

# Exploring the Group of Constitutional Remedies to Achieve Cure in the Homoeopathic Management of Cervical Spondylosis

Dr. Sandeep N. Pareek<sup>1</sup>, Dr. Arpana S. Pareek<sup>2</sup>

<sup>1</sup>Associate Professor Department of Homoeopathic Materia Medica Smt. K. B. Abad Homoeopathic Medical College, Chandwad

<sup>2</sup>Prof and HOD Department of Repertory Smt. K. B. Abad Homoeopathic Medical College, Chandwad

**Abstract**—The research work is done on the topic Exploring the Group of Constitutional Remedies to Achieve Cure in the Homoeopathic Management of Cervical Spondylosis”. The objectives of this study are to study the clinical presentation in the acute and chronic form, the Scopes and Limitations of Constitutional Remedies, and the utility of auxiliary measures in Cervical Spondylosis

Thirty cases were selected through random sampling. The cases were studied keeping the individualistic and holistic concept in mind and by following the standard clinical case taking method. After the formation of totality of symptoms, the remedy has been selected after referring the Homoeopathic Materia Medica.

The result of this study showed that the miasmatic background in most of the cases was Sycotic. In some patients, other than constitutional remedies, intercurrent remedies are also used. Out of 30 cases, 27 are improved and 3 are not improved.

This study provides evidence to say that there is role of constitutional remedies in the cases of cervical spondylosis and reduction of disease intensity scores after the homoeopathic constitutional treatment with properly planned general management including diet and exercise.

**Index Terms**—Cervical spondylosis, holistic concept, individualisation, constitution.

## I. INTRODUCTION

Cervical spondylosis is a medical term for neck pain caused by age related wear and tear to bone and tissues.

Neck is a very sensitive barometer of our physical and mental well-being since it provides a vital link between the brain and rest of our body. Neck consists most of the major and important structures, which are

necessary for the maintenance of the body, out of those few are trachea, major’s arteries, cervical spine and vertebrae.

Neck pain is a common and ill-defined health problem that is associated with significant disability in general population. In modern days, life has become mechanical due to work related factors such as repetitive motion, forceful exertions or strain, awkward postures and/or unnatural positions play a significant role in the causation of neck pain. The neck supports the head, which makes approximately one-seventh of the total body weight. In order to keep a static posture, the muscles of the neck, shoulder and upper limb become overloaded and finally injured. The uncomfortable postures lead to shortening of soft tissues, and cause muscle tension, weakness and fatigue. It has been documented that the muscular tension and stress to the shortened structures may cause pain and develops a vicious circle....

Muscular tension → Pain → Increased tension → Increased pain.

Cervical spondylosis is nothing but the degeneration of the cervical spine. It is becoming increasingly common and as such, there is only conservative and surgical treatment in the allopathic system of medicine. The medical treatment available in allopathic system of medicine includes analgesics, NSAID, topical analgesics and intra articular steroid injections. Besides the drug given cause more severe adverse effects than the disease, such as severe GI bleeding, gastritis etc. in severe cases surgery is needed but this poses risk particularly in elderly.

However, it is not so in homoeopathic system of medicine. In homoeopathy we treat the patient as a whole taking into consideration the role of the body,

mind and spirit. Homoeopathy believes in the concept of vital force, which then becomes deranged through disharmonious living, thinking and then manifestation of symptoms takes place.

The patient is treated by taking into consideration the physical constitution, his mental makes up, his desires and aversion, his relation to environment, past history and family history of any chronic disease. Above all the homoeopathic medicines are given in dynamic form, the minute and diluted doses which do not cause any side effects. This type of treatment boosts the immunity of the patient, helps in the maintaining the harmony of vital force and to get rid of diseased condition.

Therefore, Cervical Spondylosis was chosen as research subject to understand the clinical presentation, the utility of auxiliary methods and to arrive at a constitutional remedy which are efficacious in the homoeopathic management of Cervical Spondylosis.

## II. MATERIALS AND METHODS

### Study Setting:

A prospective observational case study

### Selection of sample:

30 cases have been selected from OPD of the hospital attached to the college.

### Inclusion criteria:

Patient of all ages group and both the genders belonging to different socio-economic strata will be included under the study.

### Exclusion criteria:

Subjects who underwent surgery for cervical spondylosis

Cases with Disc prolapse

Cases with any medical emergency will be excluded.

Cases with irreversible pathological changes will be excluded.

Patient losing follow up were excluded.

