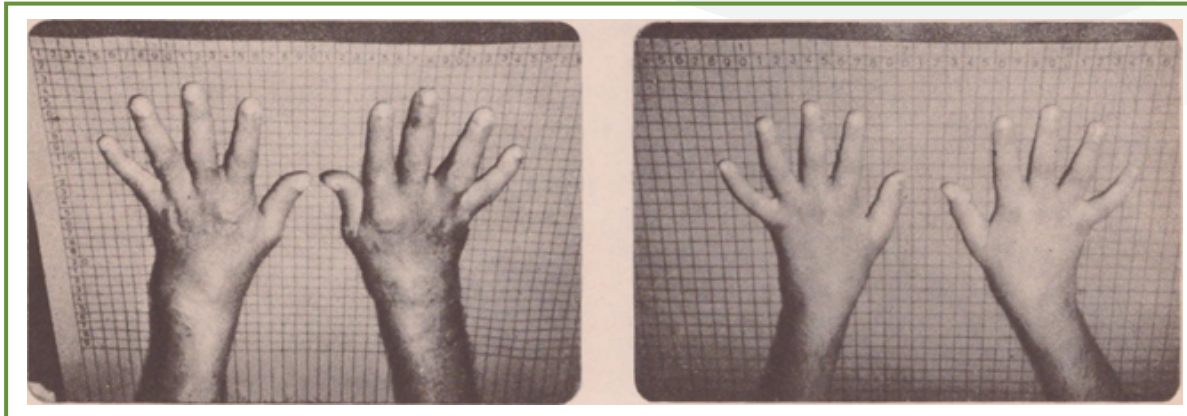


## REHABILITATION OF RHEUMATOID HAND



**Mrs. S. M. Sanghavi, Head, Physiotherapy Department, J. J. Group of Hospitals  
with the cooperation of Rheumatology Clinic. J. J Group of Hospitals  
Byculla Bombay 400 008**

### THE HAND IS A COMPLEX MACHINE

It is an organ of sensation with fine discrimination together with sentimental value. In this paper rehabilitation of 25 cases of the Rheumatoid hand is discussed. In the Rheumatology Clinic of J. J. Group of Hospitals each case with hand involvement was thoroughly examined.

Encouraging results can be achieved by combination of proper drugs and physiotherapy like ultrasonic in warm water and paraffin wax bath. Rehabilitation of the rheumatoid hand cases is possible which enables patients to do daily routine work and activities of daily living. Once again he can be a useful member of the society.

### PSYCHOLOGICAL ASPECTS

- Four female patients were divorced because they were not able to use their hands for routine household work.
- Three male patients were relieved of their jobs. They were working in textile mill.
- One factory worker was left by his wife as she got fed up of doing his routine work and he could not earn any for maintenance.

## MATERIALS & METHODS

Investigations	Date 17.8.73	Date 21.9.73
Hb%	12.5 gms	13 gms
T.L.C	8800/cm	9000/cm
E.S.R	45mm	30mm
Urine	NAD	NAD
Rose waller test	-ve	-ve
V.D.R.L	-ve	-ve
L.E. Cell	-ve	-ve
x-ray joint (hand)	Deg. Changes	Deg.changes
x-ray chest	NAD	NAD
Liver Function Test	NAD	NAD
Fundus Exam	NAD	NAD
Mx Test	-ve	-ve
Weight	60 kg	61 kg

Investigations before and after treatment in each case. Slide shows investigation of one patient.

