

# **C.V.S.HOMOEOPATHIC CLINIC**

## **NECK AND BACK PROBLEMS**

### **INTRODUCTION:**

There is an increasing incidence of spinal problems in our population. Most of the problems arise from defects in our life styles, which can be corrected with simple measures. I am giving this information for the sake of awareness and taking preventive measures. Don't try to administer remedial agents your self without experts' guidance and opinion.

Low back pain, alternatively known as low backache, lumbago, slipped disk, or sciatica, and cervical spondylosis or neck pains are universal medical problem. These spine problems affect 80 percent of individuals at some or other time in their life. Low back pain is one of the most expensive medical complaints responsible for productivity loss and work absenteeism. These problems merit greater attention medically.

Bones form the supporting system (skeleton) of the body. Among these, the vertebral column or rather the spine is the support, to which rest of all the bones form an attachment and integrate together to form the whole skeletal system.

So, naturally spine holds a key role in our day-to-day activities, right from sensory functions like pain, touch, position etc, to the motors functions, that is movements. Spine is the relay station between brain and other organs far off from the brain. Any disharmony in functional and structural aspect of the spine leads to neck pain and back pain, rendering the persons life miserable and grievable, whatever may the pathology – cervical and lumbar spondylosis, spinal canal stenosis, rheumatoid arthritis, osteoporosis, tuberculosis of the spine, ankylosing spondylitis tumors etc.

### **WHO ARE PRONE TO NECK AND BACK PROBLEMS**

- People ranging from under nourished or malnourished to over nourished obese people are affected.
- People with physical stress – occupational mechanical strain due to bad postures, long hours of sit-at-desk jobs.
- People who take excess of physical activity beyond their body's capability.
- People with recently changed physical disposition Eg: people towards menopause or andropause.
- People with other chronic diseases, infections, neurotic disorders etc.
- People leading sedentary life that is without any physical activity. Their body tends to become over weight (obese), due to which their musculo skeletal system fails to cope up the body weight, which leads to various back and neck problems, like cervical and lumbar spondylosis, slip disc, sciatica etc.

- It was found that, people who are rigid in their mentality, conservative in nature, lack of spontaneity, people who feel tense for every trivial change in their life or environment are prone to spinal disorders like cervical or lumbar spondylosis. They react to situations rather than responding appropriately. Their adaptability to situations is poor. People with obsessive personality traits, rigid in their thinking styles are also spinal disorders especially cervical and lumbar spondylosis.

### **CERVICAL SPONDYLOSIS**

Even though back and neck pain are caused by many pathological conditions, the most frequent underlying condition is spondylosis. If cervical spine is affected, we call it as cervical spondylosis, if lumbar spine is affected; we call it as the lumbar spondylosis.

**Spondylosis is a degenerative pathological process, where we find osteophyte formation (calcium deposits), calcification of ligaments (supporting fibrous bands of vertical column), the entire vertebral column becomes like a bamboo stick.**

### **SYMPTOMS OF CERVICAL SPONDYLOSIS**

- **Pain in the neck**: either one side or both the sides, of pulling or drawing type. Feel tense and stiffness of the neck. Bending and turning of head becomes difficult gradually. Pain in the neck may radiate to arms, up to fingers. Some people have tingling and numbness of hand and fingers.
- **Giddiness or vertigo**: some people have reeling sensation or giddiness, especially on turning or bending head suddenly.
- **Headache**: frequent attacks of headaches in back of the head, extending to frontal side are common features of cervical spondylosis.
- **Grating sensation** in the neck (kukur sound) joints especially while turning the head.

### **SYMPTOMS OF LUMBAR SPONDYLOSIS**

1. **Low back pain and stiffness**:: is the first and foremost symptom people find difficulty in bending forwards, getting up from the sitting posture. A dull backache constantly reminds of his back even while sitting for a while.
2. **Sciatica**: pain radiates from back along lower limbs, either side or both the sides. Pain usually radiates along a major nerve bundle called sciatica, due to which, this pain is called as the SCIATICA. Pain is of shooting, drawing etc. Numbness in legs or feet is an ominous sign, which always calls for a serious attention of expert doctor.

### **PROLAPSE OF DISC- (PID)**

A cushion like fibro muscular disc acts as an extremely efficient shock absorber between vertebral bodies. These discs contribute for flexibility & stability of the vertebral column. Degeneration or weakening of the disk matter leads to prolapse and pressure on spinal nerves & roots this pressure on nerves cause pain, numbness, loss sensation some

times motor function, may gradually lead to paralysis of lower limbs, bladder, rectum etc, If care is not taken in time, PID is also part of the spondylosis process.

