

Review Article

Lumbar Spondylosis and Homoeopathy

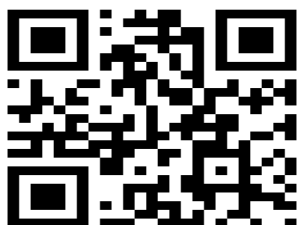
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ABSTRACT

Spondylitis occurs in 6-10% of the general population and has been found to be as high as 25- 60% in athletes. In India -10.2% of women and 6.6% of men suffer from lumbar spondylitis

Keywords: Lumbar spondylitis, Degeneration, Intervertebral disc, Osteophytes, Homoeopathy



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INTRODUCTION

“Lumbar Spondylitis is degenerative condition characterized by narrowing of intervertebral disc & formation of abnormal bony growths known as osteophytes. SPONDYLO is a Greek word meaning vertebra, LYSIS refers to degeneration. It has been used synonymously

With arthritis, spondylitis, hypertrophic arthritis, and osteoarthritis.” It is especially common in young athletes younger than 18 years who participate in sports that involve twisting or backward bending motions of the spine

Clinical symptoms: Constant aching pain in back Narrowing of cross-sectional area of vertebral canal Stiffness Compression of nerves Numbness, burning, tingling & weakness Due to further hypertrophy osteophytes developed restricted movements & scoliosis

Diagnosis: Diagnosis is based on x-ray finding. CT and MRI help in an MRI of the lumbar spine shows the bones, disks, spinal cord, and the spaces between the vertebral

bones where nerves pass through.

Straight leg raising test, Tripod Sign (L5-S1

Homoeopathy in lumbar spondylosis

Homoeopathy place very important role lumbar spondylitis as other pathies only suppresses the disease condition and can only palliate the disease condition but with homoeopathy patient not only give relief without contra indication but also cure the case

Homoeopathic therapeutics

Aesculus Hippocastanum - Backache affecting sacrum and hips. Pain relieved by standing.

Alumina – Spinal degenerations and paralysis of lower limbs. Pain in the back as if a hot iron was thrust through lower vertebrae.

Bryonia Alba – When the pain and stiffness is worse on every motion and better by lying down and complete rest. Wants pressure or something hard under the back.

Calcarea fluorica – Chronic lumbago. Pain lower part of back, with burning extending to

the sacrum. Aggravated on beginning to move or rest, and ameliorated

On continued motion.

Guaiacum – Rheumatic stiffness of whole left side of back with intolerable pain on slightest motion or turning the part. Not noticed on touch or during rest.

Kalium carbonicum – Lumbago with sudden sharp pains extending up and down back and to thighs. Stiffness and paralytic feeling in back. Nearly all better by motion. “Giving-out” sensation.

Medorrhinum – Lumbago, “lame-back”. Legs heavy; ache all night; cannot keep they still. Pains intolerable, tensive, nerves quiver and tingle.

Previous researches on Lumbar spondylosis in homoeopathy:

In a study entitled Homeopathic Treatment of Lumbar Spondylosis: An Observational Study reported a mean improvement of 78% over baseline in VAS for pain?

In another study entitled “Physiotherapy and a Homeopathic Complex for Chronic Low Back Pain Due to Osteoarthritis: A Randomized, Controlled Pilot Study”[7] suggested that homeopathic complex (containing 6CH each of Arnica montana, Bryonia alba, Causticum, Kalmia latifolia, Rhus toxicodendron, and Calcarea fluorica), together with physiotherapy, can improve symptoms associated with chronic low back pain due to OA significantly.

Palladium -Spasmodic pains. Dull pressing backache in afternoon, as from sitting too long in a stiff posture.

Rhus toxicodendron – Pain and stiffness in small of back, making rising difficult especially morning. RheumaticTearing asunder pains. Motion always “limbers up” the Rhus patient, worse, while sitting and hence he feels better for a time from a change of position.

Staphysagria – Lumbago compel patient to get up early feels better after rising. Pain in back as if broken, not allowing to stoop.

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