

# THERAPEUTIC ROLE OF BRYONIA ALBA AND RHUS TOXICODENDRON (30C) IN THE MANAGEMENT OF RHEUMATOID ARTHRITIS: A CASE SERIES:

**Dr. Santosh Reddy<sup>1\*</sup>, Dr. Munjal Thakar<sup>2</sup>, Dr. Poorav Desai<sup>3</sup>, Dr. Ankur Desai<sup>4</sup>**

1\*PhD scholar, Professor, & PG Guide in the Department of Homoeopathic Pharmacy. Parul Institute of Homoeopathy & Research Ishwar Pura. Parul University Vadodara. Gujarat. 391760.

Email: [santoshareddy@gmail.com](mailto:santoshareddy@gmail.com).

2 Professor M.D.Ph.D. Guide in the Department of Materia -Medica. Ahmedabad Homoeopathic medical college & Hospital Ahmedabad. Email: [drmunjalthakar@drmunjalthakar.com](mailto:drmunjalthakar@drmunjalthakar.com)

3 Dean and principal, M.D. Ph.D. Guide in the department of Repertory and case taking in the Jawaharlal Nehru Homeopathic Medical College and Hospital Limda. Parul university campus Vadodara. [poorav.desai@paruluniversity.ac.in](mailto:poorav.desai@paruluniversity.ac.in)

4 Principal, Professor & HOD in Pathology, in the Parul Institute of Homoeopathy & Research Ishwar pura Vadodara. [ankur.desai37931@paruluniversity.ac.in](mailto:ankur.desai37931@paruluniversity.ac.in)

**\*Corresponding author:** Dr. Santosh Reddy

Email: [santoshareddy@gmail.com](mailto:santoshareddy@gmail.com)

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## ABSTRACT

**Background:** Rheumatoid arthritis (RA) is a chronic, systemic autoimmune disorder characterized by symmetrical polyarthritis, leading to pain, swelling, stiffness, and progressive disability. Despite the availability of conventional therapies, limitations remain due to side effects and incomplete remission. Homoeopathy offers individualized remedies such as *Bryonia- alba* and *Rhus- toxicodendron*, frequently prescribed based on characteristic modalities. **Objective:** To evaluate the therapeutic role of *Bryonia -alba* and *Rhus- toxicodendron* (30C) in patients with RA through a case series approach. **Methods:** This case series includes patients diagnosed with RA based on American College of Rheumatology/European League against Rheumatism (ACR/EULAR) criteria. Patients were prescribed *Bryonia-alba* or *Rhus -toxicodendron* (30C) according to individualized symptom similarity. Each case was followed for six months, and disease activity was assessed using the Disease Activity Score-28 (DAS28). **Results:** Clinical improvement was observed in joint pain, swelling, and stiffness, with a reduction in DAS28 scores across cases. Patients treated with *Bryonia- alba* reported relief in symptoms aggravated by motion and relieved by rest, while those treated with *Rhus- toxicodendron* demonstrated improvement in symptoms aggravated by rest and ameliorated by movement. **Conclusion:** The case series highlights the potential role of *Bryonia- alba* and *Rhus- toxicodendron* (30C) in the management of RA, suggesting a beneficial effect in reducing pain and disease activity. Larger controlled studies are warranted to validate these findings.

## INTRODUCTION

Rheumatoid arthritis (RA) is a chronic, systemic autoimmune disease that primarily affects synovial joints, leading to progressive inflammation, joint destruction, and disability. It affects around 0.5-1% of the world's population, with women being affected two to three times more often than men. The disease usually begins between the ages of 30 and 50 years and has a fluctuating but progressive course if untreated <sup>1,2</sup>.

### Aetiology

The exact cause remains unknown, but RA is considered multifactorial, involving: Genetic predisposition: HLA-DR4 and HLA-DR1 alleles strongly associated <sup>3</sup>. Environmental factors: Smoking, infections, gut microbiome imbalance, hormonal factors <sup>4</sup>. Immunological factors: Autoantibody production (Rheumatoid Factor, Anti-CCP antibodies)<sup>5</sup>.

### Pathophysiology

**Initiation:** Environmental and genetic factors trigger loss of immune tolerance. **Autoimmunity:** Activation of T-helper (CD4+) cells → stimulation of B cells → production of autoantibodies (RF,

anti-CCP). Cytokine storm: Release of pro-inflammatory cytokines (TNF- $\alpha$ , IL-1, IL-6) perpetuates synovial inflammation. Pannus formation: Proliferation of synovial tissue forms pannus, invading cartilage and bone. Joint destruction: Osteoclast activation leads to bone erosion, cartilage damage, and deformity <sup>6,7</sup>.

#### Pathology

Early changes: Synovial membrane hyperplasia, angiogenesis, and infiltration by lymphocytes, plasma cells, and macrophages. Chronic stage: Formation of pannus tissue, eroding cartilage and subchondral bone. Advanced disease: Fibrosis and ankylosis of joints <sup>8</sup>.

#### Clinical Features

Articular manifestations:

Symmetrical polyarthritis (hands, wrists, knees, ankles most affected). Morning stiffness (>1 hour). Swelling, warmth, and tenderness of joints. Progressive deformities (ulnar deviation, swan-neck, boutonnière deformity).

Extra-articular manifestations:

Rheumatoid nodules. Vasculitis. Pulmonary fibrosis, pleuritis. Pericarditis, anaemia of chronic disease. Ocular involvement (scleritis, keratoconjunctivitis sicca) <sup>1,6,9</sup>.

#### Future (Prognosis & Advances)

Untreated RA leads to significant disability and reduced life expectancy. Conventional advances: Biologics (anti-TNF, IL-6 inhibitors, JAK inhibitors) improve prognosis but are costly. Future directions: Personalized medicine, early diagnosis with biomarkers, regenerative therapy, and integrative approaches (including Homoeopathy and other CAM therapies) <sup>2,10,11</sup>.

#### Diagnosis

Diagnosis is based on clinical, serological, and imaging criteria. Clinical: Symmetrical joint involvement, morning stiffness, duration >6 weeks.

#### Laboratory:

Positive Rheumatoid Factor (RF). Anti-cyclic citrullinated peptide (Anti-CCP) antibodies (high specificity). Elevated ESR and CRP. ACR/EULAR 2010 classification criteria used to confirm diagnosis <sup>12,13</sup>.

#### CASE REPORT 1

A female patient named Mrs. PQRS, aged 49 years, housewife residing in the Limda village Waghodia taluk. Visited on OPD 11-1-24. Chief Complaints of Pain, tenderness, and swelling in right hand MCP joints 1 and 2. Pain and tenderness in left hand MCP joints 2 and 3. Duration: for seven months.

#### History of Presenting Illness:

The patient presented with complaints of pain and swelling in both hands for seven months. The pain was described as stiffness and discomfort on first moving the limbs after rest, with gradual relief after continued movement. Symptoms were aggravated in cold weather and cold fresh air. Pain was rated as 7/10 on Visual Analogue Scale (VAS) at baseline.

