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## REVIEW ARTICLE

### SCIATICA IN TEENS AND YOUNGS

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#### Abstract

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**Key Word-** Sciatica,  
Different therapies,  
Homoeopathy.

Sciatica is the compression of sciatic nerve or sciatic nerve root pathology. Teens and adults are less experienced of sciatica than older adults. But now days more common in young adults. Sciatica in young people is mainly caused such as heavy labor, injury, incorrect sitting posture, sedentary life

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style, obesity, wearing high heels.

#### INTRODUCTION

Sciatic nerve is longest and largest nerve in the human body, runs from pelvis to the middle of the back of thigh, continues down the knee, then divides into two branch running down the foot. Sciatica is generally caused by the compression of lumbar nerves L4 or L5 or sacral nerve S1. Rarely compression of

the sciatic nerve itself or sacral nerves S2 or S3 may cause sciatica. In Ancient time, The physician use the term 'sciatica', deriving from the Greek word *ischios*, hip. Pain in the pelvis and leg was generally called sciatica. Sciatica affects only one side of the body or only leg. It rarely affects both legs. Sciatica is a chronic condition causing crippling low back pain

radiating down to the sciatic nerve innervation area, which is the posterior thigh. It remains a major public health issues worldwide and causes significant socio-economic, physical, and psychological impacts. Nerve compression causes severe pain and inflammation, twitching of the muscles or even numbness of the affected leg. Risk factors for sciatica are demographic characteristics of the individual, such as age and gender; physical stress on the spine (e.g., regular lifting and whole-body vibration); poor general health (e.g, obesity and history of lower back pain), and psychological stress (e.g., monotonous work and depression).

**INCIDENCE** – life time incidence reported between 10% to 40%. An annual incidence of 1 to 5%. No gender predominance.

Disc Level 1	Root	Sensory Loss	Weakness	Reflex Loss
L3/L4	L4	Inner Calf	Inversion Of Root	Knee
L4/L5	L5	Outer Calf & Dorsum Of Foot	Dorsiflexion Of Toes	
L5/S1	S1	Sole & Lateral Foot	Plantar Flexion	Ankle

## CAUSES

Sciatica is caused by strenuous hard work, incorrect posture of the spine, trauma, and injection directly to sciatic nerve, tumor, and inflammation of pelvic and gastric region. It results into chronic low back pain, then spreading down the leg along the path of the sciatic nerve. It is accompanied by sensory disturbances, numbness or muscle atrophy.

## SYMPTOMS

- Pain is most commonly felt in lower back radiates from the back down, to one side of buttocks, down the thigh, to heel. Pain become more severe after long periods of standing or sitting still, but it relieved when walking.
- Pain is sharp, electric shock – like or burning in nature.
- Loss of movement when pain become worsened.
- Pain is prominent during active movement, stooping, coughing, sneezing, lifting heavy weight.
- Numbness or tingling sensation
- Muscle pain and weakness.

In severe cases of sciatica, a patient may experience trouble in controlling the bowels or bladder movement.

## Examination And Investiagtion To Be Ruled Out For Diagnosis Of Sciatica

### PHYSICAL EXAMINATION

- STRAIGHT LEG TEST
- Lasegues sign
- Fajersztajn sign
- Slump Test
- Bragard Test
- Bowstring Test

### MEDICAL EXAMINATION

- X-ray of lumbosacral spine shows loss of lumbar lordosis, posterior osteophytes and narrowing of the disc spaces.
- CT and MRI shows lumbar disc herniation.
- Discography shows the pressure of disc space.
- Electromyography shows nerve signals travel through muscles.

## DIFFERENTIAL DIAGNOSIS

1. Spondyloarthropathy – commonly present in young's generation, nocturnal pain is present, pain does not refer distal to knee. It does not affected by any activity.
2. Glioma – nocturnal pain , patient is better by standing and walking. Pain has no relation with physical activity.
3. Herniated lumbosacral disc
4. Cauda Equina syndrome
5. Muscle spasm
6. Nerve root impingement
7. Epidural abscess

8. Tumor
9. Potts Disease, also known as spinal tuberculosis

## TREATMENT

### Patient education

- Use of hot or cold packs for comfort and to decrease inflammation.
- Avoidance of inciting activities or prolonged sitting /standing.
- Gentle stretching to the lumbar spine and hamstring muscles.
- Do regular light exercise such as walking, swimming, or aqua therapy.
- Practicing good erect posture.

### Medical therapies

#### Medical Therapies

- Use medication such as oral NSAIDs.
- Analgesics and muscle relaxant.
- Deep tissue massage may be helpful
- Spinal manipulation
- Localized corticosteroid injections

#### Surgical Intervention

- In severe cases of sciatica where there is significant damage ti the sciatic nerve resulting in bowel and bladder incontinence.
- Surgical evaluation and correction of any structural abnormalities such as disc herniation, epidural hematoma or tumor.

**Chiropractic Therapy-** Chiropractic manipulation by a chiropractor or qualified

doctor to provide low back pain relief by taking pressure of sensitive neurological tissue, increasing range of motion, restoring blood flow, reducing muscle tension and release endorphins that act as natural painkillers.

Alternate heat and cold therapy has been used by chiropractors. Heat therapy help to reduce the muscle pain and Cold therapy help to slow down the blood flow.

Chiropractic can also employ the TENS (Transcutaneous electrical nerve stimulation) unit. It is small battery powered nerve stimulating device that relaxes muscle spasms, increase endorphins and reduces pain.

