

HOMEOPATHY AND ARTHRITIS - CHC Arthritis Awareness Month October 2017

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The approach of Homeopathy is to look at a person as a whole, rather than a specific condition in isolation. Every different person will experience their illness in their own way. Ten people with a diagnosis of ARTHRITIS may each be given a different remedy tailored to suit their individual needs. Homeopathy is not a “one size fits all” system of medicine.

To illustrate this point very simply, here are a few patients who presented with arthritis. Note how different the symptom picture for each person is and therefore the need for different remedies for each of them.

Mrs A: presented with arthritic pain in her hands and feet. Her main symptoms were pain and stiffness in the joints. It was much worse in the mornings as she got out of bed and started to move, but once she got going it improved with gentle movement. It was much worse after a period of inactivity. Warm applications relieved the pain as did gently massaging the joints. She was very restless with some anxiety and apprehension, especially at night causing difficulty sleeping. RHUS

TOXICODENDRON (Poison Oak) helped a lot.



Figure 1 Osteoarthritis of the hands with well-preserved range of movement and function

Ms T: came with rheumatoid arthritis with pain that passed from one joint to another in quick succession. One moment she had pain in her wrist, the next moment in her knee and the next in her shoulder. Her joints were very inflamed and swollen. She felt she was always worse after eating certain foods such as pastries and fatty foods. She generally felt better outside in fresh air rather than indoors in stuffy rooms. These symptoms along with her mild and gentle nature and her tendency to cry at the drop of a hat pointed to the remedy PULSATILLA NIGRICANS (Wind Flower)



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Mr R: had acutely inflamed joints which were very swollen, hot, red and painful with stitching type pains. The slightest movement caused terrible pain, as did any pressure on the joints and he could not bear to have his joints touched. Warmth relieved the pain but he felt very irritable and just wanted to lie still in bed in the warm and not be bothered by anyone. The remedy BRYONIA ALBA (Wild Hops) gave great relief to his whole condition and his mood.

These are just a few remedies to illustrate the individual nature of homeopathic prescribing. Many more remedies could be indicated in other people.

The Homeopathic Consultation:

Your homeopath needs to have a thorough understanding of the exact symptoms you are experiencing to be able to find the homeopathic remedy that matches you and your condition. The consultation will be in depth and your homeopath will want to hear about many aspects of your health and wellbeing including your past medical history, diet, lifestyle and personality type as well as the problems you present with. It is impossible to say how long a course of treatment would be. Everyone responds differently.

Some people are happy to just get relief from their complaint while others are interested in exploring more deeply and improving their general health and wellbeing.

Practitioner Recommendation:

I may suggest to a patient that they also go to see an Osteopath or Acupuncturist or other Complementary Therapist at CHC if I think it may be helpful.

As someone with arthritis myself, as well as Homeopathy, I would recommend the following products from personal experience.

ATROGEL is a natural gel made with ARNICA as a rubbing gel for relief from arthritic pain. See avogel.co.uk

*I also recommend **copper gloves** available from copperclothing.com*

I have used these myself and find if I wear them all night in bed as well as outside on cold days my painful hands are much relieved.

The cases described are for illustrative purposes only and any resemblance to actual persons are entirely coincidental.

