

Rare gems for osteoarthritis: a reflection from various homoeopathic literature

By Dr Prastuti Jaiswal, Dr Saumya Sharma

Abstract: Osteoarthritis is a chronic degenerative disorder characterised by cartilage loss. It's extremely prevalent in society and is a major cause of disability. It is important to treat OA effectively using a multi-disciplinary approach tailored to the patient's needs. Lesser used and rare medicines can be effective in treatment of osteoarthritis.

Keywords: homoeopathy, osteoarthritis, rare medicines

Abbreviations: osteoarthritis(OA), proximal interphalangeal joints (PIP), distal interphalangeal joints (DIP)

Introduction

Osteoarthritis (OA) is the most common form of arthritis. It is strongly associated with ageing and is a major cause of pain and disability in older people. OA is characterised by focal loss of articular cartilage, subchondral osteosclerosis, osteophyte formation at the joint margin and remodelling of joint contour with enlargement of affected joint. Inflammation can occur but it is not a prominent feature. Joint involvement in OA follows a characteristic distribution mainly targeting the hips, knees, PIP and DIP joints of the hands, neck and lumbar spine.¹

Clinical features¹

1. The main presenting symptom are pain and functional restriction in a patient over the age of 45, but more often over 60 years.
2. Mainly related to movement and weight bearing, relieved by rest
3. Usually only one or a few joints painful
4. Only brief (< 15 min) morning stiffness and brief (<5 mins) getting after rest

5. Restricted movement due to capsular thickening, or blocking by osteophytes
6. Palpable, sometimes audible, coarse crepitus due to rough articular surfaces
7. Bony swelling around joint margin
8. Deformity, usually without instability
9. Joint-line or periarticular tenderness
10. Muscle weakness and wasting
11. Synovitis mild or absent

Homoeopathic indicated rare remedy based on the individuality of the case will slow down the disease activity progress and improve quality of life of patient. This will be useful in enriching to the existing literature of materia medica, improve the knowledge of clinicians and will encourage future researches.

Angustura vera: used in rheumatic and paralytic complaints – great difficulty in walking. Crackling in all joints, Stiffness of muscles and joints. oversensitive, caries of long bone, paralysis, tetanus, bone

pain.² drawing, tension, stiffness of muscles and joints. Stiffness and extension of the limbs tension in the muscles while walking, great difficulty in walking, crackling of joints.³ Painful stiffness between scapulae and in nape cramping pain and bruised feeling in legs.⁴ The greatest craving for coffee is a characteristic symptom

Jacaranda caroba: rheumatic pain in the left arm in the morning. Pain from the left elbow through the forearm red spot with a yellowish pellicle on the wrist rheumatic pain in the right knee disappearing on motion. Pain nape neck so painful that the head cannot be turned to right stiffness in loins.³

Arbutus andrachne: pain in the joints of a gouty and rheumatic character the larger joints are principally affected, and the slightest movement sets up inflammation.³

Salicylicum acidum: rheumatic pain occurring in some women during climaxis after suppressed foot sweat, rheumatic pains < at night after an hour sleep forced to get up. Necrosis of tibia.³

Guarea ballwood: stiffness of trunk constriction of back cutting pain

in sacrum caries of the bones with swelling of affected parts cracking, cutting pains in the bones aggravated at night pain in the periosteum of arm bones.⁵

Gettysburg: ulceration of vertebrae or of joints, involving bones with acrid, excoriating, ichorous discharge.⁵

Hecla lava: osteitis, periostitis; exostoses, osteosarcoma, rachitis; it affects mostly the bones of head, jaws, teeth and legs; difficult dentition.⁵

Argemone maxicana: left knee stiff and painful. Feet swollen worse at noon Painful neuro-muscular conditions, preventing sleep. Rheumatic disease associated with bright's disease.

