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## ORIGINAL ARTICLE

### EFFECT OF POLYCHREST REMEDIES IN THE TREATMENT OF OSTEOARTHRITIS

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#### Abstract

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**Key Word-** Osteoarthritis, Joint, Polychrest remedies

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Osteoarthritis is a heterogeneous group of degenerative joint disease of multi factorial origin, characterized by defective integrity and progressive loss of articular cartilage; subchondral bone remodelling, joint space narrowing and bone spur formation as well as synovial inflammation. Homoeopathy has tremendous scope in the field of osteoarthritis. Homoeopathic treatment for osteoarthritis gives very good and effective results. Osteoarthritis is a joint disease that mostly affects the cartilage. Osteoarthritis mainly affects the weight bearing joints. Osteoarthritis can lead to disability.

#### INTRODUCTION

Osteoarthritis is derived from Greek word part “osteo” means “bone”, combined with arthritis means “arthr” meaning joint, suffix “itis” implies presence of inflammation. Osteoarthritis is a common form of arthritis in humans characterized by inflammation, breakdown

and eventual loss of cartilage in the joints, sub chondral sclerosis, osteophytes formation. Osteoarthritis is common form of arthritis and a leading cause of disability worldwide. Cartilage is a firm, slippery tissue that enables frictionless joint motion. Osteoarthritis occurs when the cartilage that cushions the ends of bones in

joints gradually degenerates. Over time, rubbing of bones can permanently damage the joint. Osteoarthritis is characterized by gradual development of joint pain, stiffness, swelling and limitation of movement. Osteoarthritis is triggered by diverse environmental and constitutional factors. Age is the major risk factor for osteoarthritis, it usually occurs in middle aged people. Osteoarthritis is more common in women. Osteoarthritis may be caused by injury, repetitive use of joints and obesity, some metabolic disease also contribute to osteoarthritis.

**Types of osteoarthritis are –**

1. Knee osteoarthritis
2. Hip osteoarthritis
3. Spine osteoarthritis
4. Hand osteoarthritis
5. Ankle osteoarthritis

Homoeopathy serves the best polychrest remedies for osteoarthritis. Polychrest remedies for osteoarthritis can be very beneficial in reducing pain, stiffness and swelling of joints. Polychrest remedies can be beneficial in improving the symptoms of osteoarthritis. Polychrest remedies prescribed to patients are Belladonna, Bryonia alba, Calcarea carbonica, Nux vomica, Sulphur, Thuja occidentalis, Lycopodium clavatum, Rhus toxicodendron, Pulsatilla nigricans, Phosphorus.

It is an observational study “Effect of Polychrest Remedies in the Treatment of Osteoarthritis” conducted in the OPD and IPD of Sri Ganganagar Homoeopathic Medical College, Hospital and Research Institute, Sri Ganganagar, Rajasthan. This study conducted on 100 patients of osteoarthritis in between age group of 40-60 years.

**METHODOLOGY**

**Inclusion criteria:**

- 1) 100 patients of osteoarthritis included after receiving informed consent with proper case taking as per the case taking performance considered for the study.
- 2) Patients of age group between 40 to 60 years and both sexes considered for study.
- 3) The patient who can fairly articulate.
- 4) Patients from Sri Ganganagar Homoeopathic Medical College, Hospital and Research Institute, Sri Ganganagar are taken for the study.

**Exclusion criteria:**

- 1) Not associated with heart or any other organ disorder.
- 2) Patients who cannot express fairly.
- 3) Any case of burn, accident, poison, drug reaction
- 4) Patients who are mentally retarded are excluded.

**Withdrawal Criteria:**

- 1) The case without proper follow up.
- 2) The case required emergency treatment during the study.

**Population/Sample:**

- 1) Diagnosed cases of osteoarthritis.
- 2) Sample of 100 patients taken on basis of first come first serve from OPD and IPD of Sri Ganganagar Homœopathic Medical College, Hospital and Research Institute, Sri Ganganagar, Rajasthan.