- Rose-Waller test positive in eight cases.
- Muscle Biopsy was done in 10 cases to confirm the diagnosis.
- Palmer Erythema and precipitation was noticed in 15 cases
- Trigger finger was seen in four cases

## SAFIABAI – RHM CLINIC NO 113

Joint Exam	17.8.73		21.9.73		19.10.73	
	Rt	Lt	Rt	Lt	Rt	Lt
Grip	60°	80°	80°	90°	100°	120°
Metatarsal	P	P	P	P	•	•
Ankle	P	P	P	P	•	•
Knee	PS	PS	P	P	•	•
Hip	P	P	•	•	•	•
S I Joints	P	P	P	P	P	P
Lumber spine	P	P	P	P	P	P
Cervical spine	P	P	•	•	•	•
D.I.J	PTSM	PTSM	PTSM	PTSM	P	P
P.I.J	PTSM	PTSM	PTSM	PTSM	P	P
M C J	PTSM	PTSM	PTSM	PTSM	P	P
Wrist	PTSM	PTS	PT	PT	P	P
Elbow	P	P	P	P	•	•
Shoulder	P	P	•	•	•	•
T.M	•	•	•	•	•	•
Sterno CL	•	•	•	•	•	•

P – Pain, T- Tenderness, S – Swelling, A- Ankylosis, B- Bony, M- limitation of movements, D- Deformity, C- Contracture

Evaluation of each joint affection was noted.

This charting of each joint affection was done once, month. Grip was measured by pressure exerted on pneumatic rubber inflator of Erkameter. Periodical improvement of one patient is shown in this slide.

### Diagnostic criteria for Rheumatoid Arthritis

Adopted in 1959 by American Rheumatism Association

Classical Rhm Arth	Definite Rhm Arth	Probable Rhm Arth	Possible Rhm Arth	Total
3	10	6	6	25

Classification of Rheumatoid Arthritis cases was done according to the international classification.

### Age & Sex

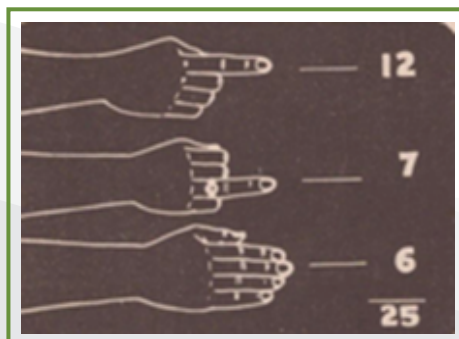
30 to 39 yrs		40 to 49 yrs		50 to 59 yrs		Total
M	F	M	F	M	F	
1	3	3	10	6	2	
4		13		8		25

This disease is more common in females of middle age. However, after the age of 50 years, it is more common in the males.

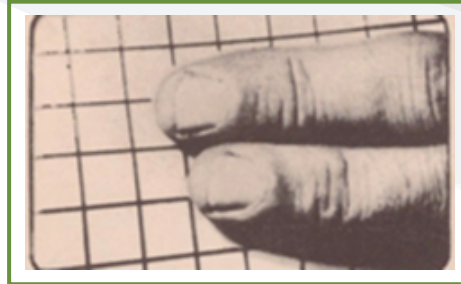
### Date of onset

0-1 yr	2 to 5 yrs	6 to 10 yrs	Total
7	14	4	25

It was noticed that patients came for the treatment when stiffness and pain in hand was severe, until then most of them had tried home remedies.



Out of all four fingers, index finger was effected in 12, ring finger in 7 and all fingers in 6 cases.



Vertical nail ridges were seen in 16 cases



Veins were prominent in 8 cases



Activities of daily living like combing hair, brushing teeth, wearing sari or dhoti, rolling chapati etc, were the toughest jobs, specially when they are to be done in the morning.

#### The Ayurvedic Drug R Compound

1. Maha Yog Raj Guggul 30 herbo mineral drug
2. Maha Rasnadi Quath 25 herbal drugs
3. Gold Bhasma – Reduce Gold or Catalytic gold

These complex compound ingredients  
manufactured according to ayurvedic  
pharmaceutical processes

## TREATMENT

### R. Compound Ā Physiotherapy

Tablet R. Compound an Ayurvedic drug, containing Maha yograj guggul, Maharasnadi quath and Gold Bhasma, was given. Initial dose was 2 tablets three times a day for 15 days. then 2 tablets twice a day for one month One tablet twice a day was given as maintenance dose upto 10 to 12 months.

