

## Review Article

# Role of Homoeopathic Medicine Colocynthis in 30C Potency in Management of left sided sciatica

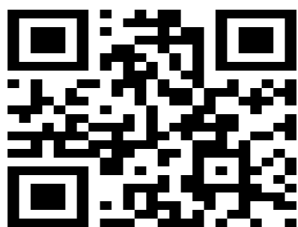
Smita Hiwrale\* and Praveen Sai Bhogela

Guru Mishri Homoeopathic Medical College and PG Institute, Shelgaon, Jalna

### ABSTRACT

Sciatica is a debilitating condition in which the patient experiences pain and/or paresthesia in the sciatic nerve distribution or an associated lumbosacral nerve root. Often, a common mistake is referring to any low back pain or radicular leg pain as sciatica. Sciatica is specific to the pain that is a direct result of sciatic nerve or sciatic nerve root pathology. The sciatic nerve is made up of the L4 through S2 nerve roots, which coalesce at the pelvis to form the sciatic nerve. At up to 2 cm in diameter, the sciatic nerve is easily the largest nerve in the body. Sciatica pain often is worsened with flexion of the lumbar spine, twisting, bending, or coughing. The sciatic nerve provides direct motor function to the hamstrings, lower extremity adductors, and indirect motor function to the calf muscles, anterior lower leg muscles, and some intrinsic foot muscles. Also, indirectly through its terminal branches, the sciatic nerve provides sensation to the posterior and lateral lower leg and the plantar aspect of the foot. Homoeopathic medicines are effective in management of sciatica. Among all homoeopathic medicines Colocynthis 30C medicine shows its effectiveness in management of sciatica mostly left sided.

**Keywords:** Colocynthis, homoeopathy, sciatica



QR Code for Mobile Users

### Address for Correspondence:

**Dr. Smita Hiwrale**

Guru Mishri Homoeopathic Medical College & PG Institute, Shelgaon, Jalna (MS) India

**Conflict of Interest:** None Declared!

(Received 01 September 2022; Accepted 15 August 2022; Published 25 September 2022) ISSN: 2347-8136 ©2022 JMPI

## INTRODUCTION

As, now a days low back pain is very common in people due to changed life style, defective posture, dumpy road driving which play an important role in developing sciatica. Sciatica is the one of the most disability disorders affecting more people leading to Burning or tingling down the leg, weakness, numbness, or difficulty moving the leg or foot, in some cases loss of bladder or bowel control and can restrain activity, reduce work capacity and diminish quality of life also. But exact data of etiological factors are not discovered. In general, an estimated 5% to 10% of patients with low back pain have sciatica, whereas the reported life time prevalence of low back pain ranges from 49% to 70%. the annual prevalence of disc

related sciatica in the general population is estimated at 2.2%. The line of treatment for sciatica in the modern medicine is NSAIDs / Colchicine / Glucocorticoid. Which fail to modify the course of the disease or unable to treat the disease and frequently meet with the adverse effects of these drugs.

Due to dangerous side effects of conventional medicine for pain management, now a days many patients approaching to alternative medicine to get cured. In 90% of these cases relieved with the conservative treatment and only the 5% of cases become chronic. Homoeopathy is one of the systems which are helpful to relieve symptoms of sciatica. There are so many medicines useful in sciatica with spurt of researches regarding

its efficacy. Colocynth is one such drug which is very effective in treating sciatica with much scope. So, there is a need for study for the people who spends more time in front of computers for 6-8 hours.

### **Epidemiology**

Incidence of Sciatica depends upon number of factors like environmental and inheritance. All this include age, occupation, genetic factors etc., A Cross sectional study conducted in London in which 2946 women 2727 men of different ages and different body mass get under research where both age and body mass doesn't influence the presenting condition among all of them. Sometimes body height may be the cause of sciatica especially in males. Multiple parity in women also doesn't show any significance in the incidence of sciatica. People less than age of 20 years are less likely to get effected. People with disc herniation's significantly show the signs and symptoms of sciatica.

