

# A new method of diagnosis and treatment of Arthritis (Joints Influenza)

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## ABSTRACT

Arthritis is considered a common non-contagious disease, but it is widespread. There are different types of arthritis, most notably rheumatism and rheumatoid arthritis. The least influential and the most difficult type in diagnosis is joint influenza. In this study, arthritis (joint influenza) is investigated as a separate case and compared with other joint infections. After careful diagnosis and identification of its causes and symptoms, this type of arthritis was found to have symptoms of both rheumatism and rheumatoid arthritis. As the sample, 85 cases were studied and the results indicated 100% joints influenza. The response rapidity of the cases varied from six hours to eighteen hours. A therapeutic method was considered as the method of diagnosis with a special diet.

**Keywords:** arthritis, rheumatism, rheumatoid

## Introduction

The technological development and industrial progress we are witnessing are accompanied with the spread of diseases and the emergence of new pathological types. It is either difficult to treat the disease or control the appeared symptoms of previous diseases that have been controlled.

Rheumatoid arthritis which is an autoimmune disorder occurs when the immune system accidentally attacks body tissues. It is clinically diagnosed and as it is known, there is no cure for rheumatoid arthritis yet. However, it is possible to live a long and active life with this disease if appropriate treatment of rheumatoid arthritis is adopted. It can be done through early and accurate diagnosis in addition to taking the appropriate doses of the improved medications for rheumatism under close observation. It infects about 25 men and 54 of women among

the 100,000 population<sup>[1-4]</sup>. There is another type - Juvenile idiopathic arthritis (JIA) - that affects children before puberty. This type of disease is one of the rare diseases that infects 1-2 children among 1000 children. The cause of this disease (JIA) is still unknown and may be related to genetic factors. This type is treated through a combination of pharmacological interventions, physiotherapy, and psychotherapy<sup>[5]</sup>.

Some joint diseases are caused by an autoimmune disorder such as rheumatism in which the immune system attacks the joints of the human being by mistake, causing overtime destruction of cartilage and joint deformation<sup>[6]</sup>.

In this research, one of the arthritis diseases will be dealt because of its spread significantly between the young and old.

I will work to give a dose of Amoxicillin to patients of different ages (25-65), with a diet course.

## Disease description:

It is an arthritis disease and often infects the knee. This type is an intermediate condition between rheumatoid arthritis and rheumatism that it has symptoms of each but its damage is less and lighter. This type is characterized by the difficulty of diagnosing and having symptoms similar to the symptoms of both rheumatic and rheumatism which confuses many doctors to diagnose it and give the proper treatment. It is also non-chronic and unstable resulting from attacking the immune system of the joint. The knee joint is one of the most vulnerable

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joints due to movement and excess weight. The duration of injury is between a week to a month depending on the patient's state and daily activity. It can return to knee infect after a day or more. Ignoring this type of disease and not diagnosing and treating it can develop into rheumatoid arthritis or rheumatism. The immune system deals with the joint as it does with the respiratory system at the cold strikes. Therefore, it has less effect than rheumatoid and rheumatism so I will name this arthritis type "joint influenza" or "joint flu".

### Symptoms:

Its symptoms are largely similar to those of rheumatism and rheumatoid arthritis. It often attacks the knee-joint and elbow. The patients may experience difficulty in bending the knee, carrying weight 2+ kg with moving elbow joint or standing and sitting. Acute pain is felt similar to the pain of the teeth when drinking cold water, but it is instantaneous and non-continuous occurred only when moving the joint infected.

### How to infect the joint?

There are several causes of this disease called to attack the immune system of the joint by mistake. One of the main causes of this disease is that the effort that is exposed to the joint due to movement and weight load causes an increase in the temperature of the joint compared to other areas of the body which triggers the body's defensive indicators. In case of readiness to handle the facility when the joint is exposed to cold or wet air, a rapid temperature transfer occurs because of the difference in temperature between the joint and the surrounding medium, which causes the accidental attacking of the immune system of the joint. Other blunders that cause the immune system to attack the joint by mistake are incorrect sitting, which causes pressure on the knee or elbow joint, excessive weight, and sudden movement, which increases the temperature of the joint.

### Side effects of the disease:

The patient's feeling of pain in the joints (knee or elbow) serves to relieve the pressure or movement on the joint and to shed the load on the other joint (working on the other foot or carrying weights on the other hand). This causes high pressure on the other joint which causes a deformity in the joint, stiffness of the joints, muscular spasm in the limbs, cartilage erosion, or sometimes broken. This leads to surgical intervention. Thus, the patient will be in a greater condition than treating simple arthritis. So, it would advise the patient to see the physician when feeling pain in the joint or elsewhere in the body.