**COMPLICATIONS:** A neglected or back pain may end up in disability, unless treated properly complications may range from incapacitation, fevers, deformity of spine, paralysis, loss of sensation and function, loss of urinary and bowel control, spread of infection, and endless pathological distress, — ultimately the situation may end up in need for a surgery, which does not guarantee

A SUSTAINED RELIEF (forget about the cure) IN ALL THE CASES.

### **DIAGNOSIS & INVESTIGATIONS REQUIRED.**

A back or neck pain lasting for more than a week without any noticeable reason like overstrain, stretching minor injuries etc needs a through investigation by physician.

- Depending on the symptoms and their clarity, investigations usually needed are blood examination, urine examination, x ray spine, CT scan, MRI scan, and other special investigations like bone densitometry, biopsy etc.

### **MANAGEMENT**

- **Bed rest** for few days to few weeks initially, depending on severity of the problem. Later on resume the normal routine duties gradually and avoid all types of over exertion.
- **Physiotherapy:** Plays an important role in receiving pain, stiffness, strengthening musculature etc. Cold and hot packs, electrical stimulation, massages, exercise are to be administered only under the supervision of an expert in the field.
- **SUPPORTS:** Lumbo sacral belts, neck collars, restrain movements, and stabilise joints, till situation comes under control, may be utilized judiciously.
- **Yoga**, pranayama and all other stress reduction therapies are to be practiced under the direct guidance of guru.
- **Proper nutritional supplements:** Nutritional supplements like calcium, vitamins in osteoporosis are to be taken according to prescription.
  - Obese people should try to reduce their excess body weight as per the physician's guidance.

### **PREVENTIVE MEASURES:**

#### **Prevention is the best cure!!!**

- **Proper diet:** sufficing all the regular needs of metabolism and wear & tear. Menopause woman can take Soya beans, as it contains PHYTO OESTROGENS which functions like natural hormones to keeps bones healthy.
- Try to take balanced diet which includes all the vitamins, minerals, proteins, carbohydrates, fats etc, according to your level of activity (please refer to CVS diet guide lines)

- **EXERCISE:** Encourage and inculcate physical activity right from the childhood. Strength of bones, muscles ligaments, depends on physical activity from the childhood. Proper musculature supports the skeleton and prevents many spinal problems. Every body should maintain some or other type of physical exercise according to their nature, health status, situations, etc. Weather it is yoga, or physical exercise or gym, it should be learned under guidance of an expert in the field. (By not mere reference of books and watching TV channels.
- Use a firm thin mattress. Too soft or hard surface aggravates sore back. Try to avoid sleeping on your stomach.
- When lifting a heavy weight, squat and lift with your thighs keeping the back straight.
- Adopt a correct sitting posture while driving or using a desk for prolonged periods of time. Avoid slumping, keep a straight back and try using a cushion or some type of lumbar support for the lower back.

### **POSTURE AND LOW BACK PAIN**

A habitual poor posture together with ignorance of the underlying cause is a leading cause of chronic back. Problems. The long-term effects of poor posture can be as severe and harmful as injury.

### **POSTURE CHECKLIST**

**AT HOME:** Avoid standing with bent back. Make sure that work surfaces are at a comfortable height.

**CHILDREN:** Lift a child by bending your knees. Avoid twisting.

**WALKING:** Use comfortable, low-heeled footwear.

**IN THE CAR:** Adjust your seat so that your arms are relaxed and bent at 90-degree angle to the steering wheel. Adjust the seat so that your hips and knees are slightly bent.

Avoid long journeys at a stretch take regular break and stroll and stretch your self.

**IN THE BED:** Sleep on your back with a small pillow (cervical pillow) under the neck rather than the head. This supports your cervical spine. You can also use a pillow to keep under your knees or ride with your legs bent. This increases lumbar support

**WHILE SITTING:** Use an upright chair that supports your back. Use a small cushion or rolled up towel to support your lower back. Get up and stretch every 20 to 30 minutes. Ensure that your feet are flat on the ground or use a footrest.