### Yoga Therapy

Every asana is very beneficial for sciatica to reduce pain, stretches and strengthens the area around the lower spine.

- Seated twist pose with bent leg modification (**Ardha Matsyendrasana**) is used for strengthen the muscles around the lumbar spine.
- Wind removing pose (**Pawanmuktasana**) – It's strengthen the back, this pose improve digestion and blood circulation around the internal organs.

- Downward facing dog (**Adhomukha svanasana**) – It is good for relieving back pain and stretch hamstring muscle.
- Reclined pigeon pose (**Supta kapotasana**)

### Acupuncture

Acupuncture is a traditional Chinese medicine technique in which the practitioner inserts hair thin needle into the skin at certain points on the body. Acupuncture can help to reduce back pain and improve function, reduce inflammation and promote healing.

### The Mckenzie Method

It is a system of diagnosis and treatment for musculoskeletal conditions including sciatica. The Mckenzie method involves a series of exercises and movements that can help to reduce pain.

### HOMEOPATHIC APPROACH

Homeopathy is based on law of similia (Similia Similibus Curentur), every disease manifested through sign and symptom due to dynamic alteration of vital energy.

### MIASMATIC APPROACH

In the § 80 **Dr Hahnemann** says, “The monstrous internal chronic miasm- the psora, the only real fundamental cause and producer of innumerable forms of disease. We can confine the Fundamental cause for Sciatica also as Psora.

The renowned Mexican homeopath **F. Ortega** put forward his concept of miasm. He maintained the concept of Hahnemann's original three miasms. However he attempted to make a clear and simple delineation of the mental and physical characteristics of each miasm. He described the main characteristics of the three constitutions in this way Psora- inhibition; Sycosis- excess; Syphilis - destruction.

Homoeopathy is the system of medicine where many cases which require surgery can be treated without the knife disturbing the skin.

According to **Subrata Kumar Banerjee**, All "HYPOS" are psoric, Hypoplasia comes under psoric "HYPER" are sycotic. Hyperplasia and hypertrophy comes under sycotic. Exaggerations or excess and over nourished are also included under sycosis. "DYSES", "DYSPLASIA", "DYSTROPHY" are Syphilitic.

#### Miasmatic evaluation of symptom of sciatica

##### PSORA

- Pains become more severe after long periods of standing or sitting still.
- Muscle pain and weakness
- Bladder and bowel incontinence

##### SYCOSIS

- Numbness or tingling sensation
- Pain is better by walking

##### SYPHILIS

- Burning pain

#### HOMOEOPATHIC THERAPEUTICS

- **Bryonia** - Stitches and stiffness in small of back < motion and sudden changes of weather, better by rest. contractive, cramp-like pain all over the back. Backache from over lifting, concussion. Sharp pain in lumbar region during cough. Home sickness in bryonia patient when in office. Worried from financial crisis.
- **Iris Versicolor** - Sciatica, as if left hip joint were wrenched. Pain extends to the popliteal space. Sudden shooting pain in left sciatic nerve, causing lameness. Aggravation from motion.
- **Bufo** - Sciatica, lower limbs more in motion than upper, lower limb gets weak. Lower limbs straight and stiff before attack. Sciatica, limbs become stiff and numb. Arms go to sleep easily.
- **Tellurium** - Contraction of tendon in bends of knees. Sciatica, right side < lying on affected side. Sciatica with sensitiveness of vertebral column. Bruised pain in hip-joints after walking. Herniated disk. Sensitive

spinal column with coughing, straining. Lumbar pain spreading to the right thigh, better by walking.

- **Gnaphalium Polycephalum** - Chronic backache in lumbar region, better by resting on back. lumbago with numbness in lower part of back and weight in pelvis. Numbness of lower part of back with lumbago. Sensation of weight in pelvis. Pain dull or darting from right hip joint posteriorly downward to foot, aggravation lying down, steeping, motion. Better by sitting on chair.
- **Aesculus Hippocastnum** - Backache affecting sacrum and hips, worse walking and stooping. Constant backache affecting the sacrum and hips, better by walking and stooping forward. Back gives out when walking. Back region of spine feels weak, back and legs gives out. Pain are sticking or flying all over, hot like lightening. Pain as if back will break.
- **Nux Vomica**- Backache in the lumbar region, worse 3 to 4 a.m. sitting is painful. Pain as if bruised in the small of back, dread to stoop for fear of back catching .Sudden sharp pains in back when turning with dull pain while sitting. Lumbar region feel bruised and lame. Lumbar ache, as if breaking, must sit up in order to turn in bed.

- **Rhus Toxicodendron** - Pain with numbness and formication leading to trembling and paralysis after exertion. Marked tenderness in lower limb. Pain mostly get < from damp and cold weather, mostly at night, first motion aggravate the pain, > by continuous motion.

## CONCLUSION

**Sciatica** is very debilitating condition ,reduces the person's quality of life and cause of work absenteeism and a major financial burden to both industry and health service provision. It is a self-limiting disease where the pain tends to resolve in short periods. However, some cases progress to become chronic and unfortunately, these can be difficult to treat. There are several effective treatments for sciatica including chiropractic therapy, yoga therapy, acupuncture, the McKenzie method, Medical therapies. Protection of the sciatic nerve from further damage by reducing stress on the joint and limb like avoid squatting position, excessive use of stairs, using Indian toilets. Homeopathy treats the patient as a whole, homeopathic medicine helps to control the pain during sciatica attack reduce stiffness and improve the movement of joint mobility. Homeopathic medicine along with exercise and physiotherapy can be proof a boon to the patient's condition.

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