



ROLE OF RARE HOMOEOPATHIC MEDICINES; FERRUM PICRICUM, METHYLENE BLUE, SALICYLIC ACID IN THE MANAGEMENT OF RHEUMATOID ARTHRITIS

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Abstract

In my research study after statistical analysis and the proper follow ups of all 90 cases the effects of three indicated medicines i.e. Ferrum Picricum, Methylene Blue, Salicylic Acid gives almost equal effects on the patients suffering from seropositive RA which satisfies my research hypothesis. In my study mean age of the Rheumatoid Arthritis patient was 41.11 ± 9.67 Yrs (Mean \pm SD), the maximum number of cases from age group 40-50 years (35.56%). Rheumatoid Arthritis patient was common in female patient (n=51, 56.67%) than the male patients (n=39, 43.33%) during my study. It shows that - Rheumatoid Arthritis is more common in female patients. In my study Rheumatoid Arthritis patient's prevalence is equal in rural area (n=45, 50%) and urban area (n=45, 50%). Paired t-test was used for analysing the pre and post treatment (after 6 months) scores individually for each medicinal group. After applying the paired t-test show that the changes in the symptoms of Rheumatoid Arthritis for all three medicines is highly significant that means result shows lowering the intensity and severity of symptoms related to Rheumatoid Arthritis by each medicine in aspect of joint involved, RF, CRP, ACPA, ESR. Ferrum Picricum, Methylene Blue and Salicylic Acid drugs are effective in cases of Rheumatoid Arthritis. After using the paired T-test it showed that the null hypothesis is rejected and alternative or research hypothesis is approved. It means Homoeopathic medicines as mentioned in clinical rubric indicated in Clarke's clinical repertory are effective in management of Rheumatoid Arthritis.

Key Word - Rheumatoid Arthritis, RF, CRP, ACPA, ESR, Joint etc.

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Received – 15/12/2021

Revised- 25/12/2021

Accepted – 28/12/2021

INTRODUCTION

Rheumatoid arthritis is emerged from the Greek term ῥεύμα-rheuma (nom.), ῥεύματος-rheumatos (gen.). At the end of the term -oid gives the meaning as joints inflammation that seems to similar as rheumatic fever. Rhuma which means watery ooze might refer to the fact that the swelling in joints or that the disease may be made worse by wet weather. The initial earliest fundamental traces of arthritis occur before at 4500 BC. A symptom very similar to rheumatoid arthritis is first ever describes in a text dated 123 AD. The French physician Dr Augustin Jacob Landré-Beauvais (1772–1840) gave first description recognized as RA in modern medicine was in 1800 who was based in the famous Hospital in Paris. In 1859 The name "Rheumatoid Arthritis" itself was invented by British Rheumatologist Dr Alfred Baring Garrod. Homeopathy treats the whole person by addressing all aspects of individual i.e. physical constitution, mental and emotional make up. Homoeopathy explains that the symptoms are the outcome of the derangement of health in the whole person. It treats the patient not the disease individual. A constitutional homoeopathic medicines used to treat inherited tendency for disease.

Homeopathy has significant role not only in treating but also in preventing disease. We Homoeopaths do not claim total cure by just giving the anti-rheumatic medicines, we claim it because we believe in removing the disease from the root. This is ascertained by clearing the obstacles, proper assessing the disease, giving anti-miasmatic remedy and thus processing towards the total cure.

Homeopathy has numerous remedies for treating RA as homeopathy treat symptoms based on individuality of the patient. There are different remedies for people depending upon their attitudes, mental state, behaviour, sleeping pattern, food habits and symptoms of the disease. The frequency of RA is escalating rapidly worldwide, including developed and developing countries. The incidence of RA is rapidly increasing, particularly in the developing countries due to genetic, environment trigger as well as due to smoking and obesity. It has a considerable impact on the health, life style, life expectancy of patients and its complications results in major health problem.

How to Cite this Article- Vangani A. Thakur A., Role Of Rare Homoeopathic Medicines; Freeum Picricum, Methylene Blue, Salicylic Acid In The Management Of Rheumatoid Arthritis. TUJ. Homo & Medi. Sci. 2021; 4(4):96-100.

In India recent projection indicates that there is an alarming rise in prevalence of RA. In modern medicine there is no satisfactory effective therapy to cure RA . Prolonged disease –modifying antirheumatic drugs (DMARD) medicines can produce a series of side effects.

Homeopathy, a common form of alternative medicine is used world wide and plays a major role in healing different diseases. Due to minimal side effects homeopathic remedies may serve as potential method of treatment and in the management of RA.

Significance Of Present Work:

This research will provide new perspectives in approaching Rheumatoid Arthritis in aspect of Rare Homoeopathic Medicines.

Specifically, this research will benefit the following:

- This study spreads awareness in the community on recognizing and effectiveness of Homoeopathic System specifically in aspect of Rheumatoid Arthritis.
- ---Through this research, Academic Institutions and Administrators may promote these rare Homoeopathic Medicines and advocacies regarding Rheumatoid Arthritis and the book Clarkes Repertory that can help the

students deal with RA with these Homoeopathic Medicines.

- Students will be directly benefited from this research as its findings may encourage rare Homoeopathic Medicines to consider as a medication as an approach for treatment of RA.

Suggestions For Further Research:

This study covers information involving efficacy of rare homoeopathic medicines as an approach to reduce the symptoms of RA. Thus, the result of this study can be used for future discussions on the capabilities of these three rare meditation in normalize the symptoms of RA.

CONCLUSION

After treatment of over all cases the outcome result of 90 cases – is 40 cases were improved, 36 cases were recovered and 14 cases were in “not improved” category (as per mentioned in methodology).as we go for individual result of each medicine – in ferrum pic treated cases the result was - 14 cases were improved, 11 cases were recovered and 5 cases were in “ not improved” category. 11 cases were improved, 15 cases were recovered and 4 cases were in “not improved” category when cases treated by drug methylene blue. And in cases of drug salicylic acid 15 cases were improved,

10 were recovered and 5 cases was not improved.

Three Homoeopathic drugs mentioned in Clarkes Repertory under clinical rubric Rheumatoid Arthritis were found to reduce joint involvement in 90 patients with RA; t value=19.0547, $P < .001$ (for ferrum pic; n=30, paired t value = 8.86, for methylene blue; n=30, paired t value = 13.87, for salicylic acid;n=30, t=15.33; $P < 0.001$). The 2010 ACR/EULAR Diagnostic score reduced in all 90 patients t=22.38063; $P < 0.001$ (30 patients for ferrum pic t= 11.32, 30 patients for methylene blue t= 14.05,30 patients for salicylic acid t= 13.05; $P < 0.001$). Mean ESR improved to 18.51 from 29.11 (t = 20.10144, $P < 0.05$). Out of 90, 31 (34.44%) patients were found to be Sero-negative after given three Homoeopathic drug- Ferrum Picricum, Methylene Blue And Salicylic Acid. Psora- Sycosis is the dominant miasm mostly found among 90 Rheumatic Arthritis patients.

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Conflict of Interest: None

Source of Support: Nil

