



Clinical Study to Assess the Efficacy of Homoeopathic Medicine in The Treatment for Osteoarthritis of Knee Joint in Post Menopausal Women by Womac Osteoarthritis Index

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Abstract

Introduction: Osteoarthritis is one of the most frequent cause for pain and stiffness in the knee joints and it affects more post-menopausal Women. Chronic knee pain, painful movement are the major symptoms. Homeopathic medicines can provide more effective and long-lasting relief to the patients and thus providing an affordable and effective way of treatment.

Homeopathy considers osteoarthritis as a chronic disorder of chronic miasmatic origin hence the treatment is to be given should remove the miasmatic block to cure the disease which is possible with the individualization after considering both mental and physical aspects of the patient.

Methods: It is an interventional clinical study conducted at the outpatient department of Bharati Vidyapeeth (Deemed to be University) Homoeopathic College & Research Centre, Pune. Total 32 patients (Female Postmenopausal women) belonging to the age group of 45-65 years were enrolled in this study. Out of which, 02 patients dropped out and 30 patients completed their follow up. Osteoarthritis symptoms severity, pain & intensity was checked according to the assessment criteria of WOMAC osteoarthritis index Scale of symptoms was recorded. The study cases were selected purposively as per inclusion and exclusion criteria and diagnosis based on clinical presentation.

Results: Total 32 cases were selected for the study. At the end of study it was observed that 28 cases improved, 2 cases not improved, 2 dropped out. WOMAC Score was < 60 in all improved cases after prescribing suitable Homeopathic medicines.

Conclusion - The study found that homeopathic constitutional medicine treatments are more helpful in osteoarthritis patients, particularly in post-menopausal women, as majority of the patients were found to have improved with the signs and symptoms .WOMAC score also reduced after suitable Homeopathic remedies .

Homoeopathic treatment decreased the severity of symptoms and consequently benefited the patient as a whole. Homoeopathy is a system of medicine that treats the body as a whole and enhances one's quality of life, not only cure the disease and its complications, but also bring the sick person back to optimal health.

Keywords: Knee Osteoarthritis, Constitutional Medicine, Postmenopausal Women , Womac Osteoarthritis Index Scale, Homoeopathic Treatment.

Introduction

Osteoarthritis (OA) is a heterogeneous group of degenerative joint disease of multifactorial origin, mainly affecting older age group. It comes under ICD -10, degenerative joint diseases, characterized by defective integrity and progressive loss of articular cartilage, sub chondral bone remodelling, joint space narrowing and bone spur formation, as well as synovial inflammation.²

According to WHO, India is likely to notice an endemic of osteoarthritis with about 80% of the above 65 age population in the country suffering with wear and tear of joints. 40% of these people are likely to suffer from severe osteoarthritis, which will disable them from daily activities.⁷

Knee is the most commonly affected joint. OA after the menopause suggests that loss of oestrogen or hormonal loss at the time of menopause increases women's risk of getting OA.³ In India prevalence of knee OA was found to be 28.7%. Female (p-31.6%), obesity (p-0.04%), age (p-0.001%), sedentary work (p-0.001%).⁴

Pain and functional impairment are the key domain burden in people suffering with OA and that burden can be significant, and taken together they often exert a significant reduction in quality of life. Since the last decade, recommendations for managing OA have focused persistently on relieving pain and stiffness and improving physical function.⁶

Homoeopathic medicines are effective in reducing pain and stiffness of the joints, with improvement in quality of life of a patient with Knee OA.¹

WOMAC Index was developed by Bellamy et al in 1982 at WOMAC universities. As per International journal of health sciences and research WOMAC is a valid and reliable tool for assessment of hip and knee Osteoarthritis. WOMAC is available in over 65 languages and has been linguistically validated. The Western Ontario and Mc master universities arthritis index (WOMAC) is widely used in the evaluation of hip and knee OA. It is a self-administered questionnaire consisting of 24 items divided into 3 subscales. 1. Pain, 2. Stiffness, 3. Physical function. So WOMAC index is used to diagnose knee OA.⁵