### Study Design:

A prospective observational study of each individual case on the basis of homoeopathic philosophy and guidelines for case taking.

### Intervention:

Homoeopathic medicines were given.

### Selection of tools:

A standard case record format was formed and after screening cases were analysed for the totality of symptom.

Patients were prescribed acute, constitutional and intercurrent homoeopathic remedies as per the totality of symptoms.

30 patients suffering from cervical spondylosis were collected from OPDs and IPDs and were recruited under study

### A. Brief Procedure:

1. Totality was formed after studying
  - a. The clinical presentation of each patient in term of location, sensation modalities, and concomitants with emphasis on the intensity of symptoms, pace of disease and their peculiar association.
  - b. The individualizing characteristic of the patient, both at mental and physical level.
  - c. The past history and family history.
  - d. The lifestyle of the patient in order to ascertain the maintaining factors.
  - e. Correlating the clinical presentation with the investigation and examination finding to evolve comprehensive clinic pathological correlation.
2. Constitutional Similimum was selected as per the law of Similia.
3. The potency and repetition of the medicine will be decided by individual susceptibility sensitivity, pathology, vitality and age of the patient.
- 4.

### B. Diagnostic Criteria:

According to sign and symptoms selection of Similimum after complete case taking analysis, evaluation and formation of totality of symptoms will be done and Similimum was given depend on the case. X-rays were considered for diagnosis as and when required.

### C. Outcome Assessment:

Degree of improvement was assessed based on the following criteria

-Intensity of pain.

-Stiffness

-Tingling and numbness

Each case was given a score to assess the outcome on the basis of self-made scoring chart.

D. Intensity of pain

No Pain 0

Pain mild is denoted by 1

Pain Moderate is denoted by 2

Pain severe is denoted by 3

E. Stiffness

No stiffness 0

Stiffness mild-1

Stiffness moderate -2

Stiffness severe – 3

F. Tingling and numbness

No tingling and numbness 0

Tingling and numbness mild-1

Tingling and numbness moderate -2

Tingling and numbness severe -3

Symptoms	Mild	Moderate	Severe	Improved
Intensity of pain	1	2	3	0
Stiffness	1	2	3	0
Tingling & Numbness	1	2	3	0
Total	3	6	9	0

Cases degree of improvement will be assessed on the bases of above score

-Improve-0 -1

-Not improved -2-9

G. Outcome assessment table

Outcome assessment score chart

A standard score of 2-9 was given if the case showed no improvement.

A standard score of 0-1 was given if the follow up show improvement

H. Data collection

The detailed case history of the patient was taken and processed in a standard case record

Every case was analysed after a detailed case study based on similarity of

symptoms a drug was selected, references from Materia Medica were taken.

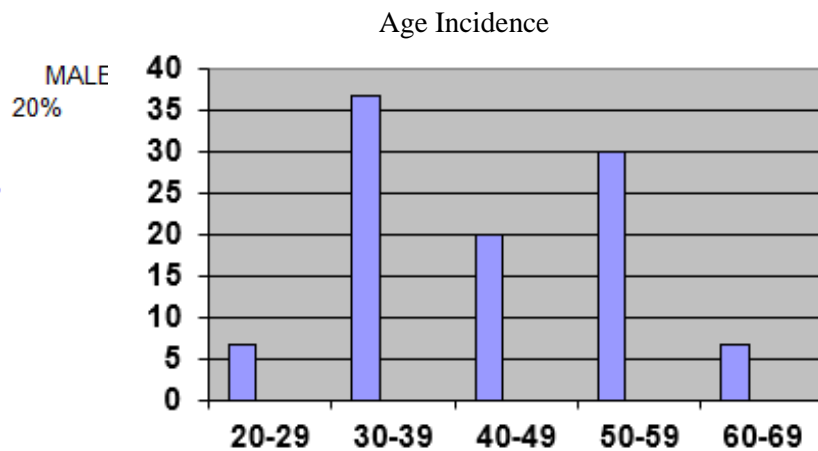
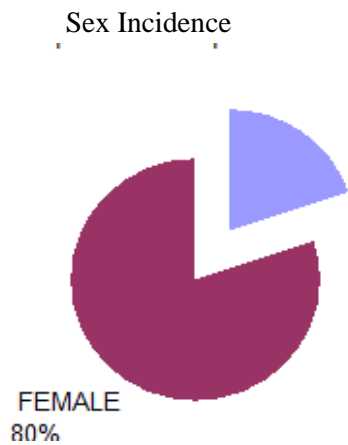
I. Statistical techniques

Paired t-test.

