

# Analytical Study to Understand the Role of Homoeopathic Medicines in Patients Suffering from the Complaint of Back Pain

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## ABSTRACT

Pain in back is a very commonly occurring complaint especially in adults. It is a condition in which there is muscular pain, with involvement of joints in the spine and nervous system. The most common classification adopted for back ache is acute and chronic back pain. The acute form can arise from an exciting cause like lifting heavy weight and usually gets relived by rest and some pain medication, however the chronic form arises from multiple causes or a single cause affecting over a long period of time, it can be progressive and gets worse as time passes. If dealt with correct line of treatment most of the back pain complaints gets resolved however, in some of the conditions there can be involvement of spinal cord and the nerves which can cause more severe complications.

In this study analysis is done to study how there can be reduction in duration, intensity and frequency of back pain with use of homoeopathic medicines in shortest possible time in a very gentle manner and with minimal cost to the patients.

**Materials and Methods:** This study is purely analytical and clinical with sample of 30 patient case records which have been collected randomly from Sainath Homeopathic Hospital, the teaching hospital of Rajkot Homoeopathic Medical College affiliated to Parul University at Rajkot, Gujarat, India.

**Result:** From this study it can be concluded that this complaint occurs more in the age group of 40 to 60. The prevalence of back pain is seen more commonly in females than males. Physical injury, lifting weights, reaching to heights are some of the common causes associated with this complaint. As far as the underlying miasm is concerned Psora is found to be present in almost 65% of cases. The following medicines Arsenic Album, Nux Vomica, Sepia, Hydrastis, Lycopodium, Pulsatilla, Rhus Toxicodendron, Arnica Montana, Kali Carbonicum, Ruta Graveolens and Lachesis have been used with satisfactory results as they have been able to cure the complaint in 63% of the patients where as in the rest of patients the complaint has reduced in intensity, duration and frequency.

**Conclusion:** Homoeopathic medicines should be the 1<sup>st</sup> choice of treatment in patients with complaint of back pain since the individual treatment provides satisfactory results. Homoeopathic remedy not only cures the complaint but it can also limit occurrence of complications.

**KEY WORDS:** Back pain, muscular spasms, vertebral disc space, Physiotherapy, homoeopathic medicines, causative factors, scale

## INTRODUCTION

Back pain is a common complaint found in large number of patients in India. Often the origin of back

pain can be traced back to an injury received in the past or in large number of cases the cause remains

**How to cite this paper:** Dr. Amar Thakkar "Analytical Study to Understand the Role of Homoeopathic Medicines in Patients Suffering from the Complaint of Back Pain" Published in International

Journal of Trend in Scientific Research and Development (ijtsrd), ISSN: 2456-6470, Volume-5 | Issue-6, October 2021, pp.1536-

1538, URL:  
[www.ijtsrd.com/papers/ijtsrd47642.pdf](http://www.ijtsrd.com/papers/ijtsrd47642.pdf)



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unknown. Back pain is characterized by muscular spasms, involvement of the vertebral disc space and associated nerve injury. In large number of cases with initial intervention the complaint is resolved with help of appropriate medicines physiotherapy and rest. A few cases can lead to complications where possibility of nerve damage resulting into numbness and tingling of arms or lower limbs is a possibility. Conventional medicinal treatment is aimed at curbing the intensity of pain and spasm, where analgesics and muscle relaxants are used giving temporary relief. Physiotherapy as an adjunct treatment modality is found beneficial in a good number of cases. Along with this life style modifications like improved posture, regular exercise, and balanced diet can be helpful to resolve this complaint. Homoeopathic remedies have been found very useful in reducing the intensity, duration and frequency of complaint of back pain.

**Aim:** To analyze the role of homoeopathic medicines in different age groups, sex, of patients suffering from the complaint of back pain with reference to its cause, miasm, and other treatment modalities used

#### Objectives:

To establish the efficacy of homeopathic medicines when they have been selected on the basis of similarity of symptoms in patients suffering from the complaint of back pain.

To analyze the role of different miasms in chronic cases of back pain

To analyze causative factors involved in occurrence and maintenance of complaint of back pain.

