

## ROLE OF HOMOEOPATHIC MEDICINES IN THE CASES OF RHEUMATOID ARTHRITIS ON THE BASIS OF TOTALITY OF SYMPTOMS AND ITS MIASMATIC APPROACH

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### ABSTRACT

**Background:** Rheumatoid Arthritis is the most common autoimmune chronic inflammatory disease. It is ranked as the 42<sup>nd</sup> highest contributor to global disability, with severe consequences. **Aim & Objective:** 1. To assess the Role of Homoeopathic medicines in cases of Rheumatoid arthritis with DAS 28 as response criteria for effectiveness assessment. 2. To assess the Predominant Miasm in cases of Rheumatoid arthritis. **Methods:** Simple randomized open-label interventional Study was done in which 50 cases of Rheumatoid

Arthritis. **Results:** Out of 50 cases of RA, 26 (42%) cases showed good Improvement, 18 (36%) cases showed moderate improvement, and 9 (18%) cases showed poor improvement with Homoeopathic medicines, according to DAS 28 Scale. In this study psora was predominant Miasm in most of the cases. A paired-samples t-test was conducted to compare the score of DAS 28 in the case of Rheumatoid Arthritis before and after treatment. The results suggest that the response to homoeopathic medicines in the cases of Rheumatoid Arthritis is statistically highly significant; ( $t=14.999$ ,  $p=0.00$ ).  $t_{calc}$  value (14.999) is higher than  $t_{tab}$  value (2.00). **Conclusions:** The study reveals that individualised homoeopathic medicines prescribed in cases of RA on the basis of the totality of the symptoms are effective.

**KEYWORDS:** Rheumatoid Arthritis, Totality of Symptoms, Homoeopathic Medicine.

### INTRODUCTION

Rheumatoid arthritis (RA) is a chronic inflammatory disease of unknown etiology marked by a symmetric, peripheral polyarthritis. It is the most common form of chronic inflammatory arthritis and often results in joint damage and physical disability. It is a systemic disease.<sup>[1]</sup>

The prevalence of rheumatoid arthritis is approximately 0.5% to 1.5% of population worldwide. In Indian population, prevalence of RA is 0.3 to 0.8 %. It affects men and women of all ages (M / F ratio =1:2 to 1:3) with peak incidence in young adults and premenopausal women (40 to 50 years).<sup>[2]</sup>

Rheumatoid arthritis is common disease in India and Rajasthan<sup>[3]</sup> and mortality is high when compare to age matched controls,<sup>[4]</sup> and it affects patient's Quality of life.<sup>[4]</sup>

## MATERIALS AND METHODOLOGY

**1. STUDY SETTING:** The Study was conducted at the-

**Site 1:** O.P.D. / I.P.D. of Dr. Madan Pratap Khunteta Homoeopathic Medical College, Hospital & Research Centre, Station Road, Jaipur.

**Site 2:** O.P.D./I.P.D. of Dr. Madan Pratap Khunteta Homoeopathic Medical College & Hospital, Homoeopathy University Saipura, Jaipur.

**2. STUDY DURATION:** The study was undertaken for a period of 12 months. The follow-up of the patient was done at an interval of 7-14 days, as per gravity of the case, for duration of 3 months or for at least 6 visits, included in the study.

**3. SELECTION OF SAMPLE:** 50 cases of Rheumatoid arthritis were selected randomly from College O.P.D./I.P.D.

Randomization was done according to the simple randomized sampling technique.

**4. INCLUSION CRITERIA:** Following cases was included irrespective of their sex, caste, religion and duration of illness in all age groups.

- Diagnosed cases of Rheumatoid arthritis taking treatment from other systems of medicine, feeling no relief & seeking homoeopathic Treatment.
- Diagnosed cases of Rheumatoid arthritis taking treatment from other systems of medicine, feeling relief but seeking homoeopathic treatment.
- Undiagnosed cases of suspected Rheumatoid arthritis seeking homoeopathic treatment.

## 5. EXCLUSION CRITERIA

- The cases requiring emergency treatment involving any other system of Body were excluded from the study
- The cases without proper follow-up were excluded from the study.
- The cases showing poor compliance.

**6. STUDY DESIGN:** Randomized open label interventional study

Sample size: 50 cases

A Complete History and General Examinations was done.

