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EMPOWERING HEALING: A COMPREHENSIVE GUIDE TO JUVENILE IDIOPATHIC ARTHRITIS AND HOMEOPATHIC APPROACHES

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Abstract:

This article takes a focused look at the potential of homeopathic approaches in the management of Juvenile Idiopathic Arthritis (JIA). Understanding JIA's sub types, etiology, and clinical presentations, the article delves into the unique benefits of homeopathy for alleviating pain, reducing inflammation, and improving overall well-being in JIA patients. By considering personalized symptoms and constitutional characteristics, homeopathy offers a holistic and individualized approach to JIA treatment. With a blend of traditional wisdom and modern perspectives, this article presents the power of homeopathy in empowering healing and fostering harmony for those living with JIA.

Keywords:

- Juvenile Idiopathic Arthritis (JIA)
- Homeopathy
- Chronic inflammatory condition
- Sub types
- Etiology
- Clinical manifestations
- Laboratory investigations
- Pain management
- Inflammation reduction
- Holistic healing

Introduction

Juvenile Idiopathic Arthritis (JIA) is a chronic inflammatory condition that affects children and adolescents, causing pain, joint stiffness, and limited mobility. While conventional treatments exist, an increasing number of individuals are seeking complementary approaches to manage JIA symptoms. Homeopathy, a holistic system of medicine, offers a unique perspective and potential benefits in promoting harmony and healing in JIA patients. This article aims to explore the principles of homeopathy and its application in the management of JIA,

Understanding Juvenile Idiopathic Arthritis

JIA is defined as arthritis in one or more joints with onset before the age of 16 and persisting for at least 6 weeks. It encompasses several sub types, including:

Systemic JIA

Oligoarthritis (persistent or extended)

Poly arthritis (rheumatoid factor negative or positive)

Psoriatic arthritis

Enthesitis-related arthritis

Undifferentiated arthritis

Prevalence and Epidemiology

JIA is not a rare condition, with an estimated prevalence ranging from 0.4 to 1.3 per 1000 children below 16 years of age. While Western studies suggest a higher incidence in girls, there is no marked female predominance in India.⁽¹⁾

Etiopathogenesis

The exact etiology of this collagen disorder is not yet precisely known. Infections, particularly with slow virus, have been blamed. Many believe that the disease may well be an autoimmune disorder, i.e. response of antibody-forming cells to modified self-antigen. Pathologic changes include filling of the affected joint spaces with inflammatory fluid and nonspecific inflammation of the synovial membrane which is edematous and hyperemic and invaded with plasma cells and lymphocytes. Evidence of non specific fibrinous serositis may also be found in pleura, pericardium and peritoneum.⁽²⁾

Clinical Sub types of JIA

JIA can be classified into three major types based on the onset and clinical presentation:

Systemic JIA: This sub type is characterized by persistent fever for at least 2 weeks accompanied by features like rash, lymphadenopathy, and hepatosplenomegaly.

Oligoarthritis: In this sub type, four or fewer joints, typically large joints like the knee or ankle, are affected during the first 6 months of the disease. It is more common in young girls and can be associated with asymptomatic iridocyclitis.

Poly arthritis: Poly arthritis involves more than four joints and can be rheumatoid factor negative or positive. It is more common in girls and can cause severe joint pain, swelling, and deformities.⁽¹⁾

High fever of more than 39°C is the initial symptom in most patients with adult onset Still's disease (AOSD). The classic fever pattern is one or two daily febrile spikes exceeding 39°C, usually occurring late during the day. At times the fever is continuous or, less commonly, there is an early morning spike⁽³⁾
Stilt's disease is juvenile rheumatoid arthritis with splenomegaly and lymphadenopathy.⁽⁴⁾

The Principles of Homeopathy

Homeopathy is based on the principle of "like cures like," which means that a substance that can produce symptoms in a healthy individual can be used in a highly diluted form to stimulate healing in someone experiencing similar symptoms. Homeopathic remedies are derived from natural substances and prepared through a process of serial dilutions and succussions, which enhances their therapeutic properties while minimizing potential side effects.

Individualized Treatment Approach

One of the fundamental aspects of homeopathy is its individualized approach to treatment. Homeopathic practitioners carefully assess the unique symptoms, temperament, and overall constitution of each JIA patient. By considering the whole person rather than merely focusing on the disease, homeopathy aims to stimulate the body's innate healing response, promoting balance and restoring harmony.