#### Past History

No history of major illnesses like diabetes, hypertension, tuberculosis.

No significant surgical history.

#### Family History

No family history of autoimmune disorders or arthritis reported.

#### Personal History

Diet: Mixed, appetite normal.

Sleep: Disturbed due to pain.

Habits: Non-smoker, non-alcoholic.

#### Life Space Investigation:

Patient lives in a leaking one-room hut with her husband and three children. At dawn, her joints ache so badly she cries into her

pillow. But she forces herself up—washing clothes, fetching water, cooking on the mud stove. Her pain eases as she moves, yet returns with a vengeance by night. She never rests, afraid that even a day's pause means hunger for her family. The neighbours admire her tireless energy, but no one sees the tears she sheds while rubbing her stiff hands before bed.

Restless, anxious for family, affectionate; stiffness < first motion, cold damp, > warm applications & continued movement; tossing at night; relief in warm bathing.

#### General Examination

Moderately built and nourished. Conscious & oriented with time, place and person.

No pallor, clubbing, cyanosis, icterus & pedal oedema

BP- 130/80 mm Hg

PR - 78 beats/ min

RR-18 /min

Temp - Afebrile at the time of examination

Scalp - No dandruff no itching

Hairs - Black

Eyes  Conjunctiva - pink

Sclera - clear

Ears- no discharge

Nose- no DNS/ Polyps

Mouth

Buccal mucosa-Pink.

Teeth - hygiene

Tongue - pink

Gums - Non bleeding

Neck - no lymphadenopathy

Nails- healthy.

#### Obg/Gyn History:

No significant changes are elicited

#### Systemic Examination:

GIT.RS.CNS.CVS: NAD

#### Musculoskeletal:

Right hand MCP 1, 2 - swelling, tenderness, restricted movement.

Left hand MCP 2, 3 - swelling, tenderness, restricted movement.

#### Investigations

RA- 14IU/ml. ESR: 60 mm/hr (raised). DAS28 Score: 5.53 (high disease activity), VAS Score: 7/10.

#### Totality of Symptoms:

Restless, Anxious for family, Affectionate; Stiffness < first motion, cold damp, > warm applications & continued movement; Tossing at night; relief in warm bathing Limbs feel stiff and paralyzed. Swelling and redness around joints. Stinging pain along tendons and muscles.

#### Non-Reportorial approach

Prescription: *Rhus-toxicodendron* 30C

#### Dose & Schedule:

4 Pills TID for 3 days, once every 15 days.

*Saccharum lactis* 2 tabs QID for 15 days as placebo.

#### Follow-up Protocol:

First 3 months: Patient reviewed every 15 days. Next 3 months: Patient reviewed once every 30 days. Total follow-ups: 9 over a 6-month period.

#### Assessment Parameters

Subjective: Pain, stiffness, tenderness (VAS).

Objective: Swelling, joint mobility, ESR, DAS28

Follow-up Chart:

Follow-Up No.	Date	Symptoms (Pain, Stiffness, Tenderness, Swelling)	DAS28	VAS	ESR (mm/hr)	Prescription	Remarks
Baseline (0)	11-01-2024	Severe pain, swelling, stiffness of Rt MCP 1,2 & Lt MCP 2,3	5.53 (High disease activity)	7/10	60	Rhus tox 30 TID $\times$ 3d + Sac lac QID $\times$ 15d	Initial case
1st FU	26-1-2024	Slight reduction in morning stiffness, pain persists	5.3	6/10	58	Same repetition	Mild relief
2nd FU	10-02-2024	Decrease in swelling, better mobility	5.0	6/10	55	Same repetition	Gradual improvement

Follow-Up No.	Date	Symptoms (Pain, Stiffness, Tenderness, Swelling)	DAS28	VAS	ESR (mm/hr)	Prescription	Remarks
3rd FU	25-02-2024	Further reduction in tenderness, less stiffness	4.8	5/10	52	Same repetition	Functional better
4th FU	12-03-2024	Joints less painful, improved daily activity	4.6	5/10	50	Rhus tox 30 one dose	Improvement steady
5th FU	27-03-2024	Swelling reduced, better grip strength	4.5	4/10	48	Sac lac support	Marked progress
6th FU	11-04-2024	Improved functional ability, morning stiffness less	4.3	4/10	45	Rhus tox 30 one dose	Continued improvement
7th FU	12-05-2024	Noticeable improvement, pain less frequent	3.8	3/10	40	Sac lac support	Stable
8th FU	12-06-2024	No new joint involvement, better sleep	3.8	3/10	35	Rhus tox 30 one dose	Maintained
9th FU	12-07-2024	Swelling subsided, mobility improved	3.1 (Low disease activity)	3/10	30	Sac lac support	Marked improvement

**Before Treatment**



**After Treatment.**



#### **CASE REPORT-2**

A male patient named Mr. XYZ, aged 51 years, Working as coolly residing in the puparia village waghodia taluk. Visited on OPD 12-

1-24. Multiple joints pain in both hands and bilateral knee for 11 months.

History of presenting Complaints:



Pain, tenderness, and swelling in RT hand MCP 1, 2 Lt hand MCP 2, 3 Lt knee & RT knee Morning stiffness lasting >1 hour Difficulty in walking and grasping objects.

#### Past History

No major illness reported.

#### Family History

No significant history of autoimmune disease.

#### Personal History

Diet: Mixed, appetite normal.

Sleep: Disturbed due to pain.

Habits: smoker, alcoholic, occasionally

#### Life space investigation

51-year-old cart-puller, rises every morning with body stiffness so severe he can barely bend. His wife urges him to rest, but he insists: "If I don't go, the children will starve." He limps to the marketplace, each step loosening his joints. Rain and damp weather cripple him, yet he keeps moving, pulling loads far beyond his strength. At night, he tosses and turns in agony, unable to lie still. He whispers to his wife: "My body is broken, but I must go on—for them."

Restless, hardworking, family-oriented, anxious about children; < damp weather, first movement; > continued activity, warmth; joint stiffness; sleepless tossing

#### General Physical Symptoms:

Appetite: Normal

Thirst: Normal

Bowel/Bladder: Regular

Sleep: Disturbed due to joint pain

#### Systemic Examination:

GIT.RS.CNS.CVS:NAD

#### Locomotor Examination:

Tenderness: Rt MCP 1, 2 & Lt MCP 2, 3, both knees

Swelling: MCP joints & knees

#### Investigations:

RA; 15IU/ml. ESR: 55 mm/hr (raised). DAS28 Score: 5.6 (high disease activity). VAS Score: 7/10.

#### Totality Symptoms:

Restless, Hardworking, Family-oriented, Anxious about children; < damp weather, first movement; > continued activity, warmth; joint stiffness; sleepless tossing

#### Prescription:

Rhus - toxicodendron 30C.4 pills TID for 3 days, Sac lac 2-tab QID for 15 days.

#### Follow-up:

Every 15 days for 3 months, then once in 30 days for another 3 months (total 9 visits). 6 months.

#### Assessment Parameters

Subjective: Pain, stiffness, tenderness (VAS).

