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LUMBAR SPONDYLOSIS IN HOMOEOPATHIC PRACTICE

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The terms disc degeneration, degenerative disc disease and spondylosis are often used to describe the same problem. These are very common findings. By the age of fifty, 85 percent of the population will show evidence of disc degeneration or spondylosis. Of course, the vast majority of these cases are without symptoms. It is only the patients who develop symptoms, chiefly low back pain that need treatment.

Lumbar spondylosis describes bony overgrowths (osteophytes), predominantly those at the anterior, lateral, and less commonly, posterior aspects of the superior and inferior margins of vertebral centra (bodies₂). This dynamic process increases with, and is perhaps an inevitable concomitant, of age.

Past teleologically misleading name for this phenomenon are degenerative joint disease (it is not a joint) osteoarthritis (same etiology), spondylitis (totally different disease) and hypertrophic arthritis (not an arthritis). Lumbar spondylosis is present in 27-37% of the asymptomatic population. In the United States, more than 80% of individuals older than 40 years have lumbar spondylosis, increasing from 3% of individuals aged 20-29 years. Internationally, lumbar spondylosis can begin in persons as young as 20 years. It increases with, and perhaps is an inevitable concomitant of, age. Approximately 84% of men and 74% of women have vertebral osteophytes, most frequently at T9-10 and L3 levels. Approximately 30% of men and 28% of women aged 55-64 years have lumbar osteophytes. Approximately 20% of men and 22% of women aged 45-64 years have lumbar osteophytes. Sex ratio reports have been variable but are essentially equal. Spinal osteophytosis in postmenopausal Japanese women correlated with the

CC genotype of the transforming growth factor gene. Lumbar spondylosis occurs in animals with upright posture (eg. chimpanzees) and, possibly, in some domestic animals³.

Lumbar spondylosis appears to be a nonspecific aging phenomenon. Most studies suggest no relationship to lifestyle, height, weight, body mass, physical activity, cigarette and alcohol consumption, or reproductive history. **Adiposity** is seen as a risk factor in British populations, but not Japanese populations. The effects of heavy physical activity are controversial, as is a purported relationship to disk degeneration.

Aging and injury are common causes of lumbar spondylosis and disc degeneration. Disc degeneration is seen as a loss of hydration of the disc material. This loss of water in the disc leads to a decrease in the normal height of the disc. The loss of height, in turn, may put increased stress on the facet joints of the spine causing them to degenerate and in the process increase in size. These changes may eventually cause pressure on the nerve roots. This may result in sciatic-type pain⁴.

Spondylosis occurs as a result of new bone formation in areas where the annular ligament is stressed.

The margins of vertebral bodies normally are smooth. Growth of new bone projecting horizontally at these margins identifies osteophytes. Most osteophytes are anterior or lateral in projection. Posterior vertebral osteophytes are less common and only rarely impinge upon the spinal cord or nerve roots.

The most common symptom of disc degeneration and lumbar spondylosis is no



symptom at all. The vast majority of cases are asymptomatic. When symptoms are present, the most common is midline low back pain with or without radiation to the hips, Aching pain in the buttocks and or the backs of the thighs may be seen with walking. Beside this there will be.

- * Lasegue's sign positive
- * Szabo's sign positive
- * SLRT positive⁵.

As always, a careful history and physical examination are the first steps in diagnosis. In most cases, the neurological examination will be normal. Sometimes, there will be decreased motion of the spine due to pain. MRI examination will usually demonstrate the degenerative changes. This may be all that is needed for diagnosis. In some cases, further examination with lumbar myelogram and post-myelogram CT scanning and/or discography may be recommended.

- * No lab studies are indicated.
- * X-ray, CT scan, and MRI are used only in the event of complications.

* Density (eg, dual-energy x-ray absorptiometry scan (DEAXA)) -Ensure that osteophytes are in the area used for density assessment for spinal studies. Osteophytes produce the impression on increased bone mass, thus invalidating bone density tests if in the field of interest and masking osteoporosis.

Homoeopathic subtle philosophy, homoeopathic literature speaks high up regarding the scope of homoeopathic medicines in the treatment of spondylosis and it is also visualized in practice too. But unfortunately the scientific world is not going to accept it. Therefore, it was imperative to carry out a systematic study to provide a statistical data on the efficacy of potentised homoeopathic medicines in the treatment of lumbar spondylosis. Hence a study was carried with following objectives.^{7,8,9,10}

Lumber spondylosis in Repertory -

LOCATION -

Back pain,

Lumbar region-

Aesc, Arg-m, Bar-c, Berb, Bry, Calc, Canth, Chin, Dulc, Eup-per, Graph, Led, Nux-m, Nux-v, Phos, Puls, Rhus-t, Sep, Sulph, Vario,

Lumbosacral region-

Aesc, Carb-ac, Cimic, Onos, Puls, Syc-co.

