



## CERVICAL SPONDYLOSIS MANAGEMENT THROUGH HOMOEOPATHIC THERAPEUTICS

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### Abstract

Being cervical spondylosis is one of the life style disorders where most patients present with complain of neck pain as simple neck pain where causes are postural or mechanical imbalances which we termed Cervical Spondylosis. Nowadays, common among computers and smart phones users for a long n young people. As the serverity increases in the form of degenerative changes it can lead to neck pain, stiffness, or neurological complications. In cervical spondylosis, degenerative changes start in the intervertebral discs with osteophyte formation and involvement of adjacent soft tissue structures. As surgery might remove the diseased parts which may help the patient to recover the immediate situation. Homeopathy is highly recommended in chronic diseases like cervical spondylitis. An individualized approach in homeopathy is highly effective in treating cervical spondylitis and that too without any side-effects. The management for pain of Cervical Spondylosis is very much effective with Homoeopathic medicine.

**Key Word-** Cervical, Spondylosis, Radiculopathy, IVD, Homoeopathy.

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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.

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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.

The increased incidences are seen in cases of repeated occupational trauma, Patients who carried heavy loads on their heads or shoulders and in dancers and gymnasts and none other than long period working on computers or less in due to congenital bony anomalies, blocked vertebrae, malformed laminae that place undue stress on adjacent intervertebral discs.

The modern system of medicine use variety of drugs like NSAID symptomatically, which have many adverse side effects like vomiting, hepatorenal toxicity, gastro-intestinal bleeding etc.

Degeneration of disc results in reduction of disc space and peripheral osteophyte formation. The posterior intervertebral joints get 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).

### **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

Symptoms of cervical spondylosis include as neck pain and neck stiffness and can be accompanied by radicular symptoms when there is compression of neural structures. Neck pain is a widespread condition and the second most common complaint after low back pain. The most common evidence of degeneration is found at cervical vertebrae of C5-6 followed by C6-7 and C4-5.

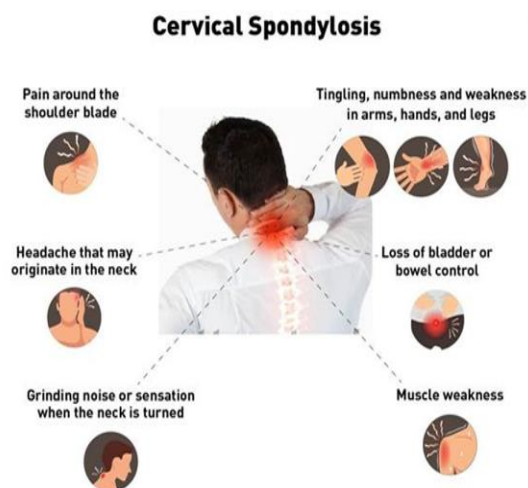


Fig 1 Sign and Symptoms

### Patients Present With:

As per Master view disease is "nothing more than an alteration in the state of health of an individual. This is caused by the dynamic action of external, inimical forces upon the life principle of the living organism, known by perceptible signs and symptoms.

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 pathognomonic 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. Miasms are the fundamental cause of every disease so as in case of cervical spondylosis. Miasm disposes the body towards a certain diathesis. Psora starts with inflammation as 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. But Syphilitic and syphilitic miasm leads to development and complications of deformity in cervical spondylosis. The sycotic miasm also applies because of –Slow recovery of the disease, Narrowing of disc with inflammation & stiffness, General aggravation in cold, damp weather. Hence it is a mixed miasm – psora-syphilitic.

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.

Dr. Hahnemann in his book THE LESSER WRITINGS mentioned at page 441, in the footnote, that how too violent active or passive exercises; various unnatural positions, general inactivity of the body; irregularity in the periods devoted to rest, meals and labor etc. produce different effects on human body and results in diseases like spondylitis or rheumatism etc.

Dr. Hahnemann in his book THE CHRONIC DISEASES at page 105, footnote 2 mentioned in some cases a drawing pain from nape of neck towards occiput, at times also all over the whole head and face, which is often bloated from

it while the headaches when touched, not frequently attended with nausea.

'The Homoeopathic Domestic Physician' by Constantine Hering mentioned that, if lifting or carrying heavy loads or any sudden exertion produces pain, give Rhus tox. Bryonia is indicated when pain is < on any motion. If both these drugs do not relieve entirely, try Sulphur. If headache ensues and Rhus tox will not remove it, then give Calcarea carb.

### HOMOEOPATHIC REMEDIES

1. **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.

2. **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.
3. **Cimicifuga Racemosa** - Cimicifuga 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.
4. **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.
5. **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.
6. **Rhus Tox** - Rhustox is another effective remedy for cervical spondylitis. Rhustox 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.
7. **Kalmia Latifolia:** Kalmia latifolia is one of the very good remedies for the treatment of cervical spondylitis. Neuralgic pains that are shifting in nature, moving downwards, with numbness of the affected parts. Pain from neck shoots down the arm. Aching, bruised, stiff feeling in the neck and the arms. Weakness and stiffness of painful parts. Pains shift rapidly, shooting outward, along the nerves. The pain is worse from stooping, bending forward, and motion, from becoming cold and lying on left side. In general the patient feels better after being in the recumbent posture.
8. **Sanguinaria:** Rheumatism of right shoulder, left hip joint and nape of neck. Right sided neuritis, better by

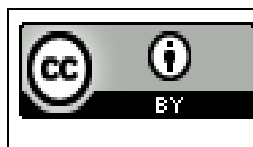
touching the part. Pain begins in occiput, spreads over the head and settles over the right eye with nausea and vomiting. Pain in right arm and shoulder, worse at night in bed, cannot raise the arm. Neuralgic, cutting, tearing pain in right shoulder. Stiffness of neck. Pain steaks up the neck and in deltoid.

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