Objective: Swelling, joint mobility, ESR, DAS28

#### Follow-up Chart

Follow-Up No.	Date	Clinical Observation	DAS28	VAS	ESR (mm/hr)	Prescription	Remarks
Baseline (0)	12-01-2024	Severe pain, swelling in MCP & knees, marked stiffness	5.6	7/10	55	Rhus tox 30 TID x 3d + Sac lac QID x 15d	Initial case
1st FU	27-01-2024	Slight reduction in stiffness, pain persists.	5.4	6/10	53	Same repetition	Mild relief
2nd FU	4-02-2024	Decrease in swelling, mobility better.	5.1	6/10	50	Same repetition	Gradual improvement
3rd FU	19-02-2024	Tenderness less, stiffness shorter in duration.	4.9	5/10	48	Same repetition	Functional better
4th FU	6-03-2024	Improved mobility, reduced swelling.	4.7	5/10	46	Rhus tox 30 one dose	Improvement steady
5th FU	21-03-2024	Pain decreasing, better grip strength.	4.5	4/10	44	Sac lac support	Marked progress
6th FU	5-04-2024	Joints less stiff, daily activities easier.	4.2	4/10	42	Rhus tox 30 one dose	Continued improvement
7th FU	5-05-2024	Pain occasional, no new joint involvement.	3.8	3/10	38	Sac lac support	Stable
8th FU	5-06-2024	Swelling subsided, walking easier.	3.4	3/10	34	Rhus tox 30 one dose	Maintained
9th FU	05-07-2024	Mobility much improved, stable condition.	3.0	2-3/10	30	Sac lac support	Marked improvement

#### Before Treatment of Lt and Rt Hand



### After Treatment of Lt and Rt Hand



### Before Treatment Rt and Lt knee



### After treatment Lt and Rt knee



#### CASE REPORT-3

A Male patient named Mr. ABC, aged 50 years, Working as vegetable seller residing in the Madheli village waghodia taluk. Visited on OPD 19-2-24. Complaints of multiple joints pain & swelling in bilateral hand fingers for 10 Months.

#### Presenting Chief Complaints:

Pain, tenderness, and swelling of right hand MCP joints 1 & 2.  
Pain, tenderness, and swelling of left hand MCP joints 2 & 3.

Associated stiffness of joints, worse on waking and after rest.  
Pain aggravated in cold weather and exposure to fresh cold air.  
Relief on continued motion.

#### Past history:

No HTN, No DM

#### Family History:

Father- living healthy.

Mother -Living with normal health

Siblings - 1 sister. Apparently healthy.

**Personal History:**

Diet: Mixed, appetite normal.

Sleep: Disturbed due to pain.

Habits: Non-smoker, alcoholic, occasionally

**Life span investigation:**

50-year-old men sells vegetables in the market. His mornings are a battle: stiff joints, trembling hands, and pain that makes him cry out. Yet he forces himself to the stall, arranging baskets of produce, bargaining with customers. With movement, the stiffness eases, and he hides his suffering behind his chatter. Rainy days are the worst—his body feels locked in iron—but he goes on, whispering to himself: “I cannot stop, they depend on me.”

Totality: Restlessness, affectionate, cannot stay idle; < rest, damp cold, > warm applications & movement; stiffness on waking; relief after activity; anxious about family's needs

**General Physical Examination:**

Built: Moderate

Nutrition: Average

Weight: 64 kg

Height: 158 cm

Pulse: 82/min, regular

BP: 126/80 mmHg

Temperature: Afebrile

Respiration: 20/min

**Systemic Examination:**

CNS/RS/CVS: Within normal limits.

**Locomotor System:**

Tenderness and swelling in MCP 1,2 (Rt) and MCP 2,3 (Lt); restriction of free movement due to pain and stiffness.

**Investigations (at baseline)**

RA: 15IU/ml. ESR: 80 mm/hr. VAS: 7/10. DAS28: 5.86.

**Totality of symptom:**

Restlessness, affectionate, cannot stay idle; < rest, damp cold, > warm applications & movement; stiffness on waking; relief after activity; anxious about family's needs. Pain and stiffness < damp/cold weather, first motion; > warm applications, continued activity; Stinging pain along tendons and muscles.

**Non reportorial approach**

**Prescription:** *Rhus- toxicodendron* 30C, 4 pills TID × 3 days, once in 15 days. *Saccharum*

*Lactis* 2-tab QID × 15 days.

**Repetition schedule:**

Once in 15 days for the first 3 months; Than once in 30 days for the next 3 months. Total follow-up: 9 visits over 6 months.

**Assessment Parameters**

Subjective: Pain, stiffness, tenderness (VAS).

Objective: Swelling, joint mobility, ESR, DAS28

Follow-Up Table

Follow-Up No.	Date	Symptoms (Pain, Stiffness, Tenderness, Swelling)	DAS28	VAS	ESR (mm/hr)	Prescription	Remarks
Baseline (0)	19-03-2024	Pain & stiffness Lt MCP (2,3), Rt MCP (3), Rt PIP (1,3)	6.0	7/10	70	Rhus tox 30 TID × 3d + Sac lac QID × 15d	Initial case
1st FU	03-04-2024	Slight ↓ in pain, stiffness still present	5.8	6/10	68	Same repetition	Mild relief
2nd FU	18-04-2024	Tenderness ↓, mobility improved	5.6	6/10	66	Same repetition	Gradual improvement
3rd FU	03-05-2024	Pain reduced; PIP joints less tender	5.4	5/10	64	Same repetition	Functional better
4th FU	18-05-2024	Swelling ↓, stiffness after rest	5.1	5/10	62	Rhus tox 30 one dose	Improvement steady
5th FU	02-06-2024	Minimal stiffness, grip better	4.8	4/10	60	Sac lac support	Marked progress
6th FU	17-06-2024	Mild pain only after exertion	4.5	3/10	58	Rhus tox 30 one dose	Continued improvement
7th FU	02-07-2024	Mobility normal, swelling absent	4.2	3/10	56	Sac lac support	Stable
8th FU	17-07-2024	Occasional pain after heavy use	3.9	2/10	54	Rhus tox 30 one dose	Maintained
9th FU	01-08-2024	Pain-free, stiffness negligible	3.6	1/10	52	Sac lac support	Marked improvement

**Before Treatment Rt hand**



**Lt hand**





## After Treatment Rt hand



## Lt hand



### CASE REPORT-4

A Female patient named Mrs. ABC, aged 50 years, Working as small shopper residing in the Limda, village waghodia taluk. Visited on OPD 20-2-24. Complaints of multiple joints pain in bilateral hand fingers with swelling for 8 Months.

#### Chief Complaints:

- Pain, stiffness and tenderness in bilateral hand finger joints (MCP 1, MCP 3 of right hand; MCP 1, MCP 2 of left hand).
- Pain and swelling in left wrist joint.
- Pain in right knee joint.

#### History of Presenting Complaints

- Patient complains of gradually progressive joint pain with stiffness in small joints of hands and knee.
- Pain worse in morning and on motion.
- Relieved by complete rest.
- Associated with mild swelling of joints.

