

## Ozone Mixed Autologous Blood Used for Treatment of Rheumatoid Arthritis :A Case Report of two Patients

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### Abstract

Rheumatoid Arthritis (RA) is a chronic inflammatory disorder that primarily affects joints and can affect skin, eye, heart, lungs and blood vessels. Currently we are using Disease Modifying Anti-rheumatoid Drugs (DMARD) for RA<sup>1</sup>. This time we used a different kind of treatment to alter autoimmunity in form of intramuscular injection of ozone mixed autologous blood with encouraging results

**Keywords:** DAMRD, RA, VAS

### INTRODUCTION

RA affects more than 24.5 million people worldwide<sup>2</sup>. It is a condition when body's immunity targets its own tissue mostly joints in the form of thickening and inflammation of joint capsules, It can be due to environmental and genetic factors. Currently no treatment is available to cure the disease. Currently goals of treatment are to reduce pain and inflammation by exercise, use of splints and braces, pain medication, steroids, DMARDS or surgery.

#### CASE 1:

56 years female house wife, resident of central India with history of multiple joint pain and inflammation, for 10 years along with low mood for 10 years. On examination almost all small joints of hands and feet were inflamed and also the left knee was affected, patient was on ibuprofen sos. On workup we found her RA

factor to be at 120 and visual analogue score (VAS) was 8 on a scale of 10.

#### CASE 2:

60 year smoker male, a school teacher and resident of central India with history of multiple joint pains for last 5 years, pain was progressively increasing. On examination mainly joints of upper limb were involved bilaterally all the swollen joints were tender and more pain in right shoulder. VAS was 7 and RA factor was 117

#### INTERVENTION:

As per Velio Bocci's Ozone :a new medical drug Book, after taking informed consent we have drawn 5 ml of ozone in the concentration 30µg/ml and vigorously mixed it with autologous 5 ml blood for 2 min. and gave it deep intramuscular at gluteus at day 1, day 5, day 10 and day 15 total 4 doses in 14 days were given. Except for multivitamin no medicine was

given to the patient. In female patient due to co existing depression escalating dose of escitalopram upto 20 mg was used.

#### **DISCUSSION:**

Currently in RA we use DMARDs to suppress immunity against body's own tissue. But in this natural way of healing where ozone (o<sub>3</sub>) ozone is used which is nothing but another form of oxygen (O<sub>2</sub>) along with patients own blood.

It has been mentioned in literature that sterile milk and autologous blood can be used as immunomodulator. In this regime which author wants to be named as Sarvesh Jain's regimen , it induces kind of auto vaccination against rheumatoid proteins in patients body so titre of immunoglobulin against joint tissues and other tissues may drop down hence patients improves.

#### **CONCLUSION:**

Sarvesh Jain regimen of ozone autohemotherapy can be useful in treatment / adjuvant in management of rheumatoid and other autoimmune arthritis.

Further large size studies with immunological markers is needed to fully explain the mechanism

#### **REFERENCE:**

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