**7. INTERVENTION**

**Homoeopathic Medicine:** Homoeopathic medicine on the Basis of Totality of Symptoms.

**Dosage and Repetition:** As per the Hahnemannian guidelines in 5<sup>th</sup> edition of Organon of Medicine.

**8. SELECTION OF TOOLS**

- Case taking Proforma
- Patient information sheet and consent form.
- RADAR 10.0 version
- R.P. Patel book for Miasmatic analysis
- IBM SPSS 20.0 version for statistical analysis
- Rheumatoid arthritis Disease activity score scale 28 (DAS 28)

**DAS 28**

**Patient tender joint count -** \_\_\_\_\_

**Patient swollen joint count -** \_\_\_\_\_

**ESR level -** \_\_\_\_\_

**Global assessment (GH)-** \_\_\_\_\_

**DAS 28 =  $0.56\sqrt{(\text{TEN28})} + 0.28\sqrt{(\text{SW28})} + 0.7 \ln \text{ESR} + 0.014(\text{GH})$**

**DAS score** \_\_\_\_\_

**Date** \_\_\_\_\_

**9. DATA COLLECTION:** Data was collected after proper follow-ups and maintained in soft and hard copy.

A complete history, examination and required investigation were done.

**10. DATA ANALYSIS:** Efficacy of the homoeopathic treatment in totality was assessed according to statistical principles on basis of change in the score taken before and after treatment with homoeopathic medicines. Paired t-test was used as a statistical technique. This analysis was done by the researcher itself.

**11. STATISTICAL TECHNIQUES:** The Analysis was conducted through the software SPSS (ver. 20) Applying paired t- test to assess the role of homoeopathic medicine before and after treatment.

**12. ETHICAL CLEARANCE:** Yes, the ethical committee has verified the methodology.

## STATISTICAL ANALYSIS

### AIMS AND OBJECTIVES

1. To assess Role of Homoeopathic Medicines in cases of Rheumatoid Arthritis with DAS 28 as response criteria for effectiveness assessment.
2. To assess Predominant Miasm in cases of Rheumatoid Arthritis.

#### ➤ Hypothesis

➤ Null hypothesis (H<sub>0</sub>): No significant improvement is seen in cases of Rheumatoid Arthritis given homoeopathic medicines prescribed on the basis of totality of symptoms.

➤ Alternative hypothesis (H<sub>1</sub>): Improvement in the case of rheumatoid arthritis by giving homoeopathic medicines prescribed on the basis of totality of symptoms.

➤ **Statistical Tool:** To assess the Role of homoeopathic medicine in cases of Rheumatoid Arthritis by using the DAS 28 scale, score of before and after treatment, Statistical tool paired t- test has been taken in to account. The analysis has been done on IBM SPSS 20.0.

➤ In this study sample size 50 is taken, degree of freedom (n- 1) is 49 and level of significance is  $\alpha = 0.05$ .

➤ **Paired t-test**  $= t_{cal} = \frac{\bar{d}}{s_d/\sqrt{n}} \sim t_{(n-1)}$

➤  $\bar{d} = \frac{1}{n} \sum_{i=1}^n d_i$  And  $s_d = \sqrt{\frac{1}{n-1} \sum_{i=1}^n (d_i - \bar{d})^2}$ .

➤ d.f. = n-1 = 50-1 = 49

➤ n = Total No. of patients

➤  $\bar{d}$  = mean of sample

		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	DAS score before- DAS score after	1.301	.613	.087	1.127	1.475	14.999	49	.000

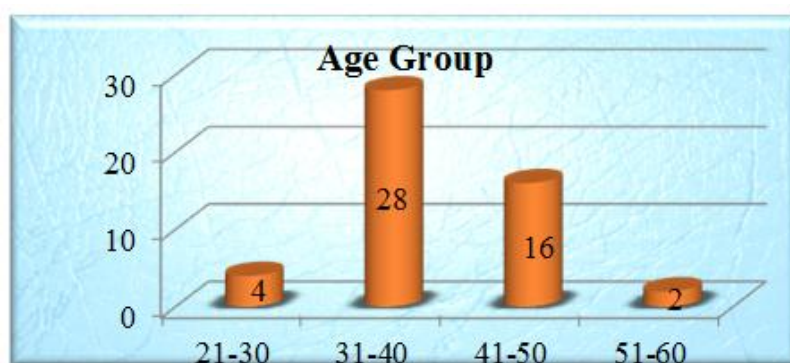
A paired samples t-test was conducted to compare the score of DAS 28 in the case of Rheumatoid Arthritis before and after treatment. There was significant difference in score before treatment ( $M=4.04$ ,  $SD=.708$ ) and after treatment ( $M= 2.74$ ,  $SD= .732$ ),  $t(49)=14.999$ ,  $p=000$ ,  $t_{tab}$  at  $\alpha= 0.05$  with degree of freedom=  $n-1 = 49$  is 2.00.

