



A case of juvenile rheumatoid arthritis explaining the theory of Levels of Health

The case discussed is a case of juvenile rheumatoid arthritis of a generalized form in an 11-year-old girl, treated with classical homoeopathy by Prof. George Vithoulkas, Dr. Dmitri Chabanov and Dr. Dionysis Tsintzas with follow-ups for 18 years.

According to the Levels of Health theory propounded by Professor Vithoulkas, there are 4 groups (12 levels) of health from Group A to D. Multiple factors, including the present pathological diagnosis, ability to get a high fever in response to common infections, past medical history, genetic load and the clarity of the remedy picture, decide the level of health of a patient at a given time. This stratification of patients is a prognostic tool. The response to treatment must follow the expectations in each group.

This case, published in the Sage Journal of Evidence Based Integrative Medicine, shows us the viability of this theory by demonstrating the fall in level of health through the initial years, where the child goes from being able to mount efficient acute inflammatory defence to an inability to do so, with simultaneous activation of a chronic inflammatory process. With classical homoeopathic treatment, over the years, the conventionally incurable condition of rheumatoid arthritis improved remarkably and stabilised. With this improvement in the chronic condition, the return of the ability to put up acute inflammatory defence effectively, according to the Levels of Health theory indicates an upliftment in the status of health and constitutes what we know as cure. Without such a return, as may happen in other cases of rheumatoid arthritis, one cannot claim to have cured the patient despite removal of symptoms. Thus, the Levels of Health is a valuable clinical prognostic tool that needs further evaluation for generalised scientific application, not just by homoeopaths but by the medical profession at large.