#### Past History

- No significant history of major illness, tuberculosis, diabetes, hypertension.
- No past surgical history.

#### Family History

- No history of rheumatoid arthritis, gout or autoimmune diseases in family.

#### Personal History

- Diet: Mixed
- Appetite: Normal
- Thirst: Increased, desires large quantities at long intervals
- Bowel: Constipation, dry stool
- Urine: Normal
- Sleep: Disturbed due to pain
- Thermals: Patient prefers cool open air.

#### Life space investigation

50-year-old shopkeeper, comes from a poor background and has spent her life struggling to keep her small business alive. Now, with severe joint swelling, she lies still on his cot, unable to move without crying out in pain. Her husband and children hover around, but She snaps at them, asking to be left alone. Behind her irritability lies silent torment: *"If I cannot go to the shop, who*

*will earn? How will my children eat? What if we lose everything?"* Her love for her family expresses itself only as financial anxiety, not tenderness, and her stillness mirrors her fear of losing control over the fragile stability She has built.

Mind: Irritable, aversion to company, anxious about financial security, preoccupied with business. General: Worse from slightest motion, better by rest and silence.

Particulars: Hot, red, swollen joints; sharp, stitching pains. Concomitant: Great thirst for large draughts of water, constipation with dry stools

#### General Examination

- Built: Moderate and nourished
- Height/Weight: 156cm / 62 kg
- Pulse: 98/min
- BP: 130/86 mmHg
- Temperature: Afebrile
- Tongue: Dry, coated.

Obg/Gyn History: No significant.

#### Systemic Examination:

GIT.RS.CNS.CVS;NAD

#### Locomotor System:

Swelling and tenderness present in MCP joints of hands, left wrist, and right knee joint.

Restricted movements due to pain and stiffness.

#### Investigation

RA; 16 IU/ml. ESR: 60 mm/hr. DAS28 Score: 5.07. VAS: 6/10.

#### Provisional Diagnosis

Rheumatoid Arthritis

#### Totality of Symptoms:

Mind: Irritable, aversion to company, anxious about financial security, preoccupied with business.

General: Worse from slightest motion, better by rest and silence.

Particulars: Hot, red, swollen joints; sharp, stitching pains.

Concomitant: Great thirst for large draughts of water, constipation with dry stools

#### Non-Reportorial approach

Bryonia- alba

#### Prescription:

Bryonia -alba 30C.Dose: 3 pills TID for 3 days, followed by Sac. Lac. 2 tablets QID for 15 days. Plan: Repeated in the same way every month for 3 months. Thereafter, single dose Bryonia -alba 30C once every 30 days for next 3 months.

#### Follow-up Plan

Total Follow-ups: 9. First 3 Months: Every 15 days with symptom assessment (DAS28, VAS, And ESR). Next 3 Months: Once in 30 days.

Subjective: Pain, stiffness, tenderness (VAS).  
Objective: Swelling, joint mobility, ESR, DAS28.  
Follow-Up Record Table

**Assessment Parameters**

Follow-Up No.	Date	Symptoms (Pain, Stiffness, Tenderness, Swelling)	DAS28	VAS	ESR (mm/hr)	Prescription	Remarks
Baseline (0)	20/02/2024	Pain & stiffness in MCP (Rt 1,3; Lt 1,2), Lt wrist, Rt knee	5.07	6/10	60	Bryonia alba 30, 3 pills TID × 3 days + Sac lac 2-tab QID × 15 days	Initial case
1st FU	5/3/2024	↓ Swelling, pain persists in Rt knee & MCP joints	4.9	5/10	55	Same repetition	Mild relief
2nd FU	20/3/2024	Morning stiffness reduced, less tenderness in Lt wrist	4.7	4/10	50	Same repetition	Improvement noted
3rd FU	4/4/2024	Joints less painful, mobility ↑	4.5	4/10	48	Same repetition	Gradual progress
4th FU	19/4/2024	Occasional pain only on exertion	4.2	3/10	45	Bryonia alba 30 one dose	Swelling subsided
5th FU	6/5/2024	Stiffness minimal, Rt knee improved	3.9	3/10	40	Sac lac support	Steady improvement
6th FU	21/5/2024	No tenderness, only mild pain in damp weather	3.7	2/10	38	Bryonia alba 30 one dose	Good improvement
7th FU	20/6/2024	Patient reports comfortable daily activity	3.4	2/10	35	Sac lac support	Functional better
8th FU	20/7/2024	Only occasional joint discomfort	3.2	1/10	32	Bryonia alba 30 one dose	Maintained
9th FU	20/8/2024	Pain-free, stiffness negligible	3.0	1/10	30	Sac lac support	Marked improvement

**Before Treatment Lt hand**



**Rt hand**



**After treatment Lt hand**



**After Rt hand**



**CASE REPORT-5.**

A male patient named Mr. ABC, aged 45 years, Working as Farmer residing in the Nava-ajva village waghodia taluk. Visited on OPD



2-03-24. Complaints of multiple joints pain and swelling in bilateral hand fingers for 9 Months.

Chief Complaints:

Pain, stiffness, tenderness and swelling in bilateral hand finger joints:

Right hand MCP 2, MCP 4

Left hand MCP 2, MCP 3

History of Presenting Complaints

- Gradual onset of pain and stiffness in small joints of both hands.
- Pain worse on motion, relieved by rest.
- Associated with swelling and tenderness of MCP joints.
- Difficulty in gripping objects due to pain.

Past History

No significant past illness.

Family History

No family history of RA or autoimmune disorders.

Personal History

- Diet: Mixed
- Appetite: Normal
- Thirst: Increased, desires large quantities of water
- Bowel: Constipation, stools dry
- Urine: Normal
- Sleep: Disturbed due to pain
- Thermal State: Prefers cool open air.

Life span investigation

45-year-old farmer, lies silent in a dark corner of his house. The fields outside are dry, debts are mounting, and now his swollen hands refuse to let him work or holds things. Each attempt to move is like being stabbed with knives, so he shouts at his children if they come near. His wife weeps quietly, but he turns his face away, unable to show softness. In his heart, he is tormented not by the pain alone, but by the thought that his family may starve if he cannot return to work. His irritability is the mask of a man broken by fear of financial ruin.

Mind: Irritable, does not want company, anxiety about future & money.

General: Worse slightest motion, better lying still.

Particulars: Hot, swollen joints with stitching pain

General Examination

- Build: Moderate
- Height/Weight: 155 cm / 64 kg
- Pulse: 98/min
- BP: 130/86 mmHg
- Temperature: Afebrile
- Tongue: Dry, coated

Systemic Examination:

GIT. RS.CNS.CVS: NAD

Locomotor System: Tenderness and swelling present in MCP joints (Rt 2,4 and Lt 2,3).

Movements restricted due to pain.

Investigations

RA: 13 IU/ml. ESR: 70 mm/hr. DAS28: 5.80.VAS: 7/10

Diagnosis

Rheumatoid Arthritis

Totality of Symptoms

Mind: Irritable, does not want company, anxiety about future & money.

