



REVIEW ARTICLE- MIASMATIC CORRELATION OF RHEUMATOID ARTHRITIS WITH THERAPEUTICS IN HOMOEOPATHY

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Abstract: Rheumatoid arthritis (RA) is a chronic autoimmune multisystem disease of unknown cause characterized by systemic manifestations, persistent inflammatory synovitis usually involving peripheral joints in a symmetric distribution. It causes pain, stiffness, swelling, and can lead to joint damage over time. This review article provides a comprehensive overview of Rheumatoid Arthritis, including its Aetiology, pathogenesis, clinical manifestations, diagnosis, and management strategies. Additionally, It also explore the potential role of homeopathic treatment in managing Rheumatoid arthritis symptoms and also provides miasmatic approach in treating the patients of rheumatoid Arthritis.

Keywords: Homoeopathy and rheumatoid Arthritis, homoeopathic key remedies of rheumatoid Arthritis, rheumatoid Arthritis management, miasmatic approach on rheumatoid Arthritis.

➤ Overview of Rheumatoid Arthritis:

❖ **Aetiology:** While the exact cause of RA remains unknown, it's widely believed to be a result of a complex interplay of genetic and environmental factors.

1. **Genetic Predisposition:** Certain genes, particularly those related to the immune system, increase susceptibility to RA.
2. **Environmental Factors:** Exposure to environmental triggers like smoking, certain infections (such as periodontal disease), and hormonal factors can contribute to the development of RA.

❖ Pathogenesis

1. Initiation

- **Antigen Presentation:** A specific antigen, possibly a modified self-antigen or an environmental trigger, is presented to T cells by antigen-presenting cells (APCs) in the synovium.
- **T Cell Activation:** T cells, particularly CD4⁺ T cells, become activated in response to the antigen.
- **Cytokine Production:** Activated T cells release pro-inflammatory cytokines, such as tumour necrosis factor-alpha (TNF- α), interleukin-1 (IL-1), and interleukin-6 (IL-6), which drive inflammation.

2. Inflammation and Synovial Proliferation:

- **Inflammatory Cell Infiltration:** Cytokines attract inflammatory cells, including macrophages, B cells, and plasma cells, to the synovium.
- **Synovial Hyperplasia:** The synovial lining thickens and becomes inflamed, forming a pannus.



- **Matrix Degradation:** The pannus invades and destroys cartilage and bone.

3. Autoantibody Production:

- **B Cell Activation:** B cells are activated and produce autoantibodies, including rheumatoid factor (RF) and anti-citrullinated protein antibodies (ACPA).
- **Immune Complex Formation:** Autoantibodies form immune complexes with self-antigens, further exacerbating inflammation.
- **Joint Destruction:**
 1. **Bone Erosion:** Osteoclasts, stimulated by inflammatory cytokines, erode bone.
 2. **Cartilage Degradation:** Enzymes produced by inflammatory cells degrade cartilage.

❖ **Function of Some Cells:**

1. **T Cells:** Central to the immune response, they orchestrate inflammation and autoantibody production.
2. **B Cells:** Produce autoantibodies that contribute to inflammation and tissue damage.
3. **Synoviocytes:** Hyperproliferate and produce inflammatory mediators.
4. **Macrophages:** Release inflammatory cytokines and degrade tissue.

❖ **Clinical features:**

RA symptoms can vary widely among individuals, but common manifestations includes:

1. **Joint Pain and Stiffness:** Often worse in the morning, particularly in the small joints of the hands and feet.
2. **Swelling.** Affected joints become swollen and tender.
3. **Fatigue:** A feeling of persistent tiredness.
4. **Fever.** Low-grade fever may occur.
5. **Weight Loss:** Unexplained weight loss can be a symptom.
6. **Loss of appetite:** Decreased appetite can contribute to weight loss.
7. **Depression.** The chronic nature of the disease can lead to emotional distress.

