

## EDITORIAL FOR MARCH 2019

### AUTOIMMUNE DISEASE AND HOMOEOPATHY

An autoimmune disorder occurs when the body's immune system attacks and destroys healthy body tissue by mistake. There are more than 80 types of autoimmune disorders.

#### **Causes**

The blood cells in the body's immune system help protect against harmful substances. Examples include bacteria, viruses, toxins, cancer cells, and blood and tissue from outside the body. These substances contain antigens. The immune system produces antibodies against these antigens that enable it to destroy these harmful substances.

When you have an autoimmune disorder, your immune system does not distinguish between healthy tissue and antigens. As a result, the body sets off a reaction that destroys normal tissues.

The exact cause of autoimmune disorders is unknown. One theory is that some microorganisms (such as bacteria or viruses) or drugs may trigger changes that confuse the immune system.

An autoimmune disorder may result in:

- The destruction of body tissue
- Abnormal growth of an organ
- Changes in organ function

An autoimmune disorder may affect one or more organ or tissue types. Areas often affected by autoimmune disorders include:

- Blood vessels
- Connective tissues
- Endocrine glands such as the thyroid or pancreas
- Joints
- Muscles
- Red blood cells
- Skin

A person may have more than one autoimmune disorder at the same time. Common autoimmune disorders include:

- Addison disease
- Celiac disease - sprue (gluten-sensitive enteropathy)
- Dermatomyositis
- Graves disease
- Hashimoto thyroiditis

- Multiple sclerosis
- Myasthenia gravis
- Pernicious anemia
- Reactive arthritis
- Rheumatoid arthritis
- Sjögren syndrome
- Systemic lupus erythematosus
- Type I diabetes

#### Homoeopathic management:

I see many patients coming to me with autoimmune disorders, and most of them are either on anti-inflammatory or immunosuppressive therapy, but unfortunately it gives only temporary relief and after few months starts giving side effects. Modern medicine has no cure for this group of illnesses, whereas homoeopathy can offer safe and permanent solution to this problem.

Miasmatically it falls between tubercular to syphilitic miasm. What we need to do is giving constitutional homoeopathic treatment to improve the immune system.

Let's examine a case

A young girl aged 34 years presented with psoriatic arthropathy since 6 years, she was on tab folitrax for last 3 years, there was only partial relief in her pain and skin lesions hence she came to me for homoeopathic healing.

She recently got married, she works in a corporate sector. As a child she was very obese and by teen age she developed severe obesity with excessive hair on hands, legs and face, this invited lots of embarrassment and ugliness in her nature, she felt very ugly and unattractive in front of family, friends and especially young boys, this continued for many years till she joined college and then she could not take it anymore and finally she consulted dietician and lost some 20 kgs, but unfortunately her hair on unusual parts refused to disappear, she did laser but that permanently darkened her skin, finally she gave up and started accepting her looks, that's when psoriasis started, then after 3 years she fell in love with a boy but unfortunately they started quarrelling regularly and that affected her psychology, she could not concentrate in her job, she many times dreamed of dead people, after 7 years for regular conflicts with her boyfriend she finally married him but then in 2 months of marriage arthritis started in practically all joints with swelling, there was no modalities for pain but pain changed its character regularly, she stiffness in joints early morning, she loves to drink milk and craves for butter scotch ice cream, she snores in sleep, she also has anxiety for health as she took immunosuppressant for long period, her husband said she is very conscience in whatever she does, her husband is very quiet person hence she feels that he doesn't love me.

Following were her rubrics

MIND - AILMENTS FROM - embarrassment

MIND - ANXIETY - health; about - own health; one's

MIND - CONCENTRATION - difficult

MIND - CONSCIENTIOUS about trifles

MIND - DELUSIONS - body - ugly; body looks

MIND - DELUSIONS - criticized, she is

MIND - DELUSIONS - separated - world; from the - he is separated

MIND - DETACHED

MIND - GRIEF

MIND - GRIEF - silent  
MIND - OFFENDED, easily  
MIND - SADNESS - morning - waking - on  
RESPIRATION - SNORING - sleep; during  
EXTREMITIES - PAIN - Hips  
EXTREMITIES - PAIN - Joints  
EXTREMITIES - PAIN - Knees  
EXTREMITIES - PAIN - Legs  
EXTREMITIES - PAIN - Shoulders  
EXTREMITIES - STIFFNESS - morning  
EXTREMITIES - STIFFNESS - morning - rising agg.; after  
EXTREMITIES - STIFFNESS - rising agg.  
EXTREMITIES - STIFFNESS - Shoulders  
GENERALS - FOOD and DRINKS - ice cream - desire  
GENERALS - FOOD and DRINKS - milk - desire  
GENERALS - OBESITY

Remedy

*Loxosceles reclusa* 30c

5 cup method

1 tsf 3 times a day for 2 weeks followed by placebo for 4 weeks, she had initial aggravation followed by substantial amelioration, I asked her to become vegetarian and also learn meditation to reduce her anxiety, after three months I gave two kore doses of 200 potency every month for six more months, her psoriasis, the arthritis got better almost 90%, she was then given few doses of intercurrent remedy *sycotico* 30, now two years have passed and there is no trace of arthritis.