

Efficacy of Anacardiaceae Family in the Management of Arthritis

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Abstract: Arthritis is a generic term used to describe over 100 different types of painful degenerative and inflammatory joint diseases. Arthritis are many types like-Degenerative joint disease (osteoarthritis), Inflammatory joint disease (Rheumatoid Arthritis), Psoriatic arthritis, reactive arthritis, Gout and Gouty Arthritis, Tuberculous arthritis, Supportive arthritis etc.

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1. Introduction

Rheumatoid arthritis is an autoimmune condition with intense inflammation of the joints and progressive destruction of cartilage, tendons and soft tissue. It accounts for 3 % of all cases of arthritis.

RA is a common disease having peak incidence in 3rd to 4th decades of life, with 3-5 times higher preponderance in females. Rheumatoid arthritis (RA) is a chronic multisystem disease of unknown cause. Though most prominent manifestation of RA is inflammatory arthritis of the peripheral joints, usually with a symmetrical distribution, its systemic manifestation include haemorrhagic, pulmonary, neurological and cardiovascular abnormalities.

Osteoarthritis is a gradual erosion and deterioration of the joint cartilage. It occurs to a degree in all people with aging but strong affects over millions of people, creating bone spurs and painful, stiff joints.

Gout is a metabolic disease that most often affects middle aged to elderly men and postmenopausal women. It results from an increased body pool of urate with hyperuricemia. It typically is characterized by episodic acute arthritis or chronic arthritis caused by disposition of MSU crystals in joints and connective tissue.

Etiology

- **Genetic**-Many forms of arthritis run in families, although this isn't always the case,
- **Lifestyle**-Physically demanding jobs and injuries can sometimes lead to osteoarthritis.
- **Trigger factors**-Short-lived arthritis can be triggered by some infection.
- **Gender**- Might increases your risk of developing a certain condition, for example more men developing ankylosing Spondylosis and more women develop rheumatoid arthritis.

Clinical Features

Symptoms

- 1) Extremely painful, swollen joint,

- 2) Fever, with chill,
- 3) Headache,
- 4) Malaise,
- 5) Pain in joint unbearable, agonizing.

Sign

- 1) Knee joint commonly affected
- 2) Rarely hip, shoulder, elbow, ankle and wrist joint may be affect
- 3) Affected joint swollen, red, hot, tender
- 4) Effusion, particular swelling,
- 5) In some cases pulses fast,
- 6) Restricted joint movements

Investigations

Generally based on clinical basis, although test are required like ESR and CRP, CBC, Serum test for RA factor, X-ray of the joints & MRI if necessary. Plain x-ray are most appropriate and cost effective, however in acute inflammatory arthritis early radiography is rarely helpful in establishing a diagnosis and may only reveal soft tissue swelling.

Complication

- Carpal tunnel syndrome
- Fibrosing alveolitis
- Sjogren's syndrome
- Urate nephropathy
- Joint destruction and ankylosis

Management:

General Management:

- Rest of joint by splints
- Bed rest till sign of inflammation subside
- When infection is overcome, active joint movements
- Sustained weight traction, if hip joint is affected
- Low protein diet, easily digestible diet with liberal fluid intake
- Avoid strenuous activity,
- Avoid prolonged joint stress,

- Reduce weight, if obese-
- Physiotherapy for joint mobility and muscle strength

Anacardiaceae is a small family, but it is very intriguing. Peculiarity of this family is presence of resinous or milky fluid in the bark, which turns black on exposure to sunlight. It is used for staining the linen or skin and therefore, useful as dyeing agent. This aspect shows its ability to have a deep long-lasting mark on the constitution, often causing damage and disfiguring. Anacardiaceae family produces most violent symptoms by the slightest touch or even without touching it.

Symptoms may occur periodically and may long for many days, after a single contact with them. This shows that it has a deep and long lasting mark on the constitutions. It also causes damage and disfigures the skin and body. All other symptoms are produced from two fundamental things.

- Lack of confidence,
- Fear of being injured externally.

