

Utility of Homoeopathy in Cases of Knee Osteoarthritis in Women of Menopausal Age

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ABSTRACT

Osteoarthritis (OA) is the most frequent joint disease seen in the clinical practice in menopausal women. It is an important cause of disability and the second most common musculoskeletal problem in the world (30%) after back pain (50%). Osteoarthritis strikes women more often than men and increases in prevalence, incidence and severity after menopause. Homoeopathic medicine helps to relieve not only osteoarthritis but also helps to improve menopausal syndrome. So, this study was conducted to confirm the role of homoeopathy in cases of knee osteoarthritis in women of menopausal age.

KEYWORDS: Osteoarthritis, Menopause, Homoeopathy

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INTRODUCTION

World health organization (WHO) defined natural menopause as the “Permanent cessation of menstruation resulting from the loss of ovarian follicular activity”.

Osteoarthritis (OA) is the most frequent joint disease seen in the clinical practice in menopausal women. It is an important cause of disability and the second most common musculoskeletal problem in the world (30%) after back pain (50%). The reported prevalence of Osteoarthritis in India is 22% to 39%. Osteoarthritis is more common in women than men. Nearly 45% of women over the age of 65 years have symptoms while 70% of those over 65 years show radiological evidence of osteoarthritis. Osteoarthritis strikes women more often than men and increases in prevalence, incidence and severity after menopause. Therefore, million dollar question arise, is menopause associated with the onset and progression of osteoarthritis in women.

Osteoarthritis affects all articular tissues and finally leads to joint failure. Although articular tissues have been considered unresponsive to estrogens or their deficiency, but now there is increasing evidence that estrogens influence the activity of joint tissues through complex molecular pathways that act at multiple levels. Estrogens are implicated in the regulation of cartilage metabolism. This suggests that loss of oestrogen at the time of menopause increases a women’s risk of getting osteoarthritis.

MATERIALS AND METHODOLOGY

Project site: Jawaharlal Nehru Homoeopathic Medical College Hospital, Waghodia, Vadodara.

Type of study: Experimental- interventional study

Materials:

- Specially designed case format for study.
- Computerized Homoeopathic software- RADAR.

Duration of study: 1 year.

Sample size: 30 (simple Randomization)

Inclusion criteria:

- Cases pre-diagnosed or having clinical features of osteoarthritis in women of menopausal age were randomly selected.
- Cases of women between ages of 40-65 years.

Exclusion criteria:

