

Study of the Significance of Individualization in Management of Osteoarthritis

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ABSTRACT

Osteoarthritis is among the second most common musculoskeletal problem in the world. It is the most common form of the arthritis predominantly affecting the elderly age group. It is a major cause of pain and disability in elderly. The treatment is mainly focused on analgesics & NSAIDs which have their side effects on liver, kidney, gastrointestinal tract & cardiovascular system which adds more agony to the patient. Homoeopathy does not treat the disease. It cures the patient safely, harmlessly and in a permanent manner. In one word, it individualizes. Homoeopathic medicines are claimed to have best palliative, reparative and genetic constitutional effects, therefore homoeopathic medicines in infrequent doses improve the general condition, behavioral changes and tolerance of pain and thereby reduces the chances of deformity and improves quality of life. Thus, the study was undertaken with the aim study the importance of individualization in the management of osteoarthritis. A detailed observational study of 30 cases was done and statistical techniques were used to analyze the results which showed 93% improvement. This brought us to a conclusion that effective management of Osteoarthritis is possible with the help of Individualization.

Key words - *Osteoarthritis, Individualization, Homoeopathy*

I. INTRODUCTION

Osteoarthritis being the second most common musculoskeletal problem in the world, predominantly affecting the elderly age group, has been an important cause of pain and disability in many individuals. The treatment for OA is mainly analgesics & NSAIDs which have their own multi-organ side effects causing unwanted trauma and agony to the patients. Despite all kinds of prolonged treatments and medical procedures, modern medicine does not seem to help in the management of OA making it a very frequently encountered disease. OA patients often try all kinds of treatments for a quick and temporary relief. The homeopathic remedy, correctly chosen by individualization and administered in infinitesimal doses satisfies the disturbed immunity, confers a true immunity in patient by promoting health, which is the true object to be gained. Homoeopathy does not treat the disease. It treats the patient as a whole. Homoeopathy has a good role in management of chronic diseases. So, there was a need to explore the effectiveness of Individualization in management of Osteoarthritis.

II. MATERIAL & METHODOLOGY

Study Setting:

Cases collected from: OPD of the institute, Peripheral OPD of the Institute and, Camps conducted by the Institute

Sample Size and Selection of Sample:

A minimum of 30 cases were taken by convenient random sampling.

Inclusion Criteria:

- Patients of both the sexes.
- Age group (30 – 80) years.
- Who understood and agreed to comply with all study procedures, including regular treatment and follow up visits.

Exclusion Criteria:

- Who were associated with any currently ongoing research study.
- Pregnant women.
- Incapacitated, bedridden and confined to wheelchair.
- Patients who were on treatment for life threatening or serious illness like Cancer, Aids etc.

Study Design: Observational study

Data Analysis: Chi-square test was used to analyze the data

Selection Of Tools: Standardized case taking format with Questionnaire was prepared and used in each case. Wong-Baker Pain Rating Scale and Evaluation of Morning Stiffness were used for assessment. Various books and Journals were used for reference.

Morning Stiffness- Its Evaluation 3+- 21-30 minutes, 2+- 11-20 minutes, 1+- 1-10 minutes
0-Absent

Outcome Assessment:

Degree of improvement was assessed based on the following criteria:

Intensity of pain, Morning stiffness, Associated complaints, Generals

On the basis of the above criteria, the patients were termed as improved or not improved.

III. RESULT & OBSERVATION

1. Wong Baker Pain Rating Score of 30 cases before and after treatment

This bar diagram represents the changes in Wong Baker Pain Rating Scores of 30 cases before and after treatment. The Wong Baker Pain Rating reduced to 2 in 25 cases, whereas in 3 cases it reduced to 4 and in 2 cases reduced to 6.