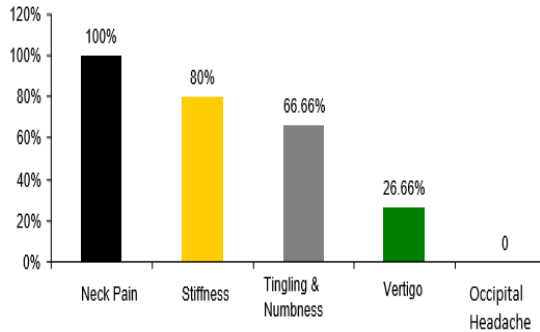
J. Data analysis

A proper diagram and charts

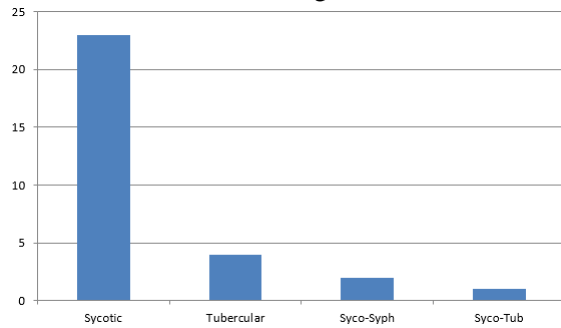
III. OBSERVATION AND ANALYSIS



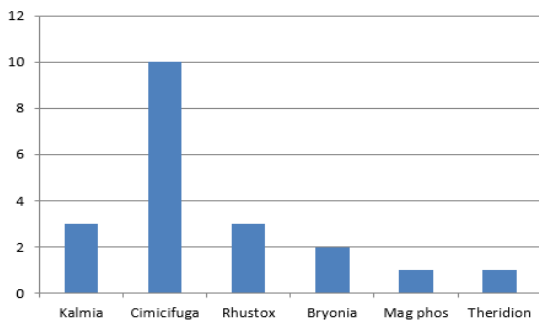
Presenting Complaints



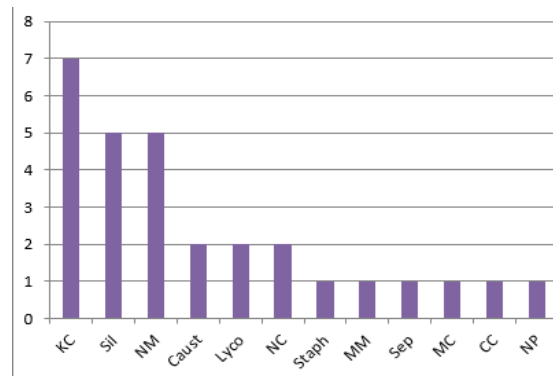
Miasmatic Background



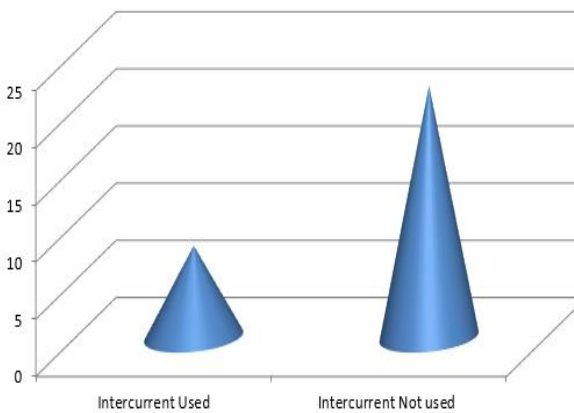
Acute Remedies



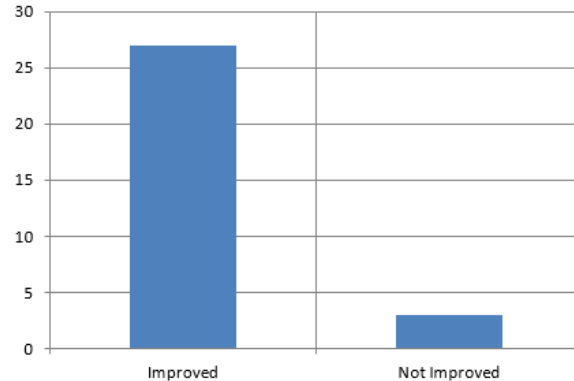
Constitutional Remedies



Intercurrent Remedies



Result of Treatment



#### IV. DISCUSSION

The aim and objectives of the Research have been defined at the outset of this work.

