

C.V.S.HOMOEOPATHIC CLINIC

DISEASES OF JOINTS & THEIR HOMOEOPATHIC TREATMENT (RHEUMATOLOGY)

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We hear people complaining of joint pains quite commonly in our society. Few decades back joint pains used to occur after certain age like 60 or 70yrs.

Now a day's people are complaining of joint pains, neck pains, backaches at an early age even in thirties or forties. Let us know what these joint diseases are? What are the varieties? What are the treatment methods? How to prevent joint pains.

Our bony skeleton gives a frame to our body, which provides shape, strength and flexibility to our body. Bones are too rigid to bend without being damaged. Fortunately, flexible connective tissues form joints that hold bones together while still permitting some degree of movement. A joint is also called an articulation is point of contact between two bones.

The ends of bones are covered by a tough elastic tissue called cartilage, which keeps the bones from rubbing against each other. The joint is enclosed by a synovial membrane, which releases synovial fluid in to the space between the two bones. This fluid lubricates the joints, making movements possible with the least friction. Tendons and ligaments provide support and direction to the bones.

The common manifestation of most of the joint diseases is "Arthritis", means inflammation of the joint. Symptoms include swelling, redness, pain, stiffness, and loss of motion in the effected area.

Major varieties of diseases, which affect joints, are:

- (1) Osteo Arthritis
- (2) Rheumatoid Arthritis
- (3) Spondylosis
- (4) Gout
- (5) Rheumatic fever
- (6) Infective Arthritis

OSTEO ARTHRITIS (O.A):

The most common type of joint disease prevalent in our society is Osteo Arthritis. Now a day's people are complaining of knee joint pains even in thirties. O.A is caused by the wear and tear of bones due to aging, joint injury, over weight,

Rheumatoid arthritis. It is a progressive disability and degenerative disease of the joint.

Onset; progress of disease, severity of symptoms, vary from person to person, depending on their bodily constitution or nature. Changes takes place in O.A are erosion of joint bony surfaces leading to rough bony ends, formation of loose calcium bodies obstructing the movement and reduction of the joint space. Then effusion and swelling of the entire joint takes place.

O.A usually starts around the age of forty. It is more common in females. It starts early in obese people i.e. having over weight. It is hereditary to some extent.

Usually it starts with pain and stiffness of joints, especially while getting up from the bed or a chair. The most commonly effected joints are knees and hip joints.

Onset of pain is usually gradual and slowly progresses. Pains are usually worse whenever patient over exerts himself by taking long walks, standing for a long time, sitting by folding legs, or climbing steps. Then patient may feel pain even when at rest. Gradually pain and swelling may increase to such an extent, so that it becomes difficult to take few steps. In the beginning of the O.A, patient feels a grating sound while walking or climbing steps. Patient may get some relief by taking rest or applying warmth to the affected joints.

A plane X ray can reveal the extent of the damage and severity of O.A. It is also necessary to assess the general health and rule out diseases like Diabetes mellitus; Hypertension etc. Tests like C.B.P; E.S.R; C.U.E; Blood sugar; are useful in assessing the general health of the person.

HOW TO PREVENT?

Total prevention of the degenerative disease like O.A may not be possible, but it can be postponed to a maximum extent; and severity of the diseases can be minimized if certain measures are taken.

- (1) Inculcate some physical activity from the childhood – Now a days most of the physical activity is avoided, because of availability of modern gadgets for all sorts of works. Right from washing clothes to grinding. We are after automation. "Machine dominates the man". Try to compensate this lacuna by adopting some physical activity like walking; exercises or yoga on a regular basis so that our bones and muscles get strengthened.
- (2) Avoid over weight or obesity by adopting healthy methods of eating and spending some calories on physical activity. Take balanced food.

Once the O.A disease starts, the following measures will help to arrest the disease progress and minimize the suffering.

- Avoid over exertion i.e. physical and mental.
- Don't go for long walks at a stretch.
- Have a regular health check and exclude diseases like Hypertension and Diabetes.
- Don't grow body weight. More over, try to decrease your body weight 10 to 15% below the normal range for your height and age. This measure will reduce lot of burden on your bones and joints as well as cardiovascular system.
- Don't stand for a long time at a stretch (especially women in kitchen)
- Don't squat by folding knees or Padmasan or Vajrasan. Also adopt western commode for defecation.
- Adopt proper postures in sitting standing, walking or lying. Avoid jumping, running, skipping etc.

OSTEOARTHRITIS - HOMOEOPATHIC TREATMENT:

There is nothing like a total cure for degenerative or aging disorders like Osteo Arthritis in any system of medicine. But there are good medicines in Homeopathy for enduring relief and arresting the disease. We adopt holistic approach in the treatment of chronic diseases like Osteo Arthritis. Reveal all the details of pains(OA) to the physician. Reveal not only disease symptoms but all other problems associated with OA and also personal factors, desires, aversions etc. so that physician can understand nature of the body and mind.