### **Sciatica**

#### **Definition**

Pain along the course of a sciatic nerve especially in the back of the thigh broadly: pain in the lower back, buttocks, hips, or adjacent parts.

#### **Etiology**

Lumbar spinal stenosis: Spinal canal narrowing in lower vertebrae.

Degenerative disc disease: degeneration between discs which may even broke sometimes, which act as cushions between the vertebrae.

Spondylolisthesis: A condition in which a vertebrae slips over another one.

Aggravating factors: Overweight, lack of exercise, wearing high heels etc.,

#### **Clinical features**

Common symptoms of sciatica include:

Pain in back of the leg that is more worsen while sitting.

Tingling sensation or burning like sensation experienced down the leg.

Numbness associated with weakness and difficulty in movements.

A constant pain on back of one side.

A shooting pain makes it difficult to stand.

### **Causes**

Sciatica occurs when the sciatic nerve becomes pinched. The cause is usually a herniated disk in the spine or an overgrowth of bone, sometimes called bone spurs, form on the spinal bones. More rarely, a tumor can put pressure on the nerve. Or a disease such as diabetes can damage the nerve.

### **Risk factors**

Risk factors for sciatica include:

**Age** Age-related changes in the spine, such as herniated disks and bone spurs, are the most common causes of sciatica.

**Obesity** Being overweight increases stress on the spine.

**Occupation** A job that requires twisting the back, carrying heavy loads or driving a motor vehicle for long periods might play a role in sciatica.

**Prolonged sitting** People who sit a lot or don't move much are more likely to develop sciatica than active people are.

**Diabetes.** This condition, which affects the way the body uses blood sugar, increases the risk of nerve damage.

### **Complications**

Most people recover fully from sciatica, often without treatment. But sciatica can damage nerves. Seek immediate medical attention for:

Loss of feeling in the affected leg

Weakness in the affected leg

Loss of bowel or bladder control

### **Prevention**

It's not always possible to prevent sciatica, and the condition can come back. To protect your back:

**Exercise regularly** To keep the back strong, work the core muscles — the muscles in the abdomen and lower back needed for good posture and alignment. A health care provider can recommend activities.

**Keep good posture when sitting** Choose a seat with good lower back support, armrests and a swivel base. For better low back support, place a pillow or rolled towel in the small of the back to keep its normal curve. Keep knees and hips level.

**Use your body correctly** When standing for long periods, rest one foot on a stool or small

box from time to time. When lifting something heavy, let your legs do the work. Hold the load close to your body. Don't lift and twist at the same time. Find someone to help lift heavy or awkward things.

Sciatica mostly effects single side of body. sometimes it may affect both sides of lower limbs. The pain extends from lower back and thigh then spreads to lower limbs gradually. Depending on the location of the sciatic nerve affected, the pain may also extend to the foot or toes.

For some people condition will be worsen due to unbearable pain of sciatica. For some others, there is less frequency and intensity of pain due to sciatica, but has the potential to get worsen

Get immediate emergency medical attention when extreme weakness develops in lower limbs or loss of bladder or bowel control suffered

#### **Diagnostic criteria**

Significant medical history and appropriate physical examination enough to diagnose sciatica. With some presenting complaints and certain physical examinations makes it easy for health professionals to diagnose sciatica. Some time we need to investigate through X Ray Lumbar spine or MRI Lumbar spine to rule out perfect cause of sciatica. Homoeopathic case taking and physical examination like SLR TEST performed to rule out sciatica.

#### **Colocynthis**

Botanical name: *Citrullus colocynthis* (Linn.) Sch.