**Duration of study:** One year

**Study Design:** Observational study

**Selection of Tools:**

- (i) Case study proforma
- (ii) Library
- (iii) Organon of Medicine
- (iv) Materia Medica
- (v) Repertories
- (vi) Cases of osteoarthritis
- (vii) **Assessment scales** - Subjects

were assessed on the basis of the Western Ontario and McMaster Universities Osteoarthritis Index (WOMAC) includes five questions for pain (score range 0-20), two questions for stiffness (score range 0-8) and Seventeen questions for physical functioning of the joints (score range 0-68).

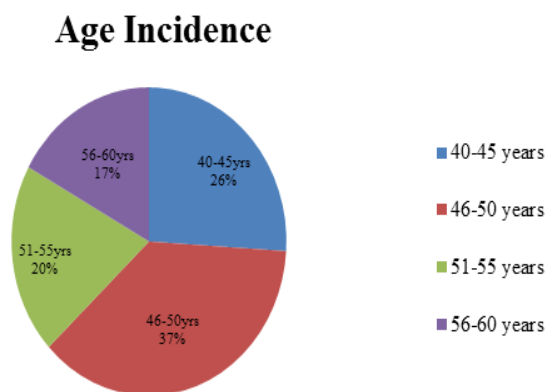
**Place of Work:** Hospital wing of Sri Ganganagar Homœopathic Medical College, Hospital and Research Institute, Sri Ganganagar, Rajasthan.

**Result**

In the study “Effect of Polychrest Remedies in the Treatment of Osteoarthritis”. The data obtained from 100 patients of osteoarthritis between 40-60 years of age group were sorted in the graphs.

**Age Incidence**

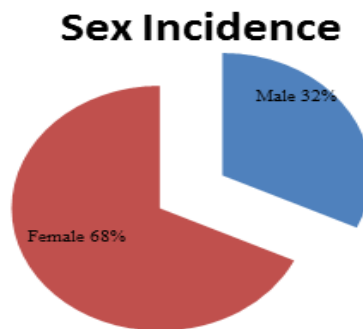
Graph No. 1 - Graphical Distribution of age incidence in 100 cases of osteoarthritis



As shown in Graph no. 1, maximum incidence of osteoarthritis were observed in the age group 46-50 years i.e. 37 cases (37%), where as minimum incidence of osteoarthritis were in age group age group 56-60 years i.e. 17 (17%).

**Distribution of sex**

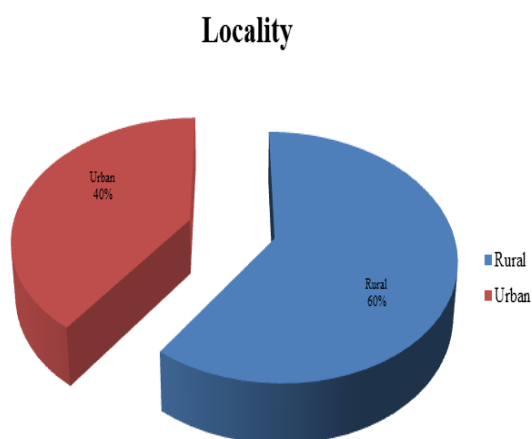
Graph No. 2 - Graphical Distribution of sex incidence in 100 cases of osteoarthritis



As shown in Graph no. 2, maximum number of cases i.e. 68 cases (68%) were observed of female, where as minimum number of cases 32 cases (32%) were observed of male.

