



Cervical Spondylosis and it's Homoeopathic Managements

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Abstract

Cervical Spondylosis is one of the commonly seen diseases nowadays. The study is made to manage the pain of Cervical Spondylosis in some extent with Homoeopathic medicine. The management for pain of Cervical Spondylosis is very much effective with Homoeopathic medicine.

Key word- Cervical Spondylosis, Pain, Pathology, Homoeopathic Management.

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INTRODUCTION

Neck pain, which usually arises from diseases of the cervical spine and soft tissues of the neck, is common. "SPONDYLO" is a Greek word meaning vertebra and spondylosis generally mean changes in the vertebral joint characterized by increasing degeneration of the intervertebral disc with subsequent changes in the bones and soft tissues. It is more common in both sexes and in older ages. In earlier times, people used to get affected beyond the age of 60. Nowadays, intensive use of computers and mobile phones by the young population has caused this age to come down. Even

people in their 20s and 30s are affected by cervical spondylosis.

Degeneration of disc results in reduction of disc space and peripheral osteophyte formation. The posterior intervertebral joints gets secondly involved and generate pain in neck. The osteophytes impinging on the nerve roots give rise to radicular pain in the upper limb. Spondylosis occur more commonly in the lowest three cervical intervertebral joints (C5-C6).

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Pathology

The water content of the nucleus bulbosus and annulus fibrosus decline progressively with advancing age. Hence the deformability of the disc with changing postures is limited. The disc degenerates and the disc space is narrowed. The annulus may bulge into the spinal canal or the nucleus bulbosus may herniate. The adjacent bond shows hyperostosis from irritation by the degenerated disc and forms 10 osteophytes or spurs. These osteophytes may arise from anterior, lateral or posterior margin of vertebral bodies. The posterior osteophytes encroach upon the spinal canal by the lateral spurs extend in to intervertebral phenomenon. There is fibrosis of dural sleeves around the nerve roots. The ligamentum flavum may be hypertrophied and buckle in to the spinal canal during neck extension. The posterior facet joints are involved late in the process attrition of their disc lead to instability of vertebra. Osteophytes from these joints may also impinch upon the intervertebral foramina and the spinal canal. Spondylosis occur more commonly in the lowest three cervical intervertebral joints (C5-C6).

Signs & Symptoms

The C4/5, C5/6 and C6/7 vertebral levels and C5, C6 and C7 are most commonly

affected.

Patients Present With:

1. Pain and stiffness of neck which is recurrent and is aggravated by anxiety, tension, posture, morning.
2. Neck pain with radiation up into the occiput, out over the shoulder or down the thorax over the scapula.
3. Radicular pain secondary to osteophytic impingement and narrowing of an exit foramen (Radicular pain radiating down one or both arms and which may or may not be associated with muscle wasting, weakness and reflex changes).

Symptoms

Cervical pain aggravated by movement.

Referred pain (occiput, between the shoulder blades, upper limbs).

Retro orbital or temporal pain (from C1 to C2).

Tingling, numbness and weakness in your arms, hands, legs or feet.

Cervical stiffness – reversible or irreversible - Dizziness or vertigo - Poor balance - Occipital headache usually in the morning - Rarely syncope.

General Management

Physical Agents – Control pain and muscle spasm

Control stiffness of the soft tissues and joints.

Massage – Deep and sedative massage manipulations like effleuroage, circular kneading as well as frictions to the localised areas effectively reduces the spasm and pain and thereby induces relaxation.

Exercises -Neck stretch, neck tilt, neck turn.

Cervical traction - Manipulation - Cervical collar is highly effective as it minimizes neck movement and relieves symptoms - Postural and ergonomic advice - Surgical intervention – if pain persists or unless there is progressive neurologic.

Investigation

Neck X-ray. An X-ray can show abnormalities, such as bone spurs, that indicate cervical spondylosis. Neck X-ray can also rule out rare and more serious causes for neck pain and stiffness, such as tumors, infections or fractures.

CT scan. A CT scan can provide more detailed imaging, particularly of bones.

MRI. MRI can help pinpoint areas where nerves might be pinched.

Myelography. A tracer dye is injected into the spinal canal to provide more detailed

X-ray or CT imaging.