❖ **Diagnostic Criteria:**

The 2010 American College of Rheumatology/European League Against Rheumatism classification criteria for rheumatoid arthritis:

Score

- 1) have at least 1 joint with definite clinical synovitis (swelling)
- 2) with the synovitis not better explained by another disease

Classification criteria for RA (score-based algorithm)

A. Joint Involvement	Score
1 large joint	0
2-10 large joints	1
1-3 small joints (with or without involvement of large joints)	2
4-10 small joints (with or without involvement of large joints)	3



>10 joints (at least 1 small joint)	5
B. Serology (at least 1 test result is needed for classification)	
Negative RF and negative ACPA	0
Low-positive RF or low-positive ACPA	2
High positive RF or high-positive ACPA	3
C. Acute-phase reactants (at least 1 test result is needed for classification)	
Normal CRP and normal ESR	0
Abnormal CRP and abnormal ESR	1
D. Duration of symptoms	
<6 Weeks	0
>6 Weeks	1

Laboratory findings:

- Positive rheumatoid factor (RF) test
- Positive anti-cyclic citrullinated peptide (anti-CCP) antibody test
- Elevated erythrocyte sedimentation rate (ESR) or C-reactive protein (CRP)
- Duration of symptoms: Symptoms present for at least six weeks

Laboratory test:

Blood test:

- Rheumatoid factor (RF): This test detects antibodies that may develop in people with RA.
- Anti-cyclic citrullinated peptide (anti-CCP) antibodies: These antibodies are highly specific for RA and may be present even before symptoms develop.
- Erythrocyte sedimentation rate (ESR) and C-reactive protein (CRP): These tests measure inflammation in the body.

Imaging Tests:

- X-rays: X-rays can show joint damage, such as bone erosion and narrowing of joint space.
- Ultrasound: Ultrasound can detect early signs of inflammation in the joints.
- MRI: MRI can provide detailed images of the joints and surrounding tissues.

❖ **Management and Treatment:**

The goal of RA management is to control symptoms, slow disease progression, and improve quality of life. This is typically achieved through a multifaceted approach involving medications, lifestyle modifications, and, in some cases, surgical interventions.

Medications

Several types of medications are used to manage RA:

1) Nonsteroidal Anti-inflammatory Drugs (NSAIDs):

Reduce pain and inflammation.
Examples: Ibuprofen, naproxen.

2) Corticosteroids:

-Powerful anti-inflammatory drugs.
Used to reduce inflammation quickly, especially during



flares. Examples: Prednisone, cortisone.

3) Disease-Modifying Anti-Rheumatic Drugs (DMARDs):

Slow disease progression and prevent joint damage.

4) Conventional DMARDs:

Methotrexate: First-line treatment.

Sulfasalazine: Often used in combination with methotrexate.

Hydroxychloroquine: Can help slow disease progression.

5) Biologic DMARDs:

Target specific parts of the immune system.

Examples: TNF inhibitors (adalimumab, etanercept, infliximab), IL-6 inhibitors (tocilizumab), JAK inhibitors (tofacitinib, upadacitinib).

Lifestyle Modifications:

1. Regular Exercise: Low-impact exercises like swimming, cycling, or water aerobics can help maintain joint mobility and muscle strength.
2. Physical and Occupational Therapy: Can help improve joint function and daily activities.
3. Weight Management: Maintaining a healthy weight can reduce stress on joints.
4. Stress Management: Techniques like meditation, yoga can help manage stress and improve overall well-being.
5. Assistive Devices: Can help with daily tasks and reduce joint stress.
6. Diet: A balanced diet rich in fruits, vegetables, and whole grains can support overall health.
7. Smoking Cessation: Smoking can worsen RA symptoms and increase the risk of complications.

Surgical Interventions:

In severe cases, surgery may be necessary to repair or replace damaged joints. Common surgical procedures include:

- 1) Synovectomy: Removal of the inflamed synovium.
- 2) Joint Resurfacing: Reshaping the joint surfaces to improve function.
- 3) Joint Replacement Surgery: Replacing a damaged joint with an artificial one.

• Monitoring and Follow-up

Regular check-ups with a Physician are essential to monitor disease activity, adjust medications as needed, and address any side effects. Early treatment can help prevent joint damage.

❖ Homoeopathic Approach in Treatment in Rheumatoid Arthritis:

To provide the individualized homoeopathic treatment a thorough case taking process was followed. The motive of taking detailed history of patient was to comprehend how their disease starts, to identify the mental and physical factors that had influenced their health, and to pick out the peculiar and rare symptoms of patients. After taking the history their symptoms were analyzed and the best similimum was selected.

❖ Relationship of Rheumatoid Arthritis with Miasms: Psora, Syphilis, and Sycosis



In Homeopathy, miasms are considered the fundamental cause of chronic diseases. They are dynamic forces that affect the physical, mental, and emotional health of an individual. Understanding the miasmatic background of a disease can help in selecting the most appropriate homeopathic remedy.

