Supplementary Material

Rheumatoid Arthritis Disease Activity Index (RADAJ) Questionnaire: English version

1. In general, how active has your arthritis been over the past 6 months?

2. In terms of joint tenderness and swelling, how active is your arthritis today?

3. How much arthritis pain do you feel today?

4. Were your joints stiff when you woke up today? If yes, how long did this stiffness last?

5. Please indicate the amount of pain you were having today in each of the joint areas listed below?
Fig. 1: Histogram of DAS-28 score at baseline; skewness (-0.321), kurtosis (-0.536)

Fig. 2: Histogram of DAS-28 score after 4 months; skewness (-0.181), kurtosis (-0.464)

Fig. 3: Histogram of RADAI score at baseline; skewness (-0.234), kurtosis (-0.925)

Fig. 4: Histogram of RADAI score after 4 months; skewness 0.587, kurtosis 0.599

Figures 5-8: Q-Q plots of the outcome measure data at baseline and after 4 months of treatment

Fig. 5: Q-Q plot of baseline distribution of DAS-28 score

Fig. 6: Q-Q plot of DAS-28 score after 4 months

Fig. 7: Q-Q plot of baseline distribution of RADAI score

Fig. 8: Q-Q plot of RADAI score after 4 months

Abbreviations: DAS-28, Disease Activity Score-28; RADAI, Rheumatoid Arthritis Disease Activity Index
Thuja occidentalis:
- Painful and swollen multiple small joints, agg. cold weather, new and full moon, amel. warmth.
- Unhealthy skin, warts and other growth all over body.
- Lack of vital heat.
- Dislikes onions.
- Fixed ideas.

Syphilinum:
- Intolerable tearing pain and swollen multiple joints, agg. night, amel. daytime, change of position.
- Excessive salivation.
- Desire cold food.
- Great emaciation.
- Weak memory.
- Desires death.
- Despair of recovery.

Sulphur:
- Hot, painful and swollen multiple joints, agg. washing, cold, amel. dry, warm weather.
- Burning of palms and soles.
- Unhealthy skin, prone to skin diseases.
- Early morning diarrhoea with good appetite.
- Religious mania.
- Aversion to work.
- Feeling of superiority.

Silicea terra:
- Painful and swollen multiple joints < during menses, new moon > warmth.
- Great prostration.
- Lack of vital heat, always chilly and wants covering.
- Takes cold easily.
- Unhealthy skin.
- Offensive foot-sweat.
- Irritable and anxious.
- Oversensitive mentally.

Sepia officinalis:
- Painful and swollen multiple joints, agg. wet weather, cold, amel. warmth, sleep, exercise.
- Nausea from smell of cooking food.
- Desire for sour.
- Lack of vital heat.
- Depressed
- Indifferent to others.
- Aversion to work.
- Weeping disposition.
- Irritable temperament.
Ruta graviolens:
- Painful joints < cold wet weather
- Pain back and nape of neck > pressure and lying down.
- Bruised sensation all over body.

Rhus toxicodendron:
- Pain and swelling of multiple joints, agg. cold, damp, rainy weather, night, amel. warmth, motion, changing position.
- Great restlessness, must frequently change position to obtain relief.
- Great thirst with dryness of mouth and throat.
- Desire for milk.
- Apprehension, with inability to lie down at night.
- Great restlessness.

Pulsatilla nigricans:
- Swollen and painful multiple joints with chilliness, > open air.
- Shifting type of pain.
- Thirstlessness with dryness of mouth.
- Weeping disposition > consolation
- Mild and gentle nature.

Phosphorus:
- Painful and swollen multiple joints < cold, stormy weather > rest, rubbing affected parts.
- Slender, pale constitutions.
- Burning of palms and soles.
- Desire for cold foods and drinks.
- Eating ameliorates.
- Oversensitive to external impressions.
- Restlessness mentally.

Nux vomica:
- Painful and swollen multiple joints < cold weather, motion, touch> warmth, evening.
- Chilly patient.
- Prone to gastric troubles with ineffectual desire for stool.
- Over sensiveness to external impressions.
- Irritable temperament.

Natrum muriaticum:
- Painful and swollen multiple joints < warmth, >open air.
- Ankles weak and turn easily.
- Great weakness and weariness.
- Mapped tongue.
- Desire for salt and salty food.
- Irritable temperament
- Depressed
- Consolation aggravates.

Medorrhinum:
- Painful and swollen multiple joints < daytime, heat > damp weather.
- Multiple nodosities.
- Burning sensation of extremities.
- History of recurrent abortion, female disorders.
- Desire for juicy fruits, cold food.
- Absent minded.
- Weeps during conversation.
- Great fear of death.
- Weak memory.

**Calcarea carbonicum:**
- Painful and swollen multiple joints < cold in general, change of weather.
- Multiple nodosities.
- Tendency to obesity.
- Desires egg, salt.
- Profuse perspiration especially on head and neck.
- Cold and clammy sweat.
- Tendency to catch cold easily.
- Prone to gastric troubles with sour taste of mouth, sour stool.
- Anxious, apprehensive.
- Aversion to mental or physical exertion.

**Bryonia alba:**
- Swollen and painful multiple joints, agg. by movement and amel. by rest.
- Thirst for large quantities at long intervals.
- Heaviness in stomach as from a stone.
- Constipation; stool hard and dry.
- Irritable temperament.

**Arsenicum album:**
- Burning pain and swollen multiple joints < cold and > by warmth, hot applications.
- Great thirst, drinks often but little at a time.
- Great prostration.
- Mental restlessness.
- Fear of death.
- Great anxiety especially at night.