

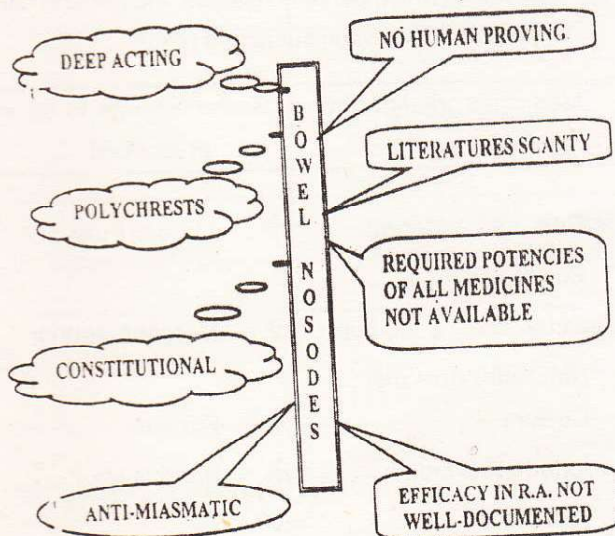
MANAGING RHEUMATOID ARTHRITIS - THE BOWEL NOSODES WAY

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INTRODUCTION

Rheumatoid Arthritis (R.A.) is one of the inveterate and crippling maladies and the physicians of all the systems encounter difficulties while dealing with such cases. Permanent cure may be possible when the disease is diagnosed/ treated early. Since this is a chronic multi-system disease, the administration of deep acting, constitutional, anti-miasmatic medicines is the only way out when we intend to accomplish cure.

The Bowel Nosodes, no doubt, are deep acting, polychrests, constitutional and anti-miasmatic medicines having profound action on the joints. But, they are most neglected ones and their efficacies in curing various forms of arthritis including R.A. have not been well documented. This paper deals with various facets of applicability of the bowel nosodes in this disease along with therapeutics for better elucidation.



Bowel Nosodes are medicines prepared by attenuating the cultures, sub-cultures of non-lactose fermenting bacilli of intestinal flora.

Earlier works on study of effects of Bowel Nosodes in Rheumatoid Arthritis have been ascertained from the article. "The place for non-pharmaceutical therapy in chronic Rheumatoid arthritis: a critical study of Homoeopathy" by Robin G. Gibson, Sheila L.M. Gibson, & W. Watson Buchanan, at the Dept. of Clinical Pharmacology, The Glasgow Homoeopathic Hospital and The Centre for Rheumatic Disease, University Department of Medicine Royal Infirmary, Glasgow, Scotland and published in British Homoeopathic Journal, July 1980.

Under this study, 46 patients took part in a double blind trial in which homoeopathic medicines including bowel nosodes were compared with placebo for a period of 3 months. Arnica, Arsenicum album, Bryonia alba, Cal carea carbonica, Causticum, Ignatia, Lachesis, Lycopodium, Morgan, Natrum muriaticum, Nux vomica, Opium, pulsatilla, Rhododendron, Rhustox, Ruta, Sepia, Sulphur, Sycotic co. and Thuja were the most commonly used homoeopathic medicines in the trial. The results of the study, which were statistically analysed, showed that the patients on homoeopathy were significantly improved while those on placebo did not.

Principles of selecting the Bowel Nosodes :

- I. *On the basis of symptoms similarity* : (Between the symptoms of the patient and those of the individual bowel nosode) The leading medicines are Sycotic co., Morgan Pure, M. Gaertner, Bacillus No. 7, Gaertner.
- II. *On the basis of stool culture* : The culture of the stool of each patient is to be done and basing upon the particular organism isolated, the corresponding bowel nosode can be prescribed.

Organism isolated		Bowel nosode to be prescribed
● Morganella morganii (Proteus morganii)	→	Morgan co.
● Shigella dysenteriae	→	Dysentery co.
● Salmonella enteritidis	→	Gaertner
● Streptococcus faecalis	→	Sycotic co.
● Proteus vulgaris Proteus mirabilis	→	Proteus
● Bacillus asiaticus B. cloacae B. Freundii	→	Bacillus No. 7

III. *Lack of response to apparently indicated remedy:*
When apparently indicated medicine fails to cure the patient, we may prescribe the corresponding related bowel nosode.