General: Worse slightest motion, better lying still.

Particulars: Hot, swollen joints with stitching pain

Pain and stiffness of MCP joints.

Aggravation from least motion.

Amelioration from complete rest.

Dryness of mucous membranes, excessive thirst.

Non-Reportorial approach

Bryonia- alba

Prescription

Bryonia alba 30C - 3 pills TID × 3 days Sac. Lac. - 2 tablets QID × 15 days. Repeat same cycle every 15 days for 3 months. After 3 months, Bryonia- alba 30C one dose every 30 days × 3 months.

Assessment Parameters

Subjective: Pain, stiffness, tenderness (VAS).

Objective: Swelling, joint mobility, ESR, DAS28.

Follow-Up Record Table

Follow-Up No.	Date	Symptoms (Pain, Stiffness, Tenderness, Swelling)	DAS28	VAS	ESR (mm/hr)	Prescription	Remarks
Baseline (0)	02-03-2024	Pain & stiffness in MCP (Rt 2,4; Lt 2,3), swelling & tenderness	5.80	7/10	70	Bryonia alba 30 TID × 3d + Sac lac QID × 15d	Initial case
1st FU	17-03-2024	Slight ↓ in pain, swelling persists	5.6	6/10	65	Same repetition	Mild relief
2nd FU	01-04-2024	Morning stiffness reduced, less tenderness	5.4	6/10	62	Same repetition	Improving
3rd FU	16-04-2024	Pain less, mobility ↑ in Rt hand	5.2	5/10	58	Same repetition	Gradual progress
4th FU	01-05-2024	Swelling reduced, pain only on exertion	4.9	4/10	55	Bryonia alba 30 one dose	Positive response
5th FU	01-06-2024	Stiffness minimal, Rt hand better	4.5	3/10	50	Sac lac support	Steady progress
6th FU	01-07-2024	No tenderness, mild pain in damp weather	4.2	3/10	45	Bryonia alba 30 one dose	Good improvement
7th FU	01-08-2024	Comfortable daily activity, no swelling	3.9	2/10	42	Sac lac support	Functional better
8th FU	01-09-2024	Only occasional pain on overuse	3.5	2/10	38	Bryonia alba 30 one dose	Maintained
9th FU	01-10-2024	Pain-free, stiffness negligible	3.2	1/10	35	Sac lac support	Marked improvement

## Before treatment



## After Treatment



### CASE REPORT-6

A Female patient named Mrs. XYZ, aged 47 years, Working as tailor residing in the waghodia village waghodia taluk. Visited on OPD 10-03-24. Complaints of multiple joints pain and swelling in bilateral hand fingers for 11 Months.

#### Chief Complaints:

Pain, stiffness, tenderness and swelling in small joints of both hands:

Right hand: MCP 1, 2, 4

Left hand: MCP 2, 3

#### History of Presenting Complaints

Patient complains of gradually progressive joint pain and swelling in bilateral MCP joints.

Pain aggravated on motion, relieved by complete rest.

Associated with morning stiffness and difficulty in fine movements (e.g., buttoning clothes, holding objects).

#### Past History

No history of major systemic illness.

#### Family History

No family history of rheumatoid arthritis or autoimmune diseases.

#### Personal History

Diet: Mixed

Appetite: Normal

Thirst: Increased, desires large quantities of water at long intervals

Bowel: Constipation with dry stools

Urine: Normal

Sleep: Disturbed due to joint pain

Thermal: Prefers cool, open air.

#### Life span investigation

a widow of 47, depends on her small tailoring work. Now, her swollen hands refuse to stitch. She sits withdrawn, motionless, eyes full of suppressed tears. Her teenage daughter pleads with her to talk, but she turns away in silence, scolding sharply if disturbed. Inside, her heart trembles: "What will become of my daughter if I cannot earn?" She hides her fear under harsh words, guarding her grief in isolation.

Reserved, irritable, wants to be alone, anxious about future & money; joint swelling with sharp pains < slightest motion; great thirst; dry mucous membranes

#### General Examination

Build: Moderate nourished

Height/Weight: 130cm / 60 kg

Pulse: 102/min

BP: 140/90 mmHg

Temperature: Afebrile

Tongue: Dry, coated  
Systemic Examination:

RS GIT.CNS.CVS: NAD

Obg/Gyn History: No significant

Locomotor system:

Swelling and tenderness present in bilateral MCP joints (Rt 1, 2, 4; Lt 2, 3).

Restricted mobility due to stiffness and pain.

Investigations

RA; 16IU/ml. ESR: 60 mm/hr. DAS28 Score: 5.80. VAS: 6/10

Diagnosis

Rheumatoid Arthritis

Totality of Symptoms

Reserved, irritable, wants to be alone, anxious about future & money; joint swelling with sharp pains < slightest motion; great thirst; dry mucous membranes

Pain and stiffness in MCP joints of hands. Aggravation from least motion.

Amelioration from complete rest. Dryness of mucous membranes, thirst for large quantities of water. Constipation with dry stool.

Non-Reportorial approach

Prescription

Bryonia alba 30C - 3 pills TID × 3 days Sac. Lac. - 2 tablets QID × 15 days. Cycle repeated for 3 months (review every 15 days). After 3 months → Bryonia alba 30C one dose every 30 days × 3 months.

Assessment Parameters

Subjective: Pain, stiffness, tenderness (VAS).

Objective: Swelling, joint mobility, ESR, DAS28

Follow-Up Record Table

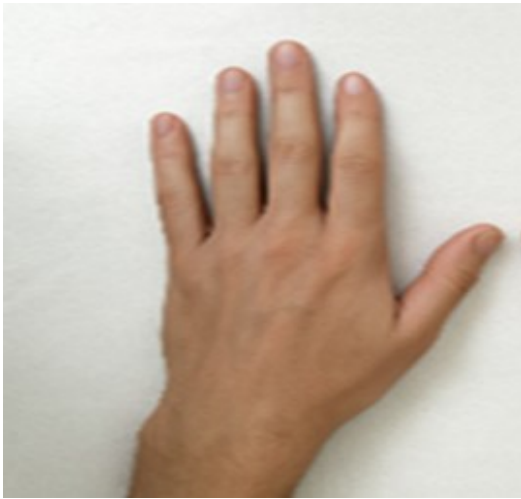
Follow-Up No.	Date	Symptoms (Pain, Stiffness, Tenderness, Swelling)	DAS28	VAS	ESR (mm/hr)	Prescription	Remarks
Baseline (0)	10-03-2024	Pain & stiffness in Rt MCP (1,2,4) & Lt MCP (2,3), swelling present	5.80	6/10	60	Bryonia alba 30 TID × 3d + Sac lac QID × 15d	Initial case
1st FU	25-03-2024	Pain slightly reduced, swelling persists	5.6	5/10	58	Same repetition	Mild relief
2nd FU	10-04-2024	Morning stiffness less, tenderness ↓	5.4	5/10	55	Same repetition	Improvement
3rd FU	25-04-2024	Pain reduced, mobility ↑ in Rt hand	5.1	4/10	52	Same repetition	Gradual progress
4th FU	10-05-2024	Swelling much less, pain occasional	4.8	3/10	50	Bryonia alba 30 one dose	Positive response
5th FU	10-06-2024	Stiffness minimal, Rt hand better	4.5	3/10	47	Sac lac support	Steady progress
6th FU	10-07-2024	Only mild pain in damp weather, no tenderness	4.1	2/10	44	Bryonia alba 30 one dose	Good improvement
7th FU	10-08-2024	Daily activities comfortable	3.8	2/10	42	Sac lac support	Functional better
8th FU	10-09-2024	Occasional joint discomfort only	3.5	1/10	40	Bryonia alba 30 one dose	Maintained
9th FU	10-10-2024	Pain-free, stiffness negligible	3.2	1/10	38	Sac lac support	Marked improvement

