homoeopathic** medicines are safe to take, patients often response very quickly and these are non-addictive, offer no side effects easy to administer and very cost effective as well.

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