

# Comparative Study of Centesimal and Lm Potency in Cases of Rheumatoid Arthritis'

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## ABSTRACT

Rheumatoid Arthritis is a chronic inflammatory systemic autoimmune disease. This Autoimmune disease characterized by inflammatory arthritis & extra articular involvement. It is caused in many cases by the interaction between genes & environmental factors, including tobacco, that primarily involves synovial joints. It typically starts in small peripheral joints, is usually symmetric & progresses to involve proximal joints if left untreated. Joint inflammation over time leads to the destruction of the joint with loss of cartilage & bone erosions. RA with a symptom duration of fewer than six months is defined as early RA, & when the symptoms have been present for more than six months is defined as established RA. The main aim for Comparing the Effectiveness of Centesimal Potency and LM Potency in cases of Rheumatoid Arthritis is to Minimize Use of Immunosuppressive Drugs, NSAIDs, Corticosteroids and its side effects with its prevalence in all over India.

**Keywords:** Rheumatoid Arthritis, individualization, centesimal potency, 50- millesimal potency, new dynamization method.

## INTRODUCTION:

Homeopathy is the most modern system of treatment in the world. The founder Master Samuel Hahnemann advocated the concept of similar remedy, Minimum dose and rapid cure of the patient. Homeopathy is also useful in treating rheumatic disease. The physiology of all the scientific advancements and researches was still been that of materialism in medical science. Dr. Hahnemann sir, who combines in himself the mental, vital and physical aspects all together. The discovery of Homeopathy cuts across the general evolutionary trend of modern medical sciences. It is not disgraceful that a person who suffering from arthritis, be unable to use his hands and should need somebody else to bring food to his mouth and to perform the other necessities for him and even if overlooks the disgraceful aspect of this, yet one cannot overlook the pain these people suffer, day and night. The Immune system within your body is what protects you from the attacks of various microbes from the world outside. However, the immune system itself can face problems and can defend the body that is called Autoimmune reaction.

**Susceptibility is the only guide for the selection of potency, more the susceptibility higher the potency, less the susceptibility lower the potency .**

**REVIEW OF LITERATURE:**

**HEALTH IS A NEGLECTED TOPIC UNTIL IT IS LOST**

The Human being is an integrated whole all the time through three distinct levels:

1. Mental level
2. Emotional level
3. Physical level

At any moment, the activity of a person is centered mainly on one of these three levels. The centre of activity may change frequently, even rapidly, depending on the intention or the circumstances of the person, but always there is a dynamic interaction among these three levels.

When a person functions on one of those levels, the whole integrated system cooperates to fulfill its objectives in the best possible way. The human being, from the moment of birth, lives in a dynamic environment which is affecting his organism at all times in many ways and is, therefore obliged to adjust continuously in order to maintain a dynamic equilibrium. The majority of chronic diseases hold the potential to worsen the overall health of patients by limiting their capacity to live well, limit the functional status and productivity. Improvement of quality of life means increased emphasis on social policy and on reformulation of societal goals to make life more livable for all.

• **Types of joints and their range of movement :**

Type of Joint	Range of Movement	Examples
Fibrous	Minimal	Skull sutures
Fibro cartilaginous	Limited	Symphysis pubis, Costochondral junctions, Intervertebral discs, Sacroiliac joints
Synovial	Large	Most limb joints, Temporomandibular joint, Costo-vertebral joint

**RHEUMATOID ARTHRITIS AND ITS OVERVIEW :**

RA is a long term AUTOIMMUNE DISORDER that primarily affects joints. Rheumatoid arthritis is one of the most common degenerative joint disease. It comes under ICD -10 under degenerative joint disease. In Indian literature, CHARAK SAMHITA (written in around 300-200 BC)also described a condition that describe pain, joint swelling and loss of joint mobility and function. Hippocrates describes arthritis in general in 400 BC. Galen between 129 and 216 AD introduced the term Rheumatismus. Paracelsus (1493-1811) suggested that substances that could not passed in urine got stored and collected in the body especially in joints and this caused arthritis. Ayurveda in ancient Indian medicine also considered arthritis as one of the vata. The first recognized description of RA was made in 1800 by Dr. Augustin Jacob Landre-Beauvais of Paris. The term RA is based on Greek for watery and Inflamed Joints.

RA is an autoimmune disease wherein the immune system attacks parts of body leading to inflammation

of joints. While the exact cause of RA is Unknown. Scientist thinks that two chemicals in our Body specifically the tumor necrosis factor (TNF) and interleukin-1 trigger the immune system in RA. Immune system attacks the synovium-the lining of membranes that surround your joints. Usual onset of RA is in middle age typically begins between the ages of 35 to 60 And is more common in women than in men. RA affects about 24.5 million people as of 2015.

#### **Risk factor for RA:**

- Female>male (researchers found that women are at greater risk of developing RA than men)
- Age
- Family History
- Obesity
- Smoking
- Environmental Exposure

#### **Clinical Feature of Rheumatoid Arthritis -**

- Before experiencing any other symptoms, a person with RA may feel extremely tired and lack energy that fatigue may affect everyday activities, relationships and productivity at work.
- Inflammation of RA may cause people to feel feverish. They may have a slightly raised temperature.
- A third early warning sign of RA is unexplained weight loss.
- It typically results in warm, swollen and stiffness of joints (more smaller).pain and stiffness often worsen following rest. This symptom is the cause of morning stiffness
- Joint tenderness is also present with stiffness, the joint in the middle and at the base of the fingers may feel tender when pressed or during movement
- Joint pain in the fingers, wrist, and feet is a sign of RA. Inflammation makes the lining of the joint thicker and also causes the production of extra joint fluid. Both of these factor put pressure on the capsule that surrounds the joint and irritate the nerve ending in the early stages of RA a person may notice they are having trouble bending their wrist back and forth,
- Most commonly wrist and hands are involved with the same joints typically involved on both sides of the body. Damage to the joints can affect ligaments and tendons, making it hard to bend and straighten them.