Formica rufa: an arthritic medicine gout and articular rheumatism pain worse motion better pressure soreness in neck and up into head, severe pain left side of neck while chewing. Sensation as if muscle were strained and being torn from attachment rheumatism appear suddenly mostly in joints with restlessness patient desire although it aggravates pains ameliorated by pressure.³

Cistus canadensis: pain in knees and right thigh when walking and sitting. In evening, pains in right knees, in right hand, in left shoulder. drawing pains in muscular part of hands and of lower extremities, with pains in joints, fingers and knees. tearing and drawing pains in all the joints, knees and fingers.³

Stillingia sylvatica: pain in right scapula runs up the neck, soreness in humerus, sharp shooting pain in both arms. Aching pain in left leg, enlargement of tibia to such a degree as to deprive the child of all power of motion, limbs contacted and swollen. Ulcers on legs, venereal chronic and indolent. Periostitis and

nodes of tibia.³

Stellaria media: rheumatic pain in right hip, left knee, left foot. Joints stiff pain < on motion, parts sore to touch. Darting rheumatic pain: down right arm and middle of index finger of left hand.³

Triosteum: stiffness in all joints of upper and lower limbs. Remarkable stiffness in lower limbs, with slight coldness and tingling sensation. Stiffness in knees when attempting to rise.

Pain in right shoulder from lying on it. *Osteoarthritis nosode*: made from synovial liquid of arthritis. OA of knee < from first motion, night, right side > prolonged movement.⁶

Guaiacum: pain in the bones of thigh, pressive and tingling pain in the thighs, tearing, drawing lancinations in the leg from right tarsus to the knee. Knee swollen hugely, much stiffness, hot sensation in knee area. Lancinating rheumatic pain from elbow to wrist. Pain < on heat and motion > by pressure.³

Lacticum acidum: osteoarthritis with diabetes. Sharp pain in right knee with stiffness knees and other joints stiff and painful. Rheumatic pain in knee joints, shoulders.³

Discussion and conclusion

OA is the commonest and highest clinical condition amongst all joint disease. Its importance may be derived from its economical impact in terms of both productivity and cost of treatment it shows in a strong association with ageing, and is also a major cause of pain and disability in the elderly. The modern lifestyle causes increasing incidences in younger patients too. Sedentary habits and irregular food habits, highly farinaceous and fatty food leads obesity and indirectly causes increased rate of OA at relatively

younger age especially in weight bearing joint. At this juncture, research in homoeopathy and saving of natural joint, avoidance of unnecessary surgery, avoidance of unnecessary chemical entry in the body in the form of allopathic medicine and economical burden of joint replacement surgery was call of time so rare medicines in osteoarthritis were being discussed above.

Financial support and sponsorship

NIL

Conflict of interest

None

References

1. Walker B. R, Colledge N R, Ralston S H, Penman I D. Davidson's Principles and Practice of Medicine. 22nd Edition
2. Hahnemann S, Materia Medica Pura. Vol 1. New York, London: William Raade;1846
3. Clarke JH. A Dictionary Of Practical Materia Medica. New Delhi: B.Jain Publishers P Ltd;2159
4. Boger CM. A synoptic key to materia medica. New Delhi, India: B.Jain Publishers;2003
5. Lilienthal S. Homoeopathic Therapeutics The Classical Therapeutic Hints. New Delhi, India: B.Jain Publishers P.Ltd;1985
6. Julian OA. Julian's Materia Medica of Nosodes with Repertory. New Delhi, India: B.Jain Publishers P.Ltd;2003

About the authors

1. **Dr Prastuti Jaiswal**, Assistant Professor, Department of Homoeopathic materia medica, Dr. MPK Homoeopathic Medical college, hospital and Research Centre, A Constituent of homoeopathy university, Jaipur (Rajasthan)
2. **Dr Saumya Sharma**, (PGR), Department of Homoeopathic materia medica, Dr. MPK Homoeopathic Medical college, hospital and Research Centre, A Constituent of homoeopathy university, Jaipur (Rajasthan).