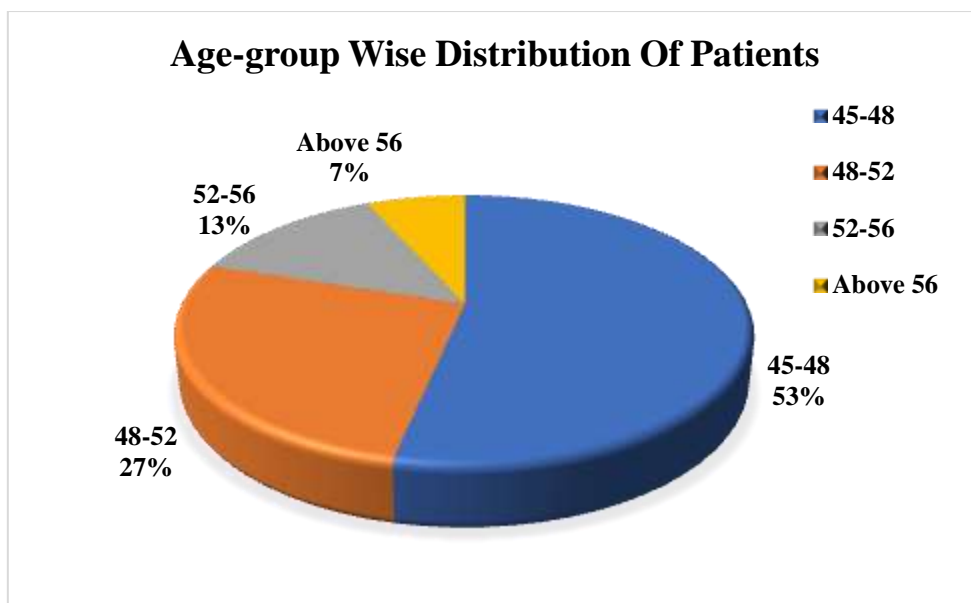
Results And Analysis

This study was conducted on the patients who attended OPD of Bharati Vidyapeeth (Deemed to be University) Homeopathic Medical College and Hospital and its peripheral OPD's during the period of August 2022-April 2023 .

The study was carried out in 32 patients as per inclusion and exclusion criteria. For prescription constitutional remedy approach is followed in accordance with the principles of homeopathy .The results of various observations are discussed below.

Age and Sex Incidence

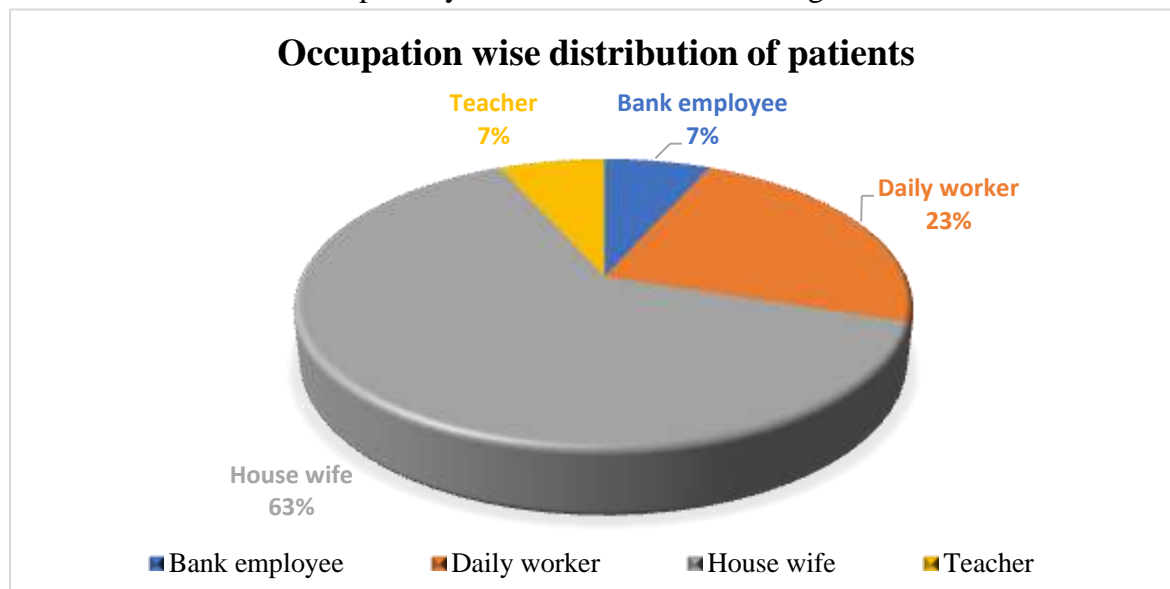
In this study post –menopausal women with knee OA and age group between 45-65years were considered. It was observed that maximum subjects were found between the age group 45-48 years in 16 cases (53.33%). 8 cases in age group of 48-52 years (26.67%).4 cases in age group of 52-56 (13.33%). 2 Cases of 56 years above (6.67%)



