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An Individualistic Approach of Homoeopathy in Osteoarthritis using Womac Scale

Rejin R[1], Gouthamy Sasikumar[2], Ganesh Sundari S[3], Anto Jemisha A[3]

[1]Vice Principal, Professor Head, Department of Practice of Medicine, Maria Homoeopathic Medical College, Perai, Thiruvattar, Kanniyakumari [Affiliated by The TN Dr MGR Medical University]

[2]Assistant Professor, Department of Practice of Medicine, Maria Homoeopathic Medical College, Perai, Thiruvattar, Kanniyakumari [Affiliated by The TN Dr MGR Medical University]

[3]Intern, Maria Homoeopathic Medical College, Perai,Thiruvattar, Kanniyakumari [Affiliated by The TN Dr MGR Medical University

ABSTRACT

INTRODUCTION: "Osteoarthritis is a chronic degenerative disorder of synovial joints characterized by progressive loss of articular cartilage, remodeling of subchondral bone, formation of osteophytes, and varying degrees of synovial inflammation, resulting in pain, stiffness, and reduced joint function."Osteoarthritis is the most common form of arthritis, affecting millions of people worldwide.

CASE SUMMARY: A distinct case of osteoarthritis treated with individualized homoeopathic medicine has been presented here, A 45 year old man presented with the symptoms of pain and Numbness in the shoulder, back and knee joint worse while walking worse morning, while standing, climbing stairs After case taking CALCAREA CARBONICA 200 was prescribed as and when required based on symptom presentation during the course of homeopathic treatment. Individualized homoeopathic medicines led to an remarkable improvement in the case by releving him.

KEYWORDS: Individualized homoeopathy treatment, osteoarthritis, WOMAC SCALE

INTRODUCTION

Osteoarthritis is often referred to as "wear and tear" arthritis due to its association with aging and the cumulative effects of joint use over time. It is a leading cause of disability, particularly among older adults. The prevalence of OA increases with age, with studies indicating that approximately 25% of individuals over the age of 65 experience symptomatic osteoarthritis(1). Women are more likely to develop OA than men, especially after menopause, highlighting the role of hormonal changes in the disease's progression. Osteoarthritis (OA) is the most prevalent form of arthritis, affecting millions of individuals worldwide.."Osteoarthritis is a chronic degenerative disorder of synovial joints characterized by progressive loss of articular cartilage, remodeling of subchondral bone, formation of osteophytes, and varying degrees of synovial inflammation, resulting in pain, stiffness, and reduced joint function."(2) As a chronic condition, osteoarthritis can lead to significant pain, stiffness, and reduced mobility, impacting the quality of life for those affected.(3)

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Osteoarthritis is a chronic condition that affects the joints, leading to pain, stiffness, and reduced mobility. It is often referred to as "wear and tear" arthritis due to its association with aging and joint overuse.(4)

WOMAC SCALE

The WOMAC Scale (Western Ontario and McMaster Universities Osteoarthritis Index) is a self-reported questionnaire used to assess pain, stiffness, and physical function in patients with osteoarthritis (OA), especially in the hip and knee.

The Western Ontario and McMaster Universities Arthritis Index (WOMAC) is widely used in the evaluation of Hip and Knee Osteoarthritis. It is a self-administered questionnaire consisting of 24 items divided into 3 subscales

- Pain (5 items): during walking, using stairs, in bed, sitting or lying, and standing upright
- Stiffness (2 items): after first waking and later in the day
- Physical Function (17 items): using stairs, rising from sitting, standing, bending, walking, getting in / out of a car, shopping, putting on / taking off socks, rising from bed, lying in bed, getting in / out of bath, sitting, getting on / off toilet, heavy domestic duties, light domestic duties.

PATIENT INFORMATION

A 45 year old male came to the outpatient department of Maria Homoeopathic medical college at Thiruvattar, kannyakumari complaining of pain and numbness in both shoulder, back and both knee joint . He had a discomfort due to pain . These complaints had been there for the past 2 months.

The complaints started when the patient was working continuously in the rubber field. He is very calm , he is not willing to narrate all this complaints, he is very dull due the pain , he has lot of worries , All the symptoms worse since two weeks , previously he took Allopathy treatment but his complaints had not relieved .

PAST HISTORY

The patient had a known history of diabetes mellitus since 10 years , he took Allopathy treatment but not relieved.

FAMILY HISTORY

There was no known history of life style disease or other disease.