### Diagnostic method:

We determined the type of inflammation and its causes and how to diagnose and treat after an experimental scientific study of 6 months for 85 cases. The patients have suffered arthritis from 6 months to 30 years not recovering completely. Their ages ranged from (25-65) years including 50 women and 35 men. 6 of them did not see the specialist doctor and the remainders (45 has been diagnosed as rheumatoid arthritis and 34 has been

diagnosed with rheumatism by doctors) due to the suspicion of physicians between rheumatoid arthritis and rheumatism.

To reduce the circle of suspicion and avoid tests (x-ray or clinical), the patients were given a dose of 1500 mg of Amoxicillin divided into three doses each dose 500 mg every 6 hours with complete rest. In case of an improvement, it is arthritis (joints influenza) or else it is either rheumatism or rheumatoid arthritis.

Table 1. The diagnostic results

<i>Dosage = 1500 mg Amoxicillin (500 mg per 6hr)</i>					
No.	case	Response (6hr)	Response (12hr)	Response (18hr)	Patient age
1	11	+	---	---	(25-35)
2	53	---	+	---	(31-45)
3	21	---	---	+	(40-65)

### What happens after the patient's response to the medication?

After the patient's response to the medication, the patient must follow the following diet:

1. Drink a glass of fresh milk at least a day.
2. Lose excess weight.
3. Protect the infected joint from exposure to moisture or high temperature.
4. When needed, take the drug (Panadol, ache off, or paracetamol) that does not interfere with the patient's vital indicators.
5. When needed, calcium is taken under the doctor's supervision if the patient is deficient in calcium or osteoporosis.

If the patient does not respond to the treatment after 18 hours, the dose should be repeated for 36 hours. If the patient responds to the dosage, he/she should follow the above diet. However, if the patient does not respond after 36 hours, clinical tests or x-ray should be performed.

### How to find the type of inflammation and choose the right dose?

Asking the patient about the finer details of his life and the disease is often the key to the answer.

One of the most important reasons that calls for understanding the condition and requires the study of the body of the mentally and chemically infected person is whether the pain was removed. When? How was your activity? What did you do that day? The answer to one of the referrals was like a vision of the type of disease.

The patient's answer was "Yes, the feeling of pain is gone. A year ago, I felt pain in my right knee and did not go to work because I had a cold. So, I decided to stay at home and did not do any other activities. Then I took medicine for the cold. In the early morning, I did not feel pain in the knee. Three months later, the same pain returned and it was diagnosed as rheumatism".

Through this answer, the first step was to study the behavior of the infected patient with the joints influenza and compare it with his behavior when he infected with the flu or cold through which a resemblance was found. Then, laboratory analysis of the behavior of the immune system was done when infected with cold and joints influenza, and compared. The result was almost identical. Therefore, the results called for a study of how to attack the immune system of the joint by mistake in terms of thermodynamics. Through the results obtained, an appropriate medication has been identified as a treatment and diagnosis of the type of disease as well as an appropriate diet. The dosage was determined by the response of the cases to the drug within 18 hours.

## Results:

Through the follow-up and careful supervision of 85 cases, the diagnostic results were 100% as a joints influenza, as shown in Table.1. It shows the response of the cases to the dosage within 18 hours. It was observed that the response of cases varies. As shown in Figure (1), in 13% (11 cases) the response for dosage was swift within 6 hours, in 25% (21 cases), the response for dosage occurred after 18 hours, and in 62% (53 cases), the response for dosage was after 12 hours. This disparity depends on several factors including the patient's body response to the drug, second the infection duration (Whenever the duration is less, the response will be quick), and the third the medicine quality.

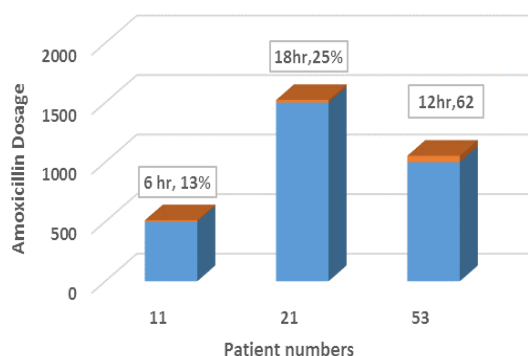


Figure 1. Diagram of responseable ratio of patient during 18hr

## Conclusion:

1. A quick method was offered to diagnose arthritis (joints influenza) where it is 100% successful.
2. The circle of suspicion was reduced about the diagnosis of the type of arthritis (rheumatoid, rheumatism, and joint influenza).
3. Avoiding clinical examination and x-ray at the beginning of diagnosis is recommended.

4. The quality of the medicine (manufacturer) has a role in leading to satisfactory results.

The mentioned method is a diagnostic and therapeutic method at the same time, but the diet should be followed to avoid the return of the disease.

## Suggestions:

1. Taking serum from the patient and re-injecting it to the patient; to stimulate the immune system and re-correct the course of the immune system.
2. Give the patient a drug extracted from star anise with use star anise oil around the area of pain.

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