Sacral region-

Aesc, Agar, Alum, Ant-t, Berb, Calc, Gels, Lyc, Mur-ac, Nit-ac, Nux-mos, Onos, Puls, Sep, Tell, Vario,

SENSATIONS-

Pain Lumbar region-

Aching- Aesc, Berb, Bry, Calc, Dulc, Gels, Nux-v, Sep, Sulph.

Boring - Bell, Lyc.

Broken - Lyc, Nat-mur, Phos.

Burning - Aesc, Berb, Coloc, Helon, Kali-c, Kalm, Kreos, Lach, Med, Merc-c, Nit-ac, Nux-v, Phos-ac, Phos, Ran-b, Rhus-t Sep, Ter.

Clawing - Calc, Ign. Merc.

Compressing - Caust, Thuj.

Constricting - Puls.

Contracting - Mag-m.

Cutting - Alum., Arg. Nit., Arin., Bell., Chel., Dulc Eup-per., Kali-c Nat mur., Sulph.

Digging - Arg-met., Berb., Dulc.

Dislocated as if - Bell., Con.,

Dragging - Con., Ferr., Ham., Pic-ac, Sabi., Sep.,

Drawing - Phos-ac., Sab.,

Gnawing - Alum., Berb., Phos., Sulph.,

Jerking - Alum., Am-c.,

Lamness - Lach., Phos., Rhus-t.,

Lancinating - Colo., Vert-v.

Pressing - caust., Psor., Puls., Sab., Sulph.

Sore - Agar., Arn., Aurum., Berb, Bry., Chin., Dulc., Eup-per., Nux-v., Rhod., Rhus-t., sulph.,

Stitching - Acon., Agar., Berb., Bry., Kali-c, Sulph. Tearing - Alum.

TIME MODALITIES -

Daytime - Agar.

Morning - carb. sul, Cimic, Colch, Eup pur, Hep, kali-phos, Nux-vom, Petr.

Forenoon - Jug-c, Kali-n, Stront-c, Sulph.

Noon - Thuja.

Afternoon - Sep

Evening - Bar - carb, Coloc, Natr-s, Sep, Sulph.

Night - Ars, Cham, Chin, Ferr, Lit-t, Lyc, Nat-s, Sep, Sil, Sulph.

MODALITIES

Pain, Lumbar region -

Bending agg.

Left to- Plb.

Backward- bar c., Cina, Con, Kali-c, Mang, Plat, Puls, Rhus-t, Sab, Sel, Thuj.

Forward (leaning forward) - Ran-a, Thuj.

Sitting while - Cocc, Lac-c, Pic-ac, Puls, Thuj.

Bending amel-

Backward - Acon, Am-m, Fl-ac, Hura, Puls, Sabad, Sabin.
forward-

While sitting - Caust, chel, Psor, Puls.

Drawing up the limbs agg. - Arg.

Exertion agg. - Agar, Calc-p.

Amel.-Rad-b.

Flatus passing amel. - Lyc, Pic-ac, Rut.

Lying while agg. - Arn, Berb, Calc, Carb-an, Puls, Rhus-t.

Back on - Chin, Coloc, Lyc, Rhus-t.

Side on left - agar, Bamb-a, Sulph.

Lying while amel. - Cob, Nat-mur.

Abdomen on-Chel, Nit-ac, Sel Back on-Kali-c, NAT-mur

Hard on something - Nat-mur, Rhus-t.

Bent backwards - Cabin.

Side on Zinc.

Only on right side - NAT-s.

Motion agg.-

During - Aesc, Agar, Arn, Bry, Caust, Coloc, Chin, Lyc,

Nat - s, Nux-v, Psor, Puls, Ran, Rhus-t, Sars, Sep, Sulph.

Arms of - Kreos.

Beginning of- on after lying down or sitting - Anac, Ba-sv, Con, Dig, Gly, Morg, Pit a, Rhus-t,

Feet of - Thuj

Least - Bufo, Lyc.

Sudden - Rumx.

Motion amel, - Fl-ac, Kreos, Rhod, Rhus-t, Ruta, Staph / Continued - Calc-f, Morg, Rhus-t. Gentle- Prun.

Pressure agg. - Acon, Canth, Cloch, Lyc, Plat, Plb. Amel. - Nat-mur, Rhus-t, Sep, Vib.

Pulling agg. - Dios.

Rising agg. - Aesc, Berb, Calc, Caust, Phos, Puls, Rhus-t, Sulph.

Amel- Cob, Ruta.