Medicines administered		Complementary Bowel nosode
Rhus tox.	→	Sycotic co.
Medorrhinum	→	Morgan Pure
Lycopodium	→	Morgan Gaertner
Pulsatilla	→	Mutabile
Kalmia	→	Dysentery co.
Phytolacca	→	Gaertner
Kali bich.	→	Bacillus No. 7
Sepia	→	Faecalis

IV. *When totality of the patient is covered by many medicines:*

On many occasions, the totality of symptoms of a patient suffering from R.A., instead of clearly indicating one medicine, may cover the picture of two or three medicines. In such case, the bowel nosode related to those two/three medicines can be administered as first prescription.

Totality Covered by		Bowel Nosode to be Prescribed
Kali carb., Medorrhinum & Tuberculinum	→	Morgan Pure
Lycopodium, Chelidonium & Lachesis	→	Morgan Gaertner
Rhus tox, Calcarea carb & Thuja	→	Sycotic Co.
Phytolacca, Pulsatilla & Syphilinum	→	Gaertner
Kali carb., Kali iod. & Kali bich	→	Bacillus No. 7
Arsenic album, Argentum nitricum & Kalmia	→	Dys. co.

V. *When several medicines partially relieve the patient:*
A chronic patient of R.A. might have already been administered with a number of medicines with partial relief only. Here, the bowel nosode related to those medicines (which partially relieved the patient) can be employed to obtain sustained result.

Medicines prescribed in the Past		Bowel Nosode to be in prescribed
Calc. carb., Medo., Sulph.	→	Morgan Pure
Sang. can, Lach., Lyco. Nat. mur., Apis mel., Conium	→	Morgan Gaertner
Iodum, Kali iod., Kali bich.	→	Proteus
Phos., Silicea, Syphilinum	→	Bacillus No.7
Ars. alb., Kalmia	→	Gaertner
Calc. carb., Thuja, Rhus tox.	→	Dysentery co.
	→	Sycotic co.

BOWEL NOSODES & RELATED NON-BOWEL MEDICINES

Name of the Bowel Nosodes	According to John Paterson	According to Elizabeth Paterson (in order of priority)
Morgan Pure	Sulphur, Baryta carb., Calc. sulph., Carbo sulph., Carbo veg., Digitalis, Ferrum carb., Graphites, Kali carb., Mag. carb., Medorrhinum, Nat carb., Petroleum, Sepia, Psorinum, Tuber., Bov.	Sulphur, Pulsatilla, Graphites, Sepia, Calc. carb., Kali carb., Calc. fluor., Nux vom. Nat. carb., Rhus tox., Causticum, Petroleum, Kali bich., Silicea., Tuberculinum, Lyco., Psorinum, Thuja, Cal. sulph., Medo., Kali sulph., Nat. sulph., Hep. sulph.
Morgan Gaertner	Lyco., Chelid., Chenopodium, Hell. niger, Hep. sulph., Lach., Merc. sulph. Sang. c., Taraxacum.,	Lyco., Sulph., Puls., Silicea., Kali bi., Sepia., Nat. mur., Nux vom. Graph., Calc. carb.
Proteus	Nat. mur., Ac. mur., Ammon. mur., Apis, Aur. mur., Baryta mur., Borax, Calc. mur., Conium, Cup. met., Ferrum mur. Ignatia, Kali mur., Mag. mur., Secale cor.	Nat. mur., Calc. mur., Ferr. mur., Kali mur., Secale, Sepia, Mag. mur., Baryta mur., Cholesterin. Cuprum met., Aur. mur.
Mutabile	Pulsatila. Ferr. phos., Kali sulph	
Bacillus No.7	Bromium, Iodum., Kali carb., Kali iod., Ars. iod., Ferr. iod., Kali bich., Kali brom., Kali nit., Merc. iod., Nat. iod.	Kali carb., Calc. fluor., Calc. carb., Rhus tox., Causticum.
Gaertner	Merc. viv., Phosphorus, Silicea, Calc. hypophos., Calc. phos., Calc. sil., Kali phos., Nat. phos., Nat. sil. fluor., Phytolacca, Pulsatilla, Zinc. phos., Syphilinum.	Silicea, Tuberculinum, Phos, Zinc. phos., Calc. sil., Ferr. phos., Nat. phos., Calc. phos., Kali phos., Nat. sil.
Dysentery Co.	Arsenicum alb., Anacardium, Arg. nit., Cadmium met., Kalmia, Veratrum album, Veratrum viride.	Argentum nit., Ars. alb., China Tuberculinum., Pulsatilla, Chin. ars.
Sycotic Co.	Thuja, Acid nitric, Antim.tart., Bacillinum, Calc.met., Ferrum met., Natrum sulph., Rhus tox.	Pulsatilla, Thuja, Lyco., Sepia, Nat. mur., Tuberculinum., Kali bich, Sulph., Silicea, Calc. carb., Bacillinum.

