

## Efficacy of Rare Medicines In Osteoarthritis

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**Abstract:** Introduction :In day to day practice now, more common problems arise in the world is Osteoarthritis. In present study showed the most possible Homoeopathic rare medicines used in as palliative medicine in Osteoarthritis. Method : purposive sampling for study In present study, analysis of case according individualization but in study rare medicine used for osteoarthritis cases like Argemone Mexicana, Angustura Vera, Jacaranda Caroba, Salicylicum Acidum, Formica Rufa, Arbutus Andrachne and Osteo Arthritis Nosode medicine according to symptoms totality with lower 30 potency use in study. Result: in present study mostly female are more suffering of osteoarthritis, mostly housewives are affected, mostly lower and rich economical class affected. Conclusions: Among seven medicines selected, Osteo Arthritis Nosode was indicated in maximum number of cases as first prescription. Formica Rufa And Arbutus Andrachne were other frequently used remedies . Osteo Arthritis Nosode proved to be most effective remedy during the treatment. [A Soni, Natl J Integr Res Med, 2018; 9(4):74-78]

**Key Words:** Osteoarthritis, Rare Homoeopathic Remedy

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**Introduction:** Osteoarthritis is by far the most common joint disorder, one of the most common chronic diseases in the elderly and leading causes of disability. Osteoarthritis start usually at the age of 30 and by the age of 65, 80% of people have some radiographic evidence of Osteoarthritis, although only 25% may have symptoms. Prevalence in men is slightly higher in the younger age groups while women are affected more commonly at ages over 55, except for disease of the hip.

Since there is currently no treatment to prevent or ameliorate the basic disease process, medical treatment is aimed primarily at relieving pain, with orthopedic intervention largely reserved for those situations which cannot be controlled with more conservative therapy. Orthopedic intervention is possible only in big or metro cities, unaffordable for poor socioeconomic class and followed by various complications as far as Allopathic management of the Osteoarthritis is concerned. Even during conservative treatment, chronic use of Allopathic drugs may cause resistance and prolonged use of analgesics and anti inflammatory drugs is very much harmful in the old age or past middle life who are usually already suffering from digestive disturbances.

Other options for the treatment of Osteoarthritis like Ayurveda, Naturopathy may have difficulty to attract the patient because of difficulty in availability long hospital stay for Naturopathic treatment and panchkarma of Ayurveda question of purity of medicine, availability of expert doctors, difficult

administration procedures and strict diet protocols as well as the cost of the medicine.

All these facilities are present in urban areas, but not much more prominent in villages and remotes areas, not only this but the other pathies are more or less ineffective in preventing degenerative process and often to palliate pain also.

Homoeopathy medicines are good alternative of all above adverse factors as easy availability easy to dispense, easy to administer, free of any invasive procedure, cause no gastric disturbances, geriatric friendly cheaper than any available scientific methods and medicines, no need of long hospital stay no post operative complication and above all good chances of not only relieving symptoms but may prevent or slow down the degenerative process of joints only with sweet sucking pills. Since Homoeopathic medicines are immuno modulators and act holistically to improve the overall health of the patient.

As per the Hahnemannian classification of disease, Osteoarthritis comes in the category of chronic miasmatic disease. A suitable constitutional medicine not only gives relief in the symptoms of the Osteoarthritis patient but may be able to slow down or stop the degenerative process, where as in advanced cases it will works, as good palliative one.

Many of the drugs found in Materia Medica are well proved and the efficacy is well established which are commonly called polycrests. Under these polycrests

drugs, many of the rare and lesser proved drugs remain unused in the vast field of clinical practice. Though rare medicines are having very few symptoms, but they have much therapeutic value and even with few proved symptoms available, it often gives very good results. Since the treasure is already available with us and to show their clinical and therapeutic efficacy in Osteoarthritis, this work has been intended.

I want to do this study for to confirm the effectiveness of previously available symptoms of the selected rare medicine in Osteoarthritis as well as any new symptoms if I would invent drugs my study for the interest of the humanity and Homoeopathy.

In this work I have tried to enlighten the efficacy of rare medicines on Osteoarthritis as well as efficacy of Osteo Arthritis Nosode a rare remedy as an intercurrent remedy on Osteoarthritis. Rare medicines are less proven medicine and very few symptoms are available in a single book. So from different sources a cumulative picture of a medicine to be prepared and it is matched with the symptoms of a given Osteoarthritis patient and trying to find out the most similar one from the given list of rare medicine

1. Arbutus Andrachne
2. Angustura Vera
3. Argemone Mexicana
4. Formica Rufa
5. Jacaranda Caroba
6. Salicylicum Acidum
7. Osteo Arthritis Nosode.