## Before Treatment





## After Treatment



### CASE REPORT-7

A male patient named Mrs. ABC, aged 45 years, Working as shop assist residing in the Ishwar Pura village waghodia taluk. Visited on OPD 5-03-24. Complaints of multiple joints pain with swelling in bilateral hand fingers for 12 Months.

#### Chief Complaints:

Pain, stiffness, and tenderness and swelling in:  
Left hand MCP joints (2nd and 3rd)

Right knee joint (tenderness present)

#### History of Presenting Complaints

- Gradual onset of pain and stiffness in left hand small joints and right knee joint.
- Pain < motion, > rest.
- Associated swelling in left MCP joints.
- Difficulty in daily activities such as writing and climbing stairs due to knee pain.

#### Past History

No major systemic illness.

#### Family History

No family history of RA or autoimmune disorders.

#### Personal History

- Diet: Mixed
- Appetite: Normal
- Thirst: Increased, desires large quantities of water at intervals
- Bowel: Constipation, hard dry stools
- Urine: Normal
- Sleep: Disturbed due to joint pain
- Thermal: Prefers cool, open air

#### Life span investigation

a 45-year-old shop assistant, avoids all movement, lying in silence with his face turned away. His wife feels hurt by his constant irritability, but he cannot help himself—every word, every touch increases his suffering. Inside, he is plagued by the fear that without his work, his children will have to leave school. His agony is double: the stabbing joint pains that keep him still, and the gnawing worry of financial collapse.

- Mind: Morose, irritable, wants to be left alone; anxious about future.

- General: Aggravation from slightest motion; amelioration by rest, pressure, quiet.
- Particulars: Swelling and tenderness of finger and knee joints.

Concomitant: Constipation with dry stool; great thirst at intervals

#### General Examination

- Build: Moderate
- Height/Weight: 155cm / 70 kg
- Pulse: 87/min
- BP: 130/80 mmHg
- Temperature: Afebrile
- Tongue: Dry, coated

#### Systemic Examination

##### Locomotor system:

Tenderness & swelling in Lt MCP 2, 3.

Tenderness in Rt knee joint with restricted movement.

#### Investigations

RA: 15IU/ml. ESR: 50 mm/hr. DAS28: 5.1, VAS: 6/10.

#### Diagnosis

Rheumatoid Arthritis

#### Totality of Symptoms:

Mind: Morose, irritable, wants to be left alone; anxious about future.

General: Aggravation from slightest motion; amelioration by rest, pressure, quiet.

Particulars: Swelling and tenderness of finger and knee joint

Joint pain & stiffness (Lt MCP 2, 3 & Rt knee). < Motion, > rest.

Dryness of mucous membranes, thirst for large quantities of water. Constipation with dry stool.

#### Non-Reportorial approach

Bryonia -alba

#### Prescription

Bryonia alba 30C - 3 pills TID × 3 days. Sac. Lac. - 2 tablets QID × 15 days. Repeat for 3 months (review every 15 days). After 3 months → Bryonia -alba 30C one dose every 30 day's × 3 months.

#### Assessment Parameters

Subjective: Pain, stiffness, tenderness (VAS).

Objective: Swelling, joint mobility, ESR, DAS28

Follow-Up Record Table

Follow-Up No.	Date	Symptoms (Pain, Stiffness, Tenderness, Swelling)	DAS28	VAS	ESR (mm/hr)	Prescription	Remarks
Baseline (0)	05-03-2024	Pain & stiffness Lt MCP (2,3), Rt knee tender, swelling MCP	5.1	6/10	50	Bryonia alba 30 TID × 3d + Sac lac QID × 15d	Initial case
1st FU	20-03-2024	Mild ↓ pain, swelling persists	4.9	5/10	48	Same repetition	Mild relief
2nd FU	05-04-2024	Morning stiffness less, knee pain ↓	4.7	5/10	46	Same repetition	Improving

Follow-Up No.	Date	Symptoms (Pain, Stiffness, Tenderness, Swelling)	DAS28	VAS	ESR (mm/hr)	Prescription	Remarks
3rd FU	20-04-2024	Mobility ↑, MCP swelling reduced	4.5	4/10	44	Same repetition	Gradual progress
4th FU	05-05-2024	Pain occasional, knee better	4.2	3/10	42	Bryonia alba 30 one dose	Positive response
5th FU	05-06-2024	Stiffness minimal, daily work easier	3.9	3/10	40	Sac lac support	Steady progress
76th FU	05-07-2024	Only mild pain in damp weather	3.6	2/10	38	Bryonia alba 30 one dose	Good improvement
7th FU	05-08-2024	Normal mobility, no swelling	3.4	2/10	36	Sac lac support	Functional better
8th FU	05-09-2024	Occasional discomfort after exertion	3.2	1/10	34	Bryonia alba 30 one dose	Maintained
9th FU	05-10-2024	Pain-free, stiffness negligible	3.0	1/10	32	Sac lac support	Marked improvement

### Before Treatment



### After Treatment



**CASE REPORT-8**

A Female patient named Mrs.PQRS. aged 45 years, Working as Female attender in office residing in the Ishwar Pura village waghodia taluk. Visited on OPD 5-03-24. Complaints of multiple joints pain and swelling in bilateral hand fingers for 10 Months.

**Chief Complaints:**

Pain, stiffness, and tenderness and swelling in:

Left hand MCP joints (2nd & 3rd)

Right knee joint.

**History of Presenting Complaints**

Gradual onset of pain in left MCP joints and right knee.

Pain < motion, > rest.

Swelling with tenderness in MCP joints.

Knee pain causing difficulty in climbing stairs and walking long distances.

**Past History**

No history of diabetes, hypertension, tuberculosis, or major systemic disease.

**Family History**

No family history of rheumatoid arthritis or autoimmune disease.

**Personal History**

Diet: Mixed

Appetite: Normal

Thirst: Increased - desires large quantities of water at long intervals

Bowel: Constipation, hard dry stool

Urine: Normal

Sleep: Disturbed due to pain

Thermal: Prefers cool open air.

**Life span Investigation**

Once the sole breadwinner, now lies motionless on a cot, her joints burning with every attempt to move. She snaps at her husband for asking simple questions and demands silence in the house. Inside, she is tormented by the thought of unpaid loans and children's uncertain future. Her harsh words mask a crushing fear—her illness has chained not only her body, but the family's survival.