Family: Cucurbitaceae

Synonyms: *Colocynthis vulgaris* (Linn.) Sch., *Cucumis colocynthis*

Common names: Hindi: Mahendravaruni;

English: Bitter cucumber

#### **Description**

It is an annual, deciduous climber with huge, long hard woody and with branched roots, from which arise several thin, rough angular, pale green above, ashy beneath, deltoid 3 to 7 lobed, tough stems, with alternate, petiolate multi-fid leaves, variable in different size. Flowers are yellowish, huge, solitary, axillary, monoecious,

pedunculated. Fruit is gourd or pepo, the shape and size of the orange from 6 to 10 cm in diameter, yellow with a thin, solid, smooth rind, containing spongy, very bitter pulp. Seeds 4 to 6 mm long, pale brown.

#### **Macroscopical**

The dried pulp in white or pale yellowish-white colour, light and small fragments. Very less number of seeds can escape removal, as they are about 7 mm long with flattened-ovoid, the testa is whitish-yellow to darkish brown, externally it is smooth and extremely hard, the seed is exalbuminous, Big amount of fixed oil is there in embryo and the rind is almost 1 mm thick, buff coloured externally, glabrous and granular, the whitish inner surface which is marked by impressions of seeds.

#### **Microscopical**

The diagnostic characters are: the large, thin-walled parenchymatous cells separated by intercellular spaces and showing flat, rounded, pitted areas, where they are in contact, the occasionally spiral and annular vessels; the absence of starch grains, crystals of calcium oxalate and of sclerenchymatous cells excepting such small proportions as correspond to an amount of seeds, not exceeding 5 % and to an amount of outer sclerenchymatous part of pericarp exceeding 2 %.

Habitat : Growth in warm and dry situations in India, sri lanka, Arabia, North Africa, Cap of Good Hope and Japan.

History and authority of proving: Hahnemann proved this in 1821. Allen's Encyclopedia. Mat. Med. Vol. III, 477.

Part used: Pulp of the fruit rejecting the seeds

#### **Scales of potentiation**

According to Stuart Close, "Homeopathic potentiating is a mathematic-mechanical process for the reduction, according to scale, of crude, inert or poisonous medical substances to a state of physical solubility, physiological assimilability and therapeutic activity, harmlessness and therapeutic activity, for use as remedies of Homeopathic healing.

The "mathematics" i.e.; the mathematical

process of potentiating or drug dynamization are the scales under which the drug substances in their crude, original form are reduced in a definite ratio. After this reduction it is followed by the potentiating which is a mechanical part.

Following three scales are used in the preparation of potencies of liquid drug substances

- Centesimal
- Decimal
- 50Millesimal

Decimal and centesimal scales are used in the preparation of potencies from solid drug substances. Soon after the triturating attains 6X potency; then it is fit for conversion into liquid potency and subsequently treated.

Among all the three scales for preparation of potencies we are using Decimal scale for colocynthis 30c in management of sciatica among adult age group.

### **Centesimal Scale**

#### **Introduction**

Hahnemann introduced this centesimal scale for the first time in 5<sup>th</sup> edition of organon of medicine and this is most commonly used scale for preparation of potencies.

#### **Definition**

Centesimal scale is based on the principle that “The first potency must contain the one-hundredth part of the original drug and each succeeding potency, one-hundredth part of the preceding one”.

#### **Designation**

In centesimal scale is the designation is done by suffixing the letter 'C' or 'CH' to the number which is indicating the potency, i.e. First potency should mention as 1C or 1CH, then 2C or 2CH and continues like that. It may also be denoted by affixing the number of centesimal potency to the name of the drug.

#### **Methods of preparation**

#### **Succession**

A new and perfectly clean phial should be taken.

Take 1 part of mother tincture and 99 parts of appropriate vehicle like dispensing alcohol. Care must be taken that 1/3rd of phial should remain empty for the process of

succession.

Take the phial in the right hand with the thumb tightly held over the cork and strike the phial with the 10 powerful downward strokes of arm on a hard elastic body and let it to terminate in a jerk which thus results in 1c potency.

To make further succeeding potencies 1 part of preceding potency should be added to 99 parts of dispensing alcohol and to shake the phial in a definite method according to homoeopathic pharmacopeia. Mother tincture is reduced to one-hundredth part of its starting strength. So, it is termed as centesimal scale.