## RESULT

### The Study Entitled “Role of Homoeopathic Medicines In The Cases Of Rheumatoid Arthritis On The Basis Of Totality Of Symptoms And Its Miasmatic Approach.

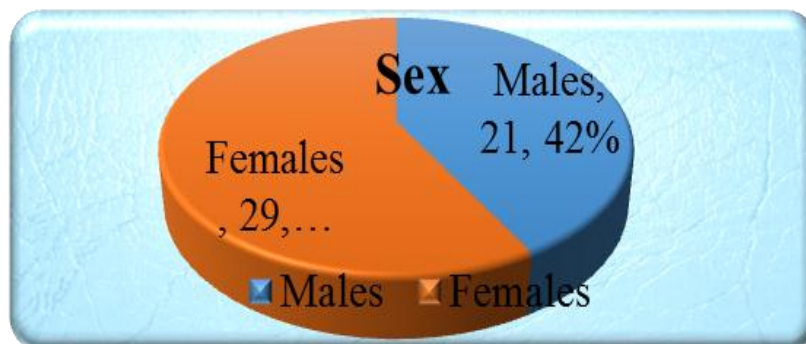
The cases were diagnosed clinically and were randomly selected from the O.P.Ds. of Dr. Madan Pratap Khunteta Homoeopathic Medical College, Hospital & Research Centre and O.P.D.in Saipura (Sanganer), Jaipur.

### DISTRIBUTION OF 50 CASES OF RHEUMATOID ARTHRITIS ACCORDING TO AGE GROUP



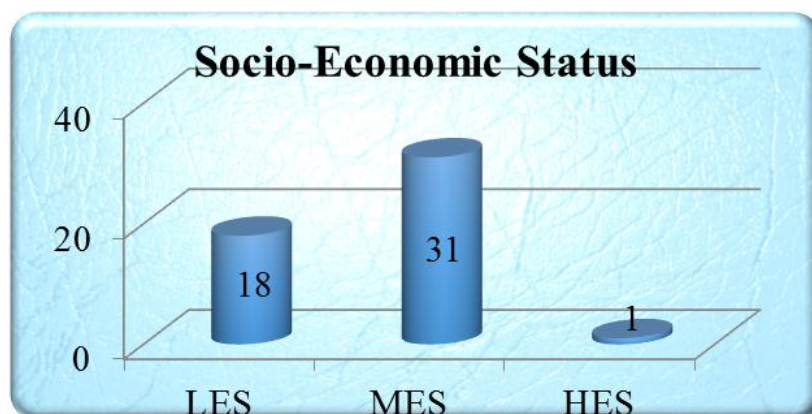
Among the 50 cases of RA maximum cases were noticed in the age Group 31-40 yrs. i.e. 28 (56%) cases whereas minimum cases were observed in Age Group 51- 60 years i.e. 2 cases (4%).

### DISTRIBUTION OF 50 CASES OF RHEUMATOID ARTHRITIS ACCORDING TO sex



Among the total 50 cases studied 29 (58%) cases were female, whereas 21 (42%) cases were male patients.

#### **DISTRIBUTION OF 50 CASES OF RHEUMATOID ARTHRITIS ACCORDING TO Socio-Economic-status**



Among 50 cases, maximum cases 31 (62%) were of middle socioeconomic status, 18(36%) cases of low socio economic status and minimum case 1 (2%) of high socio- economic status

