

An Explorative Study On Homoeopathic Remedies In The Treatment Of Cervical Spondylosis

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Abstract: An explorative study on Homoeopathic remedies in the treatment of Cervical Spondylosis. A hospital based observational study was carried out on Sriganganagar Homoeopathic Medical College, Hospital and Research Center, Sri Ganganagar, Raj. The study group of 30 was selected based on purposive sampling method. This is before and after without control type of experimental study. 30 diagnosed cases were considered. Data collected were analysed and inferred with T test used to calculate. Fully relived for 24 (80%) cases, partially Improved 4 (13.33%) cases, not improved 2(6.67%) cases. Homoeopathic constitutional remedies are very effective in treating Cervical Spondylosis. There were no side effects during the treatment.

Keywords: Cervical Spondylosis, Constitutional Homoeopathic Medicine, Miasm, Outcome.

I. INTRODUCTION

In cervical spondylosis, degenerative changes start in the intervertebral discs with osteophyte formation and involvement of adjacent soft tissue structures. Many people over 30 show similar abnormalities on plain radiographs of the cervical spine, however, so the boundary between normal ageing and disease is difficult to define. Even severe degenerative changes are often asymptomatic, but can lead to neck pain, shoulder pain, lumber pain, stiffness, or neurological complications. Cervical spondylosis is a degenerative disorder of the aged people, but now a day's it is becoming common even in younger people, because of most common use of two wheelers. With the increasing in number of professionals, who sit for hours together doing desk work, or sitting for hours in front of computer, and call center jobs, which require continuous sitting in one posture, the number of people suffering with cervical Spondylosis is on rise.

Spondylosis also called as spondylosis deformer or hypertrophic spondylosis-is a disease peculiar to the vertebral bodies and their articulating surfaces. It is an age linked disorder having its steepest rise in incidence during 4th and 6th decade. The fully developed lesions of the spondylosis are

characterized by fraying, fibrillation, and chondrocyte proliferation.

Cervical spondylosis is more common in people who have had neck injuries; such trauma may include work and recreational related stress, carrying loads on head, professional dancing and professional gymnastics. Musculo skeletal disorders are the most common cause of pain. Understanding the cause and prevention methods can help you manage such painful conditions. Degenerative joint disease of the neck, also known as arthritis of the neck, cervical osteoarthritis, or cervical spondylosis.

The allopathic method of treatment is a method by contraries and as such, these search for cause of particular disease but one who understands homoeopathy and has really entered into its spirits knows that the cause of disease is not outside the patient and that the so called external circumstances that immediately proceeds the disease and looks like the cause is really an exiting cause. The true cause of the disease is in the patient himself.

In the present day's busy life style, the incidence of neck pain is steadily rising in the society. Our necks are very sensitive barometers of our physical and emotional well being since it provides vital link between the brain and the rest of the

body. In cervical spondylosis the constitutional remedies have yielded encouraging results. In most of the cases family history and causation played a measure role in selecting the similimum. Higher potencies were found to be most efficacious.

Degenerative disease is always outcome of active miasmatic mixtures. The miasmatic classification of the human mind, together with its civilization being on a condition following degenerative disease. Increasing disposition to stress and to out lift oneself even at a very slight exertion of the muscles, even in slight mechanical work, in reaching out or stretching for something high up in lifting things that are not heavy, in quick turns of the body, pushing etc. often also, at once severe headache in the crown of head. Which is then painful externally when touched or suddenly a pain in the small of back, painful stiffness of the neck or spine.

All emotional and physical stresses put a lot of weight on one's mind which affects one's neck and manifests itself with symptoms such as pain, stiffness and immobility of the neck. And one does not pay much attention to the neck until it hurts and hurts severely. Beware of the neck pain and rectify your living habits before you get cervical spondylosis, a degenerating condition of the bones of the neck. Cervical spondylosis is a degenerative condition of the cervical spine giving rise to compression of the cervical cord and adjacent roots.

II. MATERIALS AND METHODOLOGY

This study was conducted on the patients who attended the Out Patient and Peripheral clinics of Sri ganganagar Homoeopathic Medical College, Hospital and Research Center, Sri ganganagar and the study was undertaken for a period of six months. Detailed case was taken, analysis and evaluation following Homoeopathic principles was done. Subjects for clinical were selected on diagnostic criteria and inclusion and exclusion criteria as below.

Inclusion Criteria: Subjects conforming to diagnostic criteria, subjects in all age groups and both male and female subjects.

Exclusion Criteria: Subjects who do not conform diagnostic criteria, subjects having involvement of any pathological changes, subjects having major systematic manifestation.

The outcomes were an improvement of symptoms recorded in monthly basis individual symptoms which includes any appropriate measures of neck pain, shoulder pain, lumber pain, stiffness, number of subgroups, homoeopathic potency, age group were analyzed. The selection of potency and repetition of dose was made the basis of susceptibility of the subject, chronicity of the disease, phase of disease, the nature of medicine. The follow up was made at regular interval of 15 days after the first prescription and 30 days subsequently. Also differ patient to patient as per patient's condition.

Statistical Analysis: Data were presented as proportion and percentage and difference in proportion were analyzed by using T test.

