

## Utility Of *Boswellia Serrata Q* in Rheumatoid Arthritis (RA)

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**Abstract:** *Boswellia Serrata* Mother Tincture known as Indian Frankincense (gule), is an herbal extract taken from the *Boswellia Serrata* tree. It is used in treatment of chronic inflammatory changes as well as a number of other illnesses. Studies show that *Boswellia* may reduce inflammation. Because *Boswellia* is an effective anti-inflammatory, it can be an effective painkiller and may prevent the loss of cartilage. Here is an attempt made to determine the efficacy of Homeopathic Mother Tincture to bring about desired results in Rheumatoid Arthritis cases. [Choudhary A Natl J Integr Res Med, 2021; 12(2):65-66]

**Key Words:** Homeopathic Mother Tincture, *Boswellia Serrata*, Rheumatoid Arthritis.

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**Introduction:** The scope of Homeopathic Mother tincture lies in treating the genuine morbid vital process and neither is causative agents or its ultimate. Since there is currently no treatment to prevent or ameliorate the basic disease process, modern medical treatment is aimed primarily at relieving pain for those situations which cannot be controlled to most conservative therapy, but homeopathy has proven its efficacy in the treatment of Rheumatoid Arthritis where it helped patients to get relief as well as functionally improve. **Objective:** Homeopathic medicine *Boswellia Serrata* Mother Tincture is effective in reducing the symptoms of joint inflammation in rheumatoid arthritis.

**Material and Methods:** Total Number of Case: 30  
Type of study: Purposive – single center set in Area or site of study.

**Inclusion Criteria:** Age of group: 30-60 years, Sex: Both sexes, Socio-economic Group : All, Diagnosis was made on below basis of: Pain, Tenderness, Stiffness, Difficulty Moving, Serum Rheumatoid Factor +Ve.

**Exclusion Criteria:** complication and deep pathological condition and which need surgical Process are also excluded.

**Collection Of Data:** data was collected from patients by interviewing, clinical examination and investigations. Therapeutic Plan was evolved individually for each case.

**Selection Of Remedy:** *Boswellia Q*

**Repetition:** Repetition of Dose was done according to Cases.

**Follow Up:** 06 month, Cases were reviewed at Regular intervals.

**Assessment:** Basis of clinical Assessment and scoring chart.

**Results:** The description of the data collected from 30 cases using tables.

**Table 1: Distribution Of 30 Cases Of Rheumatoid Arthritis According To Age Group**

Sr.No.	Age Group	No Of Patients
1	30 To 40	07
2	41 To 50	15
3	51 To 60	08
	Total	30

In this table shown that 07 case of 30 to 40 age group, 15 cases of 41 to 50 age group, and 08 cases in 51 to 60 age group Rheumatoid Arthritis shown.

**Table 2: Distribution Of 30 Cases Of Rheumatoid Arthritis According To Sex Group**

Sr.No.	Sex	No Of Patients
1	Female	21
2	Male	09
	Total	30

Out of 30 Patients 21 were Female and 09 were male. So study shown females are more effected than males.

Out of 30 Patients 17 were House wife, 04 were Manual Laborers, 04 were teachers, 03 were social workers and 02 were Drivers, so study shown more house wife effected than other occupation.

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**Table 3: Distribution Of 30 Cases Of Rheumatoid Arthritis According To Occupation Group:**

Sr.No.	Occupation	No Of Patients
1	House Wife	17
2	Manual Laborers	04
3	Teacher	04
4	Social Workers	03
5	Drivers	02
	Total	30

**Table 4: Distribution of 30 Cases Of Rheumatoid Arthritis According To Pain Group**

Sr.No.	Pain	No Of Patients
1	Improvement	23
2	Not Improvement	05
3	SQ	02
	Total	30

Out of 30 Patients 23 was improvement, 05 was not improvement and 02 was SQ.

**Table 5: Distribution Of 30 Cases Of Rheumatoid Arthritis According To Morning Stiffness Group**

Sr.No.	Morning Stiffness	No Of Patients
1	Improvement	21
2	Not Improvement	06
3	SQ	03
	Total	30

Out of 30 Patients 21 was improvement, 06 was not improvement and 03 was SQ.

**Table 6: Distribution Of 30 Cases Of Rheumatoid Arthritis According To Reducing Swelling Group**

Sr.No.	Reducing Swelling	No Of Patients
1	Improvement	23
2	Not Improvement	05
3	SQ	02
	Total	30

Out of 30 Patients 23 was improvement, 05 was not improvement and 02 was SQ.

**Table 7: Distribution Of 30 Cases Of Rheumatoid Arthritis According To Reducing Tenderness Group.**

Sr. No.	Reducing Tenderness	No Of Patients
1	Improvement	23
2	Not Improvement	05
3	SQ	02
	Total	30

Out of 30 Patients 23 was improvement, 05 was not improvement and 02 was SQ. In Table 8, Out of 30 Patients 20 was improvement, 06 was not improvement and 04 was SQ.

**Table 8: Distribution Of 30 Cases Of Rheumatoid Arthritis According To Frequency And Intensity Of Attack Group**

Sr. No.	Frequency and Intensity of attack	No Of Patients
1	Improvement	20
2	Not Improvement	06
3	SQ	04
	Total	30

**Discussion:** This study was conducted to show the effectiveness of the Homoeopathic medicine Boswellia Serrata Mother Tincture the treatment of Rheumatoid arthritis. Assessment of all patients was done before the treatment and after treatment. Cases that were reviewed at regular intervals. Result shows there is considerable reduction in the disease intensity score in stiffness as well as swelling after the Homeopathic Treatment

**Conclusion:** This study provides evidence to say that, there is considerable reduction in the disease intensity score after the Homeopathic Treatment. Homoeopathic remedy Boswellia Serrata Mother Tincture is effective in the treatment of Rheumatoid Arthritis.

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