

Editorial for December 2012

Some rheumatic cases

Rheumatism is an old term used in medical practice. Rheumatism can be localized, where just a specific location is affected, regional, when a larger region is involved, and generalized, when many parts of the body are painful.

For example: Localized - bursitis, an inflammation of a small sac between the tendon and bone, or between the muscles.

Regional - when perhaps there is chest wall pain

Generalized - fibromyalgia

Difference between arthritis and rheumatism is that arthritis is inflammation of joint, Patients usually complain of constant joint pain. Arthritis can involve neighboring tissues, such as the muscles, and even the liver, lungs, kidneys and heart. Arthritis tends to be a chronic (long-term) disease.

Case 1

A lady in her mid-fifties almost menopausal came to see me in o.p.d. for pain and swelling in and around tendo-achillis tendon, calf and ankle joint since six years. She also had rheumatic pains in her wrist and fingers as she was a piano teacher plus a regular school teacher for past 20 years. All her problems started few months around the menopause, the aches and pain was worse change of weather, damp cold weather, draft of fan and air condition. She consulted local allopathic doctors who maintained her on and off on allopathic drugs but they could not cure her.

Two months prior to homoeopathic consultation she developed sadness without any cause, this was accompanied by insomnia.

Her married life was not so happy the husband was cold without any emotions and would distance himself whenever she needs him. This was a big disappointment in her life; she suffered this for last so many years but never voiced her feelings, her only consolation was a birth of a daughter who really cares for her. Eating sour food aggravates her rheumatic complains, she sleeps on abdomen, she frequently dreams of falling from heights and this frightens her, she is very intelligent but quite hurried by nature. She worries a lot for all her students, family and relatives to an extent that she will not even eat properly for few days. She sweats more on her foot which occasionally is offensive.

I studied all her symptoms and gave her Cimicifuga 30c 3 times a week for 6 weeks which reduced all her long term suffering, I could literally see the changes in her psychology after three months of homoeopathic treatment she worried less and cared for her husband less and she got so much energy that she went alone with her friends to Europe for a holiday.

Case 2

An middle aged man aged 45 years came to me with right knee rheumatism since last two years, the x ray knee shows normal, standard allopathic drugs along with physiotherapy was of no use, blood report shows mild increase on uric acid, his father and his mother had both suffered rheumatism in their life at some stage or the other. He was quite depressed and anxious from the pain which he was experiencing in his knee, the was sharp piercing and occasionally burning, the pain had no modalities associated with this as the pain was constant and in all weather, nothing gives him relief except going to bed and sleeping, excretion, motion of course aggravated the problem, he also complained to me about hard skin in and around hand with few cracks in fingers for which he applies anti-fungal cream mixed with steroids off and on. On further inquiry I came to know that rheumatism came few months after the cracks on the finger. He was unmarried living all alone in Bombay, his parents lived in Patna, he shifted to Bombay since last 18 months and yet has no friends, and he works in a government sector.

He sleeps most of the time on back, he sweats more on head especially on forehead occasionally the pillow is wet. by nature he is quite reserved but hard

working honest individual, he misses company of his family in Bombay and desires to marry if he can find girl of his choice. On examination of I noticed that the knee was swollen and stiff, there was a localized tenderness on the inner aspects of his knee. He consumed off and on tablet Ibugesic as an when the pain was severe.

I asked him to totally stop pain killer and instead do ice pack application on knee two times a day and to take sarsaparilla 30c five cup method, 1 tsf 2 times day for 3 weeks. In the very first week he felt little relief in his knee pain and in the next 2 months he was totally cured, I just saw him at my friend's house recently and he said in last ten years he never had knee pain or any symptoms anywhere in the body.