

HOMOEOPATHIC APPROACH TO LOW BACK PAIN

Backache is a symptom, complaint or diagnosis by a patient. Backache is one of the commonest problems presenting in the physician's clinic. The bony spine is a complex structure divisible into two parts anterior or posterior parts. The anterior part consists of vertebral bodies connected to one another by intervertebral discs by ligaments. The posterior part consists of vertebral bodies as pedicles to form laminae which together form the vertebral canal. Spine acts as support for the human frame, keeping it upright for long hours at a stretch and allowing for all types of contortions. The stability of the spine depends on two types of supports: bony articulations and ligaments supporting the structure.

Back pain is of two types: ACUTE and CHRONIC back pain.

Acute back pain is of less than 3 months duration. Pain that is aggravated by motion and relieved by rest.

Chronic back pain is of more than 3 months duration.

Types of back pains. 1) Pain of local origin - stretching of pain sensitive structure which causes irritation of nerve endings. 2) Pain referred to back arises from the abdominal viscera or pelvic viscera. 3) Pain of spinal origin - affecting the lumbar spine tends to produce pain referred to buttocks, thighs or feet. 4) Pain of radicular origin is sharp and radiates from the spine to the leg within a nerve root. 5) Pain associated with muscle spasm which is associated with abnormal posture and dull pain. Pain sensitive structures in the spine include periosteum, dura, facet joints, ligaments and epidural veins. Damage to these structures causes pain. 6) Other pain of undermined origin are sometimes described by patients with chronic diseases of the lower part of the back.

CAUSES OF BACK PAINS - 1) MECHANICAL CAUSES - Excessive pressure or strain on the back may result in sprain or strain, stretching of ligaments, paraspinal muscles - muscle spasm due to more work. 2) Disc prolapse - most often seen in the lumbar regions because the vertebrae are unsupported on either side and subjected to a wide range of movements. Spondylosis.

3) RHEMATOLOGICAL - seronegative spondyloarthropathies, nonarticular rheumatic disorders.

4) INFECTIOUS - osteomyelitis, epidural abscess.

5) Due to retroperitoneal disease - carcinoma of pancreas, DU, aneurysms.

6) Neoplastic diseases - primary tumours of spine, metastatic tumours of spine.

7) Due to other serious illness such as arthritis, earliest signs of osteoarthritis, referred pain from kidneys, heart, prostate, stomach. During the last months of pregnancy the weight of child causes lordosis. Leucorrhoea.

8) Emotional causes - associated with stiffness, difficulty in bending, muscle spasm.

NATURE OF PAIN -

Sudden - trauma. Gradual - spondylosis. Ailments from lifting, sudden bending - disc diseases.

Continuous - tumours.

SITE OF PAIN - Lumbar spine - disc diseases. Dorsolumbar spine - trauma or tumour.

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CLASSIFICATION OF DISEASES ACCORDING TO HAHNEMANN -

<p>INDISPOSITION</p> <p>ACUTE</p> <p>INDIVIDUAL. SPORADIC. EPIDEMIC.</p> <p>NONMIASMATIC</p> <p>DRUG COMPLEX</p>	<p>SURGICAL</p> <p>CHRONIC</p> <p>DISEASES WITH FULLY DEVELOPED SYMPTOMS</p> <p>MIASMATIC</p> <p>MENTAL PHYSICAL</p> <p>BAD HYGIENE</p>	<p>DYNAMIC</p> <p>DISEASES WITH FEW SYMPTOMS</p> <p>ONESIDED SINGLE MIASM MIASM INDUCED</p> <p>LOCAL SURGICAL NON SURGICAL</p>
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- INDISPOSITION -** DUE TO UNACCUSTOMED ACTIVITIES .
- SURGICAL** - Traumatic low backache with structural damage , congenital causes with deformities
Like scoliosis, prolapsed disc, spondylosis.
- DYNAMIC DISEASES -**
- **ACUTE DISEASES -** muscle spasms.
 - **CHRONIC DIEASES**
 - **NONMIASMATIC -** muscle strain, poor posture, occupational causes, obesity.
 - **MIASMATIC-** spondylolisthesis, spondylosis, spina bifida.
 - **INFECTIVE CONDITIONS -** osteomyelitis, TB spine, RA, neoplastic causes, metabolic causes, osteoporosis, degenerative conditions like OA.
 - **ONE SIDED -** local causes- constant low backache without other symptoms.
 - **Surgical -** trauma.

APPROCH TO LOW BACKACHE -

According to § No 5 and 7 - causes of disease.

- 1) Exciting or precipitating cause - for acute diseases.
- 2) Fundamental or miasmatic cause- for chronic disease.
- 3) Maintaining cause - for both.

EXCITING CAUSE - Due to physical cause, mechanical cause, mental causes.

SIGNIFICANCE OF EXCITING CAUSE - Nature of ex. Cause helps physician to select a remedy, Proper identification of ex. Cause helps to avoid noxious influences and future suffering.

Nature of ex. Cause helps the physician to manage the diet, regimen, environment.

FUNDAMENTAL CAUSE - It is responsible for the chronic diseases.

In § 5 DR HAHNEMANN gives the guidelines to investigate the fundamental causes as

1) Constitution of the patient. 2) His moral and intellectual character. 3) His occupation.

4) Mode of living and habits 5) His social and domestic relationship 6) His age 7)

SIGNIFICANCE OF FUNDAMENTAL CAUSE -

1) In order to cure a chronic diseases, the chronic miasm is to be eliminated which requires anti-miasmatic Treatment. 2) It helps the physician to diagnose the pathology and helps the selection the potency and Second prescription.

MAINTAINING CAUSE-

Maintaining causes are responsible for the continuity of disease .the disease remaining as long as cause Present. As the influence of the cause removed disease disappears.