

Rheumatoid Arthritis and its Homoeopathic View

Ramneek Kaur

BHMS, M.D. (Hom) PG Scholar

Abstract: *In rheumatoid arthritis, the body's immune system attacks its own tissue, including joints. In severe cases, it attacks internal organs.: Tender, warm, swollen joints and Joint stiffness. Causes: Exact cause is unknown. But Researchers think it's caused by a combination of genetics, hormones and environmental factors. Investigations: Shows RA factor positive. Homeopathic cause: In line with evolutionary reasoning Symptoms: self-devaluation conflicts are the primary cause of rheumatoid arthritis.*

Keywords: Arthritis, symptoms, flare symptoms, causes, investigations, RA factors, homeopathy.

1. Symptoms

Rheumatoid arthritis affects everyone differently. In some people, joint symptoms develop over several years. In other people, rheumatoid arthritis symptoms progress rapidly. Many people have time with symptoms (flares) and then time with no symptoms (remission).

Symptoms include:

- Pain, swelling, stiffness and tenderness in more than one joint
- Stiffness, especially in the morning or after sitting for long periods.
- Pain and stiffness in the same joints on both sides of your body.
- Fatigue (extreme tiredness).
- Weakness.
- Fever

Rheumatoid arthritis flare symptoms:

The symptoms of a rheumatoid arthritis flare aren't much different from the symptoms of rheumatoid arthritis. But people with RA have ups and downs. A flare is a time when you have significant symptoms after feeling better for a while. With treatment, you'll likely have periods of time when you feel better. Then, stress, changes in weather, certain foods or infections trigger a period of increased disease activity.

Although you can't prevent flares altogether, there are steps you can take to help you manage them. It might help to write your symptoms down every day in a journal, along with what's going on in your life. Share this journal with your rheumatologist, who may help you identify triggers. Then you can work to manage those triggers.

2. Causes

The exact cause of rheumatoid arthritis is unknown. Researchers think it's caused by a combination of genetics, hormones and environmental factors.

Normally, your immune system protects your body from disease. With rheumatoid arthritis, something triggers your

immune system to attack your joints. An infection, smoking or physical or emotional stress may be triggering.

3. Risk factors

There are several risk factors for developing rheumatoid arthritis. These include:

- **Family history:** You're more likely to develop RA if you have a close relative who also has it.
- **Sex:** Women and people designated female at birth are two to three times more likely to develop rheumatoid arthritis.
- **Smoking:** Smoking increases a person's risk of rheumatoid arthritis and makes the disease worse.
- **Obesity:** Your chances of developing RA are higher if you have obesity.

How is rheumatoid arthritis diagnosed?

The blood tests look for inflammation and blood proteins (antibodies) that are signs of rheumatoid arthritis. These may include:

- Erythrocyte sedimentation rate (ESR) or "sed rate" confirms inflammation in your joints.
- C-reactive protein (CRP).
- About 80% of people with RA test positive for rheumatoid factor (RF).
- About 60% to 70% of people living with rheumatoid arthritis have antibodies to cyclic citrullinated peptides (CCP) (proteins).

Understanding cause of RA from homoeopathic point of view

According to homoeopathic rules the disease (i. e difficulty in the easiness of the individual) originates in the psyche of the person (i. e in the mind of the person)

Reasoning: The bones as well as cartilage, tendons and ligaments originate from the new mesoderm and are therefore controlled from the cerebral medulla.

Brain Level: In the cerebral medulla, the bones and joints (incl. cartilage, tendons, and ligaments) of the right side of the body are controlled from the left side of the body are controlled from the right cerebral hemisphere. Hence, there is a cross-over correlation from the brain to the organ.

Biological Conflict: The biological conflict linked to the bones and joints is a **severe self-devaluation conflict or loss of self-worth**. The cartilage, tendons and ligaments as well as the lymphatic system and blood vessels correlate to a light self-devaluation conflict.

Note: Whether the conflict affects a bone or joint on the right or left side of the body (or both sides) is determined by a person's handedness and whether the conflict is mother /child or partner related. A localized conflict affects the bone or joint that is associated with self-devaluation conflict.

References

- [1] Centers for Disease Control and Prevention. Rheumatoid Arthritis. (<https://www.cdc.gov/arthritis/basics/rheumatoid-arthritis.html>) Accessed 2/18/2022.
- [2] Chauhan K, Jandu JS, Goyal A, Bansal P, Al-Dhahir MA. Rheumatoid Arthritis (<https://www.ncbi.nlm.nih.gov/books/NBK441999/>) [Updated 2021 Oct 7]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2022 Jan. Accessed 2/18/2022.)
- [3] A brief biography of Caroline Markolin, Ph. D., Author of [learning GNM.com](https://learninggnm.com). (<https://learninggnm.com/documents/markolin.html>)