Selection of Potency

50 millesimal potencies are preferable.

Reasons

- Earlier response, if medicine selection is correct.
- Less chance of medicine/homoeopathic aggravation.
- Can be repeated as frequently/scarcely as desired.

- When stopped, the medicinal symptoms vanish more quickly.
- Repetition/ dose can be controlled at our own will.

Repetition

The chosen medicine is to be given in ascending order of potencies (if employed in 50 millesimal scale) as long as patient improves, with increasing gaps.

THERAPEUTICS

Despite the fact that the bowel nosodes are not thoroughly proved on human beings, we can select them considering the salient features of each of them. The important physical/ mental generalities as well as characteristic particular symptoms (in respect of R.A.) of the commonly indicated bowel nosodes are delineated below.

I. Sycotic Co.

Key note symptom - *Irritability* - Mental & Physical

● **Mentals** - Nervous, tense, cross, irritable, fearful

● **Physical generals** -

- Chilly patient
- Craves - sweet
- Intolerance - eggs
- Stool sudden urge in morning, offensive, frothy excoriating
- Urine - frequent, painful, sudden urge, offensive
- Sleep restless; dreams of dead bodies
- Sweat - profuse, < during sleep

● **Characteristic particulars** -

- Rheumatoid arthritis, affecting all joints, particularly wrists and metacarpo-phalangeal joints and ankles.
- Affected joints are sore, painful, stiff, swollen and deformed; formation of nodules.
- Pain & stiffness < after sitting, beginning to move, night, cold application, cold damp weather, rainy season; > hot application, continuous motion, on a dry day.

● **Related Drugs** (in Arthritis) : Rhus tox., Thuja, Bacillinum, Calc. carb.

II. Morgan Pure

● **Key note symptom** - Congestion

● **Mentals** - Tense, irritable, active, depressed, weepy

● **Physical generals** :

- Hot patient
- Desires - sweets, fat, butter, egg
- Bowel - constipated;
- Loose stool with urge in morning or after meals.

- Stool - pasty, foul, mucoid, bloody

- Urine - frequent, painful, offensive

- Sweat - profuse from axillae

● **Characteristic particulars** -

- Rheumatoid arthritis affecting shoulders, wrists, metacarpo & meta-tarso phalangeal joints.
- Affected joints painful, swollen & stiff (< morning)
- Nodules on fingers
- Hands and feet too hot at night and offensive foot sweat
- Pain in the affected joints
< from heat, at night, first motion
> by continued motion

● **Related drugs** (in Arthritis) : Medorrhinum, Kali carb., Tuberculinum, Sulphur.

III. Morgan Gaertner

● **Key note symptom** - *Inflammatory conditions*.

● **Mentals** - Irritable, quick tempered, impatient, tense, nervous.

● **Physical generals**

- Hot patient
- Craves - sweets, salt, warm food
- Aversion - fat, eggs, meat
- Bowel - costive, sluggish
- Stool - dry, hard
- Urine - frequent, painful, enuresis
- Side of body - one sided complaints, particularly right sided.

● **Characteristic particulars** : Rheumatoid arthritis affecting the joints of rt. side of the body - right shoulder, elbow, wrist, knee

- Stiffness of neck, back and knees
- Pain, stiffness and swelling of affected joints
- Pain in fingers and thumb is swollen
- Complaints < 4-8 p.m.
- Feet too hot at night, right foot warmer than left
- Sweaty feet

- **Related medicines** (in Arthritis) - Lycopodium, Chelidonium, Lachesis, Sang. can.