Occupation

Out of 30 subjects maximum of 19 (63.33%) subjects were housewife and followed by 5 (16.67%) subjects were daily workers ,2 subjects(6.67%) were teacher ,2 subject were(6.67%) housekeeping ,1 subject were(3.33%) bank employee ,1 subject were (3.33%) bank clerk .

In this study the incidence of knee OA is more seen in house wives, due to excessive squatting in day to day activities, and repetitive joint overuse is one of the risk factor of knee OA especially among women.⁵



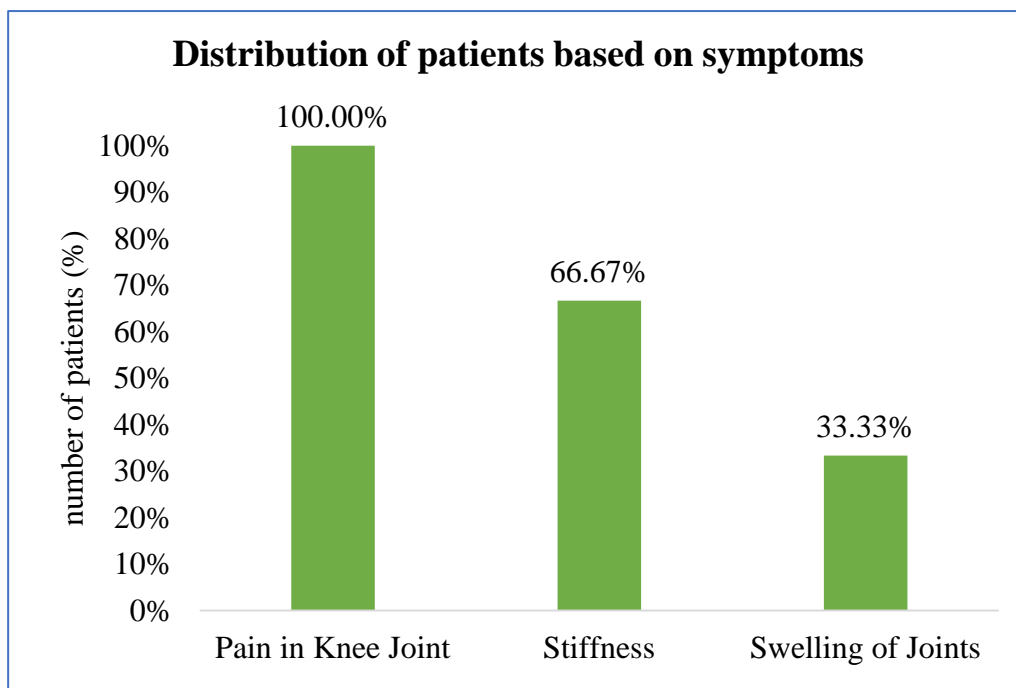
Presenting Complaints

In this study the presenting complaints observed were, pain in knee joint in 32 cases (100%). stiffness of knee joint in 20 cases (60.67%), swelling of knee joints in 10 cases(33.33%).

