

A Case Study on Rheumatoid Arthritis

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Abstract: Rheumatoid arthritis (RA) is a long-term autoimmune disorder that primarily affects joints. It typically results in warm, swollen, and painful joints. Pain and stiffness often worsen following rest. Most commonly, the wrist and hands are involved symmetrically. Peak onset age is of 50 ± 15 years, Female: male -3:1, Old women -5 %. Genetic contribution -30% to 60%. -HLA-DR4 allele in Caucasians is associated with a relative risk of almost 4 for RA. It started as vague pain with gradual appearance without classic symptoms of Joint swelling/tenderness/morning stiffness, effect of small joints, symmetric pattern of involvement, positive compression test is highly suggestive of RA. A case of a 38 years female was taken for its study. The case was taken with its presenting complaints with location, sensation, modality & concomitant. Then treatment history, H/O present complains, past history, family history, personal history was collected. There after physical generals, mental generals, physical examinations & laboratory investigations were done. Case was diagnosed ontologically to be a case of "Rheumatoid arthritis". Miasmatic assessment was done & determined to be case of "mixed miasmatic disease with preponderance of psoric miasm". Step by step proceeded from Analysis of symptoms, Conceptual image, Analysis of the case/Synthesis of the case, Evaluation/Repertorial totality to arrive at a "Totality of symptoms". The case was repertorized and Pulsatilla was evolved as the drug of choice. Hence it was prescribed in 50 millesimal scale followed by Bryonia album in same scale as chronic remedies. During treatment keeping miasm in mind patient was treated. Necessary intercurrents such as Petroleum 200, Medorrhinum 1m was prescribed. Finally, Sulphur 200 1 dose as an anti- psoric as per miasmatic treatment principle was given as finishing dose. Finally, patient was recovered fully.

Keywords: Autoimmune disorder, R.A. factor, Miasmatic diagnosis, Totality of symptoms, E.S.R., C.R.P.

1. Introduction

Rheumatoid Arthritis a chronic autoimmune disorder, systemic progressive in nature. Erosive polyarthritis is the hallmark of the disease. Its prevalence rate is 1% and it is more common in middle to old aged women. peripheral synovial joints are involved in almost all patients, in this disease [1].

Inflammatory arthritis has to pass several stages from the onset of arthritis to a specific form of rheumatic diseases that is to RA [2]. The first phase is the period leading up to the onset of arthritis. The second is the time in which persistence or remission is determined. The third and the fourth phases are the evolution into specific form of inflammatory arthritis. In some patients, these four phases pass in rapid succession. whereas in other patients the time course may prolong and continue for

several days. Different genetic backgrounds and environmental factors play role evolutionary phases of arthritis and change the natural history of early inflammatory arthritis [3], [4].

Many rheumatic conditions can be diagnosed basing on history taking and physical examination. Appropriate diagnostic laboratory tests required for confirmation of RA from other rheumatic diseases [5].

Estimating the disease activity score is quite sufficient for the determination of disease severity and response to treatment [6].

Abnormal values of RA, Erythrocyte sedimentation rate and C-reactive protein indicate about the acute phase of RA. The level of CRP and x-ray findings indicate about the severity of the disease. [7]

Rheumatic factor and anti-CCP are two robust parameters for the diagnosis of RA [8], [9].

The serum-levels of RF and Anti- CCP increase years to before conformation of the Rheumatoid arthritis diagnosis. Presence of Rheumatoid arthritis factor and Anti-cyclic citrullinated polypeptide antibody in a patient is highly specific for further occurrence of RA [10]. Many a time Negative RAF or Anti-CCP can be observed in 20% to 30% of cases with RA and both RAF and Anti-CCP negativity can be seen up to 50% of cases in beginning disease and up to 20% in the course of RA [11].

30% and 60% are from genetic background. The presence of HLA-DR4 allele in Caucasians is having with a relative risk of almost 4 times more for Rheumatoid arthritis [12]. Future RA in smokers compared to non-smokers is 3:1 proportion [13]. Hence smoking is one important environmental factor.

X-ray findings of Rheumatoid arthritis are noticed, such as joint space narrowing, erosions and sub luxation at later stage of RA. Synovitis is the early findings of RA and predicts of future bone erosion. Soft tissue swelling and mild juxta articular osteoporosis may be early feature of joints of hand in RA.