Rheumatoid Arthritis (RA) is a complex autoimmune disease that can be influenced by various miasms like Psora, Sycosis and Syphilis.

1. Psora and RA:

Psora is considered the fundamental miasm, and it's often associated with chronic diseases. In RA, Psora can manifest as:

- Chronic inflammation: The persistent inflammation in joints is a hallmark of RA, which aligns with the chronic nature of Psoric diseases.
- Sensitivity to external factors: Psora often presents with hypersensitivity to weather changes, cold, and dampness, which can exacerbate RA symptoms.
- Mental and emotional symptoms: Psoric patients may exhibit anxiety, irritability, and a tendency to worry.

2. Sycosis and RA:

Sycosis is characterized by excessive tissue growth and discharge. It can be seen as:

- Joint deformities: Sycosis can lead to excessive tissue growth, which may contribute to joint deformities and stiffness in RA.
- Suppressed discharges: Sycosis often arises from suppressed discharges. In RA, there may be a history of suppressed infections or other discharges that could have triggered the autoimmune response.

3. Syphilis and RA:

While Syphilis is less commonly associated with RA, it can play a role in certain cases, especially when there is a strong family history of syphilis or a history of untreated syphilis. Syphilis can manifest as:

- Bone pain: Syphilis can affect the bones, leading to bone pain and joint pain, which can mimic RA symptoms.
- Neurological symptoms: Syphilis can affect the nervous system, leading to neurological symptoms that may accompany RA.

Key homeopathic remedies for Management of Rheumatoid arthritis:

Rhus Toxicodendron:

- Hot, painful swelling of joints. Pain tearing in tendons, ligaments and fasciae.
- Rheumatic pains spread over a large surface at the nape of neck, loins, and extremities, better motion.
- Soreness of the condyles in bones. Limbs stiff, paralyzed. The cold fresh air is not tolerated. It makes the skin painful. Pain along the ulnar nerve. Tearing down the thigh. Sciatica, worse cold, damp weather, at night.
- Numbness and formication, after overwork and exposure. Paralysis, trembling after exertion.
- Tenderness around the knee joint. Loss of power in forearm and fingers, crawling sensation in the tips of fingers.
- Tingling in feet.

Aggravation: During sleep, cold, wet rainy weather and after rain, at night



Amelioration: Warm, dry weather, motion; walking, change of position, rubbing, warm application, from stretching out limbs

Bryonia alba:

Knees stiff and painful. Hot swelling of feet. Joints red, swollen, hot, with stiches and tearing. Worse on least movement. Every spot is painful on pressure. Constant motion of the left arm and leg

Aggravation: warmth, any motion, morning, eating, hot weather, exertion, touch

Amelioration: lying on painful side, pressure, rest, cold things

Apis Mellifica:

Edematous. Synovitis. Felons in the beginning. Knee swollen, shiny, sensitive, sore, with stinging pain. Feet swollen and stiff. Feels too large. Rheumatic pain in the back and limbs. Tired, bruised feeling. Numbness of hands and fingers tips.

Aggravation-heat in any form, touch, pressure, in closed and heated rooms Amelioration:-in open air, uncovering and cold bathing.

Arnica Montana:

Gout. Great fear of being of being touched or approached. Pain in the back and limbs , as if bruised or beaten. Sprained and dislocated feeling. Soreness after overexertion. Everything on which he lies seems too hard. Deathly coldness of the forearms. Cannot walk erect, on account of the bruised pain in the pelvic region. Rheumatism begins low down and ascends.

Aggravation-: least touch, motion rest, wine, damp cold

Amelioration-: lying down or lying with head low

Ledum Palustre:

Gouty pains shoot through the foot, limb and joints, but especially in the small joints. Swollen, hot, pale. Throbbing in the right shoulder. Pressure in the shoulder, worse motion. Cracking in joints; worse, warmth of bed. Gouty nodosities. Ball of great toe swollen. Rheumatism begins in the lower limbs and ascends, Ankles swollen. Soles painful can hardly step on them. Easy spraining of ankles.

Aggravation: at night, from heat of bed

Amelioration: from cold, putting feet in cold water

Actaea spicata:

Rheumatic pains in small joints, wrist, fingers, ankles, toes. Swelling of joints from slight fatigue .Wrist swollen, red, worse from any motion. Paralytic weakness in hands. Lane feeling in arms. Pain in knee.

