

## Precipitating And Maintaining Factors Of Osteoarthritis As Per Homoeopathy

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Osteoarthritis is the commonest joint disease affecting human beings and an important cause of disability. It is characterized by focal loss of cartilage with evidence of accompanying periarticular bone response in the form of subchondral bone sclerosis and attempted new bone formation in the form of osteophytes. Osteoarthritis clinically presents as joint pain, stiffness and crepitus in the elderly age group. The joints most commonly affected are the knees, hips and those in the hands and spine. It is radiologically characterized by decreased joint space (cartilage space), osteophytes and a variety of deformities that develops as disease progresses. Its progress is variable and in some patients it is relentless, leading to joint failure (end stage joint disease) necessitating joint replacement. Treatment for Osteoarthritis focuses on relieving symptoms and improving function, and can include a combination of patient education, physical therapy, weight control, use of medications and eventually total joint replacement. *(Das Siddharth Kumar)*

Osteoarthritis is a joint failure, disease in all structure of the joint have undergone pathologic change, often in concert. The pathologic disease is hyaline articular cartilage laws, present in a focal and initially, non uniform manner. This is accompanied by increasing thickness and sclerosis of the subchondral bony plate, by outgrowth of osteophytes at the joint margin, by stretching of the articular capsule, by mild synovitis in many affected joints, and by weakness of muscle bridging the joint. In the knees, meniscal degeneration is a part of disease. There are numerous pathways that lead to joint failure, but the initial step is often joint injury in the setting of a failure of protective mechanisms.

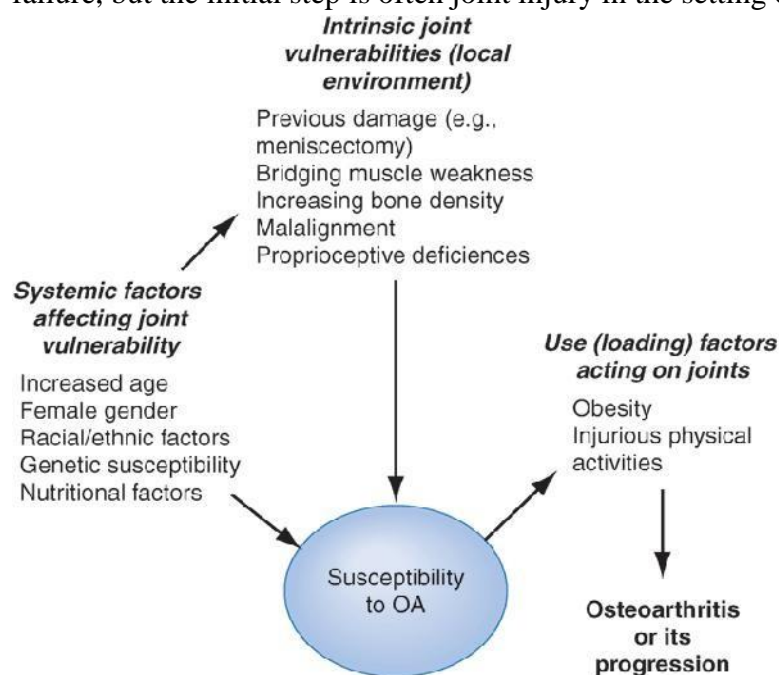


Fig: Risks factors for osteoarthritis *(Harrison TR)*

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A high BMI was significantly associated with knee Osteoarthritis and hand Osteoarthritis, but not with hip Osteoarthritis

Relationship between body mass index (BMI) and Osteoarthritis of the knee is mainly linear, and duration of increased joint loading or gaining weight is also significant. Studies about obesity and hand Osteoarthritis are contradictory. Risk gradient for BMI and the hip Osteoarthritis are somewhere between the knee and the hand gradient. Disability may be significantly relieved if a body weight is decreased for more than 5.1%. Twenty seven percent of cases of hip arthroplasty and 69% knee arthroplasty may be attributed to obesity. Nonpharmacologic treatment of Osteoarthritis includes treatment of obesity.

Constitution is Psychological, Functional and Structural Plan of Organization revealed through a pattern made by various characteristics and responsiveness to environmental factors (*Dr. M. L. Dhawale*).

According to DR. M. L. DHAWALE Diathesis represents certain deviations in susceptibility which are not sufficiently marked to merit the label disease and in which the responses to environmental stimuli tend to be exaggerated or erratic.

Diathesis is exaggerated constitution in precarious balance. Diathesis is a state or condition of the body or a combination of attributes in an individual causing a susceptibility to disease. For e.g. sycosis or sycosis diathesis is a tendency to retain water in tissues to produce small cutaneous fig like tumors, chronic catarrh of mucous membranes and the slow insidious progressive development of these and other symptoms.

DORCSI'S Defines Diathesis means the inherited or acquired organic weakness and systemic inferiority which leads to the morbid disposition and specific pathological process in the evolution of disease.

The morbid disposition arising from the constitution is referred to as – Diathesis.

Diathesis is a phase of precarious balance in which a slight push is sufficient to topple down the system into the slippery inclined plane of disease with assured and smooth progress to final destruction. It is a borderline between normality and abnormality (*Dr. M. L. Dhawale*).

Dr. Hahnemann never used the term Diathesis. He used predisposing factor rather than diathesis. He also used the term accessory circumstances in aphorism 7 in Organon of Medicine (*Dr. Hahnemann Samuel*).

In the aphorism 76 of Organon of Medicine Dr. Hahnemann considers iatrogenic diseases or patient who develop chronic side effect of drugging, we called as Drug miasm. Hahnemann clearly perceived the diathesis development due to the long continued ever increasing dose of non – conventional medicine which should be eradicated—must be remedied or by the vital force itself.

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The primary expression of miasm exhibits preferable manifestations on the skin; when this preferred

manifestation has been suppressed or has been taken place then whole is gradually poisoned and the whole patient get polluted.

Fundamental miasm (also called inherited miasm) is the miasm you are born with. It influences the genotype – your constitution and can be elicited by the constitutional genetic characteristics both physical and mental as well as your family history. The fundamental miasm may lie dormant or could express phenotypically during the disease process (elicited in the past history as well as the present chief complaint). The phenotypic expressions of the fundamental miasm could be latent - When it is subtly expressed in emotional and physical general symptoms or active - When expressed through an evolutionary process as a local disease/sand or organic pathologies (*Dr. M. L. Dhawale*).

Dominant miasm in a particular disease can actually take over and express itself actively and latently to form a layer of another miasmatic pattern and symptomatology traced to the disease itself. This could be different than the fundamental miasms and can completely hide the individual's fundamental miasm and its pattern. Multiple such layers give rise to complex chronic layered diseases.

Disease: Dr. Hahnemann considers disease as a state indicating disharmonious functioning of the life force. It is abnormal vital process, a changed condition of life, which is inimical to the true development of the individual and tends to the organic dissolution (*Dr. B. K. Sarkar*).

Disease= Presymptomatic phase → Prodrome → Definite Nosological State (*Dr. M. L. Dhawale*)



