

FORWARD MARCH – 14
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JOINTS PAIN

Joints pain! Simply we can define as “it is a *pain* and it is worse in bad weather and droughts”. Pain is nothing but an indication that something is wrong. *Rheumatism, gout, arthritis, lumbago* are several forms of joints pain and pain is the prominent symptom in them.

Rheumatic pain can be either in muscles or joints and in joints there is sometimes swelling also. Gout is a joint disease results from the formation of urate crystal in the joint fluid causing acute pain and swelling, first in one joint i.e. Meta tarsophalangeal joint of big toe. Lumbago is the pain in the lower part of back. Patient is struck down with an agonizing pain in the small of back which renders movement impossible.

The pre disposing causes are-

- Heredity
- Over eating
- Nitrogenous food
- Sedentary mode of life
- Emotional disturbances such as worry and anger
- Cold damp bad housing
- Faulty nutrition

Homeopathically the only way to treat a pain is to give a remedy which so fits the individual symptom picture that it deals with the cause of the pain. Thus ameliorates pain and initiates the cure at once and the same time.

The precautions for the most part directed to preventing an attack or recurrence such as

1. Attention to diet
2. Avoidance of droughts when overheated
3. Airing of clothes and bed clothes.
4. Changing out of damp clothes as soon as possible
5. “Keep the head cool, the feet dry and the bowel open”

We homoeopaths note in detail the patient’s own personal symptoms and form a total picture, not of a particular disease, but of a particular suffering individual. It gives a great result.

Issued by: The Sachiv Bamra Arogya Kendra, 17/28, Jyoti Park Gurgaon.
Telephone: 0124-4076475.