IV. Dysentery Co.

- **Key note symptom** - Anticipatory nervous tension.
- **Mentals** - Tense, nervous, fearful, lack of confidence, apprehensive; claustrophobia
- **Physical generals** :
 - Chilly patient, wants warmth, yet easily heated up.
 - Thirsty
 - Craves - sweets, fat, salt, milk
 - Intolerance - cold drinks
 - Bowel - usually loose stool; sudden urge in morning, forcibly expelled; diarrhoea from excitement, worry; alternate diarrhoea & constipation.
 - Urine - Urge for micturition while travelling
 - Sleep - disturbed from crowding of thoughts, excitement
 - Dreams - vivid, anxious, fearful.

- **Particular features** :

- Rheumatoid arthritis affecting neck, shoulders, knees and ankles.
- Pain, stiffness < from nervous tension

- **Related medicines** (in Arthritis) - Ars. alb., Arg. nit., Kalmia.

V. Bacillus No. 7

- **Key note symptom**- Physical & Mental debility
- **Mentals**: Tense; profound mental fatigue.
- **Physical generals** -
 - Chilly patient
 - Aversion - fat
 - Bowel - flatulence; constipated.
- **Characteristic particulars** :
 - In Rheumatoid Arthritis shoulders, vertebrae, hips, knees and ankles are affected.
 - Affected joints painful, swollen and stiff
 - Pain & stiffness < damp & cold weather, first motion >warmth, rest.

- Stiffness of neck
- Pain shoots up and down leg.
- Left hip fixed, right hip painful

- **Related medicines** (in Rheumatoid Arthritis) - Kali bich., Kali carb.

Retrospective Study on the Effects of Bowel Nosodes in Rheumatoid Arthritis

Duration of Study- 2 YEARS.

No. of Cases 38

- Female 24
- Male 14

Source -

- Author's Clinic
- Predecessor's Clinic

Dr. A.C. Homoeopathic Medical College & Hospital, Bhubaneswar.

Age & Sex of the Patients Suffering from Rheumatoid Arthritis

Age Group (in years)	No. of Patients		
	Male	Female	Total
Below 30	4	2	6
30 - 39	4	9	13
40 - 49	3	9	12
50 - 59	2	3	5
60 - 70	1	1	2
Total	14	24	38

Presenting Signs and Symptoms

S/S	No. of Cases	Percentage
Pain in joints	38	100
Stiffness	38	100
Swelling	32	84.21
Deformity	6	15.79

Basis of Diagnosis

Basis	No. of Cases			Percentage
	Male	Female	Total	
Symptoms & Signs Alone	6	6	12	31.58
S/S & R.A. Factor+ve	8	18	26	68.44
Total	14	24	38	100

Type of Medicine Administered

Type of Medicine	No. of Cases	Percentage
Bowel Nosodes Only	10	26.32
Bowel Nosodes & Non-Bowel Hom. Medicines	23	60.53
Bowel Nosodes & Bio-chemic Medicines.	02	5.26
Bowel Nosodes, Non-Bowel Hom. Medicines & Bio-chemic Medicines	03	7.89
Total	38	100

Frequency of Administration of Bowel Nosodes

Bowel Nosodes	No. of Cases	Percentage
Sycotic Co.	19	50
Mogan Pure	06	15.79
Morgan Gaertner	03	7.89
Dysentery Co.	05	13.16
Bacillus No. 7	05	13.16
Total	38	100

Potency : In 50 millesimal scale

Repetition Schedule : Repeated in ascending order with increasing gaps

Basis of Administration of Bowel Nosodes

Bowel Nosodes	No. of Cases Administered	Symptoms Similarity	Stool Culture	As Complementary	Totality Covered By Many Medicines	Several Medicines Partially Relieved
Syo. Co.	19	5	2	7	3	2
Morg. P.	6	1	-	2	2	1
Morg. G	3	-	-	1	-	2
Dys. co.	5	2	-	3	-	-
Bacillus No.7	5	2	-	-	2	1
Total	38	10	2	13	7	6

Non-Bowel Medicines Prescribed alongwith Bowel Nosodes

Bowel Nosodes	No. of Cases	Other Medicines Prescribed
Syco. Co.	19	Calc. carb., Calc. fluor., Kali bi., Mag.phos., Medorrhinum.
Morg. P.	06	Calc fluor., Caust., Mag.phos., Medo., Puls., Tuberculinum.
Morg. G.	03	Calc.phos., Kali bi., Lyco., Mag.phos.
Dys. Co.	05	Calc fluor., Kalmia., Mag.phos. Pulsatilla
Bacillus No.7	05	Kali bich., Kali iod., Rhodo.