Contrast sonography and MRI are more sensitive and reliable techniques for diagnosis Rheumatoid [14].

2. Case Study

On 04-07-13 Mrs. Soubhagya laxmi ojha, Female; Hindu, married, aged 38 yrs consulted us with complaints multiple jt. pain; swelling & stiffness in the morning Since 7yrs. Which was agg. when exposure to cold. She had deformity of jts. & Also, eruption, itching & cracks of palms & soles which was agg. in winter season past history of Chicken pox; Measles; Father had

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Hypertension & DM type-II. First resorted to Allopathic, then Ayurvedic but had no considerable relief. Patient reacts to severely both the climate with easily catches cold (+++), Desire for sweet (+++), salt (++), cold food (+++), bitter (+++), Aversion to sour (+++), spicy food (++), Intolerance to spicy food (+++), fatty food (+++), thirstlessness with dry tongue (+++), perspiration profuse from head (+++), Mentally she was Irritable (+++), Fastidious (++), fear of alone (+++), company desire (++), consolation > (+++). Timidity (+) Weeping tendency (+) Consolation > (+) Fear of evening (+), Wt.-75 k.g., BP-120/70mm of hg, Pulse-76/Minute, CRP (+), 22.2mg/dl, RA-factor(+ve), ESR-64mm, ASO-36.6 Iu/mm & Uric acid 3.30mg/dl.



Patient's Name : MRS SOUBHAGYALAKSHI OJHA
 Patient's ID : 38238797 (Form ID:32957)
 Referred By Dr. : NIRANJAN MOHANTY
 Age/Sex : 38 Years/Female
 Date : 04-july-2013 09:30
 Reporting Dt. : 04-july-2013 06:30

HAEMATOLOGY

Investigation	Result	Units
Serum uric acid	3.30	mg/dl male(3.5-8.5)mg/dl Female(2.5-6.2) mg/dl
Anti streptolysin O (ASO)	36.8	Iu/ml (<116.0Iu/ml)
CRP(C Reactive protein) (By Nephelometry)	22.2	<8.0mg/L
E.S.R.	64	mm falls in 1 st hour(westergren's)
R.A. factor	positive (+ve)	

(Signature)
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 MD(Path),DCC(Oncopath)
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1) *Analysis of symptoms*

(It means separating a symptom in to its various components such as: Location, sensation, modality & concomitant Thereby we can know characteristic symptom & common symptom. The symptoms are completed with four dimension is called characteristic symptom & which is not completed in four dimension is common symptom.)

Table 1

Location	Sensations	Modalities	Concomitants
Elbow & Shoulder & Wrist jts.	Swelling/sore pain	<Cold >Warmth	Stiffness in the morning
Palm/Sole	Cracked/Itching	<Winter season	

2) *Conceptual image*

(It means to form an idol/semblance but not the actual one by this the symptoms scattered here & there are brought to one place under these heads hence it will be easy for further work)

1. Unexpected deviation: Thirstlessness with dry tongue
2. Causation: Past history of measles & chicken pox.
3. General: A) Mental: Irritable (+++), Fastidious (+++)

Fear of alone (++) Consolation (++) Desire Company (++)). B) Physical General: RSBC (+++), easily catches cold. Desire: Sweet (+++), cold food (++), salt (++), bitter (++), Aversion: Sour (+++); Spicy food (+++), Intolerance: Spicy (+++); fat (+++), Thirstless with dry tongue (+++). C) Pathological General: Rheumatoid arthritis. Cracked skin.

4. Characteristic Particular: Swelling & soreness of the jts <cold> warm, associated with morning stiffness.
5. Common Particular: Cracked palm & sole associated with itching<winter season.

3) *Analysis of the case/synthesis*

(It means to produce an important one out of unimportant. In this stage unimportant & vague symptoms are deleted).