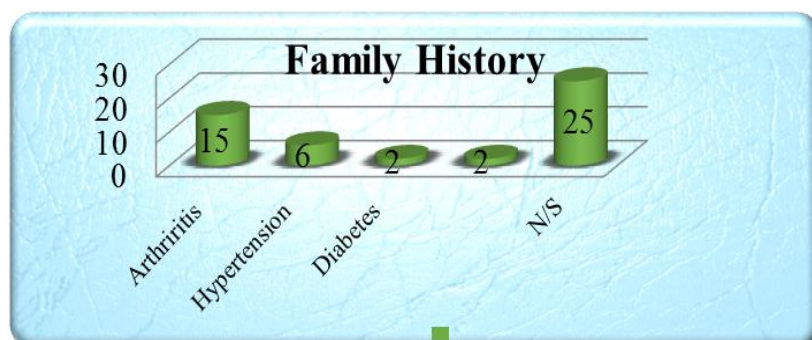
#### **DISTRIBUTION OF 50 CASES OF RHEUMATOID ARTHRITIS ACCORDING TO Associated Complaints**

Sr. no.	Associated complaints	No. of cases	Percentage
1	Weakness	5	10%
2	Hair Falling	5	10%
3	All. Dermatitis	3	6%
4	All. Rhinitis	1	2%
5	Headache	5	10%
6	Subcutaneous nodule	1	2%
7	Flatulence	4	8%
8	N/S	26	52%
	<b>Total</b>	<b>50</b>	<b>100%</b>

Among 50 cases, maximum no. of cases 26 (52%) had no associated symptoms. 5 (10%) cases had weakness, 5 (10%) cases had Hair Falling, 3 (6%) cases had Allergic Dermatitis, 1 (2%) case had Allergic Rhinitis, 5(10%) Cases had Headache, 1 (2%) case had subcutaneous nodule, 4 (8%) Case had Flatulence as associated complaints.

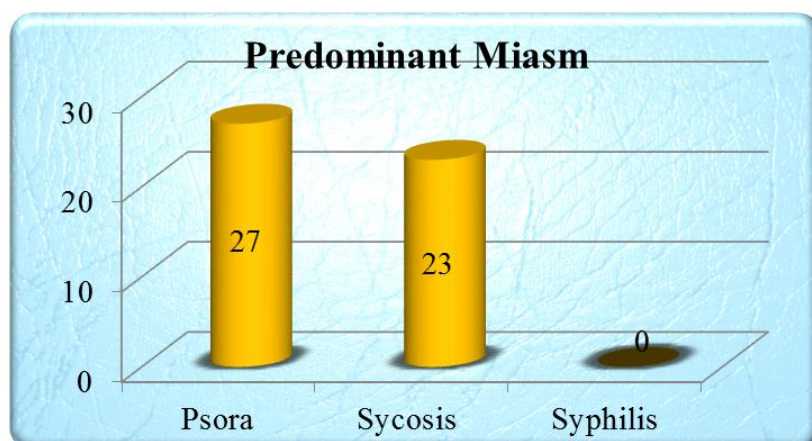


### DISTRIBUTION OF 50 CASES OF RHEUMATOID ARTHRITIS ACCORDING TO Family History



Among 50 cases, 15 (30%) cases had family history of arthritis, 6 (12%) had family history of Hypertension, 2 (4%) cases had family history of Diabetes mellitus, 2 (4%) had family history of Hypothyroidism and 25 (50%) cases had no specific family history.

### DISTRIBUTION OF 50 CASES OF RHEUMATOID ARTHRITIS ACCORDING TO PREDOMINANT MIASM



Among 50 cases of RA, maximum cases 27 (54%) had predominant Psoric Miasm, while 23 (46%) has Sycotic miasm.

### DISTRIBUTION OF CASES OF RHEUMATOID ARTHRITIS ACCORDING TO INDICATED MEDICINE

Sr. No.	Indicated Medicine	No. of Cases	Percentage
1	Lycopodium	15	30%
2	Calc. Carb	5	10%
3	Sepia	5	10%
4	Phosphorus	4	8%
5	Rhus tox.	4	8%
6	Pulsatilla	4	8%
7	Kali Carb	4	8%
8	Bryonia	2	4%

9	Ignatia	1	2%
10	Sulphur	1	2%
11	Cal.phos	1	2%
12	Lachesis	1	2%
13	Ruta G.	1	2%
14	Nat. Mur	1	2%
15	Hep. Sulph	1	2%
	<b>Total</b>	<b>50</b>	<b>100%</b>

Among 50 cases the indicated medicine prescribed was Lycopodium in 15 (30%) cases, Calc. Carb and Sepia in 5 (10%) cases each. Phosphorus, Rhus tox, Kali Carb, Pulsatilla prescribed in 4 (8%) cases each. Bryonia in 2 (4%) cases. Ignatia, Sulphur, Calc. Phos, Lachesis, Ruta G, Nat. Muriaticum and Hep Sulph in 1 (2%) case each.