Parameters of Assessment of Results

1. *Marked improvement* : Absence of pain, stiffness and swelling of the affected joints, but slight improvement of the deformity.

* R.A. Factor : +/-

2. *Moderate improvement* - Moderate diminution of pain, stiffness and swelling of the affected joints, but no improvement in deformity.

3. *Mild improvement* - Slight relief of pain & stiffness of the affected joints or relief of pain & stiffness of the affected joints for a short period followed by recurrence and no change in swelling/deformity.

4. *No Improvement* - Status quo ante.

Assessment of Results

Result	No. of Cases	Percentage
Marked >	12	31.58
Moderate >	11	28.95
Mild >	09	23.66
No >	06	15.79
Worse	-	-
Total	38	100

Assessment of Results of Bowel Nosodes vis-a-vis Non-Bowel Medicines

Type of Medicines	No. of Cases	Results							
		Marked >	%	Mod. >	%	Mild >	%	No >	%
Bowel Nosode only	10	3	30	4	40	2	20	1	9
B Nosodes & Non. Bowel Hom.Med	23	7	30	6	26	6	26	4	20
B.N. & Biochemic Med.	02	1	50	-	-	-	-	1	50
B.N.+ Non Bowel Hom. Med + Bio. medicines	03	1	33	1	33	1	33	-	-
Total	38	12	31.58	11	28.95	9	23.68	6	15.79

Results on the Basis of Prescription

Basis of Prescription	No. of Cases	Marked >	%	Results		Mild >	%	No >	%
				Moderate >	%				
Symptoms similarity	10	3	30	2	20	2	20	3	30
Stool culture	2	-	-	2	100	-	-	-	-
As complementary	13	6	46.15	4	30.77	3	23.08	-	-
Totallity covered by many medicines	7	2	25.57	1	14.29	1	14.29	3	42.86
Several medicines partially >	6	1	16.67	2	33.33	3	50	-	-
Total	38	12	31.58	11	28.95	9	23.66	6	15.79

Assessment of Improvement in respect of Symptoms & Signs

Symptoms & Signs	Before Treatment	No. Disappeared in	of After Treatment	Cases	Percentage of >
Pain in joints	38	32	06		84.21
*Stiffness of joints	38	30	08		78.95
Swelling	32	20	12		52.63
Deformity	6	2	04		33.33
R.A. Factor	26	6	20		23.07

Assessment of Results of Individual Bowel Nosodes

Name of the Bowel Nosode	No. of Cases	Marked >	Moderate >	Mild >	No >
Sycotic Co.	19	06	07	03	03
Morgan.P.	06	02	01	02	01
Morgan G.	03	01	01	01	-
Dysentery Co.	05	01	01	02	01
Bacillus No. 7	05	02	01	01	01
Total	38	12	11	09	06

Observations and Conclusion

1. Out of 38 patients, marked > (12) & moderate > (11) was found in 60.53% of cases.
2. Bowel Nosodes (B.N.) are more efficacious when employed as complementary, out of 13 cases administered with B.N. as complementary, 6 yielded marked improvement, 4 moderate improvement and 3 mild improvement.
3. Sycotic Co. was administered to maximum number of patients (19 out of 38), out of whom 02 were prescribed on the basis of Stool culture report.
4. Moderate improvement was noticed in 100% cases when B.N. was prescribed on the basis of stool culture. This requires further extensive study since the number of patients was only 02.
5. B.N. was effective in more number of patients (23) when employed along with non-bowel homoeopathic medicines, at different times.
6. Out of all Bowel Nosodes, Sycotic Co. has yielded more favourable results i.e. marked > in 6 cases & moderate > in 7 cases, (i.e. 68.42 % taken together). Other bowel nosodes coming in the order are Morgan G. (66.67%), Bacillus No. 7 (60%), Morgan P. (50%) & Dysentery Co. (40%).
7. Bowel nosodes are effective in managing patients suffering from Rheumatoid Arthritis but needs further extensive study.