Try to approach the doctor when the disease (OA) is in the beginning stage. So that with a treatment course of 1-2 yrs you may get near normalcy and you can avoid all the conventional painkillers and their serious side effects. There are no side effects from prolonged use of Homoeopathic medicines. More over, your general health will be improved. Don't read books and take Homoeopathic medicines. Self-medication is of no use in Homoeopathy. It is a difficult and tedious process in selecting the proper Homoeopathic Medicine in a given case.

RHEUMATOID ARTHRITIS:

After OA it is the second Rheumatological disorder, commonly prevalent in our society. Now a day we hear people suffering from joint pains at the age of 15-20 yrs. Rheumatoid Arthritis (R.A) is the most common joint disorders occurring in this age group. It is supposed to be an autoimmune disorder, chronic, progressive and crippling in nature. It is more common in females.

It usually starts in the age group of 15-30, starts usually in small joints of fingers. Many joints are involved at once.

It starts with pain and stiffness of many joints especially hand, small joints and worse on getting up in the morning. Then gradually swelling of joints appear, with fever or feverishness; gradually movement in joints get restricted, shape of hand joints become like a spindle. Then deformities take place in all the joints but especially hands and feet, then knees, shoulders etc. There may be spontaneous relief for some times, but if enough measures are not taken, disease cripples the person. Many conventional drugs give relief of pain while disease progresses.

Disease can be diagnosed clinically basing on symptoms and signs. While investigations like CBP, ESR, CUE, X-RAYS, R.A test can help in confirming the diagnosis and assessing the severity of the medicine.

Don't opt for suppressive or palliative painkillers. There are good medicines in Homoeopathy for psychosomatic, chronic diseases like Rheumatoid Arthritis.

It may take few years, like 3-4yrs for cure of R.A. Don't get frustrated whenever there are fluctuations during weather change or stressful period.

Reveal all the symptoms of R.A as well as associated sufferings, symptoms, modalities; Try to tell some thing about your nature, any emotional disturbances, desires, tastes, etc.

You can take physiotherapy along with Homoeopathic medication in order to improve blood circulation and avoid deformities of joints.

Try to avoid emotional upsets and mental stress to the maximum extent.

SPONDYLOSIS:

Now a day's we find many people with neck collar and lumbar belts. These people have spine problem called as spondylosis.

It is a degenerative disease of the vertebral column. Calcification of ligaments; roughening of articular surfaces; reduction of inter vertebral, space, degeneration and softening of inter vertebral discs which act as shock absorbers. Some times the damaged inter vertebral disc presses on spinal nerves giving rise to pains. We also find rigidity or spasm of neck muscles. Cause is not clearly known, probably it is to some extent heredity; and obesity, mental tensions, may increase or aggravate the problem.

If these changes take place at cervical spine (neck) we call it as cervical spondylosis. If it happens in lumbar area we call it as lumbar spondylosis.

Symptoms of cervical spondylosis are: Neck pain; usually drawing in nature; rigidity or tightness of the neck muscles, difficulty in turning the head or bending upward or down wards; pain tingling or numbness along hands from shoulders to

fingers; some times pain in chest or back (thoracic area); Also patients get giddiness or vertigo (reeling sensation) while turning the head. Some times patients do get frequent headaches especially backside (occipital). Gradually pain and rigidity of cervical spine increases to such an extent that person feels difficulty even to turn his head and look to sides. to do that entire person has to turn. Spine becomes like a bamboo stick. They get relief of pain and rigidity with conventional painkillers and anti-inflammatory drugs for a short while only.

In lumbar spondylosis patients complain of low backache and stiffness especially on getting up from bed or chair. Some times they get pain along the one or both the legs while sitting or lying or moving. This happens due to pressure on nerve roots. We call it as the sciatica.

If pressure is too much on spinal nerves, and care is not taken in time it can lead to paralysis of limbs also.

CARE TO BE TAKEN:

Don't neglect chronic low back pain or neck pain by simply consuming painkillers. Approach the physician and try to find out the cause and take measures accordingly. Mere palliation or relief of pain may strengthen the disease process.

Avoid obesity or over weight especially abdominal obesity or fatness. Adopt proper postures while constantly sitting before the computer; or while standing. Sleeping bed should be firm and even. Be cautious while bending neck or back, or while lifting weights or rising. Avoid sudden jerky movements. Avoid mental tensions to the extent possible.

SPONDYLOSIS – HOMOEOPATHIC TREATMENT:

Homoeopathy relieve from pain and stiffness and also can completely cure the spondylotic process if the treatment is started at an early stage. For an enduring relief or cure it takes time from 2 – 4yrs; but it certainly happens. Reveal all the symptoms, without any inhibition. Bear fluctuation in pain for some times especially during weather changes and emotional disturbances. You can use physiotherapy along with Homoeopathic medicines.

In the same way there are very good medicines in Homoeopathy for Gout; Rheumatic fever etc. Approach the physician at the early stage of disease. Take all other measures along with medication for quick and enduring relief.

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