Juvenile rheumatoid arthritis (JRA) is a complex condition, and classical homeopathy offers an alternative approach to its treatment. In a study on the Levels of Health Theory, which includes a case of JRA, the authors emphasize the need for a new patient health classification that considers holistic approaches. This classification assigns 12 levels and 4 health groups, allowing for a comprehensive assessment of pathology severity and more accurate treatment prognoses. The study also presents a case of a healed JRA, showcasing the potential effectiveness of homeopathic treatment in achieving long-lasting remission. Homeopathy offers a unique perspective on addressing JRA and its treatment by considering the holistic aspects of health.⁽⁵⁾

Homeopathic Remedies

Abrotanum
 Apis mellifica
 Arsenicum album
 Ruta graveolens
 Lycopodium clavatum
 Dulcamara
 Bryonia alba
 Calcarea carbonica
 Chamomilla
 Medorrhinum
 Rhus toxicodendron

ABROTANUM

Inability to move. Marasmus of lower extremities only. ⁽⁸⁾

Soreness and lameness, worse mornings. Gout in wrists and ankles. Inflammatory rheumatism before swelling begins. ⁽⁸⁾ Marasmus of children with marked emaciation, especially of leg, the skin is flabby and hangs loose in folds. Alternate constipation and diarrhoea. lienteria. ⁽⁷⁾

APIS MELLIFICA

Knee swollen, shiny, sensitive, sore, with stinging pain. Feet swollen and stiff. Feel too large. Rheumatic pain in back and limbs. Tired, bruised feeling. Numbness of hands and tips of fingers. Hives with intolerable itching. Oedematous swellings. ⁽⁶⁾

ARSENICUM ALBUM

Acute drawing pains in the arms and in the hands. Swelling of the arms, with blackish pustules of a putrid smell. Acute drawing pains in the night, beginning from the elbow and extending to the armpits acute pulling and shooting in the wrists. Cramps in the fingers. At night, sensation of fullness and swelling in the palms of the hands. Excoriation between fingers. Hard swelling of the fingers, with pain in the finger-bones. ⁽¹¹⁾ Cramp in the legs. Acute drawing pains in the hips, extending to the groins, the thighs, and sometimes even to the ankle-bones, with uneasiness, which obliges one to move the limb constantly. ⁽⁷⁾ Tearing and stinging in the hips, legs, and loins. Tearing in the tibia. ⁽⁹⁾ Rheumatic pain in the legs, and especially in the tibia. Paralytic weakness of the thigh. Pain, as from a bruise in the joint of the knee. Affections of the shin-bones. Fatigue in the legs and in the feet. Pains in the fleshy part of the toes, as if they were galled by walking. Great Prostration, with rapid sinking of the vital forces; fainting. ⁽¹⁰⁾ The disposition is: The greater the suffering the greater the anguish, restlessness and fear of death. Mentally restless, but physically too weak to move. ⁽⁷⁾

CALCAREA CARBONICA

Pain as if sprained; can scarcely rise. Pain between shoulder-blades, impeding breathing. Rheumatism in lumbar region; weakness in small of back. Curvature of dorsal vertebrae. Nape of neck stiff and rigid. ⁽⁶⁾ Rheumatoid pains, as after exposure to wet. Sharp sticking, as if parts were wrenched or sprained. ⁽⁶⁾ Weakness of extremities. Swelling of joints, especially knee. Arthritic nodosities. ⁽⁶⁾ Children with red face, flabby muscles, who sweat easily and take cold readily in consequence. Large heads and abdomens; fontanelles and sutures open; bones soft, develop very slowly. Curvature of bones, especially spine and long bones; extremities crooked, deformed; bones irregularly developed. Head sweats profusely while sleeping, wetting pillow far around ⁽⁶⁾

CHAMOMILLA

Cracking in joints especially of lower limbs, with pain in them as if bruised. ⁽¹²⁾

Pain in periosteum of limbs with paralytic weakness. All joints sore as if bruised and tired out, there is no power in hands or feet. ⁽⁶⁾ Persons, especially children, with light-brown hair, nervous, excitable temperament. ⁽⁷⁾

Child exceedingly irritable, fretful; quiet only when carried; impatient, wants this or that and becomes angry when refused, or when offered, petulantly rejects it. ⁽⁷⁾

MEDORRHINUM

Rheumatic pain in top of left shoulder, worse from motion. Rheumatic pain in (right) shoulder and arm. Cracking of joints, especially elbows. ⁽¹³⁾

Much pain in left arm, cannot hold a paper, veins become enlarged, worse raising arm. Trembling of arms and hands ⁽¹³⁾

For persons suffering from gout, rheumatism, neuralgia and diseases of the spinal cord and its membranes ⁽⁷⁾

RHUS TOXICODENDRON

Hot, painful swelling of joints. PAINS TEARING IN TENDONS, LIGAMENTS AND FASCIAE. ⁽⁶⁾

Rheumatic pains spread over a large surface at nape of neck, loins, and extremities; better motion.

LIMBS STIFF, PARALYZED. THE COLD FRESH AIR IS NOT TOLERATED; IT MAKES THE SKIN PAINFUL. ⁽⁶⁾

Tenderness about knee-joint. Loss of power in forearm and fingers; crawling sensation in the tips of fingers. Tingling in feet. ⁽⁶⁾

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