



HOLISTIC HEALING FOR ARTHRALGIA: HOMOEOPATHIC APPROACH

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ABSTRACT: More precisely, arthralgia is a sign of any illness, including arthritis, infection, accidents, and drug allergies. It is recommended by MeSH that the term "arthritis" be used for inflammatory conditions and "arthralgia" be used only for non-inflammatory conditions.[3] It is a significant complaint among individuals of all ages, impacting their quality of life and functionality i.e., DALYS (Disability Adjusted Life Years). In this article, we explain how homoeopathy helps in the management of arthralgia.

Key Words: Arthralgia, Homoeopathy, Holistic approach

INTRODUCTION - The Greek words arthro, which means joint, and algos, which means pain, are the source of the phrase "arthralgia," which refers to pain in the joints

- (1) Arthralgia is a type of joint pain that can be minor to severe and can be sharp, dull, shooting, aching, or any combination of these.
- (2) Arthralgia can be brought on by a variety of conditions, including trauma, infections, gout, osteoarthritis, septic arthritis, and rheumatoid arthritis

More than 1.7 billion people worldwide suffer from musculoskeletal (MS) diseases that cause arthralgia. When taking into consideration both death and disability, these conditions rank fourth in terms of their overall impact on global health. Over the last 20 years, this load has grown worldwide by 45%. The current estimates of the globally affected population include 632 million individuals with back pain, 332 million with neck pain, 251 million with osteoarthritis in the knee, and 561 million with various MS diseases [3]

ETIOLOGY -Arthralgia can be caused by a variety of reasons, from destructive to degenerative. It's a debilitating condition that affects everyday living and hinders movement. As a result of osteophytes, cartilage is attributed.

- Viral infections
- A few autoimmune diseases, such as rheumatoid arthritis and lupus
- Bursitis, characterized by swelling and inflammation of the fluid-filled area that lies between bones, tendons, and muscles.
- Tendinitis
- Excessive joint usage and tension.
- Osteomyelitis, a bone infection caused by bacteria or other microorganisms
- Septic arthritis: this disorder is characterized by joint inflammation brought on by a bacterial or fungal infection.
- Osteoarthritis. [4]

CLINICAL FEATURES

Morning stiffness and joint pain, particularly in the hands, knees, back, hips, and shoulder, are common symptoms in patients with arthralgia. [5]

- Redness of the joints.
- Stiffness of the joints
- Joint Tenderness.
- Swelling of the joints.
- Limited joint movement [6]

Risk factors- obesity, sedentary lifestyle, a history of joint injury, advanced age.[5]

INVESTIGATIONS

- Rheumatoid factor.
- ESR
- Uric acid
- C-reactive protein
- Anti-nuclear antibodies
- MRI
- CT scan
- Examination of joint fluid may be needed to make a definitive diagnosis [6]

COMPLICATION

Complications may include like –

- Amputation.
- Disability.
- Inability to perform daily tasks.
- Serious infections and gangrene.
- Severe discomfort or pain.
- Spread of cancer.
- Spread of infection.
- Visible deformity of the affected joint. (6)

HOMOEOPATHIC APPROACH- Holistic homoeopathy refers to treating the patient as a whole rather than the different parts. One of the most crucial parts of a homoeopathic consultation is taking a history. With homoeopathy, the source of the issue is examined. It treats the patient as a whole, not just the illness, acknowledging the interdependence of the mind and body. Homoeopathy is based on the holistic, comprehensive, and individualistic approach known as "Similia Similibus Curanter." This means that when a medication's symptoms match the patient's overall condition as described in the Materia medica, that medication is referred to as the "similimum" and is chosen to treat the patient as a whole, not just the disease.[7]

1) **MANGOLIA GRANDIFLORA-** Back: Stitches on the right side. Pain, and in the left side of chest; in dorsal and sacral regions; burning; tingling burning, as from overexertion of arms; sharp, in sacrum; sharp, in the lumbar region. Tiredness impeding motion. Extremities: Sharp, erratic or rheumatic pains. Sprained pain in joints. Alternating pains in joints. Tired. Stiff. Stinging in arms. Arms weak, Rheumatic pains in wrists. Uneasiness in hands, compelling constant rubbing. Sharp pain in the metacarpal joint of the right thumb. Rheumatic pain in the lower thighs, with uneasiness in the left leg, in the left knee, in the tibia, and in the soles. [8]

2) **GUAJACUM OFFICINALE** -Rheumatic pains in the joints, arthritic pains in the limbs with shooting and tearing and Contraction of the parts affected. The pains are provoked by the least movement and are accompanied by heat in the parts affected and numbness of limbs.[9] Very valuable in acute rheumatism. Contraction of limbs, stiffness and immobility, Rheumatic pain in shoulders, arms and Hands. Growing, stinging, tearing pain in limbs. A feeling of heat in affected limbs. Pain is aggravated by motion, heat, pressure, touch, and cold, wet weather.[10]

3) **DAPHNE INDICA**

- Hip – Sharp pain above the right hip, extending towards the back, lasting about ten minutes. Screwing pain in the right hip, and extending from the hip to the knee.
- Thigh – Pain in the thighs and knees. Dull pain in the thighs. Rheumatic pain in the muscles of the left thigh, just above the knee. Shoulder – Lightning-like pain in the

right shoulder.[11]

- 4) **FLAVUS**- Back and limbs – Pain in the back, spreading to both arms. Pain in the joints, with cracking situated at the knees, wrists, shoulders and fingers. Pains in the left arm. Pain in the left hip. Modalities – Aggravation from cold, from heat, in the morning on waking, at night, after drinking wine. Amelioration from hot baths in the autumn.[12]
- 5) **BRYONIA ALBA**- pain stitching, tearing, worse at night; <motion, Inspiration, coughing;> by absolute rest, and lying on a painful site[13].
- 6) **RHUS TOXICODENDRON**-Lameness, stiffness and pain on first moving after rest or on getting up in the morning > walking or continuous motion [13]

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