

An Evidence Based Report of an Autoimmune Disease- Rheumatoid Arthritis Treated with Homoeopathic Medicine Based On Boenninghausens Totality of Symptoms: A Case Report

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Abstract

Rheumatoid arthritis (RA) is a chronic, systemic, inflammatory autoimmune disorder that primarily affects the joints. It has an unknown etiology. The prevalence of RA studied in the adult Indian population showed 0.75% of the population have Rheumatoid arthritis.

Method: This case report is of a 40-year-old female patient who has been presenting with tearing-type pain in the joints of all fingers, elbows, knees, shoulders, and toes since 4 years. She cannot make fine movements. The patient was treated based on Boenninghausen's totality of symptom by repertorisation using zomeo 15.0, and follow-up in every two weeks and treatment of the case since 2 years.

Result: There was significant improvement with the homoeopathic medicine *Actea spicata* 200/1dose(m) based on Boenninghausens totality of symptoms. The **Rheumatoid Arthritis Severity Scale (RASS)** is used to analyze the severity of Rheumatoid arthritis.

Keywords: Rheumatoid arthritis, Rheumatoid Arthritis Severity Scale (RASS), Anti- cyclic citrullinated protein antibody.

1. Introduction

Rheumatoid arthritis (RA) is a chronic systemic inflammatory disease whose characteristic feature is a persistent symmetric polyarthritis (synovitis). RA can affect the person severely that leads to difficulty

in performing activities of daily living (ADLs).¹ Any joint lined by a synovial membrane may be involved, extra-articular involvement of organs such as the skin, heart, lungs, and eyes can be significant. No laboratory test results are pathognomonic for RA, but the presence of anti-cyclic citrullinated protein antibody (ACCPA) and rheumatoid factor (RF) is highly specific for this condition.²

Case Report:

A 40-year-old female patient who came to Sarada Krishna Homoeopathic Medical College OPD with complaints of tearing-type pain in the joints of all fingers, elbows, knees, shoulders, and toes since 4 years. She cannot make fine movements. She took allopathic medication for the presenting complaints and got no relief. The **Rheumatoid Arthritis Severity Scale (RASS)** is used to analyze the severity of rheumatoid arthritis. She has the complaints of vertigo occasionally.

History of Past Illness:

She was affected with chicken pox at the age of 15 years and took allopathic medication and got relief.

Family History:

Father and mother - Osteoarthritis

Diagnosis:

The patient was diagnosed by blood routine examination with an increase in C-reactive proteins (CRP) and erythrocyte sedimentation rate (ESR) and confirmed as Rheumatoid arthritis by presence of anti-cyclic citrullinated protein antibody (ACCPA).

Table 1. On examination of both hands

INSPECTION	PALPATION
<ul style="list-style-type: none"> ● Trembling of hand when extending arm. ● Swelling in the index finger. 	Tenderness in swelling.

Boenninghausen's Totality of Symptoms

1. QUIS: BODILY CONSTITUTION-DARK FLABBY COMPLEXION AND SANGUINE TEMPERAMENT.
2. QUID: TRUE NATURAL CHRONIC DISEASE
3. UBI- SMALL JOINTS
4. QUIBUS AUXILIS- VERTIGO
5. CUR- AUTOIMMUNE DISORDER
6. QUOMODO- < PHYSICAL EXERTION,< WALKING, < STANDING, < LIFTING.

7. QUANDO - < 4 PM

Repertorial Result

Repertorisation Sheet - Zomeo Ultimate LAN 3.0										
Physician Name : Dr. siva , Patient Name : , Reg. No. : , Date : 11/06/2023										
Remedy	Act-sp	Ars	Bry	Caul	Lyc	Sil	Sulph	Acon	Calc	Caust
Totality	17	16	16	16	16	16	16	15	15	15
Symptoms Covered	5	4	4	4	4	4	4	4	4	4
[Complete] [Extremities]Pain:Fingers:Joints:	4	4	4	4	4	4	4	3	4	4
[Complete] [Extremities]Pain:Upper limbs:Joints:	4	4	4	4	4	4	4	4	4	4
[Complete] [Extremities]Pain:Lower limbs:Joints:	4	4	4	4	4	4	4	4	4	4
[Complete] [Extremities]Inflammation:Joints, arthritis:	1	4	4	4	4	4	4	4	3	3
[Complete] [Extremities]Swelling:Joints:Exertion, slight, agg.:	4	0	0	0	0	0	0	0	0	0

Figure 1. Repertorial chart

Therapeutic Intervention:

The patient was given Homoeopathic medicine *Actea spicata* 200/1 dose (m) based on Boenninghausen's totality of symptoms, and by repertorising using zomeo 15.0 repertory, who is improved both symptomatically as well as on blood routine examination RA factor decreased.

Outcome:

On blood routine examination an increase in C-reactive proteins (CRP) and erythrocyte sedimentation rate (ESR) and by presence of anti-cyclic citrullinated protein antibody (ACCPA) and confirmed as the Rheumatoid arthritis conditions.

Follow-Up:

It was noted that in every follow-up in two weeks, the patient's conditions were improving and is under treatment for the past 2 years.