HOMOEOPATHIC MANAGEMENT

Dr. Hahnemann describes that chronic diseases are caused by infection with a chronic miasm. The miasms always make themselves known by the character of their symptoms. The true path gnomic symptoms of a given case are those that cover the existing active miasm. In this way our therapeutic grouping becomes a miasmatic one and not a pathological one.

According to **H. A. Robert**, dull, heavy yet lancinating headache; persistently constant at the base of the brain on one side and Destruction of tissues (bones) are syphilitic manifestations.

Inflammatory rheumatism, inflammation of soft tissues and muscles and overgrowth of tissues are sycotic. There are tearing pains in the joints, which are worse during rest, worse during cold damp weather, better moving or stretching, better dry weather. There are pains in the small joints with infiltrations and deposits. Stiffness, soreness and lameness are characteristic of this stigma. The troubles in the joints, where there are deposits of lime salts as in arthritis deformans, are sycotic.

In Hahnemann's chronic diseases, it is mentioned that the swellings of the bones and the curvature of the spine, and many other softening and deformities of the

bones, both at an early and at a more advanced age, are caused by the psora.

Homoeopathic Remedies

Curcuma Longa- a member of the ginger family (*Zingiberaceae*), has rhizomes below the ground. Curcumin, the active ingredient in turmeric, a spice known for its medicinal and anti-inflammatory properties, has been validated to harbor immense effects for a multitude of inflammatory-based diseases. *Curcuma longa* has been used for thousands of years as a remedy in the traditional Indian and folk medicine for the cure of a large variety of illnesses having wide range of pharmacological effects such as antioxidant, anti-inflammatory, antimicrobial, antitumor, and hepatoprotective activities. Because curcumin has shown improvements from current standards of care in other diseases with few true treatment options (e.g., osteoarthritis) there is immense potential for this compound in treating Spinal Cord Injury as cervical spondylosis.

Phosphoric Acid — Phosphoric acid is one of the top remedies for cervical spondylosis. Paralytic weakness along spine. Formication along spine. Boring pain between scapulae. Pain in back and limbs as if beaten.

Cimcifuga Racemosa - Cimcifuga is another effective remedy for cervical spondylosis. There is stiffness and contraction in neck muscles causing the neck stiff. Neck pain, throws the head back. Spine very sensitive, especially the upper part. Stiff neck, pain worse sensitive worse pressure. Pain in the angle of left scapula.

Guaicum - Guaicum is the best homeopathic medicines for cervical spondylosis when there is severe pain in the neck along with rigidity. Pain from head to neck. Aching in nape. Stiff neck and sore shoulders. Stitches between the scapulae to occiput. One sided stiffness of back from neck to sacrum.

Lachnanthes - Lachnanthes is the top homeopathic medicines for cervical spondylosis when the neck pain is due to rheumatism of neck . The neck is drawn more towards one side and there is marked stiffness in the neck. Chilliness between the shoulder blades. Sensation between the shoulder blades as if wet with cold perspiration.

Rhus Tox -Rhus tox is another effective remedy for cervical spondylitis. Rhus tox is the best Homeopathic medicines for cervical spondylosis when there is marked stiffness and pain in the neck on waking up in the morning. This medicine is more

for cases where the pain in the neck aggravates after periods of rest.

Cocculus Indicus - Weak neck, cannot hold up head. Pain in shoulder and arms as if bruised. Stiffness on moving shoulders. Cracking of cervical vertebrae.

Causticum - Dull pain in nape of neck. Stiffness of neck or back on rising from a chair, could scarcely move the head. Cervical spondylitis with uncontrollable frequent urination.

Dulcamara - Pain in small of the back as after long stooping. Stiffness and lameness across the neck and shoulders after getting cold or wet.

Theridion -Degeneration of the spinal cord causes vertigo. Worse closing the eyes.

Gelsemium -Neck feels bruised , unable to hold the head. Pain in neck, especially upper sternocleido muscles. Heaviness of head. Lack of muscle coordination and difficulty in walking.

Kali Iodide -Kali iodide is also a good remedy for cervical spondylitis with numbness, worse at night.

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