Thus, in synthesis of this case we remove H/O of chicken pox & measles from causation as it does not clearly signify. Company desire; fear of ghost, thunderstorm is excluded due to less magnitude of symptoms. So, the synthesis of the case is written as follows—

1. *Unexpected Deviation:* Thirst less with dry tongue (+++)
2. *Causation:* ××
3. *Mental General:* Irritable (+++), fastidious (+++), fear of alone (++) , consolation > (++) Timidity (+) Weeping tendency (+), Consolation > (++) , Fear of evening (+)
4. *Physical General:* Reacts severely to both the climates (+++), easily catches cold, Desire for cold food (++) , sweet (+++), bitter (+++), salt (+++), Aversion: sour (++) , spicy food (+++), intolerance to spicy & fat food (+++).
5. *Pathological General:* Rheumatoid arthritis.
6. *Characteristics Particular:* Swelling & soreness of the joints<cold>warm, associated with morning stiffness.
7. *Common Particular:* Cracked palm & sole associated with itching<winter season.

4) *Evaluation/reportorial totality*

(Here grading of the symptoms are made as per their intrinsic worth. Reportorial totality is built up as per necessary reportorial tool is applied for the case)

Thirst less with dry tongue, 2. Irritable, 3. Timidity, 4. Weeping tendency, 5. Consolation >, 6. Fear of evening, 7. Fear of alone, 8. Fastidious, 9. Reacts severely both the climate., 10. Easily catches cold, 11. Desire for sweet, salt, bitter, 12. Aversion: sour; spicy, 14. Intolerance: spicy; fat, 15. Rheumatoid arthritis, 16. Swelling & soreness of the joints <cold>warm, associated with morning stiffness.,17. Cracked palm & sole associated itching.

5) *Miasmatic diagnosis*

Hence it is a mixed miasmatic disease with preponderance of psoric miasm [15].

SYMPTOMS	PSORA	SYPHILIS	SYCOSIS
1.Thirstless with dry tongue			
2.Irritable			
3.Timidty			
4.Weeping tendency			
5.Consolation >			
6.Fear of evening			
7.Fear of alone			
8.Fastidious			
9.Reacts severely both the climate.			
10. Easily catches cold			
11.Desire for salt			
12.Desire for bitter			
13.Aversion to fat			
14.Desire for sweet			
15.Aversion to sour			
16.Intolerance to spicy			
17.Rheumatoid arthritis			
18.Swelling & soreness of the jts <cold>warm, associated with			
19. Cracked palm & sole associated itching			

6) Nosological diagnosis

Multiple jt. Pain with swelling & morning stiffness, especially wrist, elbow joints, with RA factor (+ve), CRP(+ve), 22.2mg/l, ESR-64mm 1st hr.

So, it is a case of *Rheumatoid Arthritis*.

Repertorization: The Symptoms of “repertorial totality” were taken for repertorization.

Repertorial Sheet:

Repertorisation Table

Patient Name : Mrs. SAUBHAGYALAXMI OJHA Reg.No. : 1362 Rep.Date : 04/07/2013

Symptoms Covered	Tab	Sulph	Calc	Nary	Post	Sop	Up	Resid	As	Chol	Hum	Mag	Si
[C] [Mind]Homesickness, nostalgia													
[C] [Mind]Irritability													
[C] [Mind]Irritability easily													
[C] [Mind]Irritability, fearful mood Tendency													
[C] [Mind]Consolation Absent													
[C] [Mind]Fear Evening													
[C] [Mind]Fastidious													
[C] [Mind]Fear of being alone													
[C] [Generalities]Cold Tendency to take, taking cold egg													
[C] [Generalities]Cold and stroke:Face, limbs, chest:Desire:													
[C] [Generalities]Itching:Face:Side of													
[C] [Generalities]Itching:Hand:Palms													
[C] [Generalities]Cracked skin:Hands:Palms of													
[C] [Generalities]Cracked skin:Feet:Soles													
[C] [Generalities]Finger:Joints:Cold Exposure to, after													
[C] [Generalities]Finger:Joints:Swollen:Joints													
[C] [Generalities]Swelling:Joints													
[C] [Generalities]Foot and stroke:Face and skin:Foot:Agg													
[C] [Generalities]Foot and stroke:Face, limbs:Swollen:Aversion													
[C] [Generalities]Foot and stroke:Joints, conditions, piquant, night													

Symptoms 1 to 20 Total Symptoms : 21 Remedies 1 to 15 Total Remedies : 609

Repertorial results:

Puls.-14/37,Sulph - 16/36, Cal.carb.-13/29, Nux.vom. - 14/28, Nat.mur.- 16/27

Prescription: Dt.04-07-2013: Choice of remedy: Rx.Puls 0/1,0/2,0/3,0/4(2 oz 16days b.d.)

