



HOMOEOPATHIC MANAGEMENT OF RHEUMATOID ARTHRITIS: A CASE REPORT USING COMPLETE REPERTORY

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Abstract: Rheumatoid arthritis (RA) is a chronic autoimmune disorder characterized by symmetrical joint inflammation, pain, stiffness, and progressive deformity if untreated. Homoeopathy offers an individualized therapeutic approach addressing both physical and mental symptoms. This case report presents a 49-year-old female with right knee joint pain, loss of appetite, taciturn nature, and aversion to meat. Repertorization was performed using Complete Repertory, and Belladonna emerged as the similimum. The patient showed significant improvement in knee pain, swelling, and general well-being after individualized homoeopathic treatment. This case highlights the usefulness of Repertorization and individualized remedy selection in managing RA.

Keywords: Rheumatoid arthritis, Homoeopathy, Belladonna, Complete Repertory, Case report

I.INTRODUCTION

Rheumatoid arthritis (RA) is a chronic, systemic autoimmune disease characterized by persistent synovial inflammation, progressive joint destruction, and extra-articular manifestations. It affects approximately 0.5–1% of the global population, with a higher incidence in women, particularly between the ages of 30 and 60 years (1). The disease is associated with significant morbidity, functional disability, and reduced quality of life if left untreated (2).

The pathogenesis of RA involves autoimmune activation leading to synovial hyperplasia, pannus formation, and subsequent cartilage and bone erosion (3). Patients typically present with symmetrical joint pain, swelling, morning stiffness, and constitutional symptoms such as fatigue and malaise (4). The chronic course of RA imposes both personal and socio-economic burdens, emphasizing the need for effective long-term management strategies (5).

Conventional treatment modalities such as nonsteroidal anti-inflammatory drugs (NSAIDs), corticosteroids, and disease-modifying anti-rheumatic drugs (DMARDs) help control inflammation and slow disease progression. However, these approaches may cause adverse effects and are not curative (6).

Homoeopathy, based on the principle of individualization, offers a complementary approach in RA management. Remedies are prescribed according to the totality of characteristic symptoms, including mental generals, physical generals, and particulars (7). Repertorization tools like the Complete Repertory allow systematic evaluation of patient symptomatology, helping in the selection of the similimum (8).

This article presents a case of RA in a 49-year-old female, managed successfully with individualized homoeopathic treatment using reportorial analysis.

Homoeopathy addresses RA through:

- Individualization of cases rather than focusing solely on pathology.
- Prescribing on peculiar mental generals (e.g., taciturn, desire to escape), physical generals (e.g., appetite wanting, food aversion), and particular symptoms (e.g., knee pain ameliorated by rest).
- Remedies like Belladonna, Bryonia, and Rhus toxicodendron are frequently indicated but must be confirmed through totality of symptoms.

Several clinical observations and studies suggest that homoeopathic treatment may reduce pain, stiffness, and improve general well-being without adverse drug effects.

Role of Complete Repertory in Rheumatoid Arthritis

The Complete Repertory (2024/1), developed by Roger van Zandvoort, provides an extensive database of rubrics and remedies. In RA cases, where multiple joint pains, modalities, and constitutional symptoms overlap, Repertorization enables precise differentiation among closely related remedies. It also integrates mental symptoms, which are often overlooked in conventional medicine, making the prescription more individualized and holistic.

Case Detail

Patient: Female, 49 years old

Chief Complaint: Right knee joint pain with swelling and stiffness for several months.

History of Present Illness

- Pain in the right knee, worse from exertion, better by rest.
- Wandering joint pains with occasional swelling and redness.
- Reduced appetite.
- Aversion to meat.

Mental Symptoms

- Desire to escape.
- Taciturn, prefers silence, does not communicate freely.

Investigation:

To establish the diagnosis and rule out other possible causes of joint pain and swelling, investigations were performed which show RA factor Positive apart from this all investigation were normal.

Interpretation

The patient tested positive for RA factor, which, in the clinical context of joint pain and swelling, supports the diagnosis of rheumatoid arthritis. Other routine blood and imaging investigations were within normal limits, excluding infectious or metabolic causes of arthritis.

Rubrics Selected (from Complete Repertory 2024/1)

1. Mind; Escape, desire to.
2. Mind; Taciturn, indisposed to talk.
3. Stomach; Appetite; wanting.
4. Extremities; Pain; knees; rest; ameliorates.
5. Extremities; Pain; aching; wandering.
6. Extremities; Swelling; shining; red; joints.
7. Generalities; Food and drinks; meat; aversion.

Complete Repertory 2024/1 © 2024 Roger van Zandvoort

Analysis uses 7 rubrics.

	bell	bry	acon	atrin	zinc	cham	op	rhus-t	ign	nit-ac	culch	ars	sep	thuj	chin	nux-v	puls	tarent	merc	verat	aur	droc	tyc	chel	am-c	phos	agar
100000 61 47 46 43 41 41 38 35 37 35 35 34 34 33 32 31 30 29 28 28 27 25 3	5	5	5	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4
216 Mind; Escape, desire to	4	4	4	3	3	4	3	3	1	4	2	4	3	3	1	3	3	1	4	4	3	1	3	1	1	2	3
649 Mind; Taciturn, indisposed to talk	4	4	4	3	4	3	4	4	4	3	3	3	3	3	4	4	3	3	4	4	3	3	4	3	4	3	3
722 Stomach; Appetite; wanting	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	3	3	3	4	4	4	4	4
743 increased, hunger in general	3	4	3		4	3	4	4	4	3	3	4	4	4	4	4	3	4	4	4	2	4	3	4	4	4	4
3 Extremities; Pain; knees; rest; amel.	3																										
4 Extremities; Pain; aching; wandering																	1										
3 Extremities; Swelling; shining; red; joints	3		3																								
231 Generalities; Food and drinks; meat; aversion	4	3	2	1	4	3	2	3	3	3	3	3	4	3	4	4	4	3	3	1	3	3	4	1	3	3	1

Reportorial totality from complete repertory**Reportorial Result**

- Belladonna emerged as the most indicated remedy, covering the totality with highest marks.

Prescription

- Belladonna 200C, one dose, followed by placebo for observation.
- Advice: Rest, joint care, and follow-up after 2 weeks.

Follow-up

- 2 weeks: Pain intensity reduced, appetite improved.
- 4 weeks: Knee swelling decreased, patient more communicative.
- 8 weeks: Significant relief in joint pain, no recurrence of taciturn mood, improved energy levels.

Conclusion

This case demonstrates the usefulness of individualized homoeopathic treatment in rheumatoid arthritis. By Repertorization using Complete Repertory, Belladonna was selected, leading to holistic improvement in mental and physical health. Homoeopathy can play a supportive role in chronic autoimmune disorders like RA, offering symptomatic relief and improved quality of life.

Acknowledgement

The author expresses sincere gratitude to VCT Hospital for permitting and supporting the clinical study and case documentation. Heartfelt thanks are extended to Dr. Vipul Shastri for his invaluable guidance, supervision, and encouragement throughout the work. The author also acknowledges the patient for her cooperation and consent, which made this case report possible.

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