Wants to be left alone, irritable, silent grief, business/financial anxiety; < motion, > rest; dryness, thirst for large quantities of water

**General Examination**

Build: Moderate

Height/Weight: 165 cm / 70 kg

Pulse: 105/min

BP: 130/84 mmHg

Temperature: Afebrile

Tongue: Dry, coated

**Systemic Examination:**

GIT. RS.CNS.CVS: NAD

Obg/Gyn History: No significant

**Locomotor system:**

Tenderness & swelling present in left MCP joints (2, 3).

Tenderness in right knee joint.

Movements restricted due to pain and stiffness.

**Investigations**

RA: 16IU/ml. ESR: 50 mm/hr. DAS28: 5.1 VAS: 6/10.

**Diagnosis**

Rheumatoid Arthritis

**Totality of Symptoms**

Wants to be left alone, irritable, silent grief, business/financial anxiety; < motion, > rest; dryness, thirst for large quantities of water

Pain & stiffness in MCP joints and right knee. < Motion, > rest. Constipation with dry stool. Excessive thirst for large quantities of water. Dry mucous membranes.

**Non-Reportorial approach**

Bryonia- alba

**Prescription**

Bryonia alba 30C - 3 pills TID × 3 days. Sac. lac. - 2 tablets QID × 15 days. Plan repeated every 15 days for 3 months. Then Bryonia alba 30C one dose every 30 days for 3 months.

**Assessment Parameters**

Subjective: Pain, stiffness, tenderness (VAS).

Objective: Swelling, joint mobility, ESR, DAS28

**Follow-Up Record Table**

Follow-Up No.	Date	Symptoms (Pain, Stiffness, Tenderness, Swelling)	DAS28	VAS	ESR (mm/hr)	Prescription	Remarks
Baseline (0)	05-03-2024	Pain & stiffness Lt MCP (2,3), Rt knee tender, swelling MCP	5.1	6/10	50	Bryonia alba 30 TID × 3d + Sac lac QID × 15d	Initial case
1st FU	20-03-2024	Pain slightly ↓, swelling persists	4.9	5/10	48	Same repetition	Mild relief
2nd FU	05-04-2024	Morning stiffness reduced, knee pain ↓	4.7	5/10	46	Same repetition	Improvement
3rd FU	20-04-2024	Mobility ↑, MCP swelling reduced	4.5	4/10	44	Same repetition	Gradual progress
4th FU	05-05-2024	Pain occasional, knee better	4.2	3/10	42	Bryonia alba 30 one dose	Positive response
5th FU	05-06-2024	Stiffness minimal, daily activities easier	3.9	3/10	40	Sac lac support	Steady progress
6th FU	05-07-2024	Only mild pain in damp weather	3.6	2/10	38	Bryonia alba 30 one dose	Good improvement
7th FU	05-08-2024	Normal mobility, no swelling	3.4	2/10	36	Sac lac support	Functional better
8th FU	05-09-2024	Occasional discomfort after exertion	3.2	1/10	34	Bryonia alba 30 one dose	Maintained
9th FU	05-10-2024	Pain-free, stiffness negligible	3.0	1/10	32	Sac lac support	Marked improvement



## Before Treatment



## After Treatment



### CASE REPORT-9

A Male patient named Mr. ABC, aged 50 years, Working as Shop keeper residing in the Waghodia village Visited on OPD 12-03-24. Complaints of multiple joints pain in with swelling bilateral hand fingers for 13 Months.

#### Chief Complaints

Pain, stiffness, and tenderness in small joints of hands:

Left hand: MCP 2, 3 (bilateral finger joints affected)

Right hand: MCP 1, MCP 3, and PIP joints of 3rd & 4th fingers.

#### History of Presenting Complaints

Gradual onset of pain and stiffness in both hands.

Pain worse after rest and on first motion; better by continued movement.

Difficulty in holding objects, writing, and gripping.

Occasional swelling with tenderness.

#### Past History

No history of major illness.

#### Family History

No family history of rheumatoid arthritis or autoimmune disorders.

#### Personal History

Diet: Mixed

Appetite: Normal

Thirst: Moderate

Bowel: Regular

Urine: Normal

Sleep: Disturbed due to joint pain

Thermal State: Patient prefers warmth

#### Life space investigation.

50-year-old shopkeeper, comes from a poor background and has spent his life struggling to keep his small business alive. Now, with severe joint swelling, he lies still on his cot, unable to move without crying out in pain. His wife and children hover around, but he snaps at them, asking to be left alone. Behind his irritability lies silent torment: "If I cannot go to the shop, who will earn? How will my children eat? What if we lose everything?" His love for his family expresses itself only as financial anxiety, not tenderness, and his stillness mirrors his fear of losing control over the fragile stability he has built.

Mind: Irritable, aversion to company, anxious about financial security, preoccupied with business. General: Worse from slightest motion, better by rest and silence. Particulars: Hot, red, swollen joints; sharp, stitching pains. Concomitant: Great thirst for large draughts of water, constipation with dry stool.

#### General Examination:

Build: Moderate

Height/Weight: 145 cm / 55 kg

Pulse: 98/min

BP: 120/86 mmHg

Temperature: Afebrile

Tongue: Moist

Systemic Examination:

GIT.RS.CNS.CVS:NAD

Locomotor system:

Pain, swelling and tenderness in Lt MCP 2, 3; Rt MCP 1, 3; Rt PIP 3, 4.

Restricted finger movements due to pain & stiffness.

Investigations

RA: 20IU/ml. ESR: 50 mm/hr. DAS28: 5.1 VAS: 6/10.

Diagnosis:

Rheumatoid Arthritis

Totality of Symptoms

Mind: Irritable, aversion to company, anxious about financial security, preoccupied with business. General: Worse from slightest motion, better by rest and silence Particulars: Hot, red, swollen joints; sharp, stitching pains. Pain < rest, first motion; > continued motion, warmth. Restlessness with pain.

Non-Reportorial approach

Rhus -toxicodendron

Prescription

Rhus- toxicodendron 30C - 4 pills TID × 3 days. Sac-Lac. - 2 tablets QID × 15 days. Same cycle repeated for 3 months (review every 15 days). After 3 months → Rhus -tox 30 one dose every 30 day's × 3 months.

Assessment Parameters

Subjective: Pain, stiffness, tenderness (VAS).

Objective: Swelling, joint mobility, ESR, DAS28.