### **MAINTAINING ERGONOMIC MEASURES AT WORK PLACE:**

Proper posture as per the vocation of the person, proper sitting arrangement, ensure that desk level is with your elbows when forearms are parallel to the floor

### **COMPUTER SCREEN POSITION:**

Position at arms length and adjust for height so that tip of your nose is reflected centrally on the screen when correctly seated. Position the screen at 90 degrees to any strong light source, especially daylight and alter screen angle to avoid glare and reflections. Exercise while you sit to tense and relax the muscles or follow an exercise plan your day, so that you perform varied tasks. Take breaks regularly, and if possible, take your breaks and lunch away from your workstation. Avoid sudden, jerky moments while bending, lifting object, while getting up from sitting or lying posture etc.

### **UNDERSTANDING OF PAIN AND ITS MANAGEMENT:**

The most frequently encountered problem in almost all the musculo skeletal problems, including back and neck problems is PAIN: Other wise most of the times we would not make any complaint or consult any doctor true understanding of pain is an important factor in getting cure of all the chronic ailments like spondylosis. PAIN is a complex, unpleasant perception, normally associated with tissue injury. It has sensory, emotional, cognitive and physical implications and manifests itself as a pattern of behaviour.

**Pain is a god's gift to the humanity, without which humanity would not have survived or flourished to this level, other wise we would have perished.** Pain is an important signal that reveals tissue is being destroyed in our body. So its alerts, awakes us, shows the right path or the way. So, pain it self is not our enemy, rather we should know clearly that pain is not suffering, both are distinct. Sensitivity to pain, tolerance and amount of suffering to pain differs from person to person. Suffering due to pain depends on many subjective factors including sensitivity, emotional make up, mental make up, personality, etc.

Due to poor understanding of pain, we go on killing the pain (with pain killers) and allow the under lying pathology to survive and progress, till we become wreck. So, don't take painkillers and anti-inflammatory drugs indiscriminately. **Pain and inflammation are the greatest tools of our body immunity or defense system.**

"If I were to choose between pain and nothing, I would choose pain"

- WILLIAM FAULKNER

Pain essentially serves as a protective mechanism and heightens the organism's instinct for self-preservation .It is the body's built in warning system designed to defend the body from injury. Ironically while many of us are involved in a quest for the holy grail of freedom from pain, there are medical states, **where people live in constant danger, because of absence of pain.** Conditions such as congenital insensitivity to pain,

Nerve disorders, spinal cord injury and diabetes are hazardous state of insensitivity to pain. If we take proper perspective of the pain we well most likely succeed in keeping pain in its proper place, as servant and not master.

Pain is unique among sensations in that it is an orphan sense. While two people can look at sun set, no one has ever shared a headache or backache. None of us, doctor,

parent, friend, can truly enter in to another person pain. It is the loneliest, most private (subjective) sensation.

So while consulting the physician, reveal all the sensations, details of pain as clearly as you can. Tell exact location of pain, any extension, sensation, timing of pain, what are the occasions or movements of pain, i.e. all aggravating and ameliorating factors etc. Physician tries to understand the problem depending on your presentation and then makes further examination & investigation to make an exact diagnosis of the underlying disease process.

### **HOMOEOPATHIC POINT OF VIEW:**

All the above management techniques are aptly used, along with individualistic approach. One person's cause of backache need not be that of others. Each one is given an individualistic attention with due consideration of his physical and mental factors.

Needy cases are referred to surgery with postoperative homeopathic therapy for helping the patient to lead a life of (best possible) quality and comfort.

Cervical & lumbar spondylosis are principal causative factors in spinal problem. Spondylosis is a degenerative, disease with increasing incidence. Usual age at which people are affected is from 20 years onwards. All the management techniques; palliative measures put together are able to only relieve symptoms like pain and numbness. Persons may feel less discomfort. Take all the above management methods, preventive measures; diet, exercise, relaxation, techniques under experts guidance. Avoid unusual stress levels, and emotional excess like continued worry, anxiety, tension, fear, depression etc, to the extent possible.

With all the measures and proper homeopathic treatment for a period of 6 months to 2 yrs should be able to relieve your most of the spinal problems, including cervical and lumbar spondylosis. Conventional painkillers and anti-inflammatory drugs, may also give relief but as long as they consume drugs but not without several side effects like stomach irritation, shooting up of blood pressure etc. The very progress of degeneration that is spondylosis is neither contained nor reversed.

**With the help of well-planned constitutional treatment, there is every possibility of controlling the degenerative disease process perse, along with relief of pain and discomfort. Approach the physician while disease is at the initial stage and reveal all the health related problems without any distortion. If you take medication as per physician's Instructions, your back and neck pain disappears, your musculo skeletal system becomes strengthy, your general resistance and physical and mental health will improve substantially.**

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