#### **DISTRIBUTION OF CASES OF RHEUMATOID ARTHRITIS ACCORDING TO RESULT OBTAINED.**

<b>Improvement</b>	<b>No. of case</b>	<b>Percentage</b>
Good Improvement	23	46%
Moderate Improvement	18	36%
Poor Improvement	9	18%
<b>Total</b>	<b>50</b>	<b>100%</b>

As per DAS28 Among 50 cases, 23 cases (46%) had good improvement, 18(36%) cases had shown moderate improvement, and 9 (18%) cases had shown poor Improvement.

#### **DISCUSSION**

The cases were diagnosed clinically and were randomly selected from the O.P.Ds. of Dr. Madan Pratap Khunteta Homoeopathic Medical College, Hospital & Research Centre and O.P.D.in Saipura (Sanganer), Jaipur.

A Discussion on the interpretations derived from the study has been given below:

##### **Age group**

In this study, the condition was found more commonly in the age group of 31 to 40 years. i.e. 28 (56%), which is highly due to increased environmental exposure. and minimum 2 cases (4%) in age group of 51-60 years.

This may be because these age groups, by virtue of the profession, the working condition & outdoor activity, are exposed repeatedly to various risk factors leading to the disease condition. (This study correlates with previous epidemiological data.<sup>[18]</sup>)



**Sex**

It has been observed that, maximum numbers of patients were Females i.e. 29 (58%) patients in comparison to their male's counterparts i.e. 21 patients (42%). (F/M ratio= 1.38:1) (This study correlates with previous epidemiological data.<sup>[2]</sup>

Both findings in age and sex are well correlated with previous epidemiological data.

**Socio-Economic Status**

In this study it has been observed that Maximum 31 (62%) cases were observed in middle socioeconomic class, 18 (36%) cases in low socio economic class and minimum case 1 (2%) in high socio- economic class.

**Associated Complaints**

Among 50 cases, maximum no. of cases 26 (52%) had no associated symptoms. 5 (10%) cases had weakness, 5 (10%) cases had Hair Falling, 3 (6%) cases had Allergic Dermatitis, 1 (2%) case had Allergic Rhinitis, 5(10%) Cases had Headache, 1 (2%) case had subcutaneous nodule, 4 (8%) Case had Flatulence as associated complaints.

**Family History**

Among 50 cases, 15 (30%) cases had family history of arthritis, 6 (12%) had family history of Hypertension, 2 (4%) cases had family history of Diabetes mellitus, 2 (4%) had family history of Hypothyroidism and 25 (50%) cases had no specific family history.

**SUMMARY**

Under the study topic of “**Role of homoeopathic medicine in the cases of Rheumatoid Arthritis on the basis of totality of symptoms and its miasmatic approach**” 50 cases of Rheumatoid Arthritis have been studied with their aetiopathogenesis manifestations.

The cases were analyzed and examined taking age, sex, family history, past history, socio-economic status, and miasmatic background, presenting complaints, associated complaints as well as the totality of symptoms and its miasmatic approach of the patient into consideration.

**A Summary on the interpretations derived from the study has been given below**

- It is more common in the middle-age group (31-40years).
- It is more common in females than in males, the ratio being (1.38:1).
- The disease was reported more in people from middle socio-economic status.
- Psora is the predominant miasm in most of the cases.

- The medicines which were found indicated were Lyco, Calc. Carb, Sepia, Phosphorus, Rhus tox.
- Out of 50 cases, 23 (46%) had good improvement and 18 (36%) cases had moderate improvement and 9 (18%) had poor improvement in this study.

## CONCLUSION

### The conclusion derived as per the objectives of the study are

Homoeopathic approaches of totality of symptoms and its miasmatic approach are effective.

It can be concluded from foregoing discussion based on observation and results of the study that homoeopathic are effective in the treatment of Rheumatoid Arthritis according of totality of Symptoms.

It was found that Rheumatoid Arthritis is mixed miasmatic condition with Psora being the predominant Miasm in most of cases.

## LIMITATIONS

Limitation of my study that sample size was too small so it is advisable that further research should be done on the basis of Totality of symptoms with large sample size.

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