Follow-Up Record Table

Follow-Up No.	Date	Symptoms (Pain, Stiffness, Tenderness, Swelling)	DAS28	VAS	ESR (mm/hr)	Prescription	Remarks
Baseline (0)	12-03-2024	Pain & stiffness Lt MCP (2,3), Rt MCP (1,3), PIP (3,4)	5.1	6/10	50	Rhus tox 30 TID × 3d + Sac lac QID × 15d	Initial case
1st FU	27-03-2024	Pain slightly ↓, still stiffness on waking	4.9	5/10	48	Same repetition	Mild relief
2nd FU	12-04-2024	Morning stiffness <, tenderness reduced	4.7	5/10	46	Same repetition	Improvement noted
3rd FU	27-04-2024	Mobility ↑, Rt PIP pain ↓	4.5	4/10	44	Same repetition	Gradual progress
4th FU	12-05-2024	Swelling subsided, pain only after exertion	4.2	3/10	42	Rhus tox 30 one dose	Positive response
5th FU	12-06-2024	Stiffness minimal, daily work easier	3.9	3/10	40	Sac lac support	Steady progress
6th FU	12-07-2024	Only mild pain in damp weather	3.6	2/10	38	Rhus tox 30 one dose	Good improvement
7th FU	12-08-2024	Normal finger mobility, no swelling	3.4	2/10	36	Sac lac support	Functional better
8th FU	12-09-2024	Occasional discomfort after overuse	3.2	1/10	34	Rhus tox 30 one dose	Maintained
9th FU	12-10-2024	Pain-free, stiffness negligible	3.0	1/10	32	Sac lac support	Marked improvement

## Before Treatment



## After Treatment



### CASE REPORT-10

A Female patient named Mrs.PQRS, aged 40 years, Working as clear in college residing in the Waghodia village waghodia taluk. Visited on OPD 23-03-24. Complaints of multiple joints pain with swelling in bilateral hand fingers for 15 Months.

#### Chief Complaints

Pain, swelling, stiffness, and tenderness in finger joints:

Left hand: MCP 1, MCP 2

Right hand: MCP 1, and PIP joints of 1st & 2nd fingers

#### History of Presenting Complaints

Gradual onset of pain in finger joints, associated with morning stiffness.

Pain < rest and on first motion, > continued motion and warmth.

Difficulty in household work such as cooking, writing, and holding objects.

#### Past History

No history of major systemic illness.

#### Family History

No significant history of rheumatoid arthritis or autoimmune disease.

#### Personal History

Diet: Mixed

Appetite: Normal

Thirst: Moderate

Bowel: Regular

Urine: Normal

Sleep: Disturbed due to joint pain

Thermal State: Patient prefers warmth.

#### Life space investigation

A Patient 40-year-old woman from a struggling household, lies motionless on her bed with swollen joints, scolding her children for even whispering in the room. Every small movement brings stabbing pain, and she cannot tolerate disturbance. Yet, in her silence, her mind torments her with thoughts of the rising debts, the failing crops, and the fear of her family sinking further into poverty because of her illness. She appears cold and irritable, but her inner agony is the burden of being unable to provide security for her loved ones.

Totality of Symptoms: Mind: Irritable, aversion to company, anxious about financial future. General: Worse from motion, better from rest and quiet. Particulars: Hot, swollen joints with stitching pain. Concomitant: Thirst for large draughts of water; dryness of mouth and lips.

#### General Examination

Build: Moderate

Height/Weight: 146 cm/56 kg

Pulse: 90/min

BP: 120/80 mmHg

Temperature: Afebrile

Tongue: Moist

#### Systemic Examination

##### Locomotor system:

Tenderness, and swelling in Lt MCP 1, 2; Rt MCP 1, Rt PIP 1, 2.

Restricted hand movements due to pain & stiffness.

#### Investigations

RA: 18 IU/ml. ESR: 50 mm/hr. DAS28: 5.1 VAS: 6/10.

#### Diagnosis

Rheumatoid Arthritis

#### Totality of Symptoms:

Mind: Irritable, aversion to company, anxious about financial future.

General: Worse from motion, better from rest and quiet.

Particulars: Hot, swollen joints with stitching pain

Pain and stiffness in MCP & PIP finger joints.

Pain < rest, first motion; > continued movement, warmth.

Restlessness with pain.

#### Non-Reportorial approach

Rhus -toxicodendron

#### Prescription

Rhus- toxicodendron 30C - 4 pills TID × 3 days. Sac. Lac. - 2 tablets QID × 15 days. Repeated for 3 months (review every 15 days). After 3 months → Rhus -tox 30, one dose every 30 days × 3 months.

#### Assessment Parameters

Subjective: Pain, stiffness, tenderness (VAS).

Objective: Swelling, joint mobility, ESR, DAS28.

#### Follow-Up Record Table

Follow-Up No.	Date	Symptoms (Pain, Stiffness, Tenderness, Swelling)	DAS28	VAS	ESR (mm/hr)	Prescription	Remarks
Baseline (0)	23-03-2024	Pain & stiffness Lt MCP (1,2), Rt MCP (1), Rt PIP (1,2)	5.1	6/10	50	Rhus tox 30 TID × 3d + Sac lac QID × 15d	Initial case
1st FU	07-04-2024	Pain ↓ slightly, stiffness persists in morning	4.9	5/10	48	Same repetition	Mild relief
2nd FU	22-04-2024	Tenderness ↓, mobility better	4.7	5/10	46	Same repetition	Gradual improvement
3rd FU	07-05-2024	Pain reduced; PIP joints less tender	4.5	4/10	44	Same repetition	Functional improvement



Follow-Up No.	Date	Symptoms (Pain, Stiffness, Tenderness, Swelling)	DAS28	VAS	ESR (mm/hr)	Prescription	Remarks
4th FU	22-05-2024	Swelling absent, stiffness < after rest	4.2	3/10	42	Rhus tox 30 one dose	Positive response
5th FU	22-06-2024	Minimal stiffness, daily activities easier	3.9	3/10	40	Sac lac support	Steady progress
6th FU	22-07-2024	Only mild pain during overuse	3.6	2/10	38	Rhus tox 30 one dose	Marked improvement
7th FU	22-08-2024	Mobility normal, no swelling	3.4	2/10	36	Sac lac support	Functional better
8th FU	22-09-2024	Occasional discomfort after exertion	3.2	1/10	34	Rhus tox 30 one dose	Maintained
9th FU	22-10-2024	Pain-free, negligible stiffness	3.0	1/10	32	Sac lac support	Marked improvement

### Before Treatment



### After Treatment



### DISCUSSION

The present case series highlights the clinical utility of *Bryonia alba* 30C and *Rhus- toxicodendron* 30C in the management of Rheumatoid Arthritis. Both remedies were found effective in reducing pain, stiffness, and swelling, while improving mobility and overall functional ability. *Bryonia alba* showed better

response in cases with aggravated joint pains on slightest movement, while *Rhus- toxicodendron* was more beneficial where restlessness and relief from continuous movement were predominant. The positive outcomes underline the importance of individualized prescription in Homoeopathy and support its role as

a complementary approach in chronic inflammatory conditions like RA.

## CONCLUSION

*Bryonia- alba* and *Rhus- toxicodendron* (30C) exhibited significant therapeutic benefits in RA cases, reducing symptoms and enhancing quality of life. These findings suggest that individualized Homoeopathic intervention may serve as a safe, non-toxic, and effective adjunct in the holistic management of Rheumatoid Arthritis.

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## Conflict of Interest

The author declares no conflict of interest.

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