PERSONAL HISTORY

All the developmental mile stones were achieved at appropriate time.

He is an alcoholic addicted.

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His hobbies is reading newspaper

LIFE SPACE INVESTIGATION

He was an elder child in his family, was born in poor family he have not studied due to poor financial issue he have not married, he was not interested to marry he is living in his sister's home, this made him feeling sad he has lot of worries, he is not willing to narrate all this worries. He is alcoholic addicted. He has a hobbies of reading newspaper daily.

PHYSICAL GENERALS

The patients sleep is disturbed, Appetite is decreased and had a desire for sweets and thermally chilly patient

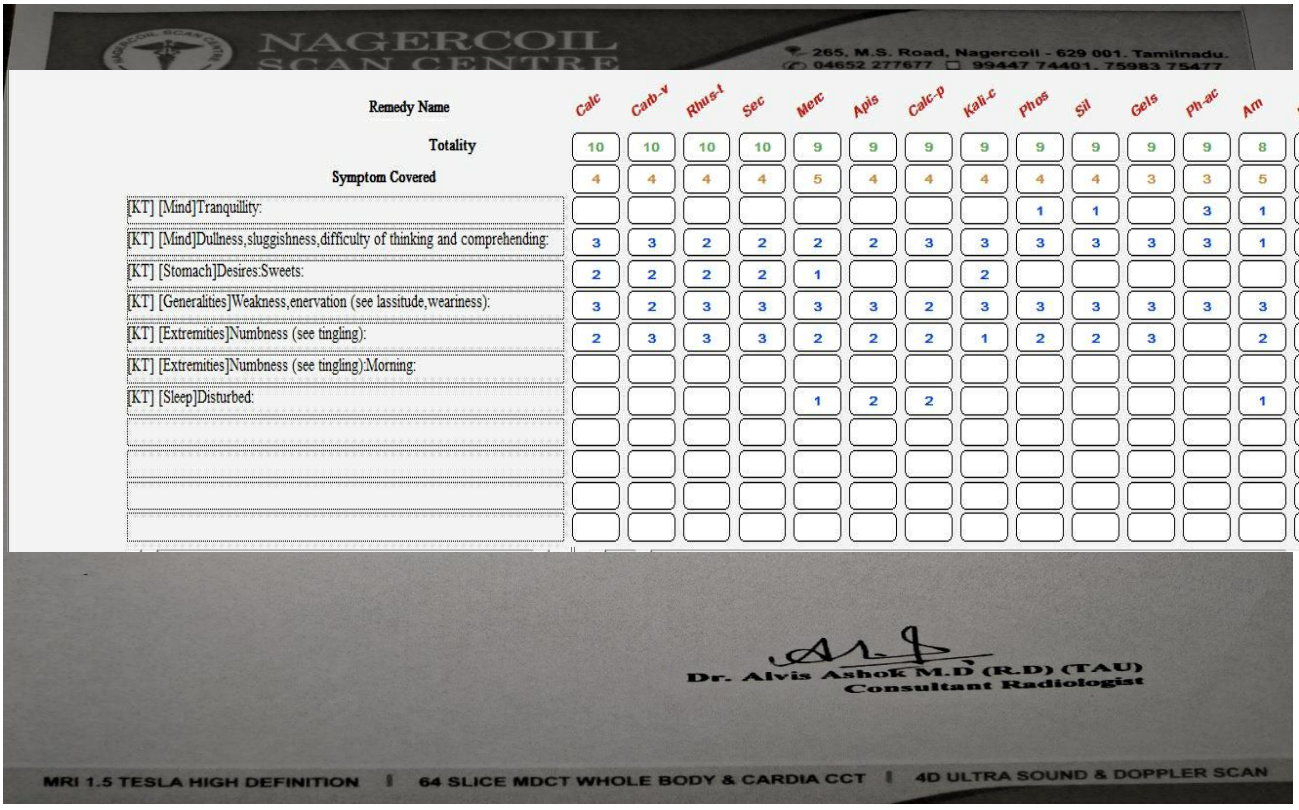
CLINICAL FINDINGS

His Bp is 122/80mm/Hg ,PR-72b/m, RR-16 breaths/min, Temp-98.6°F

On examination of knee joint crepitus felt on both knee joint, all the movements are possible but painful.