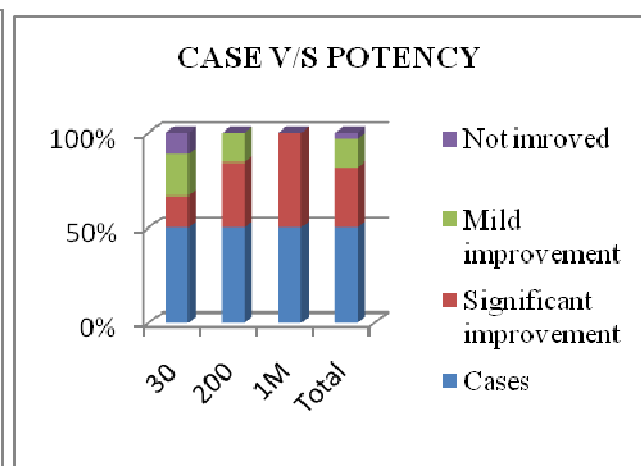
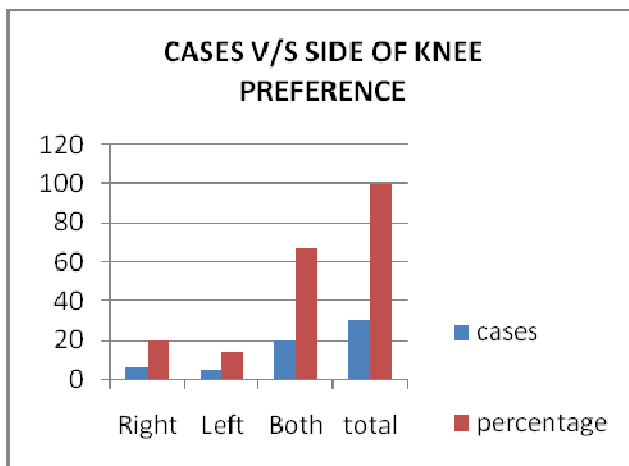
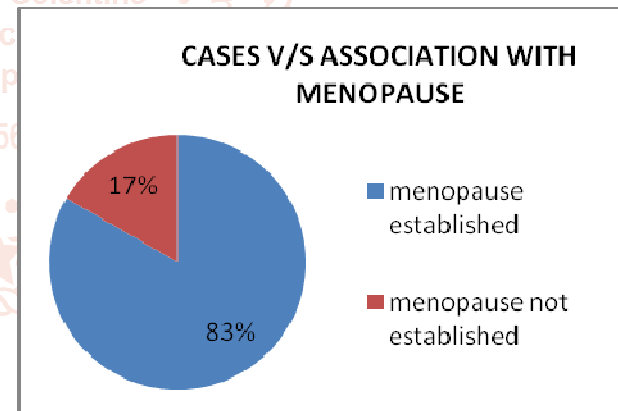
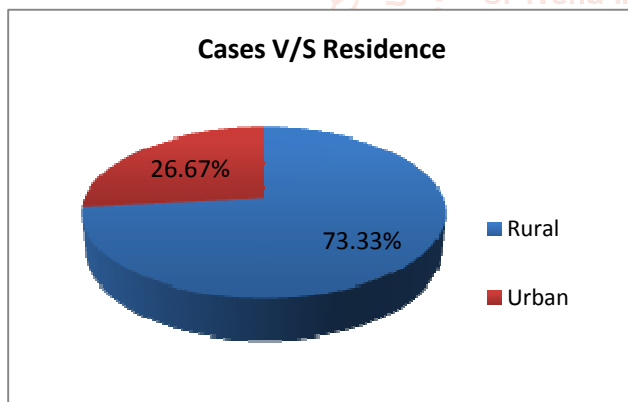
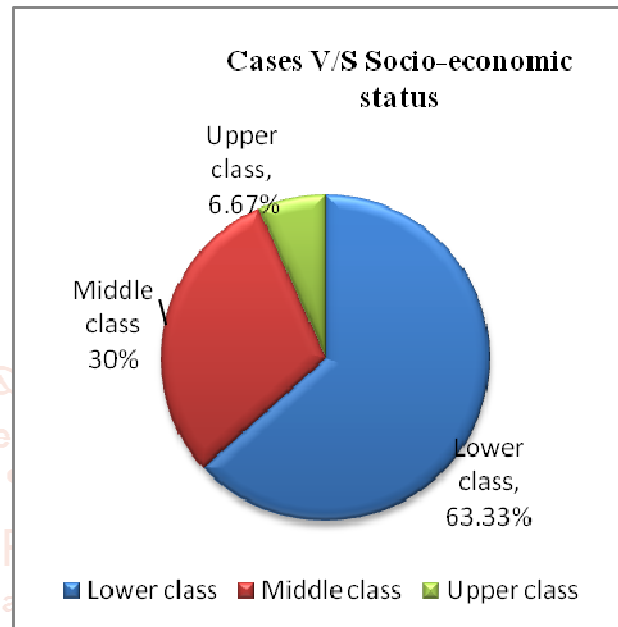
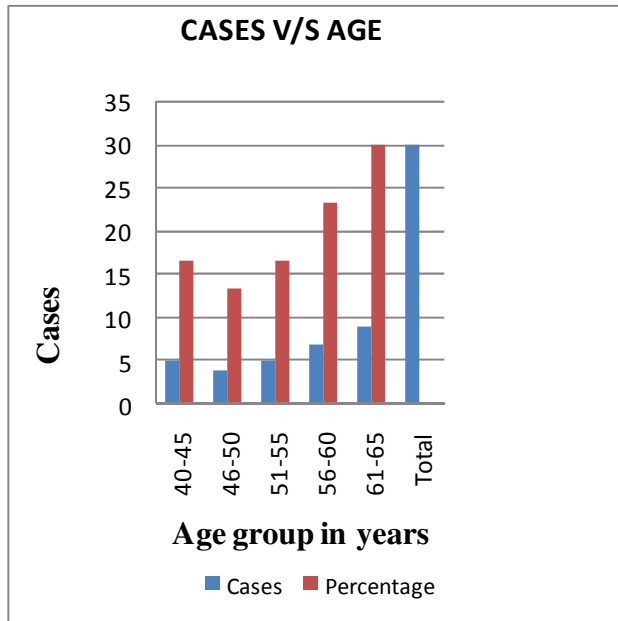
- Cases with other systemic disorders.
- Cases with irregular follow up.