One tablet of Asprin or Phenylbutazone three times a day was added only when pain increased.

**Physiotherapy** - Combination of ultrasonic and paraffin wax bath was given to these 25 cases.



Ultrasonic-coupling media-warm water. 1.5 intensity was given daily for 3 minutes on each hand.



Wax bath for 15 minutes daily. Then mobility and strengthening exercises were given. 20 to 30 sittings required for 75% to 100% relief. Physiotherapy was given, on alternative days after 50 to 60% relief was observed.

## RESULTS

With combination of tablet R. Compound, ultrasonic in warm water and paraffin wax bath, results were very encouraging. Appetite improved, there were no side effects of this drug.

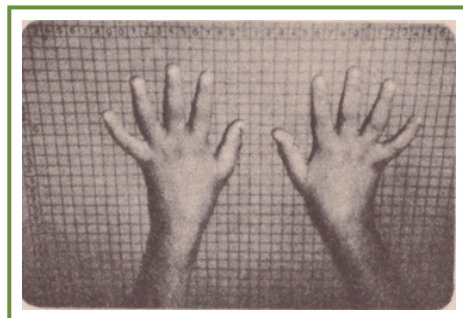
75 to 100% relief	50 to 75% relief	25 to 50% relief	Total cases
19 cases	5 cases	1 case	25

Out of 25 cases, 19 cases recovered, their E.S.R. count and general health improved. 5 cases had 50 to 75% relief, some of them could not come daily for physiotherapy. One case had only 25% relief.

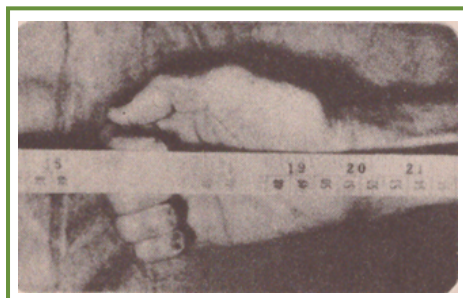
One tablet of Asprin or Phenylbutazone three times a day was added only when pain increased.



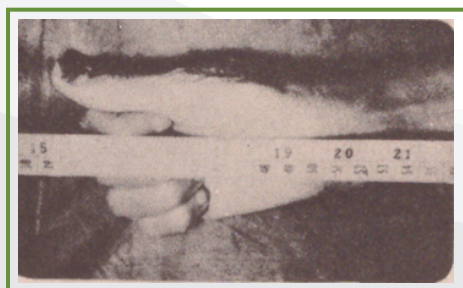
A typical rheumatoid hand with swelling etc.



This picture was taken after 15 sittings of the above mentioned treatment.  
Swelling, pain and stiffness reduced though not completely gone.



The grip which is not full prior to the treatment.

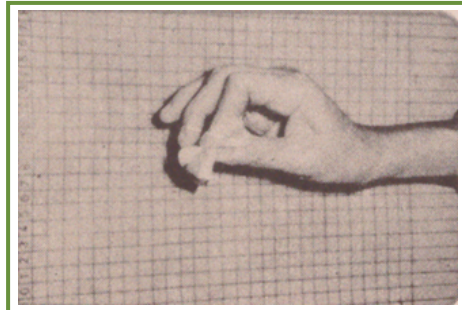


The full grip after the above treatment.





The pinch measure was taken—this shows poor pinch



After 20 sittings of the above treatment, patient can press this sponge fully.

#### **Why R. Compound was selected for this trial.**

In this department, R. Compound was tried on such patients, who were already treated in the past with the current drugs e.g. phenylbutazone, indomethacin without satisfactory results. In some cases, patients could not tolerate these drugs and they were put on R. Compound, which they tolerated very well.

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