**Distribution of locality**

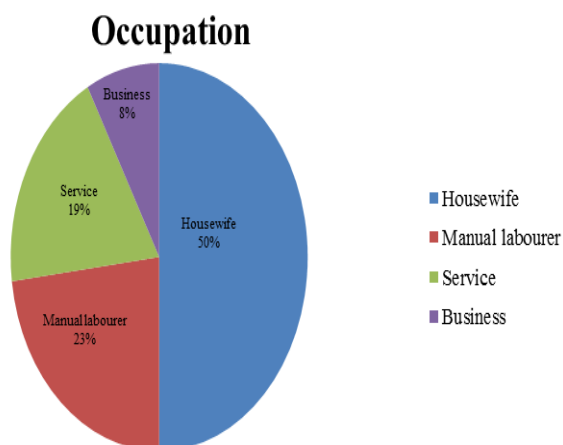
Graph No. 3 - Graphical Distribution of locality in 100 cases of osteoarthritis



As shown in Graph no. 3, maximum number of cases i.e. 60 cases (60%) were observed from rural, where as minimum number of cases i.e. 40 cases (40%) were from urban areas.

**Distribution of occupation**

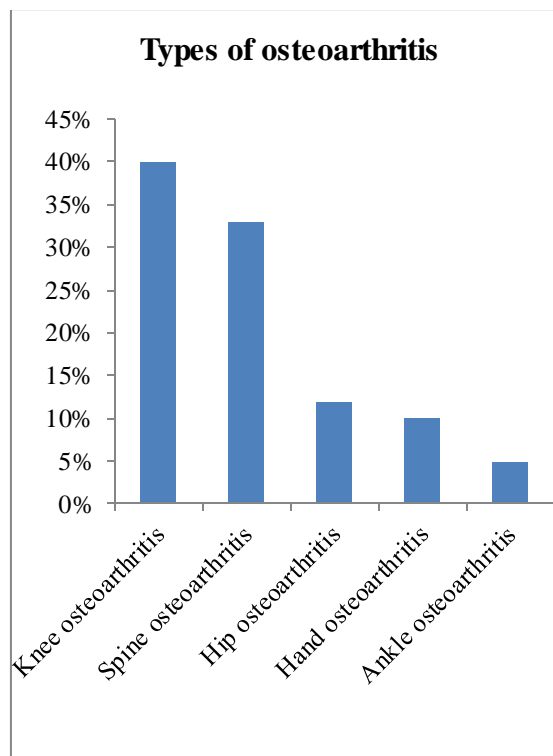
Graph No. 4 - Graphical Distribution of occupation in 100 cases of osteoarthritis



As shown in Graph no. 4, maximum incidence was observed of Housewife i.e. 50 cases (50%), followed by Manual labourer i.e. 23 cases (23%), patients doing Service i.e. 19 cases (19%) and patients during Business i.e. 8 cases (8%).

**Distribution of types of osteoarthritis**

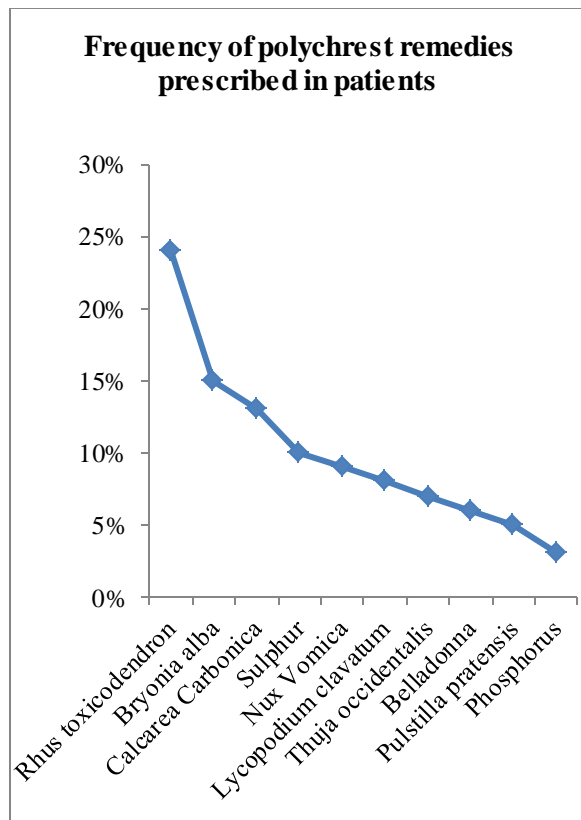
Graph No. 5 - Graphical distribution of types of osteoarthritis in 100 cases of osteoarthritis



As shown in Graph no. 5, maximum cases were observed of Knee osteoarthritis i.e. 40 cases (40%), followed by Spine osteoarthritis i.e. 33 cases (33%), Hip osteoarthritis i.e. 12 cases (12%), Hand osteoarthritis i.e. 10 cases (10%) and Ankle osteoarthritis i.e. 5 cases (5%).