Evidence: Laboratory Report

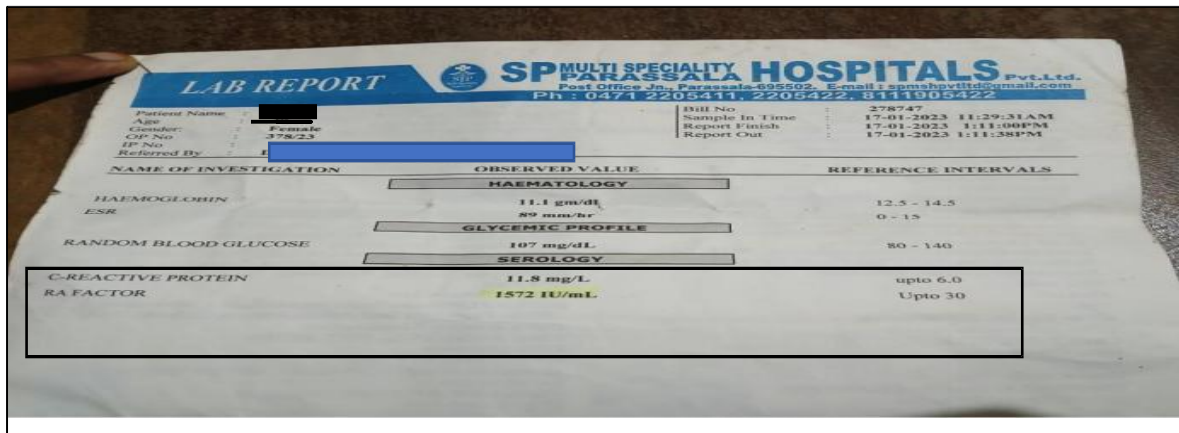


Figure 2: Before treatment

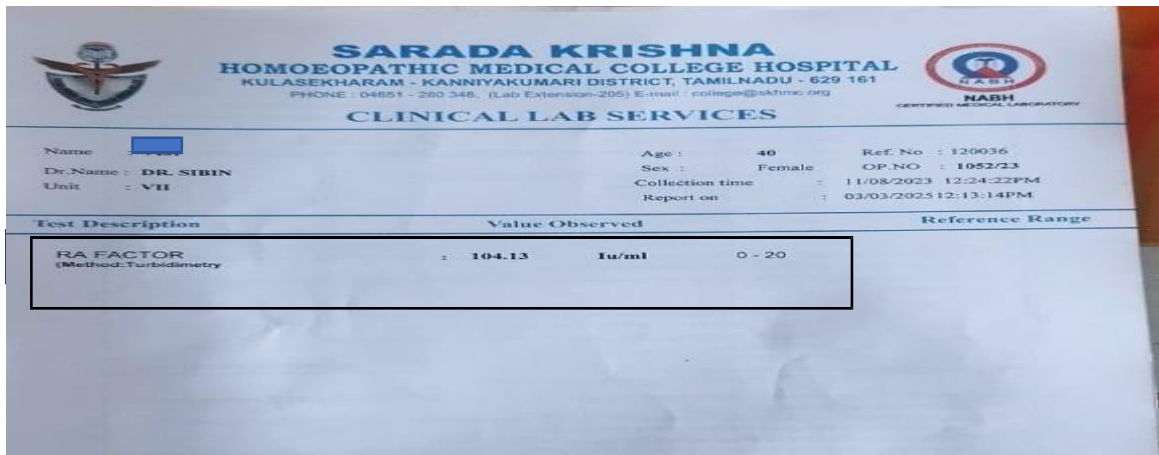


Figure 3: After treatment

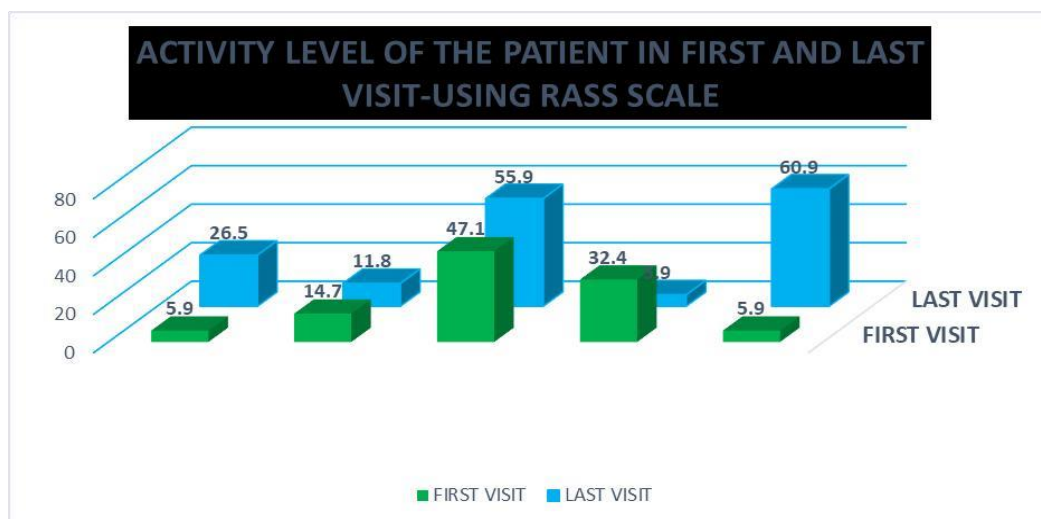


Figure 4: Activity level using RASS scale

Discussion

The case report emphasizes the individualized approach of homoeopathic treatment. The use of Boenninghausen's totality of symptoms is significant in this case as it allows for marked improvement enhancing the condition.

Conclusion

Homoeopathic treatment appears to be a successful alternative for managing Rheumatoid arthritis patients, although further research is needed to establish broader clinical guideline.

Acknowledgement

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