Homoeopathic management:

Anacardium Orientale:

The Anacardium patient is found mostly among the neurasthenics; such have a type of nervous dyspepsia, relieved by food; impaired memory, depression, and irritability; diminution of sense (smell, sight, hearing). Syphilitic patients often suffer with these conditions. Intermittency of symptoms. Fear of examination in students. Weakening of all senses, sight, hearing, etc. Aversion to work; lacks self-confidence; irresistible desire to swear and curse. Sensation of a plug in various parts-eyes, rectum, bladder, etc; also of a band. Empty feeling in stomach; eating temporarily relieves all discomfort. This is a sure indication, often verified. Its skin symptoms are similar to Rhus, and it has proved a valuable antidote to poison-oak.

- Neuralgia in the thumb. Tired feeling. Paralytic weakness.
- Knee feels paralyzed or bandaged. Cramps in calves. Pressure, as if from a plug in the glutei muscles.
- Pain in ankle, as if sprained worse stepping, Painful thumping on the middle upper Lt arm.
- Cramps from toe to instep from heel up calf, Fingers swollen.

Anacardium Occidentale:

- Large blisters filled with a yellow fluid are raised on hand. Following by desquamation.

Comocladia Dentata:

Important eye and skin symptom. Affections of antrum. Sacro-iliac and abdominal pain. Throbbing pains worse by heat. Pain in joints and ankles.

- Pain in the joints and ankles, painful burning on arms.
- Sharp pain through Right shoulder to scapula. Crampy sensation in muscles of Right upper arm, drawing, cramping in fingers.

Rhus Glabra:

Epistaxis and occipital headache. Fetid flatus. Ulceration of mouth. Dreams of flying through the air (Sticta). Profuse perspiration arising from debility (China). It is claimed that this remedy will so disinfect the bowels that the flatus and stools will be free from odor. It acts well in putrescent conditions with tendency to ulceration.

- Aching and fatigue of lower limbs can hardly stand.

Rhus Radicans:

- Rheumatism, inflammation of the joint with heat, redness and swelling.
- Wandering pain from joint to joint. Traumatic inflammation of the joint.
- Instability, stiffness of joint, weakness and feeling of heaviness in the limbs when walking
- Dislocated joint, Pain as though the muscles or tendons were strained. Pain as stiffness in hip. Swelling stiffness and lameness of the knee, ankle, pain in knee, near the patella, worse on moving the joint.
- Pain in calf when walking cramps in calf when lying in bed or extending the limb. Pain at the ankles sharp pain in the foot pain in the sole of the Right foot.

Rhus Tox:

The effects on the skin, rheumatic pains, mucous membrane affections, and a typhoid type of fever, make this remedy frequently indicated. Rhus affects fibrous tissue markedly-joints, tendons, sheaths-Apo neurosis, etc, producing pains and stiffness. Post-operative complications. Tearing asunder pains. Motio always "limbers up" the Rhus patient, and hence he feels better for a time from a change of position. Ailments from strains and infections, carbuncles in early stages (Echinac). Rheumatism in the cold season. Septicaemia.

- Hot, painful swelling of joints. Cracking of joints when stretching pain tearing in tendons, ligaments and fasciae.
- Synovitis, Rheumatic pain spread over a large surface at nape of neck, loins, and limbs.
- Tenderness around knee joint, loss of power in forearm and fingers; crawling sensation in the tips of fingers.

Rhus Venenata:

The skin symptoms of this species of Rhus are most severe. Paralytic drawing in Right arm, especially wrist and extending to fingers.

2. Conclusion

Anacardiace family medicine like Rhus. tox, Anacardium, Rhus. ven, Rhus. radicans, Comocladia dentate worked so well in arthritis.

Homoeopathic medicine is very efficient in the treatment of arthritis. More than 75% improvement is seen by homeopathic medicine if the patient is cooperative; take proper precautions and manage his/her lifestyle.

Arthritis is a long term disease requiring long term management. Homoeopathic can be use full in reducing the intensity of arthritis if each case is taken thoroughly and individually. The frequency of arthritis symptoms can be minimized with the help is homoeopathy only if the medicines are selected strictly according to the principal and low of homeopathy.

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