**Distribution of frequency of polychrest remedies**

Graph No. 6 – Graphical distribution of frequency of polychrest remedies prescribed in 100 cases of osteoarthritis

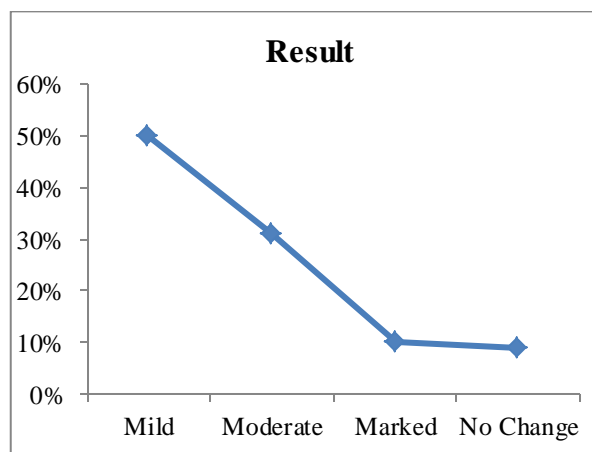


As shown in Graph no. 6, in maximum cases Rhus toxicodendron was prescribed in 24 patients i.e. (24%), followed by Bryonia alba prescribed in 15 patients i.e. (15%), Calcarea carbonica prescribed in 13 patients i.e. (13%), Sulphur prescribed in 10 patients i.e. (10%), Nux vomica prescribed in 9 patients i.e. (9%), Lycopodium clavatum prescribed in 8 patients i.e. (8%), Thuja occidentalis prescribed in 7 patients i.e. (7%), Belladonna prescribed in 6 patients i.e.(6%), Pulstilla pratensis prescribed in 5

patients i.e. (5%) and Phosphorus prescribed in 3 patients i.e. (3%).

**Result Distribution**

Graph No. 7 - Graphical distribution of result obtained after administration of polychrest remedies in 100 cases of osteoarthritis



As shown in Graph no. 7, patient show mild response 50 patients (50%), moderate response 31 patients (31%), marked response in 10 patients (10%), No change in 9 patients (9%).

**Discussion**

The discussion on various aspects observed in the study has been given below -

1) **Age incidence:** In this study of 100 cases of osteoarthritis, the cases were observed between 40-45 years were 26 cases (26%), between 46-50 years were 37 cases (37%), between 51-55 cases were 20 cases (20%) and between 56-60 years were 17 cases (17%).

- 2) **Sex incidence:** In this study of 100 cases of osteoarthritis it was observed that maximum cases of osteoarthritis were of female patients i.e. 68 cases (68%) and minimum cases were of male patients i.e. 32 cases (32%).
- 3) **Locality:** In this study found that amongst 100 diagnosed case of osteoarthritis 60 cases (60%) were from rural areas and 40 cases (40%) were from urban areas.
- 4) **Occupation:** When study done on 100 diagnosed cases of osteoarthritis it was observed that maximum incidence of osteoarthritis found in Housewife i.e. 50 cases (50%), followed by Manual labourer i.e. 23 cases (23%) and patients doing Service i.e. 19 cases (19%), minimum cases were of patients doing Business 8 cases (8%).
- 5) **Types of osteoarthritis:** It has been observed that the maximum number of patients were suffering from knee osteoarthritis i.e. 40 patients (40%), followed by spine osteoarthritis i.e. 33 patients (33%), hip osteoarthritis i.e. 12 patients (12%), hand osteoarthritis i.e. 10 patients (10%) and minimum number of patients were suffering from ankle osteoarthritis i.e. 5 patients (5%).
- 6) **Polychrest remedies prescribed:** After proper case taking, analysis and evaluation of symptoms, patients general condition before disease and