The presenting complaint of knee OA i.e. pain, stiffness, physical functions were assessed by using WOMAC OA index scores before and after homeopathic treatment. In the results,

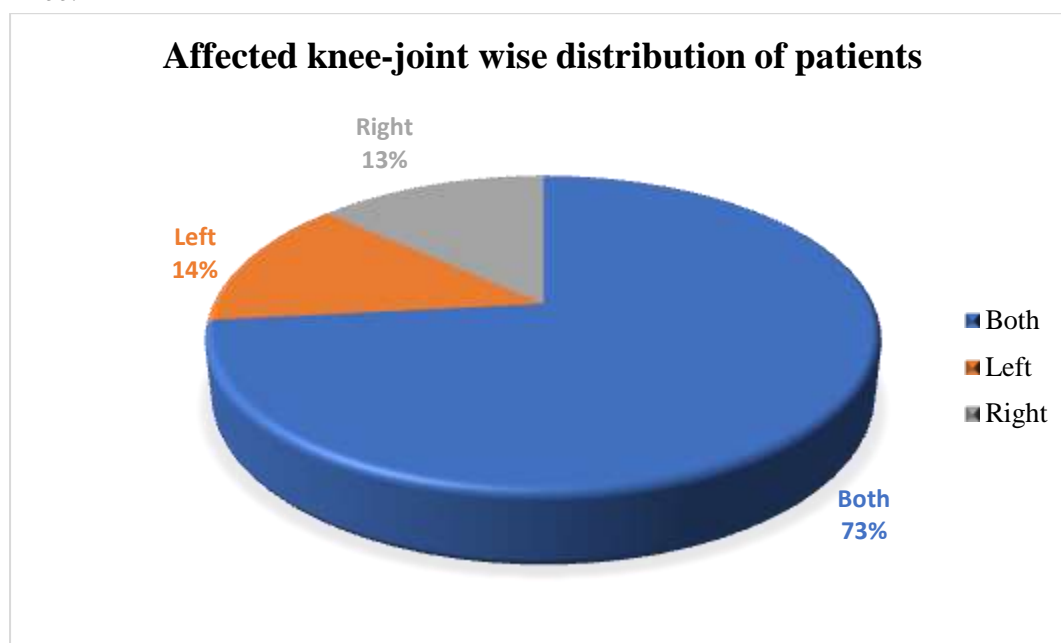
WOMAC score > 60 is considered as not improved. WOMAC score <60 is lower risk and >60 is consider has moderate and high risk.

In this study, the most common symptoms of knee OA pain, stiffness and swelling of knee joint are observed in all cases. Hence more importance is given to physical generals, mental generals to individualize the case and to find out the simillimum.



Affected Knee Joint

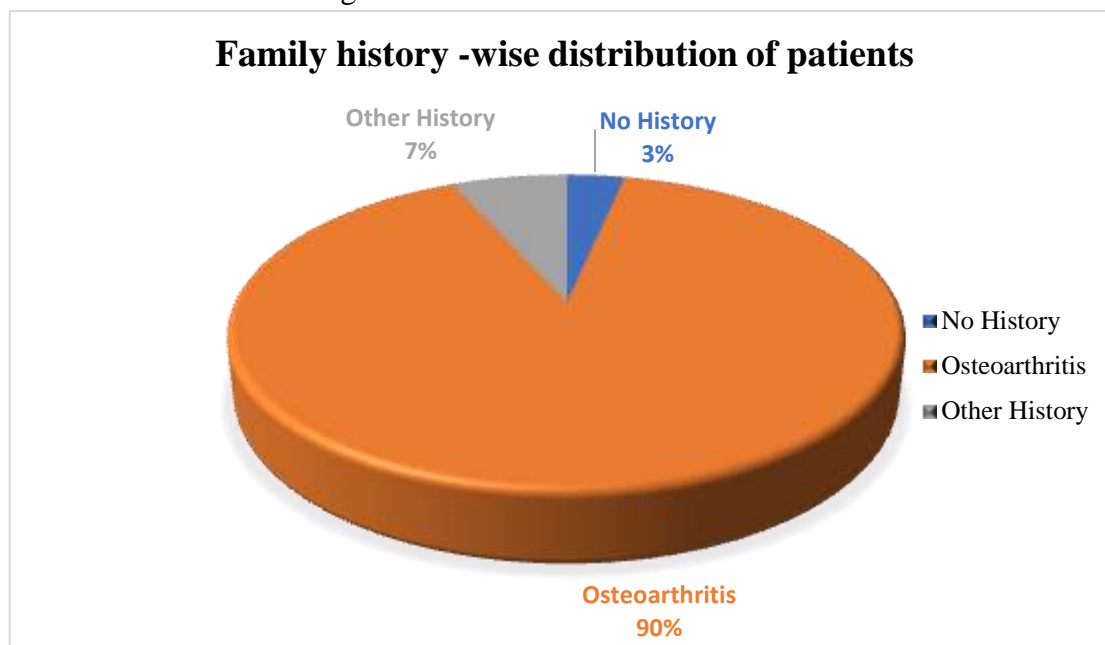
In this study it was observed out of 30 patients, 22 patients affected with both knee joints (73.33%), 4 (13.33%) patients were affected with right knee and 4 (13.33%) patients with left knee.