Sitting agg. - Agar, Arg, Berb, Rhus-t, Valer.

Sitting amel. - Aeth, Bor, Caust, Mag-c, Many, Phos-ac, Plb.Sars / Standing agg. - Valar.

Amel - Arg-nit.

Stool-

Agg.-

Before-Puls.

During - Arg-n, Carb-an.

After-Carb-veg, Pod.

Amel.- During -indg.

After-Ox-ac.

Urination-

Agg after-Syph.

Amel.After-Lyc, Med.

Walking -

Agg. While - Aesc, Sep.

Amel. - Arg, Sep, Ferr.

Warmth agg. - Morg.

Amel. - Calc-f, Rhus-t.

Weather cold agg. - Allopx.

Damp wet in agg. - Calc. Dulc, Ran, Rhod, Rhus-t.

CONCOMITANTS -

Bright disease in acute - Apis.

Coughing when - Am-c, Kali-bi, Puls.

Diarrhoea with -Bar-c, Kali-bi.

Fever during - Acon, Calc, Cham, Ign, Nat-mur, Nux-v, Puls, Rhus-t, Sep, Sulph.

Flatulence with , obstructed - Calc.

Headache with -Rad-br.

Haemorrhage with uterine-lod

Haemorrhoids with - Aesc, Bell, Ha, Nux-v.

Leucorrhoea with - Bar-c, Caust, Con, Cup, Gel,
Graph, Kali-bi, Kali-c, Kali-n, Kreos. Sulph, Mag-m.

Menses during - Am-c., Cimic., Lach., Nux.m. Puls.,
Sulph.,

Motion during - Aesc., Bry., Chin., Nux-v,
Rhus-t., Sulph.,

Stool during - Arg-m, Carb-an.,

Urinating during - Phos., Sulph., Syph.,

Back pain, General -

Extending to-

Coccyx and spine - Wey

Downwards - Aeth, Glon, Kalic, Kalm., Nux m, Phyt,
Pic ac.

Forward - Gua.

Heels - Colch, Sep.

Hip - Bol, Cimic, Lach, Lyss, Mosch, Ozone,
Right -Ozone.

Knees - Arn, Hydrog, Kali c.

Lower Extremities- Calc, Calc ars, Kali-c, Phos, Rhus t.

Thighs-Kali-c, Nux-v, Lyc.^{11, 12, 13, 14}

HOMOEOPATHIC THERAPEUTICS

Medorrhinum :

Mental General :

Weak memory

Time passes too slowly

Difficult concentration

Melancholy

Nervous

Restless

Hopeless of recovery

Physical General :

Hot patient

Ravenous hunger

Thirst increased

Cravings for liquor, salt, sweet wtc.

Warm drinks desire for

Oozing of foetid moisture

Intense itching of anus

Particulars:

Pain in back with burning heat

Legs heavy and which ache all night

Cannot keep the legs still

<from daylight to sunset

> at seashore, lying on abdomen

Kali Carbonicum :

Mental General :

Very irritable

Full of fear and imaginations

Anxiety felt in the stomach

Obstinate and hypersensitive to pain

Physical General :

Chilly patient

Desire for sweets

Sour eructation, nausea

Constant sensation as if stomach were full of water

Anxiety felt in the stomach

large difficult stool

Particulars :

Back and legs give out

Small of back feels weak

Stiffness and paralytic feeling in back

Severe backache during pregnancy and
after miscarriage

Pain in nates thighs and hip joint

Lumbago with sudden sharp pain extending
deep and down to back and thighs

Pain from hip to knee

Bryonia Alba :

Mental General :

Delirium

Wants to go home

Talks of business

Physical General :

Hot patient

Dryness prevails

Abnormal hunger

Loss of taste

Thirst for large quantities of water

Stitches worse after pressure, coughing,
breathing

Particulars :

Stiffness in nape of neck
Stitches and stiffness in small of back
Joints red, swollen, hot with stitches and tearing < least movement

Causticum :

Mental General :

Sad
Hopeless
Intensely sympathetic
Ailments from long lasting grief and sudden emotions
Thinking of complaints aggravates.