Basis of prescription for pulsatilla was as follows:

1. Thirstless with dry tongue,
2. Irritable,
3. Timidity,
4. Weeping tendency,
5. Consolation > ,
6. Fear of evening,
7. Fear of alone,
8. Fastidious,
9. Reacts severely to both the climates.,
10. Easily catches cold,
11. Desire for sweet,
12. Intolerance: spicy; fat,
13. Rheumatoid arthritis,
14. Swelling & soreness of the joints <cold>warm, associated with morning stiffness.

1st follow up (09-08-2013): Multiple joints pain (wrist/elbow) ê, Weakness fore arm ê, Itching palm sole ê, Cracked heel ê, Deformity elbow joint continued.

Rx.Puls 0/5,0/6,0/7,0/8(2 oz ,16 doses, b.d.)

2nd follow up (19-09-2013): Multiple joints pain/sore ê, Weakness of right elbow joint ê, Itching soleê, Crack ness sole continued.

Rx, Puls-0/9,0/10,0/11,0/12(2oz ,16 doses, b.d.)

3rd follow up (09-11-2013): Multiple joints pain/sore(é) with swelling of wrist/elbow continued. Weakness right. elbow joint. (é), Itching sole/palm (é), Crack heel é, Chest sore <cold exposure, Piles with burning pain per rectum, home sickness, Irritable, easily offended, Constipation without urging, Thirst with dry tongue, Sleep disturbed, as there was aggravation of few symptoms and few new symptoms were observed, the case was rebuilt with new totality & repertorization was done.

Re-built totality of symptoms: Multiple joints pain/sore with swelling of wrist/elbow, Weakness right elbow joint, Itching sole/palm, Crack heel, Chest sore <cold exposure, Piles per rectum, burning pain per rectum, Constipation without urging, Thirst with dry tongue, Sleep: disturbed, home sickness, Irritable, easily offended.

Repertorial sheet:

Repertorial sheet

Patient Name : Mr. SOBHAGYALAXMI OJHA Reg.No. : 1879 Rep.Date : 09/11/2013

Symptoms Covered	By	Sulph	Calc	Chel	Mec	Si	As	Post	Pal	Nary	Resid	Sop	Hum	Mag	Nem
[C] [Mind]Homesickness, nostalgia															
[C] [Mind]Irritability															
[C] [Mind]Irritability easily															
[C] [Mind]Pain Burning															
[C] [Mind]Pain:Hand:Side															
[C] [Mind]Constipation Urging Absent															
[C] [Mind]Thirst															
[C] [Mind]Thirst: Tongue															
[C] [Sleep]Disordered															
[C] [Generalities]Face:Swollen															
[C] [Generalities]Swelling:Elbow															
[C] [Generalities]Swelling:Wrist															
[C] [Generalities]Stroke:Face:Side of															
[C] [Generalities]Cracked skin:Face:Stomach															
[C] [Generalities]Cracked skin:Feet:Weather, in cold															
[C] [Generalities]Pain:Face, Swollen															
[C] [Generalities]Weather:Cold, dry:Agg															
[C] [Generalities]Weather:Winter:Agg															

Symptoms 1 to 18 Total Symptoms : 18 Remedies 1 to 15 Total Remedies : 651

Repertorial results: Bryonia-14/31, Sulph.-13/31,Calc.carb.-13/30, Causticum-13/30

Prescription: Rx, Petroleum – 200/ (1 oz, 4 doses, 6 hourly) as intercurrent remedy and Bryonia – 0/1, 0/2, 0/3, 0/4 (2 oz, 16 doses, b.d.)

Basis of prescription: Petroleum was prescribed as intercurrents for cracked skin aggravating in winter then followed by Bryonia alb. for following reasons: Multiple joints pain/sore with swelling of wrist / elbow), Weakness right elbow joint, itching sore/palm, Crack heel, Chest sore < cold exposure, Piles per rectum, burning pain per rectum, Constipation without urging, Thirst with dry tongue, Sleep disturbed, Homesickness, Irritable, easily offended.

