



The effectiveness of Individualised homoeopathic medicine in Osteoporosis in age group 35-55 year in Indian Women.

Dr Savita Subhash Jarad

PhD Scholar, Pune

Date of Submission: 15-03-2025

Date of Acceptance: 25-03-2025

ABSTRACT: Osteoporosis is characterized by decreased bone strength that predisposes to an increased risk of fracture (5). Bone strength = Bone mineral density + bone quality.

Menopause is the most common cause of osteoporosis. One in two postmenopausal women will have osteoporosis and most will suffer a fracture during their lifetime. Fractures (bone break) cause pain, decreased mobility, and function. Fear of falling and are associated with decreased quality of life and increased mortality.

It is observed that with an early diagnosis of this disease before fractures could occur and by assessing the bone mineral density and with early treatment, osteoporosis can be prevented. Therefore, increase in awareness among doctors, which, in turn, facilitates increase awareness of the normal population, will be effective in preventing this epidemic

KEYWORDS: Effectiveness, Osteoporosis

I. INTRODUCTION:

Osteoporosis

- Osteoporosis is characterized by decreased bone strength that predisposes to an increased risk of fracture (5). Bone strength = Bone mineral density + bone quality.
- Menopause is the most common cause of osteoporosis. One in two postmenopausal women will have osteoporosis and most will suffer a fracture during their lifetime. Fractures (bone break) cause pain, decreased mobility, and function. Fear of falling and are associated with decreased quality of life and increased mortality.

Osteoporosis- Definition –

- It is a reduction in the strength of the bone that leads to an increased risk of fractures.⁽¹⁾
- A condition characterised by decreased by decreased bone strength, in prevalent among postmenopausal women.
- The Term Describes a group of bone disorders in which the absolute bone mass is less than normal.⁽²⁾

Definition of osteoporosis and epidemiology (WHO)

- Osteoporosis is a systemic skeletal disease characterized by decreased bone density and a deterioration in bone quality (microarchitectural changes), leading to compromised bone strength and an enhanced risk of fractures that are not due to significant trauma .
- The operational definition of osteoporosis proposed by the World Health Organization (WHO) is a bone mineral density (BMD), as measured using dual-energy X-ray absorptiometry (DEXA), that is 2.5 standard deviations (SD) or more below the average value for young healthy women (i.e., T-score < - 2.5 SD) in post-menopausal women and men aged ≥ 50 years .⁽⁶⁾
- **Osteoporosis discovered in 1830 by French pathologist Jean Georges Chretien**
- The International Osteoporosis Foundation and European Society for Clinical and Economic Aspects of Osteoporosis and Osteoarthritis published guidance for the diagnosis and management of osteoporosis in 2013
- Diagnosis of osteoporosis
- Operational definition of osteoporosis is explained on the T-score for BMD assessed by DXA at the femoral neck or spine and is defined as value for BMD 2.5 SD or more below the young female adult mean.
- It is a disorder associated with low bone mass where bones become naturally weak, increasing the likelihood of fractures (bone breaks). Bones in the hip, spine, and wrist are especially prone to fragility fractures in older adults with little or no evidence of trauma. Osteoporosis is more common in women because menopause can accelerate bone loss causing the bones to break down more quickly than it is formed.
- : It is observed that with an early diagnosis of this disease before fractures could occur and by assessing the bone mineral density and with early treatment,



- osteoporosis can be prevented. Therefore, increase in awareness among doctors, which, in turn, facilitates increase awareness of the normal population, will be effective in preventing this epidemic
- **Age related Osteoporosis(Post menopausal and senile)-** Normally , bone mass is lost gradually in both sexes, but in women, the rate of bone loss is increased at the time of Menopause.⁽⁸⁾

The **prevalence of osteoporosis** by low FN BMD increases with age, from 6.8% in women aged 50 to 59 years to 34.9% in women aged 80 years.

Patients who have already suffered a low impact fracture, including those who have just been admitted to hospital with such a fracture, are at highest risk.^{5,6} Women and men over 50 who are present with fractures (that occur in the absence of major trauma, such as road traffic accidents) have a very high prevalence of osteoporosis, which can be readily identified and treated either within an orthopaedic setting or by liaison between orthopaedic and other secondary or primary care services. NHS Quality Improvement Scotland (formerly CEPS) have funded an audit of existing models of care for the secondary prevention of osteoporotic fractures. This will report in 2004 and may inform future service development. This guideline pays particular attention to the treatment options that can be used in these patients to reduce their increased risk of further fractures with the aim of achieving secondary prevention of fracture.⁽⁶⁾

THERAPEUTICS:

Homoeopathic Medicines for Osteoporosis

• **CALCAREA PHOSPHORICA**

This remedy supports bone and gland nutrition, especially when bones become soft, brittle, and thin. It helps promote bone healing in cases of non-union fractures and alleviates pain and burning sensations along the sutures, as well as shifting pain and issues with nutrient absorption. It is particularly effective for individuals with spinal problems, such as a softened spine or a curved body. Additionally, it can be beneficial for those experiencing anemia and increased bone pain during cold weather. On an emotional level, it may help people who feel generally dissatisfied and have a strong desire for change or to travel..

• **CALCAREA CARBONICA**

When the body doesn't properly absorb calcium, it can lead to poor nutrition of the bones, glands, and skin. This can result in joint swelling,

particularly in the knees, as well as weakness and trembling in the limbs. This remedy is effective for individuals who struggle with calcium absorption, often feel fatigued, and are easily anxious or stressed. Cold weather tends to intensify their pain, and they may experience swelling in their joints, as well as neck and back discomfort. Additionally, these individuals often have a strong craving for sweets.

Calcarea iod - This supplement has been shown to be effective not only for bone loss but also in cases where there is a deficiency of muscle and fat.

Silicea (silica) - This medication is beneficial for sensitive individuals who are often nervous, easily fatigued, and have a low resistance to infections. It particularly helps those with spinal issues, which may lead to fractures or the formation of pus and fistulas. It aids in healing broken bones and removing bone fragments. Additionally, it improves calcium absorption, which is helpful in cases where calcium assimilation is compromised.

• **SYMPHYTUM OFFICINALE**

Symphytum - Commonly referred to as "knit bone," this medicine is thought to be very effective in helping fractured bones heal by promoting the formation of strong calluses. It is beneficial not only for new fractures but also for individuals experiencing pain from old or partially healed fractures. Additionally, it can assist with injuries to cartilage and the periosteum, comminuted fractures, non-union of fractures, insufficient callus formation, knee joint pain, and issues related to the vertebrae.

• **RUTA GRAVEOLENS**

This remedy is helpful for sore tendons, injured or bruised bones, and the formation of deposits or nodules in the periosteum and tendons. It addresses the negative effects of bruises, aids in healing fractured bones, and can alleviate brittleness and stiffness in the injured or affected areas.

• **FLOURICUM ACIDUM**

This remedy should be considered for osteoporosis that arises from chronic metabolic, digestive, or autoimmune conditions, as well as from long-term debilitating infections. It can help address the slow and damaging effects of these issues, including problems like bone decay, ulcers, varicose veins, bedsores, and the hardening of tissues that may become swollen and develop fistulas.