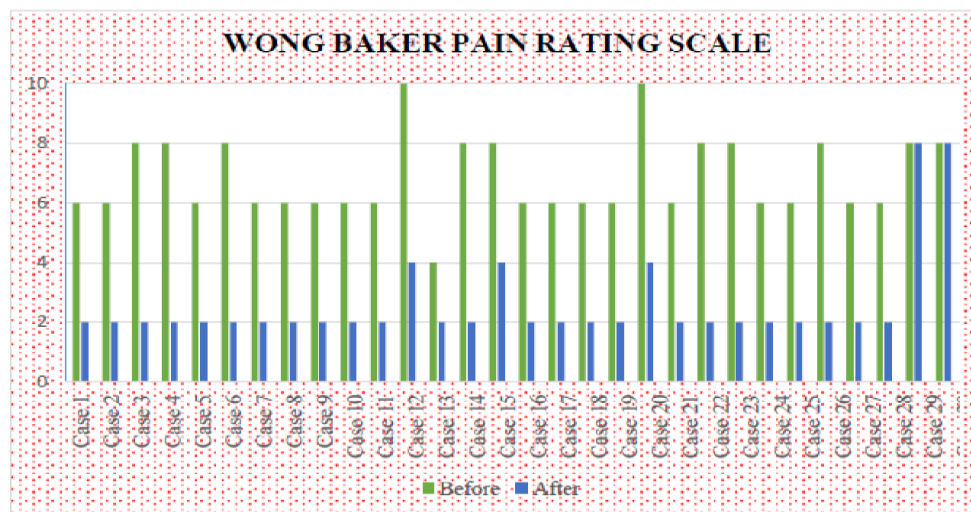


Fig.1. Wong Baker Pain Rating Score of 30 cases before and after treatment

2. Morning Stiffness in 30 Cases Before and After Treatment

This bar diagram represents the changes in Morning stiffness of 30 cases before and after treatment. Morning stiffness reduced to 1 in 21 cases, whereas in 7 cases it became nil and remained the same

in 2 cases

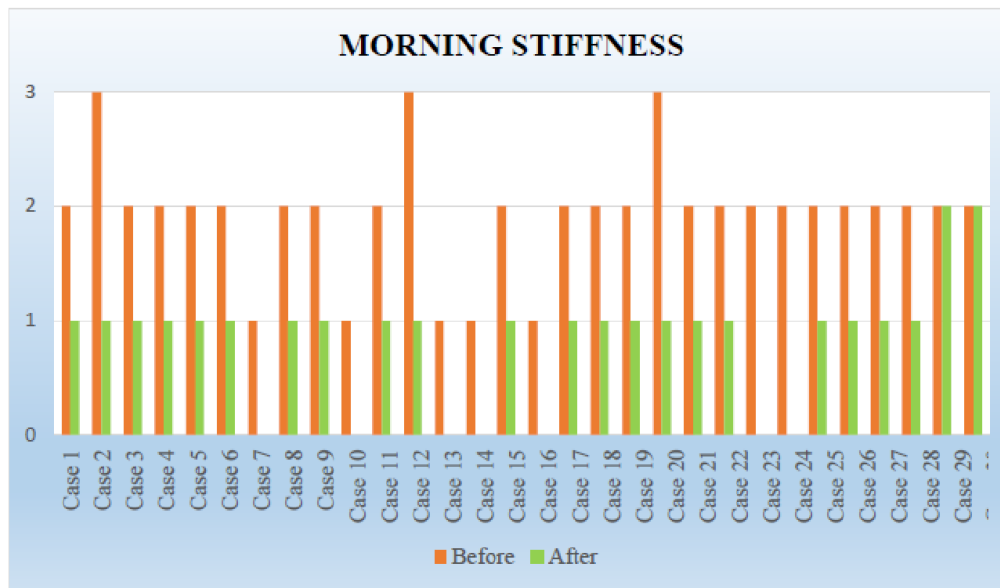


Fig.2. Morning Stiffness in 30 Cases Before and After Treatment

3. First Prescription

Out of 30 cases, acute remedy was given as a first prescription in 10 cases (33%) and constitutional remedy was given in 20 cases (67%) as per the requirement of the case.