Angustera Vera:

Stiffness and tension of muscles and joints. Pain in the limbs on walking. Arms tired and heavy. Caries of long bones. Coldness of fingers. Pain in knees. Cracking of joints. Pain in cervical vertebrae. Twitching and jerking along the back. Drawing in neck.

Benzoicum Acidum:

Joints crack on motion. Tearing with stiches. Pain in tendoachillis. Rheumatic gout; nodes very painful. Gouty deposits. Ganglion: swelling of wrist. Pain and swelling in knees. Bunion of great toe. Tearing pains in great toe .

**Caulophyllum Thalicroides:**

Severe drawing, erratic pain and stiffness in small joints, fingers, toes, ankles. Aching in wrists. Cutting pains on closing hands.

Cobaltum Metallicum:

Aching in wrist joints. Pain shooting into the thighs from liver. Weakness knees. Trembling in limbs. Tingling in feet. Fatigue, agitation and bone pains, worse in morning.

Cyclamen Europaeum:

Burning, sore pains in the heels. Cramp like contractions in right thumb and index finger. Pain in parts where bones lie near the surface. Pains in periosteum.

Eupatorium Perfoliatum:

Aching pain in back. Aching pain in bones of extremities with soreness of flesh. Aching in arms and wrists. Swelling of left great toe. Gouty soreness and inflamed and nodosities of joints, associated with headache.

Formica Rufa:

Rheumatic pains: stiffness and contracted joints. Muscles feel strained and torn from their attachment. Weakness of lower extremities. Rheumatism comes on suddenly and with restlessness. Swear does not relieve. Relief after midnight and from rubbing.

Franciscea Uniflora:

Chronic stiffness of muscles. Gonorrheal rheumatism. Syphilis and rheumatism ,great heat over the body, much aching ,better sweat . Rheumatic pain in feet and lower part of legs .

Gettysburg Water:

Joints weak. Cannot lift things . Ligaments rigid. Evaporated and residue triturated to 6x of use in sub acute and chronic rheumatism. Sensation of rigidity, worse movement, especially in lumbar region and joints of hips, shoulders, and wrists. Stiffness of muscles on moving.

Ginseng Quinquifolium:

Hands feel swollen. Bruised pain in lumbosacral region and thighs; nocturnal digging pains in right lower limb extending to toes. Burning heat in fingertips. Stiff, contracted joints, heaviness of lower limbs. Cracking in joints. Stiffness of back.

Lacticum acidum:

Rheumatic pains in joints, shoulders, wrists, knees with much weakness.

Lithium carbonicum:

Rheumatic pains throughout the small joints are generally affected. Pain in hollow of foot, extending to knee. Swelling and tenderness of finger and toe joints, better by hot water. Nodular swelling in joints. Ankle pain while walking.

Magnum aceticum:

Knee pain and itch. Ankles painful. Bones very sensitive. Rheumatism of feet. Intolerable pain in skin of lower limbs. Burning spots around joints. Periosteal inflammation. Shiny red swelling around joints .

Oleum jecoris aselli:



Aching in elbows, knees and sacrum. Chronic rheumatism with rigid muscles and tendons. Burning in palms.

Radium bromatum:

Severe pain in limbs, joints, especially in knee and ankle joints, sharp pain in shoulders, arms, hands and fingers. Legs, arms and neck feel hard and brittle, as though they would break on moving. Arms feel heavy. Cracking in shoulder. Pain in toes, calves, hip joint, popliteal spaces. Arthritis, aching pain worse at night.

Rhododendron chrysanthum:

Joints swollen. Gouty inflammation of great toe joint. Rheumatic tearing in all limbs, especially right side; worse at rest and in stormy weather. Stiffness in neck. Pain in shoulders, arms, wrists; worse when at rest. Pain in bones in spots, reappears with change of weather. Cannot sleep unless legs are crossed.

Stellaria media:

Rheumatoid pains in different parts of body. Pain in shoulders and arms. Rheumatic pain in calves of legs.

Viola odorata:

Rheumatism of deltoid muscle. Trembling of limbs. Pressing pain in right carpal and metacarpal joints (rheumatism).

Guaiacum officinale:

Rheumatic pain in shoulders, arms and hands. Growing pains. Gouty tearing with contractions. Immovable stiffness. Pain in ankles, extending up leg, causing lameness. Joints swollen, painful and intolerant to pressure; cannot bear heat. Stinging pain in limbs. Arthritic lacerations followed by contraction of limbs. Sensation of heat in affected limbs.

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