INVESTIGATION

Fig:1



Remedy Name	Calc	Carb-v	Rhus-t	Sec	Merc	Apis	Calc-p	Kali-c	Phos	Sil	Gels	Ph-ac	Am	Petr
Totality	10	10	10	10	9	9	9	9	9	9	9	9	8	8
Symptom Covered	4	4	4	4	5	4	4	4	4	4	3	3	5	5
[KT] [Mind]Tranquillity:									1	1		3	1	1
[KT] [Mind]Dulness,sluggishness,difficulty of thinking and comprehending:	3	3	2	2	2	2	3	3	3	3	3	3	1	2
[KT] [Stomach]Desires:Sweets:	2	2	2	2	1			2						1
[KT] [Generalities]Weakness,enervation (see lassitude,weariness):	3	2	3	3	3	3	2	3	3	3	3	3	3	2
[KT] [Extremities]Numbness (see tingling):	2	3	3	3	2	2	2	1	2	2	3		2	2
[KT] [Extremities]Numbness (see tingling):Morning:														
[KT] [Sleep]Disturbed:					1	2	2						1	

Fig:2 REPERTORY CHART

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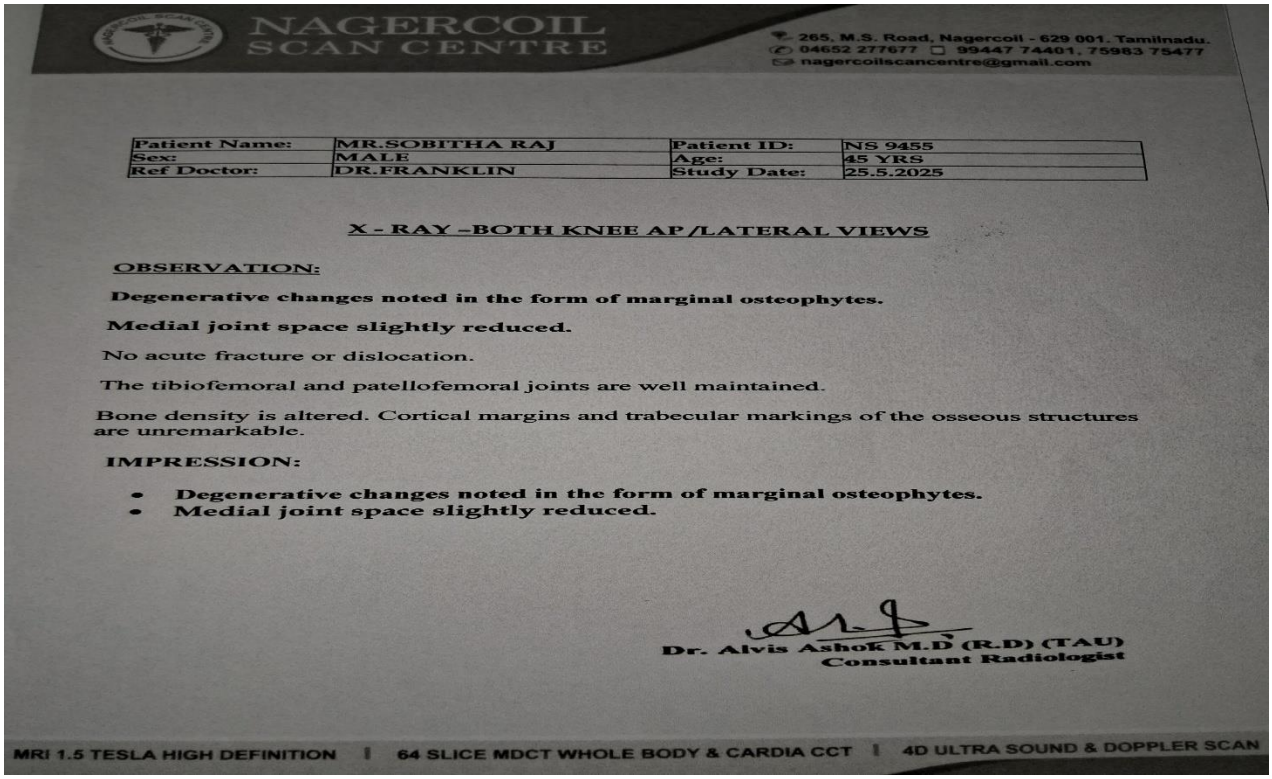
This case was Repertorised in Hompath software using J.T kents repertory of Homoeopathic materia medica.

