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Role of homoeopathy in autoimmune disorders with emphasis on rheumatoid arthritis

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Abstract

Autoimmune diseases arise from an overactive immune response of the body against substances and tissues normally present in the body. This may be restricted to certain organs or involve a particular tissue in different places. They can be classified by the corresponding type of hypersensitivity reactions type II / III/ IV.

Rheumatoid arthritis (RA) is an autoimmune disease type III reaction affecting synovial membranes that results in a chronic disabling and painful condition, which can lead to substantial loss of functioning and mobility if not treated. The process involves an inflammatory response of the capsule around the joints, excess synovial fluid, and the development of fibrous tissue in the synovium. The pathology of the disease leads to the destruction of articular cartilage and ankylosis of the joints.The treatment of autoimmune diseases is typically with immunosuppressants-medication that decreases the immune response.

Homoeopathy treats the person as a whole. It means, homoeopathic treatment focusses on the person and pathological conditions. This includes a detailed medical history of the patient, family and causative factors. Any underlying predisposition/susceptibility is considered.The disease is studied at the level of bacteria/virus and also factors like any mental/physical stressors that could predispose the individual to this illness. Constitutional medicines work wonders in such cases.Any acute exacerbations can be handled with acute remedies like Rhus tox, Bryonia, Ruta, Belladonna.

When RA is clinically suspected, the presence of rheumatoid factor is reviewed for the prognosis of the case. Along with homoeopathic treatment dietary supplementation and physiotherapy also helps.

Biography

Dr. Preeti Vilas Palanat has completed her MD from Maharashtra University of Health Sciences. She is the Associate Professor in the Repertory Department at Virar Homoeopathic Medical College, Mumbai. She has Clincal and Teaching experience of 6 years.