4th follow up: Multiple joint pain (80%), Pain elbow & wrist (+), Cracked sloeêê Constipation with urgingê (40%), Piles ê Rx Bronia 0/5, 0/6, 0/7, 0/8 ((2 oz, 16 doses, b.d.)

5th Follow up: Multiple joint pain with swelling elbow & wrist (+), (90%) Cracked sloe with itching ê (80%), Constipation, unsatisfactory, with urging ê Piles ê.

Rx Bronia 0/9, 0/10, 0/11, 0/12((2 oz, 16 doses, b.d.)

5th follow up: Multiple joints pain with swelling of elbow & wristê (80%), (stand still), Cracked sole with itching ê (80%), (stand still), Piles reduced 70% (stand still). Sneezing <morning. (unchanged), Fidgety in feet, Forgetfulness, Desire

to go home, Irritable, talks about business, Motion<, Appetite: Increased, Thirst: Increased with dry tongue, Stool: Constipation ball like stool.

Improvement was standing still hence the totality was rebuilt.

Reportorial sheet:

Reportorial results: Bryo.-16/35, Merc. sol. – 15/35, Sulph. – 14/35, Rhus. tox.– 15/31, Cal. carb.– 15/30.

Bryonia alb. again indicated therefore an intercurrent was thought to be needed, because of following symptoms :

Fidgety in feet, Forgetfulness, Desire to go home, Irritable, talks about business, Motion<, Appetite: Increased, Thirst: Increased with dry tongue, Stool: Constipation ball like stool.

Medorrhinum was given as intercurrents remedy.

Prescription: Rx, Medorrhinum-1M (1oz 4doses 6hrly), as intercurrent remedy. There after Bry. alb. -0/13,0/14,0/15,0/16 (2oz, 16doses, b.d.) was prescribed.

6th follow up (03-03-2014): No multiple joints pain with swelling elbow /wrist joint, no cracked in sole with itching, Piles reduced 90%, No sneezing, Fidgety in feet. Ê (50%), Forget fullness improved (60%), Desire to go home Ê, Irritable Ê, talks about business, Motion<, Thirst: Increased with dry tongue, Stool: Constipation ball like stool.

Rx, Bryonia alb. -0/17,0/18,0/19,0/20(2oz, 16doses, o.d.)

7th follow up (07-05-2014): Pain & swelling of elbow & wrist joint reduced considerably, No symptoms of piles, No sneezing.

Rx, Bryonia alb. -0/21,0/22,0/23,0/24(2oz, 16doses, o.d.)

8th FOLLOW UP (20-08-2014): No joint pain, no skin symptom, No piles. She reported for loose stool in early morning . Investigation CRP-7.2mg/dl, ESR-25mm 1st hour & R.A. Factor -+ve.

Rx, Sulphur-200(2glob.in 1oz. of distilled water 4doses 6hrly) was prescribed.

Note: As per chronic mixed miasmatic disease, we have to finish the treatment with an anti-psoric remedy. Hence sulphur was prescribed.

Investigation report after cure:

HAEMATOLOGY

Investigation	Result	Units
CRP(C-Reactive protein) (By Nephelometry)	7.2	<8.0mg/L
E.S.R. hour(westergren's)	25	mm falls in 1 st
R.A. factor	positive (+ve)	

Checked By: _____ / Certified In Lab. (This report is not valid for lab-test report purpose)
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 A unit of Rajaji Medicines Pvt Ltd.

3. Discussion and Conclusion

From above case, it is understood that the rheumatoid arthritis is although an autoimmune disorder and very difficult to be cured by our counterparts allopathic and Ayurvedic system of medicine as this case came to us after being treated by them but it can be easily treated with homoeopathic medicine very comfortably.

As the disease is a mixed miasmatic disease it should be treated by series of medicines as per indication at different stages keeping in mind the predominant miasm of the case.

When the patient's symptoms aggravate or get standstill, necessary acute or intercurrent remedy is to be prescribed to remove the block and to cure the patient at shortest period of time.

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