ABSTRACT

BACKGROUND

The most common joint disorder, the most common cause of pain and disability in the older age group. Chronic knee pain, painful movements are the major symptoms. Homeopathic medicine can provide a palliative and more effective and long lasting relief to the patient. By the system of homoeopathy the old age people can get an affordable and effective way of treatment.

METHODS

Random selection of 30 cases of patient with acute osteoarthritis of knee joint visiting OPD, IPD and Rural health centers of Sarada Krishna Homoeopathic Medical College and Hospital was taken. The case been analyzed totality erected and remedy prescribed based on totality. The pain of patient assessed with pain assessment chart. Assessment is repeated in short intervals and the changes were recorded. Statistical analysis is done by assessing the symptom score of before and after treatment using paired “t” test.

RESULTS

- In 30 cases of Osteoarthritis of knee joint maximum prevalence was noticed in females 22 patients (73.33%). Maximum age group of patients was from 45-55 years of age, 14 patients (46.66%).
- The remedy which was given in maximum number of case was Bryonia alba in 16 cases (53%), followed by Rhus Toxicodendron in 11 cases 36%. Maximum number of cases were housewives 18 (62%). Regarding outcome of the treatment based on improvement, 18 cases (60%) have marked
improvement, 8 cases (26%) have moderate improvement and 3 cases (10%) have mild improvement.

- According to BMI distribution 15 cases (50%) belong 25-29 kg/m$^2$.

**CONCLUSIONS**

The scale used was VAS scale and shows a significant improvement after treatment. From statistical analysis of the above result obtained it is found that Homoeopathic medicines used in centesimal potency was effective in the treatment of osteoarthritis of knee joint.

This study proves that centesimal potency is efficacious in reducing pain of patients with osteoarthritis of knee joint.

**KEYWORDS**

Osteoarthritis of knee joint, Centesimal Potency.