condition at present history, past history, family history, personal history, severity of disease, duration, investigation, diagnosis & vitality of patient the most similar polychrest remedies were prescribed in different potencies of centesimal as per case and patients susceptibility. 10 well indicated polychrest remedies were prescribed in 100 cases in different potencies are : Rhus toxicodendron 30 C prescribed to 6 patients (6%), Rhus toxicodendron 200 C prescribed to 14 patients (14%), Rhus toxicodendron 1M prescribed to 4 patients (4%), Bryonia alba 200 C prescribed to 12 patients (12%), Bryonia alba 1M prescribed to 3 patients (3%), Calcarea carbonica prescribed to 200 C 13 patients (13%), Sulphur 30 C prescribed to 1 patient (1%), Sulphur 200 C prescribed to 9 patients (9%), Nux vomica 200 C prescribed to 7 patients (7%), Nux vomica 1M prescribed to 2 patients (2%), Lycopodium clavatum 30 C prescribed to 1 patient (1%), Lycopodium clavatum 200 C prescribed to 6 patients (6%), Lycopodium clavatum 1M prescribed to 1 patient (1%), Thuja occidentalis 200 C prescribed to 6 patients (6%), Thuja occidentalis 1M prescribed to 1 patient (1%), Belladonna 200 C prescribed to 4

patients (4%), Belladonna 1M prescribed to 2 patients (2%), *Pulsilla pratensis* 30 C prescribed to 1 patient (1%), *Pulsilla pratensis* 200 prescribed to 4 patients (4%), Phosphorus 200 C prescribed to 3 patients (3%).

### **Result according to the assessment of improvement in patients after administration of polychrest remedies:**

After completing the study of 100 diagnosed cases of osteoarthritis and observing them with administration of polychrest remedies with proper follow up it was observed that, where as 50 patients (50%) have mild improvement from their condition before treatment, 31 patients (31%) have shown moderate change in their condition, 9 patients (9%) have shown no change and does not give proper response to the treatment and 10 patients (10%) have shown marked response to the treatment, hence polychrest remedies have a role in treatment of osteoarthritis as it helps in reducing the suffering of patients.

### **CONCLUSION**

The inference drawn from the study is as follows -

- Maximum incidence of cases of osteoarthritis were observed in the age group between 46-50 years, this may be due to degenerative changes in joints are more in middle age.
- Incidence of females were more than in males, this may be due to hormones

estrogen and progesterone imbalance and calcium metabolism gets affected and joints along with bones gets soften. Therefore, females are more prone to suffer from osteoarthritis.

- Maximum number of patients was reported from rural area.
- According to the distribution of occupation housewife were more affected.
- Patient with knee osteoarthritis were more affected. The cause can be knee joint is more prone to injury. Osteoarthritis is degenerative disease involving weight bearing joints of the body.
- In 100 cases of osteoarthritis *Rhus toxicodendron* has proven to be most effective, controlled the frequency and intensity of complaints of chronic origin, also prevent futhur progress of the disease. The other polychrest remedies such Belladonna, *Bryonia alba*, *Calcarea carbonica*, Sulphur, *Nux vomica*, *Lycopodium clavatum*, *Thuja occidentalis*, *Pulsilla pratensis*, Phosphorus are also found effective.
- Out of 100 patients of osteoarthritis, 50 patients have showed mild improvement, 31 patients showed moderate improvement, 10 patients have showed marked improvement, while 9 patients have not shown any improvement.

➤ The statistical scale used for the assessment of the effect of the treatment also showed significant improvement after treatment.

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