#### Aim and Objectives:

1. To evaluate the efficacy of rare Homoeopathic medicines in Osteoarthritis, namely Formica Rufa, Jacaranda Caroba, Argemone Mexicana, Arbutus Andrachne, Angustura Vera, Salicylicum Acidum, Osteo Arthritis Nosode.
2. To evaluate the efficacy of Osteo Arthritis Nosode, a rare remedy as an intercurrent in Osteoarthritis.

**Method:** This research is carried out by experimental methodology which is used on qualitative data

1. **Population:** All cases of Osteoarthritis condition coming to the Government Homoeopathic Unit, Community Health Center, Po. Patdi, Dist:- Surendraragar ., Shradha Homeocare 6 J.K. Super Market-II, V.P.Road, Po Viramgam, Dist:- Ahmedaba , Dr.Soni's Homeo Clinic Near Nargrik Bank. Po. Patdi, Dist:-Surendraragar

2. **Sample:** Followed the methods of purposive sampling where by 100 cases which were diagnosed as Osteoarthritis are selected as a sample irrespective of their age or gender.
3. **Data collection:** Researcher has conducted personal interview with each sample patient with the help of a standard case record which was used as a tool for collection of the data.
4. The case were analyzed and evaluated with formation of totality of Osteoarthritis symptoms.
5. The medicine was prescribed on the basis of the similarity between the totality of Osteoarthritis symptoms of a given case and symptoms of the remedy profile.
6. Osteo Arthritis Nosode was used as an intercurrent in cases where any of the selected rare remedies fails to relieve and OAN was used as first prescription when there is no similarity of the symptoms of a given particular pre-diagnosed case of Osteoarthritis with that of the remedy.
7. Potency selection and repetition was adjusted according to the susceptibility and requirement of the case
8. Duration of study: 9 months
9. The subjective improvement of various symptoms and signs after administration of medicines were accurately monitored through regular clinical interview session.
10. Follow up monthly

**Observation and Results:** The result obtained and observation made during the study of randomly selected 100 cases of Osteoarthritis (pre diagnosed or with clinical presentation) is presented here.

1. **Male and female incidences according to age group:** The study show maximum number of patients were observed in age group 51 – 60 among which 10 male and 15 female patients were observed. Next to it in 61 to 70 age group, 13 male and 09 female patients were observed. Next to it in 71 to 80 age groups, 4 male and 3 female patients were observed, 21 – 30 age groups, 2 male and 4 female patients were observed. Lastly in age groups 11 – 20, only one patient was noted which was female.
2. **According to type of Osteoarthritis:** 12 cases (12%) of patients of acute Osteoarthritis where as 88 cases (88%) of chronic Osteoarthritis were observed
3. **According to occupation in the study group of 100 patients:** 60 cases patients were house wives,

where as 24 cases patients were doing job where including 12 of them were housewives, next to it , 21 cases patients were doing business where as 8 cases were either farmer or laborer. Lastly 2 cases patients were pujari of temple where as 1 case patient was student.

4. **Socioeconomic condition in the study group of 100 patients:** 26 cases patient were from rich family where as 3 case patients were from upper middle class family. Next to it 24 cases patients were from middle class family where as 32 cases patients were from lower middle class family. Lastly 15 cases patients were from poor family.
5. **Incidences of obesity past history of any injury and /or arthritis and family history of arthritis in the study group 100 patients:** obesity were observed in 37 cases past history of any injury and/or arthritis were observed in 13 cases and family history of arthritis were observed in 45 cases.
6. **Result of treatment of study group of 100 patients of Osteoarthritis:** moderate improvement was observed in 42 cases, while mild improvement was observed in 51 cases and status quo was observed in 7 cases.
7. **Result according to remedy in the study group of 100 patients of Osteoarthritis:** Argemon Mexicana was given to 12 patients out of which, 6 patients showed moderate improvement while 6 patients showed mild improvement. Angustura Vera was given to 12 patients out of which 5 patients showed moderate improvement while 7 patient showed mild improvement. Arbutus Andrachne was given to 13 patient out of which 2 patient showed moderate improvement while 9 patients showed mild improvement and 2 patients showed status quo. Formica Rufa was given to 15 patients out of whom 3 patients had moderate improvements while 11 patients had mild improvement and 1 patient has status quo. Jacaranda Caroba was given to 10 patients out of whom 6 patients had which moderat improvement while 3 patients had mild improvement and 1 patient had status quo. Salicylic acid was given to 11 patients out of which 4 Patient had moderate improvement while 6 patients had mild improvement and 1patient had status quo. Osteo Arthritis Nosode was given to 27 Patients out of which 16 patients had moderate improvement while 9 patients had mild improvement and 2 patients had status quo.