Family History

Out of 30 cases, 27 cases (90.00%) have family history of osteoarthritis, 2 cases of (6.67%) had DM, Thyroid disease, 1 cases of (3.33%) had no significant family history.

From this study we were able trace the strong family history of osteoarthritis and which helped to understand the state and constitution of patients, and also to understand predominant miasmatic back ground.



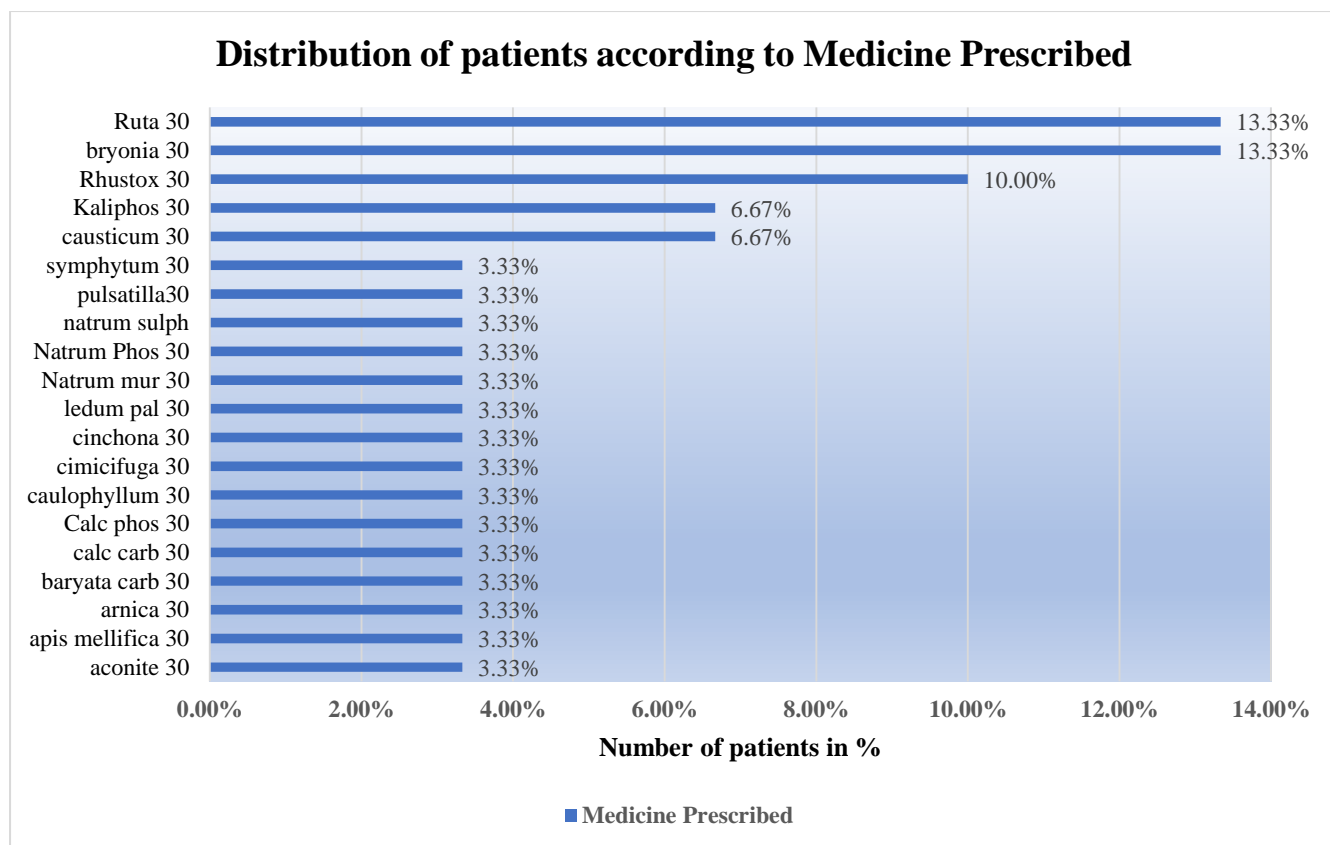
Constitutional Remedies

In this study most indicated remedy is Ruta, followed by Bryonia, Rhus tox that showed improvement in maximum number of cases.

Each of Ruta 30 and Bryonia 30 is prescribed to 13.33% of patients under study followed by Rhustox 30 prescribed to 10.00% of patients.

Constitutional remedy was given according to totality of symptoms and individualization by observing signs, symptoms, past and family history, personal history, occupation, predisposing factors, mental status of the subjects. Follow up done after 15 days .and also during whenever necessary.

In this study, the most commonly used potency is 30C based on constitution, susceptibility of patients .



Results of the treatment

The cases were studied as per the methods and materials as detailed earlier .The treatment given to various patients in this study was based upon the principles of homeopathy ,objectives of the study was also kept in view

Results interpretation was assessed by WOMAC OA scores:

WOMAC score < 60 is improved and WOMAC score > 60 is considered not improved.

WOMAC OA score (before treatment) : were in the the range of 88-60

WOMAC OA score (after treatment) were in the range of 60-42

After homoeopathic medicines prescription ,out of 32 subjects 28 cases (93.33%) showed improved i.e WOMAC Score < 60, 02 cases (6.67%) did not improve i.e WOMAC OA score >60, 2 cases dropped out were WOMAC score was > 60, in spite of constitutional remedies prescribed ,and repetition of remedies ,2 cases did not improved because of the pathological changes and high WOMAC scores.

Homoeopathy never treats the disease but the patient as a whole. From above results & discussion it is clear that disease can be treated by reducing signs and symptoms with improving the quality of life in considerable extent when homeopathic constitutional medicines are prescribed and regular follow-ups are done.