III. RESULT

Among 30 cervical Spondylosis patients with mean \pm SD, maximum cases were observed in 24 cases fully relieved, 4 cases were partially relieved and 2 cases were not relieved.

Age Gruops in year	No. Of Cases	Percentage (%)
10-20	1	3.33
20-30	4	13.33
30-40	8	26.67
40-50	2	6.67
50-60	15	50.00
Sex		
Male	12	40.00
Female	18	60.00
Occupation		
House Wife	10	33.33
Students	3	10.00
Service	17	56.67

Table 1: Characteristics of the study populatioin

Out of 30 cases 18(60%) were females and 12 (40%) were males and occupation group House wife 10 cases (33.33%), student 3 (10%) and service 17 (56.67%). Result of age group cases between 50 – 60 years were 15(50%), cases age group 40 – 50 years were 2 (6.67%), cases between age group 30 – 40 years were 8 (26.67%),cases between age group 20-30 years were 4 (13.33%), cases between age group 10-20 were 1 (3.3%).Out of randomly selected cases for repetition of potency is 200 Potency 14 cases (46.67%), 30 potency 16 cases 16 (53.33%).

Medicines	No .of cases	Percentage (%)
Rhust Toxicodendron	12	40.00
Belladonna	3	10.00
Bryonia Alba	5	16.67
Cocculus Indicus	2	6.67
Ruta Graveolens	3	10.00
NuX Vomica	4	13.33
Gelsemium Sempervirens	1	3.33
Total	30	100.00

Table 2: Distribution of cases according to remedy

In the research of Homoeopathic medicines in the treatment of cervical Spondylosis 7 Homoeopathic medicines were prescribed to the patients according to the symptoms similarity and the following observations were made. Rthus toxicodendron is the most effective medicine out of the total Seven Homoeopathic medicines chosen for the study. Rhus toxicoderndron cured 12 (40%) cases, Belladonna 3 (10%) cases, Bryonia alba 5 (16.67%) cases, Cocculus indicus 2 (6.67%) cases, Ruta graveolens 3 (10%) cases, Nux vomica 4 (13.33%) cases, Gelsemium sempervirens 1 (3.33%) cases cured with Homoeopathic Medicines.

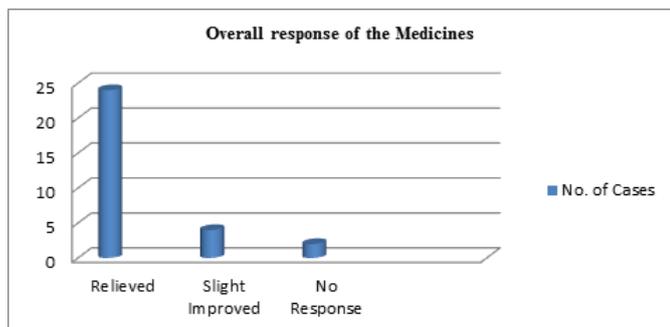


Figure 1: Overall response of the medicines

The overall response of the treatment with the help of 7 homeopathic medicines. It was observed that out of 30 patient Fully relieved for more than 24 (80%) relief of symptoms, partially Improved for to 4 (13.33%) relief of symptoms and not improved for less than 2(6.67%) relief of symptoms.

IV. DISCUSSION

Spondylosis also called as spondylosis deformans or hypertrophic spondylosis-is a disease peculiar to the vertebral bodies and their articulating surfaces. Even severe degenerative changes are often asymptomatic, but can lead to neck pain, shoulder pain, lumber pain, stiffness, or neurological complications. Cervical spondylosis is a degenerative disorder of the aged people.

Both sexes were included and who belong to different socio economic group were taken as per inclusion criteria. A total of 30 cases were selected. Minimum duration of study was 6 months. The statistical analysis made here is based on the data obtained from 30 cases. Gender wise incidence in study out of 30 subjects 18 was females and 12 were male. Percentage wise 60% were female and 40% were male.

Age wise incidence show that subjects between age group cases between 50 – 60 years were 15(50%), cases age group 40 – 50 years were 2 (6.67%), cases between age group 30 – 40 years were 8 (26.67%), cases between age group 20-30 years were 4 (13.33%), cases between age group 10-20 were 1 (3.3%). From the analysis of the results obtained it is obvious that the constitutional Homoeopathic drugs are very effective in the treatment of Cervical Spondylosis.

V. CONCLUSION

The research shows that Homoeopathic medicine play an important role in the treatment of cervical spondylsis. The study depicts that 80% of patients got relief from the Homoeopathy medicines and this is not a small number. The most effective remedies during the study were Rhus

toxicoderndron, Belladonna, Bryonia alba, Cocculus indicus, Ruta graveolens, Nux vomica, Gelsemium sempervirens.

There were no side effective during the treatment and it can be concluded that homoeopathic medicines can be help the patient to take a new lease on life. During the study it was observed that in almost all the cases the homoeopathic medicines responded well and the patient got rid of the restoration of health. With the help of use of homoeopathic medicines even surgical intervention was avoided. Thus we can conclude that Homoeopathic medicines used with holistic approach are very effective in treating the cases o.f cervical Spondylosis.

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