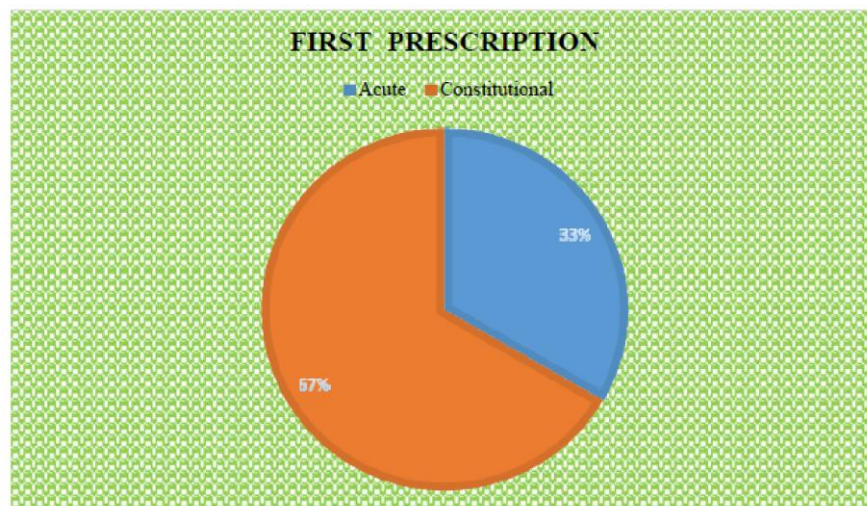


Fig.3. First Prescription

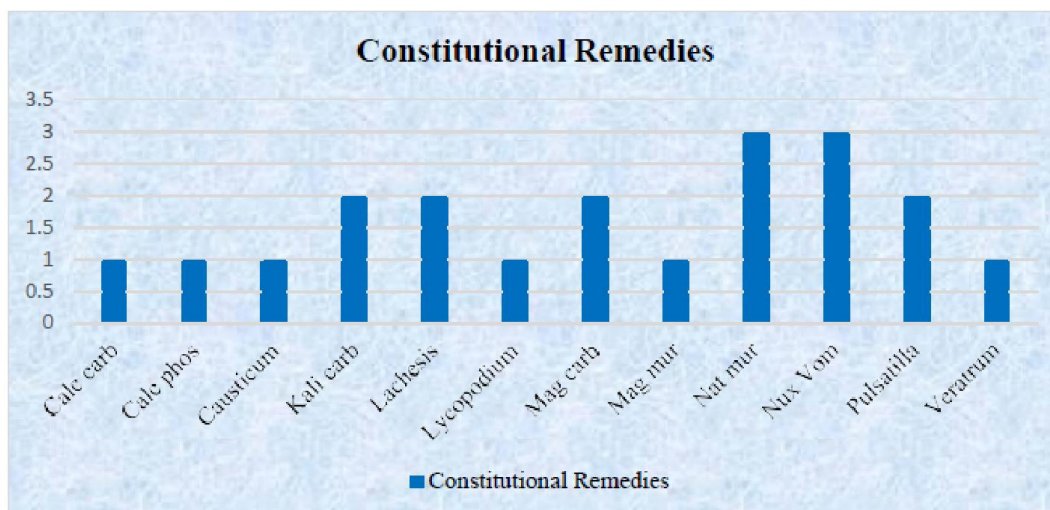
4. Acute remedies used as First Prescription

In 10 cases where acute remedy was used as first prescription. Bryonia was given as acute remedy

in 4 (40%) cases, Pulsatilla in 1(10%) case and Rhus tox in 5 (50%) cases.

5. Constitutional Remedies as First Prescription

Nat mur and Nux vomica were used in 3 cases (15%) each. Kali carb, Lachesis, Mag Carb and Pulsatilla in 2 cases (10%) each. Calc carb, Calc phos, Causticum, Lycopodium, Mag mur and Veratrum album in 1 case (5%) each.



IV. CONCLUSION

Out of 30 patients 28 patients (93.33%) improved and 2 patients failed to improve. With the help of Chi-square test, this result indicates the significance of individualization in management of Osteoarthritis. On the basis of Individualization, Homoeopathic medicines improved the general condition, tolerance of pain and thereby reduced the chances of deformity and increased the quality of life. Thus this study summarizes that Homoeopathic medicines can be effectively used in the treatment of Osteoarthritis with the help of Individualization.

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