Deformities occurring in the latter stage of the disease.

#### **DIAGNOSIS**

The diagnosis of RA is clinic-radiological. It is well known that early RA may not show radiological changes, while only 50% to 60% of patients with RA by radiograph are clinically symptomatic. A positive rheumatoid factor (RF) and an elevated ESR help in diagnosing RA.

#### **MATERIALS AND METHODOLOGY :**

Primary data sources for this study will be collected from OPD and rural OPD of Anand Homeopathic Medical College and Hospital, Anand. Secondary data sources for this study will be collected with the help of Alayam Rehab Care ,Anand.

1. Type of study :- Analytical and Prospective.
2. Sample size :- 30(C POTENCY), 30(LM POTENCY)

3. Type of sampling:- Random Sampling. Patient of all age groups and of either sex will be taken up for the study.
4. The cases were analysed up to one and half year with regular interval of follow ups. All the cases were analysed under following protocols

**CRITERIA FOR ASSESSMENT: 5 CRITERIA**

- Responses shall be analyzing by PAIN SCALE METHOD (NUMERIC RATING SCALE, VERBAL DESCRIPTION SCALE AND FACES PAIN SCALE)

**Inclusion Criteria:-**

- Patient who give consent for the case taki
- 2010 ACR/EULAR RA Classification criteria for a diagnosis of Rheumatoid Arthritis.

**Exclusion Criteria:-**

- Patient who refuses to giving consent for the case taking
- Women who are pregnant or breast- feeding.
- Malignancy within last 10 years.
- Ex-cigarette smoker or current smoker/Other Addiction.
- Patient who are refuses to follow instruction of exercise and diet.

**Treatment & Management Rheumatoid Arthritis:** The treatment of RA is aimed at minimising pain, optimizing function and reducing disability using a combination of non pharmacological and pharmacological method.

**Homoeopathic Concept of Rheumatoid Arthritis:**

Homoeopathy recognized no such method of treatment as prescribing for any diagnostic entity by name. According to Homoeopathic system of medicine disease is primarily only on altered state of life and mind, manifesting it self on morbid functions and sensation. To a Homoeopathic physician the totality of the morbid functions and sensation of one patient is the disease. The totality of symptoms constitutes the true and only conceivable portrait of the disease. Totality of symptoms should be considered in the treatment of a patient, which is the only guide of the homoeopathic treatment. Classification of the diseases by Hahnemann is unique, rational and clinical one.

**Distribution Of Centesimal Potency According to Age:**

Age	No. of cases	Percentage
35-44 years	5	16.66%
45-55 years	18	60.00%
56-65 years	7	23.33%
66-75 years	0	0.00%

**Distribution Of LM Potency According to Age:**

Age	No. of cases	Percentage
35-44 years	2	6.60%

45-55 years	24	80.00%
56-65 years	4	13.33%
66-75 years	0	0.00%

Distribution Of Centesimal Cases According To Gender :

Gender	No. Of Cases	Percentage
Male	9	30.00%
Female	21	70.00%
Total	30	100.00%

Distribution Of LM Cases According To Gender :

Gender	No. Of Cases	Percentage
Male	11	36.66%
Female	19	63.33%
Total	30	100.00%

Distribution of centesimal cases according to affected joint site in RA:

Joint site	No. Of Cases	Percentage
MCP Joint	6	20.00%
Knee Joint	12	40.00%
Wrist Joint	2	6.60%
Elbow Joint	1	3.30%
Shoulder Joint	4	13.30%
Hip Joint	1	3.30%
Ankle Joint	1	3.30%

Distribution of LM cases according to affected joint site in RA:

Joint site	N0. of cases	Percentage
Knee joint	18	60.00%
Lumbo Sacral joint	4	13.33%
Shoulder joint	2	6.60%
Hip joint	4	13.33%
Cervical joint	2	6.60%

**Distribution of Centesimal cases according to Result:**

Result	No. of Cases	Percentage
Mild improvement	7	23.22%
Moderate improvement	11	36.66%
Significant improvement	10	33.33%
Status Quo	2	6.66%
Total	30	100.00%

**Distribution of LM cases according to Result:**

Result	No. of Cases	Percentage
Mild Improvement	4	13.33%
Moderate improvement	9	30.00%
Significant Improvement	16	53.33%
Status Quo	1	3.33%
Total	30	100.00%

**Conclusion**

In this study, In Centesimal cases 10 (33.33%) cases were Significantly improved; moderate improvement was observed in 11 (36.66%) cases, while 7 (23.22%) cases were in mild improvement and only 2 (6.66%) in status quo. In LM cases 16 (53.33%) cases were Significantly improved; moderate improvement was observed in 9(30%) cases, while 4(13.33%) cases were in mild improvement and only 1 (3.33%) in status quo. Administration of the remedies in 50- millesimal potency had shown significant improvement in cases of Rheumatoid Arthritis. It was proved that there was significant success in treatment of patients with homoeopathic system of medicine, when medicines were administered in both potencies but 50- millesimal potency was more effective then C potency according to Pain scale Method.

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