



Therapeutic Proposal Applied in Degenerative Arthritis with Unicist Homeopathic

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Case Report

Volume 5 Issue 2

Received Date: May 15, 2021

Published Date: June 25, 2021

DOI: [10.23880/jonam-16000306](https://doi.org/10.23880/jonam-16000306)

Abstract

Rheumatic diseases are pathologies that present a large percentage of the population today, being one of the factors that cause the greatest disability worldwide. These disorders constitute a considerable social and economic burden in all societies, without being limited only to those in which life expectancy is longer; according to the latest censuses carried out in Venezuela, the average rate of male patients suffering from this condition is 1,700 to 5,200 cases per year and of female patients is 2,700 to 9,000 cases each year. This index gives a great opening to homeopathic medicine in Venezuela, due to its great results and efficacy when carrying out different treatments in patients with degenerative arthritis.

Keywords: Homeopathy; Arthritis; Degenerative; Miasma; Therapeutics

Introduction

Degenerative arthritis is a chronic disease, which is characterized by the gradual and progressive destruction of the cartilage that lines the articular surface of the knees, hips, shoulders, hands, ankles and spine. There may also be inflammation of the synovial membrane, as well as damage to menisci, tendons, muscles and nerves associated with the affected joints. It is considered a public health problem due to its high incidence and prevalence; taking into account that 15% of the world's population suffers from it, being more frequent in subjects older than 60 years; however, in recent years there has been a great increase in this pathology, in the younger population. In order to face the different challenges that this disease entails, homeopathy offers a wide range of different treatments, depending on the requirements and symptomatic evolution of the individual arthritic patient. These different proposals can be part of allopathic treatments

becoming a complementary therapy and in patients with few results and with a great degeneration of the bone system it becomes an alternative therapy [1-3].

Starting from the bases of homeopathy created by Samuel Hahnemann, also known as the father of homeopathy, the doctrines created by him are taken into account when carrying out a treatment. The law of similarity, vital energy, miasmas, dynamization and individualization of the patient in accordance with the individualization of the drug by taking these points into account, one can proceed to work first-hand with the miasma, which is the genetic or acquired predisposition to the development of diseases or explained in another simpler way, it is the weak ground of a living being towards the different pathological entities. Starting from this, the therapeutic approach can be started, taking into account the different most relevant symptoms that the patient can demonstrate [3-6].

Case Description

When starting a homeopathic treatment, different aspects must be taken into account, such as the physical state of the patient, the emotional, mental state and other symptoms that can help the professional to diagnose and choose the best therapeutic option, within the first stages of the disease, the latent miasm must be identified to carry out a better therapeutic approach [7]. In this case, it is a 68-year-old male patient with a diagnosis of degenerative arthritis and mobility difficulties. In the first stages of AD that the patient presents, different inflammatory processes can be evidenced, as well as fever, irritability and excess joint pain that increase with inactivity by taking these symptoms into account, it is possible to start from the psychosic miasma or production miasma.

On the other hand, in a more advanced stage in AD the Syphilitic miasma appeared. Showing more frequent in patients where more time has elapsed suffering from the disease, without any type of medication. The joints begin to degenerate and at some points of evolution they can become deformed. Once the miasma belonging to the patient has been medicated, the corresponding homeopathic medicine will be supplied. According to homeopathic laws, Medorrhinum 45CH was applied in the first instance in order to control the latent miasma and to be able to successfully administer the next medicine because of the chronic degenerative pathology with deformation, Syphillinum 30CH was applied, due to the symptoms the treatment applied according to the symptoms and pathology [8,9].

Arnica Montana

Joint pain, nervous exhaustion, insomnia and fatigue.

Bryonia Alba

Acute inflammation due to excessive dryness of the mucous membranes with sharp and stabbing pains, swollen and reddened joints, with sharp and tearing pains that are worsened by the slightest movement and improved by strong pressure.

Carbonic Calcareo

Indicated for rheumatism, rickets.

Causticum

Intense weakness with paralysis and emaciation for a long time Rheumatism pains with a burning sensation as “produced by a burning coal”, weakness with tremors, progressive paralysis that gradually manifests in localized regions, pain in the hip, painful stiffness of the back and

sacrum that worsens when getting up from a chair, Drawing pains in the limbs that are aggravated by movement with dullness, deformation, contractures and shortening of the tendons. Continuous shaking of the legs at night cramps in the Achilles tendon and in the sole of the right foot.

Kali Bichromicum

Erratic pains alternating with other organic disorders (rheumatism and digestive disorders); tearing pains at the level of the tibia, sudden and erratic pains in the bones that are sensitive to pressure. Painful tenderness in the heels that improves when walking. Rheumatic pains in the joints, passing abruptly from one joint to another, better by rest and the heat of the bed. The disappearance of painful symptoms coincides with the appearance of digestive disorders.

Lycopodium

Weakness of the arms with numbness of the same at night and night pain in the bones of the elbow. Sharp, pulling pain in the back and extremities, appear abruptly and disappear in the same way, with aggravation on the right, from 26 to 20 hours. Violent and sudden jerking of the legs during the night. Pains as produced “by a stone under the heels” Arteriosclerosis.

Mercurius

Deep action on the glands, mucous membranes and bones. Sensation of laxity in the back with tenderness of the upper half of the spine. Sharp pain in the sacral region that worsens when breathing. Pain in the limbs and joints drawing and tearing pains that are aggravated at night, by the heat of the bed and by uncovering (marked sensitivity to cold), improved by rest. Night pains in the bones.

Sulfur

Pains that continually reappear tendency to chronicity. The patient is impatient, contradicts everything. Feeling of fatigue, especially in the morning. Aversion to all physical exercise cannot stand upright. Arteriosclerosis Arthritis. In the course of chronic diseases, when using Sulfur in the treatment, its eliminatory action can favor toxic and toxic wastes, quickly improving the patient, making the numerous secondary symptoms disappear immediately.

Discussion

Homeopathic offers a large number of options to treat patients with degenerative arthritis in the different stages of evolution of the disease [10]. Increasing the opportunities for patients to obtain a reliable treatment, which in the most advanced processes, will help to give a better quality of life

to the arthritic patient? It should be noted that it is of the utmost importance for the homeopath to take into account the latent miasma that the patient may be suffering, since a better approach to this will give a greater openness to therapy and, together, an exact repertorization of the most symptoms relevant that the patient suffers, it is possible to choose the most suitable medication, which adjusts to his pathological needs, providing an improvement or increase in his health. In this case, we can say that homeopathy is a supportive treatment that relieves part of the symptoms of the disease and even favors the mobility that the patient already had limited. It is necessary to apply other alternative therapies to obtain better results and promote a better quality of life.

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