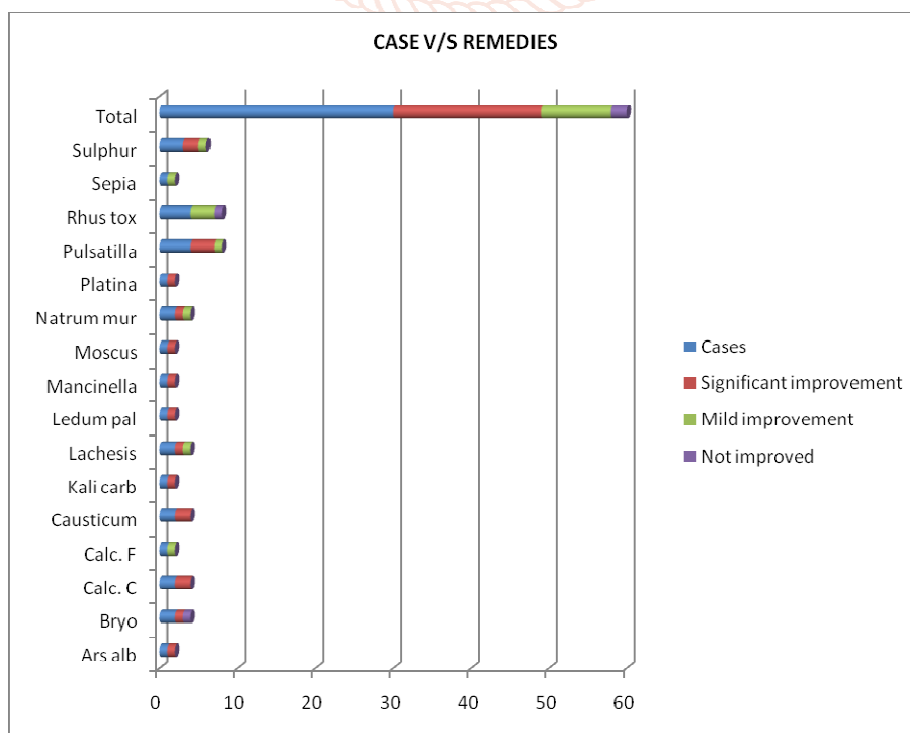
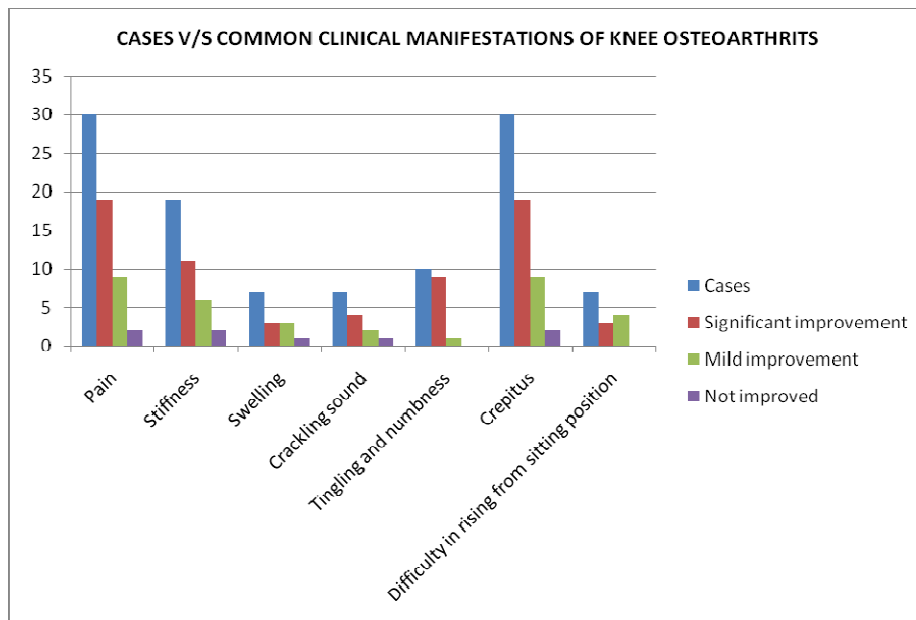
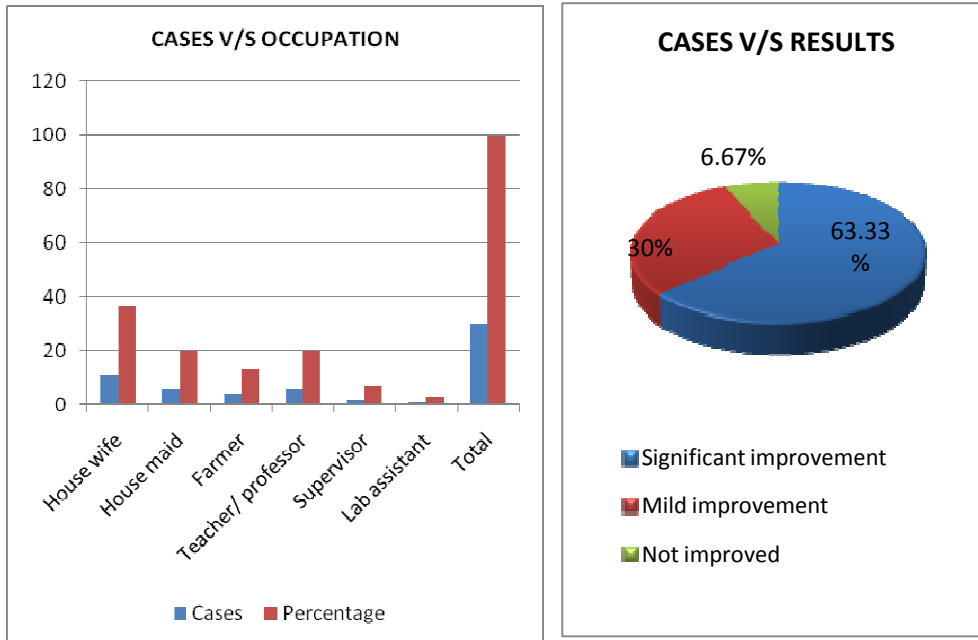
- Cases of female below 40 years of age with premature menopause.

Outcome assessment:

- Data were analyzed on basis of symptoms score before and after treatment by using Knee injury and Osteoarthritis Outcome Score (KOOS).
- KOOS score was used to assess the severity of the cases.

OBSERVATIONS





RESULT AND CONCLUSION

The result of this study showed that 19 (63.33%) cases were significantly improved, 09 (30%) cases mildly improved and 2 (6.67%) cases showed no improvement. The results are based on the statistical analysis of before and after treatment score of KOOS.

The study resulted that homoeopathy is very effective in treatment of knee osteoarthritis in women of menopausal age. Homoeopathy treats the patient as a whole and thus it also improves the quality of life.

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