

## "Study to Assess the Usefulness of Homoeopathic Constitutional Medicine in Pain Management of Sciatica- A Prospective Randomised Control Trial"

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### ABSTRACT

#### BACKGROUND

There are about an estimated 2% to 40% of people having sciatica at some stage of life. It is most common among the age group of 40-60 years and females are more frequently affected than male. A number of environmental and inherent factors thought to influence the development of sciatica have been studied, including gender, body habits, parity, age, genetic factors, occupation, and environmental factors. Homoeopathic remedies are inexpensive, easy to administer, do not require much dietary or lifestyle changes. Some homoeopathic assert that certain homoeopathic "constitutional" remedies are useful in cases of sciatica and often achieve cure what the allopathic treatment has failed to do. Another benefit of using homoeopathy is that along with the treatment of sciatica, it also aims at strengthening the patient's immunity in order to prevent further recurrences.

#### INTRODUCTION

Sciatica is a group of symptoms caused by an irritation, inflammation, pinching or compression of a nerve in the lower back. The most common cause is a herniated or slipped disk that causes pressure on the nerve root. Most people with sciatica get better on their own with time, self-care and treatments. Sciatica refers to pain that begins in the hip and buttocks and continues all the way down the leg. This condition is often accompanied by low back pain, which can be more or less severe than the leg pain. The term sciatica describes a symptom rather than a specific disease; a nerve dysfunction caused by compression of one of more lumbar or sacral nerve root from a spinal disc herniation. Pain typically occurs in the distribution of a dermatome and goes below the knee to the foot. It may be associated with neurological dysfunction, such as weakness. The pain is characteristically of shooting type, quickly travelling along the course of nerve; the pain and tenderness usually marked along the course of sciatic nerve through the thigh and leg.

#### AIM

To assess the usefulness of homoeopathic constitutional medicine in pain management of sciatica.

#### OBJECTIVE

To study the clinical presentation of pain associated with Sciatica.

#### REVIEW OF LITERATURE

'Sciatica' is the term for pain that radiates along the sciatic nerve, anywhere from the lower back, buttocks, down the back of the leg to the foot. Sciatica is defined as pain in the area of distribution of Sciatic nerve i.e. low back pain associated unilateral leg pain radiating to foot to toes, numbness and par aesthesia in the same distribution straight leg raising test induces more leg pain localised neurology that is limited to one nerve root it lasts up to six weeks and persistent (chronic) sciatica lasts more longer . The term sciatica dates back to 1398 A.D. appearing to originate from Latin word 'ischiadus' meaning 'of pain in the hip' and from the Greek word 'iskhiadiakos" meaning "pain in the hips".

#### MATERIALS AND METHODS

The present study consisted of 100 patients of Sciatica who attended State Homeopathic Dispensary Rajpur Kesariya Moradabad, Uttar Pradesh, son the basis of inclusion and exclusion criteria fixed .The cases were studied keeping the individualization and The patients included were suffering from pain in the buttock or leg that is worse when sitting walking, working may or may not be with weakness, numbness, or difficulty in moving the leg or foot. During the attacks of sciatic pain, on the basis of symptoms- similarity and I recorded cases in Proforma



prepared for the study. Selection of remedy was done on the basis of constitution of the individual, totality of symptoms, reportorial result, characteristic symptoms and miasmatic diagnosis of the patient. Follow-up criteria and parameters for evaluating the result for study were formulated.

For chronic conditions, Rhus Toxicodendron, Ledum Pal, Bryonia, Hypericum Natrum Muriaticum, Pulsatilla and Gnaphallium, in higher potencies were given as per the need of each case. Follow up of each patient was done to assess the outcome. To determine the outcome of the treatment, the status of each patient was categorized under marked, mild, moderate and not significant improvement and worse. To assess the pain intensity, Visual Analogue Scale (from 0-10, where 0 is no pain and 10 is the worst pain imaginable)

**RESULTS**

It was noted that out of 100 patients, Marked improvement was found in 53 cases (53% ) Moderate improvement in 34 cases (34% ) Mild improvement was found in 13 cases (13% ).

Constitutional medicines were given to many patients, out of which patients had marked improvement. And overall improvement is seen in about 75% of patients. Colocynthis, Rhus toxicodendron, Pulsatilla, Lachesis, Gnaphalium, Natrum muriaticum, Bryonia alba, Sepia are found effective when prescribed on the basis of constitutional totality.

**TABLE 1. Symptoms of Sciatica in terms of Location, Sensation, Character, Extension, Modalities and some associated symptoms-**

Location	Sensation	Character	Extension	Modalities	Associated Symptoms
One side of the buttock, back of thigh and calf region	Pins and needles pricking, numbness, Burning and Tingling	Sharp, dull, shooting, episodic or Continuous With weakness	Starts usually From gluteal region and extends along back of thigh, lateral side of leg to dorsum of Foot	Pain worse During lifting, moving, prolonged sitting and standing	Incontinence of urine or stool may present

**INCLUSION/EXCLUSION CRITERIA:-**

Inclusion criteria-

- It includes the clinical history and findings.
- Patients from both the sexes between the age of 25yrs-65yrs having pain will be included.
- Diagnostic criteria includes the Lasegue’s sign or straight leg raising test (SLR).
- Patients are included those who are suffering from conditions like post traumatic, degeneration of spine, low back strains.
- Patients/Attendants willing to give consent for the study.
- Patients/Attendants who are thoroughly interested in follow up visits.

Exclusion criteria-

- Patients suffering from congenital deformities/Spinal or intra spinal tumors/disc prolapsed/Lumbar canal stenosis/Systemic disorders.

**References**

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