Statistical analysis: Paired t test is used

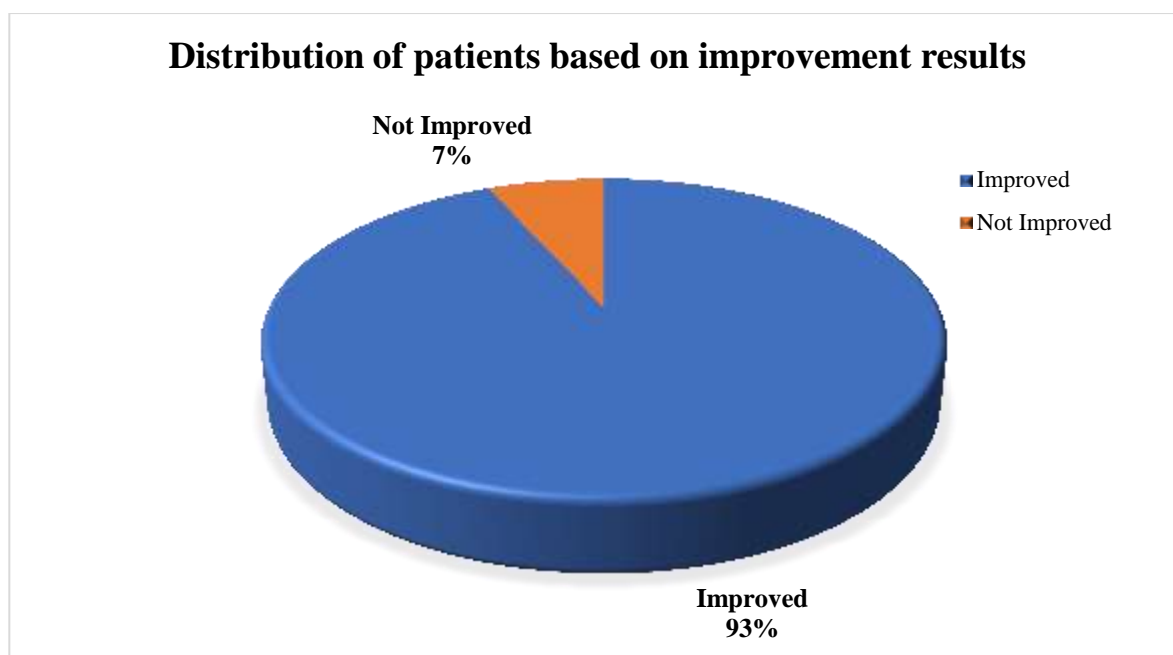


Figure 8: Distribution of patients according to the Assessed level of improvement in patients.

DISCUSSION

This study was conducted on the patients who attended OPD of Bharati Vidyapeeth (Deemed to be University) Homeopathic Medical College and Hospital and its peripheral OPD's during the period of August 2022-April 2023 .

The study was carried out in 32 patients as per inclusion and exclusion criteria. For prescription constitutional remedy approach is followed in accordance with the principles of homeopathy .The results of various observations are discussed below

It was observed that maximum subjects were found between the age group 45-48 years in 16 cases (53.33%). 8 cases in age group of 48-52 years (26.67%).4 cases in age group of 52-56 (13.33%). 2 Cases of 56 years above (6.67%).

Out of 30 subjects maximum of 19 (63.33%) subjects were housewife and followed by 5 (16.67%)subjects were daily workers ,2 subjects(6.67%)were teacher ,2 subject were(6.67 %) housekeeping ,1 subject were(3.33%) bank employee ,1 subject were (3.33%)bank clerk .

In this study the incidence of knee OA is more seen in house wives, due to excessive squatting in day to day activities, and repetitive joint overuse is one of the risk factor of knee OA especially among women.⁵ In this study the presenting complaints observed were, pain in knee joint in 32 cases (100%).stiffness of knee joint in 20 cases (60.67%), swelling of knee joints in 10 cases(33.33%).In this study it was observed out of 30 patients, 22 patients affected with both knee joints (73.33%) , 4 (13.33%) patients were affected with right knee and 4 (13.33%) patients with left knee.Out of 30 cases, 27 cases (90.00%) have family history of osteoarthritis, 2 cases of (6.67%) had DM, Thyroid disease, 1 cases of (3.33%) had no significant family history.In this study most indicated remedy is Ruta, followed by Bryonia, Rhus tox that showed improvement in maximum number of cases.