To arrive at a possible group of medicines which have been found to be effective in complaints of back pain.

#### Materials and methods:

30 individuals with complaint of back pain have been randomly selected from Rajkot Homoeopathic Medical College to analyze the prevalence of complaint of back pain in different age groups, different sex, causative factor, miasmatic background and commonly used remedies.

**Inclusion criteria:** Patients from 30 to 80 years, from both sexes with symptoms and signs of back pain have been included as part of study.

**Exclusion Criteria:** Patients with structural abnormality requiring surgical treatment, patients having symptoms of back pain only during menses, patients below the age of 30 years and patients who left the treatment have been excluded from the study.

Case taking as directed by Master Samuel Hahnemann in Organon of Medicine has been done in

all cases with regular follow up and final result have been taken in consideration to analyze the different parameters which can help to understand the complaint of back pain.

Jan van Breemen functional scale has been used in this cases to review the improvement in different cases

#### Pain scores

How much backache did you suffer during the last week/after taking the Medicine?

1. In general 0: no pain 1 2 3 4 5 6 7 8 9 10: worst pain possible
2. At night 0: no pain 1 2 3 4 5 6 7 8 9 10: worst pain possible
3. During the first hour in the morning 0: no pain 1 2 3 4 5 6 7 8 9 10: worst pain possible
4. During sitting 0: no pain 1 2 3 4 5 6 7 8 9 10: worst pain possible
5. During Walking 0: no pain 1 2 3 4 5 6 7 8 9 10: worst pain possible
6. During standing 0: no pain 1 2 3 4 5 6 7 8 9 10: worst pain possible

0 is the most ideal score indicating best curative action of the medicine where as the maximum score is 60 indicating the worst possible outcome.

In this sample of thirty cases of individual patients who visited the OPD/IPD of Sainath Homeopathic Hospital were given homoeopathic treatment according to the guidelines of Dr. Samuel Hahnemann in the 5<sup>th</sup> edition of Organon of Medicine with appropriate selection of Homeopathic Medicine, its potency and dose. Regular follow ups were done and after a period ranging from 3 months to 6 months of treatment this cases have been analysed for the study. The findings from this cases are:

#### Prevalence of back pain as a symptom in different age groups

Age group	No. of patients with complaint of back pain as chief complaint	Percentage of cases
30 to 40 Years	7	24
41 to 50 Years	16	53
51 to 60 Years	4	13
61 Years and above	3	10

#### Prevalence of back pain as a symptom in different sexes

Sex	No. of Patients	Percentage of cases
Male	16	53
Female	14	47

**Causative factors for the complaint of back pain**

Probable Cause	No. of patients	% of cases
Idiopathic (Unknown)	21	70
Trauma to back	09	30

**Miasmatic prevalence in these cases**

Miasm	No. of Patients	% of cases
Psora	8	27
Sycosis	16	53
Syphillis	6	20

**Other factors contributing in improvement of patients**

Other factors	No. of Patients	% of cases
Life style modification	7	23
Physiotherapy	8	27
Diet	8	27
Alternative treatment like Ayurveda or Accupressure	7	23

**Remedies used in this cases**

Name of Remedy	No. of Patients in which the medicine is used	% of cases
Arsenic Alb	1	3
Nux Vomica	1	3
Sepia	1	3
Hydrastis	2	7
Lycopodium	2	7
Pulsatilla	1	3
RhusTox	5	16
Arnica Montana	6	20
Kali Carbonicum	6	20
RutaGraveolens	5	16
Lachesis	1	3

**Final outcome of patient with homeopathic treatment**

Final outcome	No. of patients	% of cases
Cured	19	63
Relief in complaint more than 50%	8	27
Relief in complaint less than 50%	3	10

**Conclusion:**

From this study it can be understood that there is great scope for use of homeopathic remedies in the complaint of back pain. With proper use of homeopathic remedies not only the complaint of back can be cured but it also helps in preventing complications associated with it. Along with the indicated remedies changes in lifestyle along with physiotherapy can be helpful.

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