

**PATIENT INFO: HOMEOPATHY FOR ARTHRITIS AND RHEUMATISM.**

**Symptoms, Causes & Homoeopathic Treatment**

Arthritis and rheumatism are among the most common forms of chronic disease and, with an ageing population, are set to become more prevalent. Strictly speaking, arthritis means disease of the joints, while rheumatism is disease of the soft connective tissues which support and move the joints. In fact, the distinction is often artificial, since many of these conditions affect both the joints and connective tissues.

Osteoarthritis, the commonest of these conditions, is basically “wear and tear” of the joints. The root of the problem is wearing out of the cartilage, the tough, slippery “gristle”, which allows the ends of the bone to slide smoothly over each other and absorbs shocks. The joint becomes stiff and painful, and may creak as it is moved.

As one would expect with a degenerative condition the prevalence of osteoarthritis increases with age, it affects nine per cent of the total population but around 70 per cent of the over-70s. It is the commonest of all rheumatological conditions, and indeed probably the common of all chronic diseases, because many sufferers live with it for many years. Not surprisingly it tends to affect weight-bearing joints (eg low back, hips and knees).

Homeopathic treatment aims at offering symptomatic relief to patients of rheumatoid arthritis and correcting the altered immunity in order to control the progress of the disease. The treatment also helps in delaying the onset of complications such as deformities or disability as far as possible.

Conventional treatment for rheumatoid arthritis consists of non-steroidal anti-inflammatory drugs (NSAIDs), which risk damaging the stomach lining causing bleeding ulcers, or corticosteroids that cause high blood pressure and bone brittleness amongst other side effects. Homeopathy, on the other hand, provides safe and sure solutions. It relieves pain and stiffness associated with rheumatoid arthritis as well as strengthens body immunity so that patients may live productive and pain-free lives.

**Causes:**

Scientists largely believe that the tendency to develop rheumatoid arthritis may be genetically inherited. It is also suspected that certain infections or factors in the environment might trigger the immune system to attack the body's own tissues (Autoimmune response), resulting in inflammation. In any case, the autoimmune response causes chronic inflammation of the joints, that later progresses to joint destruction. Stress can act a predisposing factor as well as a trigger to induce acute episodes of the condition.

The disease is three times more common in women as compared to men. The disease can begin at any age, but peak incidence is seen between 40 to 60 years of age.

There are several symptoms associated with RA:

- Joint pain
- Joint swelling
- Joint warmth
- Stiffness, especially in the morning or after sitting for long periods
- Fatigue

Although RA is often a chronic disease, the severity and duration of the symptoms may unpredictably come and go. For people with a severe case of RA, the disease is generally active, lasts for many years, and leads to serious joint damage and disability.



### Diagnosis:

If you have already been diagnosed with RA or Rheumatism and your symptoms are ongoing Homeopathy may be an alternative therapy worth trying as it offers an in depth diagnostic look at your whole health and then the Homeopath prescribes the appropriate remedy, that can be used alongside your other medication.

### How can our Homeopathic consultation and remedies help your Rheumatism or Arthritis?

We have many options for getting the right remedy and a good response to your symptoms. After a detailed consultation we would look initially at some of the following remedies, (supplied by the **Royal Family's homeopathic pharmacy, Ainsworths**. We are also recognised by **Aviva insurance**, so your consultation is potentially without charge.) Some of the most effective first line remedies: *Arnica*: useful for chronic arthritis with a feeling of bruising and soreness. The painful parts feel worse from being moved or touched. *Bryonia*: Helpful for stiffness and inflammation with tearing or throbbing pain, made worse by motion. The condition may have developed gradually, and is worse in cold dry weather. Discomfort is aggravated by being touched or bumped, or from any movement. Relief can be had from pressure and from rest. The person may want to stay completely still and not be interfered with. *Calcarea carbonica*: Helpful for deeply aching arthritis involving node formation around the joints. Inflammation and soreness are worse from cold and dampness, and problems may be focused on the knees and hands. Common symptoms are: weakness in the muscles, easy fatigue from exertion, and a feeling of chilliness or sluggishness. *Causticum*: Useful when deformities develop in the joints, in a person with a tendon problems, muscle weakness, and contractures. The hands and fingers may be most affected.. Stiffness and pain are worse from being cold, and relief may come with warmth. The person often feels best in rainy weather and worse when the days are clear and dry. *Dulcamara*: Indicated if arthritis flares up during cold damp weather. The person gets chilled and wet. They are often stout, with a tendency toward back pain, chronic stiffness in the muscles, and allergies. *Kali carbonicum*: Arthritis with great stiffness and stitching pains, worse in the early morning hours and worse from cold and dampness, may respond to Kali carbonicum. The joints may be becoming thickened or deformed. *Ledum palustre*: Arthritis that starts in lower joints and extends to higher ones are candidate for this remedy. Pain and inflammation often begin in the toes and spread upward to the ankles and knees. The joints may also make cracking sounds. Ledum is strongly indicated when swelling is significant and relieved by cold applications. *Pulsatilla*: Applicable when rheumatoid arthritis pain is changeable in quality, or when the flare-ups move from place to place. The symptoms (and the person) feel worse from warmth, and better from fresh air and cold applications. *Rhus toxicodendron*: Useful for rheumatoid arthritis, with pain and stiffness that is worse in the morning and worse on first motion, but better from continued movement. Hot baths or showers, and warm applications improve the stiffness and relieve the pain. The condition is worse in cold, wet weather. The person may feel extremely restless, unable to find a comfortable position, and need to keep moving constantly. *Ruta graveolens*: Arthritis with a feeling of great stiffness and lameness, worse from cold and damp and worse from exertion, may be helped by ruta graveolens. Tendons and capsules of the joints can be deeply affected or damaged. The arthritis may have developed after overuse, from repeated wear and tear.

Homeopathy is safe and can be used by the elderly, children and even babies as there are no side effects. It is non-invasive, non-addictive and simple to use. It can be used with other types of medicines and it's even safe to use in pregnancy. It's a holistic treatment that stimulates the body's own healing power by identifying and addressing the cause rather than suppressing the symptoms.

I have been treating patients for over 28 years and I am confident I can make a real difference with a holistic approach to your wellbeing. Please contact Dr. Foster for a no obligation consultation at either **Cranleigh or The Godalming Pharmacy**.

Disclaimer: \*I would not advise people to discontinue any treatment prescribed by their doctor, instead I strongly advocate an integrated approach to healthcare, where complementary and conventional medicines are used responsibly together to provide the best care for the patient. Dr. Michael Foster-Perez MD MARH is an allopathic. Any views or advice in this article should not be taken as a substitute for medical advice or treatment, especially if you know you have a specific health complaint.



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