A study has been done keeping the following objectives in mind:

- To study the clinical presentation of Cervical Spondylosis in the acute and chronic form.
- To find out the Scopes and Limitations of Constitutional Remedy in the Homoeopathic Management of Cervical Spondylosis.
- To prevent complications of Cervical Spondylosis.

- To explore the utility of auxiliary measures in Cervical Spondylosis

In this study, thirty cases diagnosed as Cervical Spondylosis were included. Cases were selected by random sampling. All the cases were studied for 6-18 months. The data collected from these patients is subject to statistical analysis. Descriptive and inferential statistics is used in analysis and interpretation of the study.

During consultation the emphasis on the importance of the mental and physical general symptoms is repeated, as they are outstandingly the representatives of the wholeness of a disturbed organism; they subordinate logically, almost automatically, the "particulars," namely symptoms and changes applicable only to certain parts and organs.

Outcome assessment criteria

Assessment will be done at the end on the following basis:

- On the basis of objective and subjective symptoms.
- On the basis of improvement in the associated complaint.
- On the basis of improvement in the general health.
- For the present study 30 confirmed cases of cervical Spondylosis were taken up. All 30 cases were studied in detail to draw conclusions.

A statistical study showing the prescription of constitutional homoeopathic medicine for Cervical Spondylosis in 30 cases is as follows, Kali carb was most prescribed medicine in 8 cases, Silicea in 5 cases, Natrummur in 5 cases, Causticum in 2 cases, Lycopodium in 2 cases, Natrum carb in 2 cases, and Staphysagria, Mag mur, Sepia, Mag carb, Calc carb and Nat phosin 1 case each.

## V. SUMMARY

In this study, 30 cases were selected on the basis of simple random technique. The clinical presentation, the miasmatic background, the utility of auxiliary methods and group of acute, constitutional and intercurrent remedies efficacious in treating cervical Spondylosis were studied.

Cervical Spondylosis is seen more common in 30-39 years age group with an incidence of 36.66%. It is more common in females than males. The incidence in females was 80% and males was 20%. The

common presenting complaints were neck pain, stiffness of neck, tingling and numbness and vertigo. The sycotic miasm showed the highest incidence.

Most commonly indicated remedy was Kali carb. The other constitutional remedies which showed improvement were Silicea, Natrummur, Causticum, Lycopodium, Natrum carb, staphysagria, Mag mur, Sepia, Mag carb, Calc carb, Nat phos. The most commonly used acute remedy is Cimicifuga. Other acute remedies were Kalmia, Rhustox, Bryonia, Mag phos and Theridion. Thuja was used as a constitutional remedy in few cases. The group of constitutional remedies treating Cervical Spondylosis respond to treatment in 27 cases and 3 cases did not show any improvement.

## VI. CONCLUSION

In this modern era, Cervical Spondylosis is likely to occur in persons pursuing white collar jobs or those susceptible to neck strain because of keeping the neck constantly in one position while reading, writing or working on a computer or from the widest use of two wheelers on bad roads. On the other hand it also occurs in people of low socioeconomic status who carry heavy weights especially on head.

This prospective clinical study of Cervical Spondylosis in 30 patients was undertaken to study the clinical presentation in acute and chronic form. The criteria was decided for selecting constitutional remedies according to totality of symptoms which include patient's personal history, life space investigation, physical make up and mental symptoms. During this study, it is revealed that miasmatic background, the use of auxiliary methods and efficacy of homoeopathic constitutional remedies are useful in managing and treating the cases of cervical spondylosis as there is only conservative and surgical treatment in the allopathic system of medicine for the same. The results of this study have shown that the miasmatic background was predominantly sycotic in majority of cases. Secondly, constitutional homoeopathic medicines have definitely rendered benefit to the people suffering from Cervical Spondylosis when prescribed according to the concepts of Homoeopathic treatment. Thirdly, in some cases the use of auxiliary methods along with the medicines has improved the patient's condition. In some cases,

acute and intercurrent remedies were also prescribed as per need of the case.

In this study, it is found that with the help of homoeopathic remedies, complications of cervical spondylosis are also prevented. Other than homoeopathic treatment, some auxiliary measures such as neck exercises and hot fomentation are also advised and it has become very useful for the patient. Homoeopathic treatment through the holistic approach is superior to all methods of treatment especially in chronic diseases. In Cervical Spondylosis it reduces the dependence over other drugs. Homoeopathic medicine is a BOON especially for elderly who are having co-morbid condition and to those who are likely to have severe side effects from allopathic drugs

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