Physical General :

Chilly patient
Desire salt
Aversion sweets
Intolerance to smoked meat
Acid dyspepsia
Hard tough stool covered with greasy mucus

Particulars :

Stiffness in shoulders, dull pain in nape of neck

Cimicifuga:

Mental General :

Sensation of a cloud enveloping her
Great depression with dream of impending evil
Fear of riding in a close carriage
Vision of rats, mice etc.
Delirium tremens
Mania following disappearance of neuralgia

Physical General :

Nausea and vomiting caused by pressure on spine and cervical region
Gnawing pain

particulars :

Spine very sensitive esp. upper part
Contraction and stiffness in neck and back
Rheumatic pain in muscles of neck and back
Pain in lumbar and sacral region, down thighs and through hips
Crick in back

Graphitis :

Mental General :

Timid
Great tendency to start
Unable to decide
Want of disposition to work
Music makes her weep
Apprehensive

Physical General :

Chilly patient
Aversion to meat
Sweets nauseate
Hot drinks disagree
Constrictive pain in stomach causing hunger

Particulars :

Pain in nape of the neck, shoulders, back and limbs
Spinal pains
Pain in small of back with great weakness

Guaicum :

Mental General :

Forgetful
Thoughtless

Physical General :

Desire for apple and other fruits
Aversion to milk

Particulars:

Pain from head to neck, aching
Aching in spine
Stiff neck and sore shoulders
Contractive pain between scapulae

Kali Bichromicum :

Physical General :

Chilly patient
Desire for beer and acids
Gastric symptoms relieved after eating
Dislikes water
Round ulcer of stomach

Particulars :

Cutting through loins
Cannot walk
Pain in coccyx and sacrum extending up and down

Phytolacca :**Mental General :**

Loss of personal delicacy

Indifference to life

Particulars :

Aching pain in lumber region

Pain streaking up and down from spine to sacrum

Back stiff < morning on rising, damp weather

Pulsatilla :**Mental General :**

Weeps easily

Timid, irresolute

Fear of darkness and ghost

Religious melancholia

Highly emotional

Physical General :

Hot patient

Aversion to fat food, warm food and drinks

Taste of food remains a long time

Flatulence

Bitter taste in mouth

Thirstlessness

No two stools are alike

Urine < lying down

Particulars :

Shooting pain in the nape and back

Pain in sacrum after sitting

Rhododendron :**Mental General :**

Dread of storm, Particularly afraid of thunder

Forgetful

Particulars :

Rheumatism and gouty symptoms well marked

Rheumatism in the hot weather

<Before storm, rough weather

Rhus Toxicodendron :**Mental General :**

Listless and sad

Extreme restlessness with continuous change of position

Great apprehension at night, cannot remain in bed

Physical General :

Chilly patient

Thirst increased with dry mouth

Bitter taste

Desire for milk

Particulars :

Pain and stiffness in small of back >

motion, lying on something hard,

<sitting

Stiffness of the nape of the neck

Ruta :**particulars :**

Pain in the nape, back and loins

Backache > by pressure, lying on back

Backache < morning before rising

Sepia :**Mental General :**

Indifferent to those whom she loved best

Aversion to occupation, family, solitude Irritable

Easily offended

Very sad

Physical General :

Chilly patient

Desire for bitter, vinegar, acids and pickles

Aversion to fat, boiled milk

Particulars :

Weakness of small of the back

Pain extend into back

Coldness between shoulders

Silicea :**Mental General :**

Yielding disposition, faint hearted, anxious

Sensitive to all impressions

Thinks of pins only

Physical General:

Chilly patient

Disgust for meat and warm food

lack of appetite

Increased thirst

Constipation

Particulars :

Weak spine
Very susceptible to draughts on back
Pain in coccyx
Spinal irritation after injury to spine
Pott's disease

Sulphur :

Mental General :

Very forgetful
Difficult thinking
Very selfish, no regard for others
Religious melancholia

Physical General :

Complete loss or excessive appetite
Food tastes too salty
Milk disagrees
Desire for sweets
Weak, faint feeling at 11 a.m.
Redness around the anus
Morning diarrhoea, painless, drives out of bed

Particulars :

Drawing pain between shoulders
Stiffness of nape
Sensation as if vertebrae gilded over each other

Tellurium :

Particulars :

Pain in sacrum
Pain from last cervical to fifth dorsal vertebrae
Spine very sensitive to touch
Sciatica, right sided < coughing, straining, night

Sensitive vertebral column

Contraction of tendons in bends of knees.

Tuberculinum :

Mental General :

Changeability is the marked feature - mania & melancholia

Fear of dogs; animals especially

Physical General :

All gone hungry sensation
Aversion to meat
Desire for cold milk

Particulars :

Tension in the nape of the neck and down the spine
Chilliness between shoulders up the back

Gnaphalium :

Particulars :

Intense pain along the sciatic nerve
Numbness alternates with pain
Anterior crural neuralgia
Chronic muscular rheumatism of back and neck

Psorinum :

Mental General :

Melancholic
Despair of recovery
Religious
Suicidal tendency

Physical General :

When well-selected remedies fail to give relief
Hungry must have something to eat in the middle of the night
Hard stool with bleeding per Rectum¹⁵.

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