



ORIGINAL RESEARCH PAPER

Homeopathy

BACKACHE THE BURNING PROBLEM NOW A DAYS AND ITS HOMEOPATHY MANAGMENT

KEY WORDS: Low back pain, Spinal disc herniation, Slip Disc, Radicular Pain, Memory Pain etc...

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ABSTRACT Spinal disc herniation or back pain is a commonly happening progressive disease of the spine. Several patients undertaking surgery suffer from radicular pain, known as memory pain, starting from the third post-operative day. Low back pain (LBP) is one of the highest occurrence complications of public health. LBP impacts up to 85% people worldwide. It is said that everyone will be affected at least in one point of time his life. The treatment of LBP costs very high. In this paper we have presented a study on homeopathic management of Slip Disc/ Back Pain.

INTRODUCTION:

Low back pain (LBP) is one of the highest occurrence complications of public health. LBP impacts up to 85% people worldwide. It is said that everyone will be affected at least in one point of time his life. The treatment of LBP costs very high., roughly 15% of them turn on chronic. The very widespread disc ailment is herniated or prolapsed intervertebral disc. The patient is usually an adult between 20-40 years of age, with a sedentary lifestyle. The commonest presenting symptom is low back pain with or without the pain radiating down the back of either or both leg (sciatica).

The spine is made up of numerous bones called vertebrae. These are almost circular and in the middle of each vertebra is a disc. The discs are made of robust rubber-like tissue which permits the spine to be reasonably flexible. A disc has a tougher rubbery outer part and a gentler jelly-like inner part called the nucleus pulposus. The spinal cord, which comprises the nerves that come from the brain, is guarded by the spine. Nerves from the spinal cord come out from in the middle of the vertebrae to transmit messages to and from different parts of the body. Strong ligaments are affix to the spinal column.

It is unclear why certain individuals develop a slipped disc and not others, while they do the identical job or lift the same type of items. It looks like a few people may have a weak spot in the outer part of the impacted disc.

The Circumstances Which May Activate The Herniation Of The Disc Such As:

- Increasing Age
- Smoking
- Obesity
- A job involving lots of lifting.
- A job involving lots of sitting.

Common Symptoms:

- Sciatic pain
- Neurological symptoms
- Neck pain/Low backache

Tests To Determine The Back Pain/Slip Disc:

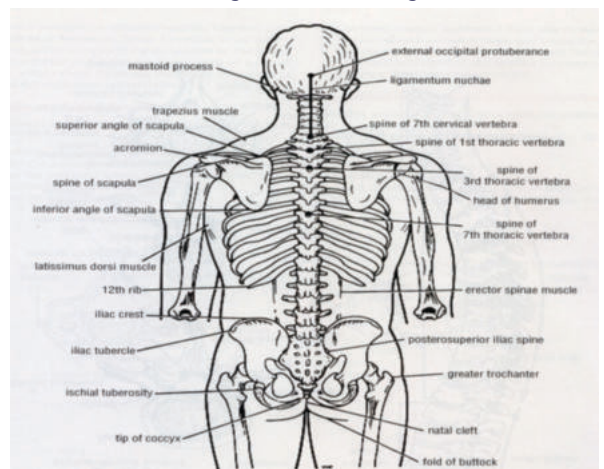
- Plain X-ray
- Ultra Sonography
- CT scan
- MRI
- Colour Doppler
- Bone scan
- If nerve root dysfunction Electromyography (EMG) & nerve root conduction studies

General Treatment Of Back Pain/Slip Disc:

- All the normal activities should be continued as far as possible like exercise etc.
- Try to move on and get back to normal activities as soon as possible.

- Avoid activities which can cause pain.
- Try to sleep in normal and most comfortable position.

Skeleton View Showing Surface Markings On The Back:



Homeopathy Management Of Back Pain/ Slip Disc:

Homeopathy is a system of medicine in which the medicines formulations are prepared in such a way that it works on the Immunity of the body and strengthen it. This fundamentally means that the Homeopathic medicine strengthens the body's ability to fight disease. When Homeopathic medicines are given to the patient, that person becomes much stronger and doesn't fall ill frequently. Homeopathic do not take care of just the disease, but is prescribed on the base of physical, emotional, and genetic condition of a person. The homeopathic medicines act on both the mental and physical levels of individuals.

In Our Homeopathy Hospital We Have Conducted The Studies On Following Number Of Patients:

Sr. No.	Age Group	Number of Patients
1	20 to 40 years	24
2	41 to 50 years	18
3	Above 50 years	33

Following Homeopathy Medicines Where Prescribed On The Basis Of Symptoms And Condition Of The Individuals:

Sr. No.	Name of Medicine	Purpose
1	Arnica	Mechanical injuries, Contusion, Hard work and anger
2	Ruta Graveolens	Mechanical injuries, Bruises, Sprains
3	Aesculus Hip	Lameness in the neck, Aching between shoulder blades, Region of spine

4	Staphisagria	In the night in bed, and morning before Rising.
6	kali carbonicum	Backache great exhaustion, Lumbosacral region, Feels weak, stiffness, and paralyt, burning in the spine.
7	Lycopodium Clavatum	Backache due to great exhaustion, in Lumbosacral region, burning in the spine.
8	General Ramidies: Alumina, Acid flour, Acid phos., Bryonia Alb, Calcaria Carb., Hypericum, Lachieces, Natrum mur, Medorrhinum, Rhus Tox., Sepia	For management of pain and other related issues.

CONCLUSION:

During our treatment of Back Pain/Slip Disc we have found that the homeopathy helps in curing and helps in fast recovery of the patients suffering from Back Pain/Slip Disc. If the proper treatment with continuous follow ups has been done the Back Pain/Slip Disc can be treated with the help of Homeopathy.

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