Each of Ruta 30 and Bryonia 30 is prescribed to 13.33% of patients under study followed by Rhustox 30 prescribed to 10.00% of patients.In this study, the most commonly used potency is 30C based on constitution, susceptibility of patients.Results interpretation was assessed by WOMAC OA scores:

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CONCLUSION

Out of the total of 30 cases The highest are incidence was found between the age group of 45-48years,OA Knee is commonly seen in housewives,The most common presenting complaint was pain during movements of knee joints ,Most of the cases had both knee joints affected,Maximum cases had positive family history of Osteoarthritis ,In this study the Constitutional remedies like Rhustox, Bryonia, Calc phos, Lycopodium, Kali Phos, Natrum phos , Calc carb, Pulsatilla, Calc flour, Phosphorous, Symphytum , Causticum were most commonly prescribed,Most commonly prescribed remedies during the study were Ruta ,Bryonia,Rhustox,In this study WOMAC OA Score before treatment were more in the range of 60-88.,After the Homoeopathic constitutional medicines, WOMAC OA Score is reduced & it was in the range of 42-60,Along with Homoeopathic treatment, these patients were advised weight reduction in an obese patient and regular physical exercise. Avoidance of stress and strain to the affected joint in day to day activities. Hence on the basis of above discussed points we can conclude that Homoeopathic medicines are effective in the treatment of knee OA in postmenopausal women.

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