

Efficacy of Homoeopathy in Treatment of Rheumatoid Arthritis

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Abstract: *Rheumatoid Arthritis (RA) is a complex autoimmune disorder characterized by chronic inflammation and joint degradation, leading to significant patient morbidity. This study evaluates the efficacy of homoeopathic treatment in reducing RA symptoms. A total of 80 patients were enrolled based on specific inclusion and exclusion criteria, over a period of 18 months. Analysis of the data thus obtained indicated to an improvement in morning stiffness, swelling, pain, redness and grip strength in the test subjects, as confirmed by paired T - tests. These findings suggest that homoeopathy may offer a viable treatment option for RA.*

Keywords: Rheumatoid Arthritis, Homoeopathy, Joints, Inflammation

1. Introduction

“Rheumatoid arthritis (RA) is a chronic inflammatory disease of unknown etiology characterized by a symmetric polyarthritis and is the most common form of chronic inflammatory arthritis. Since persistently active RA often results in articular cartilage and bone destruction and functional disability, it is vital to diagnose and treat this disease early and aggressively before damage ensues. RA, a systemic disease, may also lead to a variety of extraarticular manifestations, including fatigue, subcutaneous nodules, lung involvement, pericarditis, peripheral neuropathy, vasculitis, and hematologic abnormalities, which must be managed accordingly.”¹

A few studies have been done in the past to examine the impact of homoeopathic treatment of diseases of the joints, including Rheumatoid Arthritis. This study is significant as it contributes to the growing body of evidence supporting homoeopathy as a potential treatment for Rheumatoid Arthritis, offering an alternative to conventional therapies that often have undesirable side effects.

2. Material and Methodology

Study setup: It was an exploratory study, with the sample size of 80 patients.

Subject: The subjects for the study were selected from the patients attending OPD, IPD and peripheral dispensaries of Sri Guru Nanak Dev Homoeopathic Medical College and Hospital, Ludhiana.

Inclusion criteria: Cases diagnosed with Rheumatoid Arthritis, with the help of investigations (Rheumatoid factor, ESR, CRP, Anti - CCP).

Exclusion criteria: Patients not suffering from Rheumatoid Arthritis, Pregnant and lactating mothers, cases with advanced deformities.

Intervention: Proper case taking, repertorization, follow - up and treatment according to Homoeopathic principles

enshrined in Dr. Hahnemann's writings. Prescriptions were made based on totality of symptoms.

Study Parameters: Observations were made based on subjective and objective symptoms. Both qualitative and quantitative symptomatologic changes was closely followed.

Outcome of the Study: The study enhanced understanding of the role that homoeopathic treatment can play in managing Rheumatoid Arthritis. The analysis and T - tests clearly indicated a positive response to treatment by patients suffering from the disease.

3. Results

Out of the 80 selected patients, all 80 participated in the study. Four age categories were made to divide the patients, i. e. 0 - 20 years (3 patients, 5.75%), 21 - 35 years (20 patients, 25.00%), 36 - 50 years (39 patients, 48.75%) and 51 to 90 years (18 patients, 22.50%). Therefore, clearly the disease prevalence is least in the early stages of life, and gradually increases with age, peaking between the ages of 36 and 50 years, and then gradually dropping in the more advanced ages. The study also found that 67 (83.75%) of the 80 cases were female, while only 13 (26.25%) were male. Therefore, clearly the disease predominantly affects more women than men.

For the first prescription, while a total of 36 different medicines were prescribed based on symptom similarity, it was found that Sulphur, Thuja and Calc - ph. were the most frequently indicated remedies, being used in 30 (37.50%) percent of the cases.

Paired T - tests were performed to assess the overall change in number of symptoms the patients were suffering from before and after the treatment. The T - test indicated with 95% confidence that the overall number of symptoms decreased after treatment.

Individual T - tests were performed to assess the change in severity of morning stiffness, severity of swelling, intensity of pain, intensity of redness and grip strength. Each of the

tests indicated with 95% confidence that these aspects of the qualitative symptoms were improved after treatment.

4. Statistical Analysis

Paired T - tests were performed for the following parameters:

- 1) Number of symptoms before and after treatment
(The mean of Number of symptoms before treatment minus Number of symptoms after treatment equals 5.71.95% confidence interval of this difference: From 5.04 to 6.39)
- 2) Severity of morning stiffness before and after treatment
(The mean of Severity of morning stiffness before treatment minus Severity of morning stiffness after treatment equals 2.95.95% confidence interval of this difference: From 2.64 to 3.26)
- 3) Severity of swelling before and after treatment
(The mean of Severity of Swelling before treatment minus Severity of Swelling after treatment equals 1.78.95% confidence interval of this difference: From 1.46 to 2.09)
- 4) Intensity of pain before and after treatment
(The mean of Intensity of pain before treatment minus Intensity of pain after treatment equals 3.18.95% confidence interval of this difference: From 2.84 to 3.51)
- 5) Intensity of redness before and after treatment
(The mean of Intensity of redness before treatment minus Intensity of redness after treatment equals 1.45.95% confidence interval of this difference: From 1.09 to 1.81)
- 6) Grip strength before and after treatment
(The mean of Grip strength before treatment minus Grip strength after treatment equals - 1.65 95% confidence interval of this difference: From - 1.96 to - 1.34)

Therefore, it can be said with confidence that Homoeopathic treatment is efficacious for the treatment of Rheumatoid Arthritis.

5. Conclusion

The study demonstrates that homoeopathic treatment is effective in reducing the symptoms of Rheumatoid Arthritis, particularly in improving morning stiffness, swelling, pain, redness, and grip strength. These results suggest that homoeopathy could be a beneficial alternative treatment for patients with RA, warranting further research.

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Conflict of Interest:

The author declares that there is no conflict of interest.

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