8. **Osteo Arthritis Nosode as 1<sup>st</sup> prescription and as an intercurrent:** Osteo Arthritis Nosode was given as an intercurrent medicine to 17 cases where 8 cases showed moderate improvement and 9 cases mild showed improvement. Osteo Arthritis Nosode as first prescription was given to 27 cases where 16 Patients had moderate improvement while 9 cases had mild improvement and 2 cases had status quo.

**Discussion:** Osteoarthritis is the commonest and highest clinical condition amongst all joint disease. Its importance derives from its economic impact in terms of both productivity and cost of treatment. It shows a strong association with ageing and is a major cause of pain and disability in the elderly. The modern life style causes increasing incidences in younger patients too. Sedentary habits and irregular food habit, highly farinaceous and fatty food leads obesity and indirectly cause increased rate of Osteoarthritis at relatively younger age especially in weight bearing joint. The competitive life style and mentality leads hurry and worry which leads faulty and misuse as well as over use of the joints which works as predisposing factors, more subtle repetitive adverse loading of joint during occupation or competitive sports also appear importance. Such factors have contributed lot only in increasing incidence of Osteoarthritis right from adult age.

At this juncture research in homoeopathy and saving of natural joint, avoidance of unnecessary surgery, avoidance of unnecessary chemical entry in the body in form of Allopathic medicine and economical burden of joint replacement surgery was call of time. I have been given the topic of Efficacy of Rare Medicines in Osteoarthritis. Keeping the view, the gravity incidence morbidity and future possibilities that can counter this clinical problem.

I have studied 100 cases of Osteoarthritis and I have made an attempt to study clinical causes, occupation and socio-economical impact influence of obesity, past history and family history in Osteoarthritis, presentation of different phase of Osteoarthritis and application of rare and lesser used Homoeopathic remedies as well as inter current remedy in treatment of Osteoarthritis. In this study, I have attempted to show lesser used and rare medicines can be effective in treatment of Osteoarthritis.

The study has re established the supremacy of Homoeopathic treatment in patient of Osteoarthritis, to which modern medicine or other systems are only palliative, costly, of unnecessary invasive procedures and often even could not manage the pain of Osteoarthritis. The study has also re established the effect of lesser used and rare Homoeopathic medicines as well as Osteo Arthritis Nosode as an intercurrent medicine, the most important weapon of Homoeopathy armamentarium in the fight against Osteoarthritis which are usually over looked by Homoeopaths in treatment of Osteoarthritis.

**Summery and Conclusion:** This study was conducted on 100 cases of Osteoarthritis. The response of rare remedies under study was observed on the basis of causation, duration of complaints, associated complaints, present complain, clinical examination, various precipitating factors like injury, over exertion, occupation , socioeconomic condition, past history, family history, obesity, and the cases were analyzed on the basis of clinical examination and the changes in the joints as shown by x ray and their response to the indicated rare remedy based on the individuality of the case.

The selection of the appropriate rare medicines was based on the symptomatology presented by the patient, most of the patients were dependent on allopathic prescriptions like analgesics, anti inflammatory or steroids orally, injectable or analgesic local application. Some of them have tried steroid injectables intra articular also. Many patients were on Ayurveda and other therapies. Cases were considered; usually which were chronic, few were acute. Polychrest Homoeopathic remedies are frequently prescribed in such cases. It is commonly believed that rare and lesser used Homoeopathic medicine do not cure the cases they are mere palliative , or relieve temporarily.

Among seven medicines selected, Osteo Arthritis Nosode was indicated in maximum number of cases as first prescription. Formica Rufa And Arbutus Andrachne were other frequently used remedies . Osteo Arthritis Nosode proved to be most effective remedy during the treatment.

Argemone Mexicana, Angustura Vera, Jacaranda Caroba And Salicylicum Acidum were comparatively

less prescribed during the trial, although they proved to be very effective when indicated.

It has been found in the study by comparing age wise results, young and adults as well as acute patients showed a higher rate of moderate improvement. Weaker response was observed in old age group and very chronic patients and complicated with other disease like diabetes etc. It may be concluded that with earliest Homoeopathic intervention, recovery rate is higher

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