TIME LINE INCLUDING FOLLOWUP OF THE CASE



NAGERCOIL SCAN CENTRE

265, M.S. Road, Nagercoil - 629 001. Tamilnadu.
04652 277677 99447 74401, 75983 75477
nagercoilscancentre@gmail.com

Patient Name:	MR.SOBITHA RAJ	Patient ID:	NS 9455
Sex:	MALE	Age:	45 YRS
Ref Doctor:	DR.FRANKLIN	Study Date:	25.5.2025

X - RAY –BOTH KNEE AP /LATERAL VIEWS

OBSERVATION:

Degenerative changes noted in the form of marginal osteophytes.

Medial joint space slightly reduced.

No acute fracture or dislocation.

The tibiofemoral and patellofemoral joints are well maintained.

Bone density is altered. Cortical margins and trabecular markings of the osseous structures are unremarkable.

IMPRESSION:

- Degenerative changes noted in the form of marginal osteophytes.
- Medial joint space slightly reduced.

Dr. Alvis Ashok M.D (R.D) (TAU)
Consultant Radiologist

MRI 1.5 TESLA HIGH DEFINITION | 64 SLICE MDCT WHOLE BODY & CARDIA CCT | 4D ULTRA SOUND & DOPPLER SCAN

Table:1

DATE	SYMPTOMS	MEDICINE WITH DOSES, REPETITION	JUSTIFICATION
15, December 2024	Pain in knee joint and shoulder joint and back Numbness	CALCAREA CARBONICUM 200C/ once a day/30 days	Medicine was continued
16, January 2025	No changes noted	CALCAREA CARBONICUM 200C/ once a day/30 days	As there was no changes observed the same medicine was continued
18, February 2025	Pain in knee joint and shoulder joint and back slightly reduced Numbness still persist	Sac lac/once a day/30 days	As there was slight improvement sac lac was prescribed

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18, March 2025	Pain in knee joint, shoulder joint and back same as before Numbness slightly reduced	CALCAREA CARBONICUM 200C/once a day/30 days	As there was no marked improvement the medicine was continued
20 , April 2025	Pain in knee joint, shoulder joint and back slightly reduced Numbness slightly reduced	Sac lac/once a day/30 days	As there was a slight improvement sac lac was prescribed
25, May, 2025	Pain in knee joint, shoulder joint and back slightly reduced Numbness slightly reduced	Sac lac/once a day/3o days	As there was a marked improvement sac lac was prescribed

IMPROVEMENT OF SYMPTOMS ASSESSED UNDER WOMAC SCALE

Table:2

0-None , 1-slight, 2- Moderate, 3-very , 4- Extremely

PAIN	BEFORE TREATMENT	AFTER TREATMENT
Walking	4	1
Stairs climbing	3	2
Nocturnal	0	0
Rest	0	0
Weight bearing	0	0

STIFFNESS	BEFORE TREATMENT	AFTER TREATMENT
Morning stiffness	2	0
Stiffness occurring later in the day	0	0

PHYSICAL FUNCTION	BEFORE TREATMENT	AFTER TREATMENT
Descending stairs	0	0
Ascending stairs	3	2

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Rising from sitting	0	0
Standing	4	2
Bending to floor	0	0
Walking on flat surface	0	0
Getting in and out of car	0	0
Going shopping	0	0
Putting on socks	0	0
Lying on bed	0	0
Taking of socks	0	0
Rising from bed	3	0
Getting in or out of bath	0	0

INTERVENTION

The totality of symptoms taken for the repertorisation was calm,dullness,appetite decreased, desire for sweets,sleep disturbed, pain in shoulder, back and both knee joint worse while walking, worse morning,while standing, climbing stairs Based on repertorisation the individualized homoeopathic remedy CALCAREA CARBONICUM was selected and prescribed in 200 potency. The patient was further advised to do physiotherapy to get relief from symptoms . Symptom improvement was analyzed using WOMAC scale.

DISCUSSION

This case report describes the utility of homoeopathic treatment in the management of osteoarthritis. This case of osteoarthritis symptoms has improved with individualized homoeopathic treatment. CALCAREA CARBONICUM 200 has be selected and prescribed based on the analysis of constitutional totality , repertorisation and consultation of materia medica . It relevied the symptoms.

CONCLUSION

In this case the individualized homoeopathic treatment healing osteoarthritis. Thus this case hints at the positive role of homoeopathy in the treatment of osteoarthritis.

DECLARATION OF PATIENT CONSENT

Patient consent was obtained to disseminate the clinical information.

ACKNOWLEDGEMENT

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