

Homoeopathic Strategies in Musculoskeletal and Autoimmune Disorders

Session 1: By Dr Gaurang Gaikwad

Homeopathic Approach in Complex Cases (Arthritis, Autoimmune) → Individualisation ___> if case blocked/ stuck → Sarcodes, Bowel Nosodes, Anti-miasmatic, Tautopathic, Nosodes.

After taking the case and making the portrait of the disease, we must simultaneously think of the following things-

- Which repertory to use in this case? What rubrics to choose?
- What is the underlying miasm?
- Are there any keynotes for prescription?
- What are the deeper patterns?

Understanding miasms in the cases of Arthritis –

PSORA – Inflammatory Rheumatism, Sore bruised sensation, Neuralgic soreness. Agg – quiet, rest, warmth, sunrise, sunset, cold, standing, winter, warmth. Amel – summer, natural discharges, diarrhea, menses etc, hot application, appearance of skin symptoms.

Since psoric patients are at the functional level, they tell about the sensations they are feeling.

SYCOSIS – Rheumatism with numbness and paralysis. Connective tissue is affected. Easy spraining. Stitching, pulsation, wandering pain. Puffy stiffness.

Gouty – sycosis. Agg – Rain, damp, rest, humid, meat, food allergies, thunderstorm. Amel- motion, unnatural discharges (leucorrhea), slow movement, stretching, stretching, pressure (lying on abdomen), warts coming out.

SYPHILITIC – Long bones are affected. Atrophy and emaciation. Burning, bursting, tearing pain. Destruction of bones, advanced OA, Osteophytes, RA, AVN. Strong family history (alcoholism, sudden MI, Paralysis) and personal history. Agg – night, perspiration, warmth of bed, sweat, extreme of temperature. Amel – abnormal discharge (pus), cold winters, lukewarm fomentation. They don't feel the love for their own life.

TUBERCULAR (added by Alan) – Lack of strength of bones. Tired bones. Delayed bone development. Recurrent periodic, rheumatism changeable symptoms.

Emaciation. Effusion tubercular. Agg – thunderstorm, night, milk, fruit, oily food closed room. Amel – dry weather, open air, offensive sweat, daytime.

Cases-

Case 1 – Prolapsed Inter-vertebral disc (78/F)

Portrait of disease –

Pathology – involves bones, disc, nerves.

Sensation – electric shock like pain

Modalities – agg motion, night, morning

h/o – left breast CA.

Mind – indifference towards her ownself, towards life. Wants death.

Underlying miasm – Syphilitic (night agg, no desire to live, bone deep pathology, P/H.)

	Phyt.	Nat-c.	Calc.	Ambr.	Ign.	Ars.	Bell.	Graph.	Merc.	Cimic.
Total	11	10	9	8	16	13	13	12	12	11
Rubrics	6	6	6	6	5	5	5	5	5	5
Kingdom	Green	Blue	Blue	Red	Green	Blue	Green	Blue	Blue	Green
CR19 – Generalities; Shocks; electric, like(201)	■	■	■	■	■	■	■	■	■	■
CR19 – Mind; Indifference, apathy; everything, to(231)	■	■	■	■	■	■	■	■	■	■
CR19 – Mind; Laughing(297)	■	■	■	■	■	■	■	■	■	■
CR19 – Mind; Grief; silent, pent up(158)	■	■	■	■	■	■	■	■	■	■
CR19 – Chest; Mammariae; left(214)	■	■	■	■	■	■	■	■	■	■
CR19 – Mind; Death; desires(125)	■	■	■	■	■	■	■	■	■	■

Rx – Phytolacca 200C BD 2 days. Mag phos 6x in hot water. calc flur 12x in hot water.

Follow up – the pt was remarkably better. Later on one dose was given every month, which helped the pt. she wanted to travel now, she no more has the feeling that she wants to die. The pain and stiffness completely gone.

Phytolacca

Mind; death; longing for; mastitis in

Mind; death; longing for; violent vomiting of clotted blood and slime, in

Mind; kill: be, wishes to, killed; sore throat, in

Mind; indifferent; life, to.

Mind; depressed; rheumatism, in, worse in rain.

Kent writes, “ it is a imperfectly proved remedy. You will notice the resemblance of this drug to mercury,”. Phytolacca typically known as the vegetable mercury.

Guernsey Keynotes – Rheumatic pains on change of weather esp in hips and thighs, rheumatic muscular pains or chronic rheumatism.”

Allen's Keynotes – Phyt occupies a position in between Bryonia and Rhus tox; cures when these fail, though apparently well indicated. Pain flying like electric shocks.”

N M Choudhuri- Phyt should be classed with remedies like rhus tox and bryonia. But is more deep seated in its action than the two remedies named above. The rheumatic pain of phytolacca has a tendency to affect the outer aspect of limbs.”

Case 2 -Case of Ankylosing Spondylitis (27/M)

The pt wasn't opening up, not giving any symptoms.

Tip- when you don't get any symptom through case taking, start examining clinically, you will find something peculiar.

O/E – the hand is very cold+++

Analysis –

Knerr's Repertory: Extremities; Hand; coldness; rheumatism, in – Cham, Lyco

After finding this rubric, direct questions were asked to the mother of the pt.

He was dictatorial at home and timid outside, loves sweets, eats very fast.

	Lyc.	Cham.	Kali-c.	Arn.	Ars.
Total	7	4	3	3	3
Rubrics	4	2	2	1	1
Kingdom	Green	Green	Blue	Green	Blue
R.R. - Extremities; Rheumatism; arthritis deformans(36)	Blue	White	Blue	Blue	Blue
R.R. - Extremities; Deformed; fingers(3)	Light Blue	White	Light Blue	White	White
R.R. - Mind; Anger, irascibility; pain, pains; from(13)	Light Blue	White	White	White	White
Knerr - Extremities; Hand; coldness; rheumatism, in(2)	Dark Blue	White	White	White	White

Rx – Lyco 30, 200, LM 1 OD 3days

F.U – He started improving, the pain reduced a lot. But after 3 months – status quo. Rx – Rheumatoid Arthritis nosode 30c BD 2 days (intercurrent). Later lyco LM 3.

F.U – he has been on lyco for a year now, his pain is almost better by 90%.

Earlier the allopathic medicine he was taking daily has been reduced to once a week.

Rheumatoid Arthritis Nosode

Works better in 30 potency.

Pattern found in these patients – suppressed emotion, financial insecurity. Left sided complaints. Shifting joint pains.