#### **Trituration**

In this process to make first potency 1 part by weight of crude drug substance is triturated with 99 parts of weight of sugar of milk for a period of one hour including the 3 stages of rubbing, scraping and mixing. Each stage takes 20 minutes of time.

For making the 2<sup>nd</sup> potency 1 part by weight of 1st centesimal potency is triturated with 99 parts by weight of sugar of milk. This should be done in the period of one hour.

In the process of trituration it is done only up to 3rd centesimal potency after which this is converted into liquid potency.

### **Therapeutics of homoeopathic medicine**

#### **COLOCYNTH IN SCIATICA**

#### **BOERICKE**

“Contraction of muscles. All the limbs are drawn together. Pain in right deltoid (Guaco). Cramp-like pain in hip; lies on affected side; pain from hip to knee. Spontaneous luxation of the hip-joints. Stiffness of joints and shortening of tendons. Sciatic pain, left side, drawing, tearing; better, pressure and heat; worse, gentle touch. Contraction of the muscles. Pain down right thigh; muscles and tendons feel too short; numbness with pains (Gnaphal). Pain in left knee joint”

#### **J.H. CLARKE**

“Pain in the coxo-femoral joint, as if it were fastened with an iron clasp, the pelvis and sacral region, with pains extending from the lumbar region to the legs.—Tensive lancination, in the lumbar region and of the

hips, esp. when lying on the back - Pain (in the r. thigh) while walking, as if the psoas muscles were too short; on stooping it ceased, but began again when he commenced to walk.—(Spontaneous dislocation of the coxo-femoral joint.).—Want of flexibility in the knee, which prevents the bending of it - Cramps in the legs- Shootings in the legs, esp. during repose- Stitches in the knee-joints. Sensation of coldness in the knees (in the morning).—Great heaviness and trembling of the legs-The feet go to sleep (first the l., then the r. foot).—Swelling of the feet -Tearing in the soles of the feet during repose”

### **J. KENT**

The principal feature of Colocynth is its severe, tearing, neuralgic pains; so severe that the patient is unable to keep still. Sometimes they are > by motion - at least it appears that they are worse during rest- > by pressure and sometimes > by heat. Pains occur in the face, abdomen, along the course of the nerves.

### **REFERENCES**

1. A Dictionary of Practical Materia Medica – J.H. Clarke
2. Dr. Partha Pratim Mandal and Dr. Biman Mandal – A Text Book of Homoeopathic Pharmacy. Thoroughly Revised and enlarged Third Edition, 2012. New Central Book Agency (P) Ltd. Kolkata.
3. Dr. D. BANERJEE, Augmented textbook of Homoeopathic Pharmacy, Second edition, 2008. B. Jain Publishers (P) Ltd.
4. Homoeopathic Pharmacopoeia of India
5. Harrison’s Principles of Internal Medicine – 19TH Edition.
6. Dr. SUMIT GOEL - Art & Science of Homoeopathic second enlarged and revised edition.
7. Dr. M.J. WARTIKAR – A Text Book of Homoeopathic Pharmacy.
8. Boericke William.W.Boericke .pocket manual of homoeopathic Materia Medica and Repertory and A chapter On Rare And Uncommon Remedies .9thedition .New Delhi :BJain Publishers Pvt It
9. Lectures on Homoeopathic Materia medica - J.T.KENT
10. Essential orthopaedics - J. MAHESHWARI.
11. BRITISH JOURNAL OF ANAESTHESIA - <https://academic.oup.com/bja/article/99/4/461/30>

5514

12.HomoeopathyCommunity.in<http://homeopathycommunity.in/CentisimalandDecimalScale.asp>

13.Merriam-webster.com <https://www.merriam-webster.com/dictionary/sciatica>

14.<https://www.mayoclinic.org/diseases-conditions/sciatica/symptoms-causes/syc-20377435>