

A Prospective Observational Study to Ascertain the Role of Homeopathic Therapy in Management of Rheumatology

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Abstract: On day to day practice most problems in all over the world is joint pain. Especially in female joint pain more common after climacteric period and old age. On these base my study of homeopathic therapeutic effect on joint pain. In my study use homeopathic medicines which are regularly use and easy availability for patient, and benefit to relive the complaint but not completely cure all joint pain. With help of homeopathic medicine improved his/her daily routine work and enjoy his/her life without pain in joint. [Shah D Natl J Integr Res Med, 2021; 12(1):74-76]

Key Words: Rheumatology, Homeopathic Medicine, Only Palliative Treatment In Joint Pain.

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Introduction: Musculoskeletal diseases such as osteoarthritis, rheumatoid arthritis, systemic lupus erythematosus, gout, spondylities, soft tissue rheumatism and regional pain syndrome affect more than one third of all adults over the world. "Rheumatism" is not a disease but a diagnostic problem to be solved.

The disorders will affect almost every individual at one time or another in their lifetime. Some conditions are trivial and transient, but many are crippled and chronic. There is no doubt that rheumatic disease has substantial impact on health and quality of life.

Objective: To study palliative treatment in case of rheumatism. To know the homeopathic medicine use as pain relive.

Material and Methods: The study was a open clinical trial where the patients came at Government homeopathic dispensary, kalupur 1, Ahmadabad, Gujarat with chief complain of pain at musculoskeletal system.

Afterwards assess the inclusion/exclusion criteria and case who involved in study was recorded according to case format which specially design , their follow up was done at regular interval and evaluation made in relief of pain.

Inclusion Criteria: Number of case: 20. Age: 40 to 70 yrs. Sex: Both male and female include in study. Pain, is the chief symptom related to musculoskeletal system. 2 or 3 homeopathic medicine will use at a time.

Exclusion criteria: Age: > 70yrs. HIV, HBsAG and Tuberculosis Positive Case and Will Excluded. Patient whose general condition and expected prognosis is poor will Excluded.

Result: Result in 3 category. No improvement in pain. Mild improvement in pain. Moderate improvement in pain.

Observation And Analysis: out of 20 cases, 11 cases age between 60 to 70 years, 5 cases between 50 to 70 years and 4 cases between age 40 to 50 years.

Table 1: Age Incidence Table

Serial No	Age Group	No Case	Percentage
1	40 to 50yrs	4	20
2	50 to 60yrs	5	25
3	60 to 70yrs	11	55

out of 20 case 45% cases are male and 55% cases cover 55% .

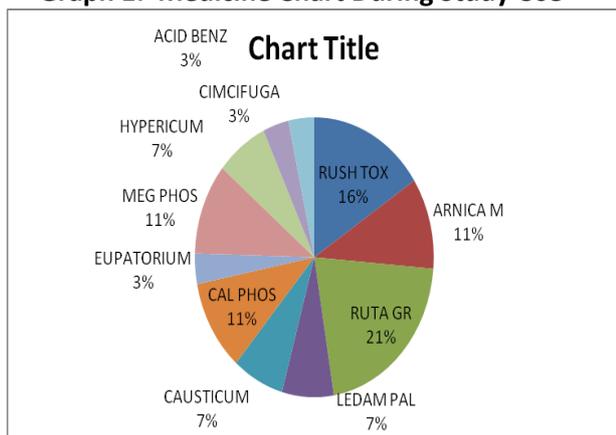
Table 2: Sex Incidence Table

Serial No	Sex	Ratio
1	Male	45%
2	Female	55%

Below chart saw Rhus Tox, Arnica, Ruta, Mag Phos, Cal.Phos are most cases use in 30 potency

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Graph 1: Medicine Chart During Study Use



After study 35 case is mild improvement saw and 65 % cases moderately improve in joint pain.

Table 3: Improvement Table

Total Patient	Mild Improve	Moderate Improve
20	35%	65%

Discussion: Musculoskeletal diseases such as osteoarthritis, rheumatoid arthritis, systemic lupus erythematosus, gout, spondylitis, soft tissue rheumatism and regional pain syndrome are the common problem occurs at age around 40yrs. At least 20% of women over the age of 40yrs have same problem. 20 different cases of musculoskeletal diseases, which satisfied the inclusion and exclusion criteria, were considered to study the response of homoeopathic management. The study shows that some homoeopathic medicines are frequently used.

In Musculoskeletal diseases it is not possible to point out any single medicine as a specific. Individualization is required for success. Dose and potency was again a point which showed great variation in different individuals. In some individual few stimulation of constitutional medicine were enough to unwind the entire case, while in some repetitions and use of antimiasmatic were found useful.

According to homoeopathic science it is a type of chronic disease which is arising from one of the fundamental cause i.e. Miasm Sycosis and requires dynamic aid for its annihilation. Musculoskeletal diseases such as osteoarthritis, rheumatoid arthritis, systemic lupus erythematosus, gout, spondylitis, soft tissue rheumatism and regional pain syndrome are an expression of the underlying pathology.

So Musculoskeletal diseases was not taken as an object for cure but a person who is suffering from Musculoskeletal diseases was the object of treatment and finally The study conclude that different homoeopathic medicine which use for relief of pain in patient having musculoskeletal disorder has marked improvement in their pain and quality of life is also improve as the major discouragous feeling gone with pain.

Conclusion: The study conclude that different homoeopathic medicine which use for relief of pain in patient having musculoskeletal disorder has marked improvement in their pain and quality of life is also improve as the major discouragous feeling gone with pain.

Limitation Of Study: Observation of sample group over a period of one year may be insufficient to evaluate the effect of medicine.

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Conflict of interest: None

Funding: None

Cite this Article as: Shah D, Patel G, Shah P. A Prospective Observational Study to Ascertain the Role of Homoeopathic Therapy in Management of Rheumatology. Natl J Integr Res Med 2021; Vol.12(1): 74-76