



# International Journal of Homoeopathic Sciences

E-ISSN: 2616-4493

P-ISSN: 2616-4485

[www.homoeopathicjournal.com](http://www.homoeopathicjournal.com)

IJHS 2023; 7(4): 520-523

Received: 03-10-2023

Accepted: 04-11-2023

Author's details are given  
below the reference section

## Efficacy of homoeopathic medicine in treating intervertebral disc prolapse with administration of Bryonia ALB 200 potency

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DOI: <https://doi.org/10.33545/26164485.2023.v7.i4h.1020>

### Abstract

Intervertebral disc prolapse endures illness, distressing the spine concluded through a split, which amid the exterior fibrous sphere of inter-vertebral disc softens, and dominant segment to protuberance of shattered outward rings. Indicated commotion outlines, the estimated management of intervertebral disc prolapse besides with reviews of protagonist homeopathically through this disorder. Here this is the case of 61-year-old female patient is suffering from Intervertebral disc prolapse symptoms and she was treated with homoeopathic medicine. In Homeopathy, the symptoms of specific long-suffering patient are used to cure the disease. The symptoms forming the totality were analyzed and converted into rubrics and thus repertorizations was done. Thus the remedy Bryonia ALB which covered the patients present state was prescribed. Voguishly aforementioned study evidenced as homeopathy partakes the probable exploit in considering intervertebral disc prolapse through proper selection of similimum and obsoletely substantiated to incite the insecure vivacity. From this study reveals that intervertebral disc prolapse is cured according to the Similimum.

**Keywords:** Bryonia ALB, intervertebral disc prolapse, repertorization, similimum

### Introduction

Lumbar disc herniation persists as communal squat vertebral ailments, furthermore its greatest common syndrome that initiate truncated hindmost discomfort and/or foreleg agony. A herniated disc befalls while nearby dislodgment of disc quantifiable (Nucleus pulposus or annulus fibrosis) outside the Intervertebral disc interplanetary <sup>[1]</sup>. This progression commences the disaster in interior of innermost annulus rings and auxiliary changes of centrifugally apparent. The harm through to annulus of disc appears to correlated through occupied stretching of vertebrae for a repetitive or extended retro of period. The nucleus drops hers the hydrostatic compression besides prominences of annulus throughout the sequence of compact disk firmness. Substitute terms castoff to refer to pathologically prolapsed disc, herniated nucleus pulposus and disc protrusion <sup>[2]</sup>.

Herniated disc may be a supplanting disc factual on far side of intervertebral disc space. The prevalence of ruptured intervertebral disc is approximately 5 via 20 personal belongings per 1000 grown-ups yearly and is commonest in persons with thirty to fifty years regarding age, by means of male to female percentage concerning 2:1 Jobs that need work and different physical labour are connected to a have bigger peril of emerging a lumbar herniated disc. Dragging, assertive, and snaking activities will increase the hazards and assumes the comprehensiveness of reappearance as per the philosophy <sup>[3]</sup> Superfluous heaviness which marks uniquely to skill the lumbar herniated disc and twelve eras of further probable to partake the equivalent disc herniated over again. Smoking lowers plasma drift to vertebral discs that quickens disc relapse and impedes curative <sup>[4]</sup>.

Snags of herniated disc comprises the expansion of long-lasting hindmost posterior part of back soreness. Likewise, unprocessed circumstances of disc herniation, although occasionally can primly enduring nerve impairment with unadorned derivative density. Greatest instances of discectomy are effective in the operating overhaul of herniated disc, nonetheless approximately in some cases entail the reprise of intrusion. Frugally indicative herniated discs can centralize to momentous harm of effort and infirmity as per the Hughes <sup>[5]</sup>.

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A unembellished impediment of surgery or interventional trials are erratic, however the cases of paralysis and demise consume and documented in the collected works [6].

**Case Discussion**

A female patient of age 61 residing at Nagercoil, came to our OPD on 17/9/22 with complaints of stitching pain in back extending to right leg then to left since 3 months with weakness of legs and difficulties in walking and Stitching pain in right shoulder and Headache in frontal region, throat

dryness. For this complaint she took allopathic treatment but not controlled. In this study, further interrogation into her life events revealed she gets easily irritable about her disease condition, she is hard working and she is always occupied with work. She desires to cold, cold food and drinks, fanning, covering aversion to spicy and sour foods, thirst increased.

**Repertorization [6]**

Remedy Name	Bry	Sulph	Calc	Phos	Bell	Lyc
Totality	18	17	16	16	14	14
Symptoms Covered	7	7	7	6	6	6
Kingdom						
[Kent ] [Mind]Irritability (see anger): (245)	3	3	3	3	3	3
[Kent ] [Head]Pain,headache in general: (258)	3	3	3	3	3	2
[Kent ] [Stomach]Thirst:Large quantities:For: (23)	3	3		3		
[Kent ] [Mind]Industrious: (38)	1		1	1	1	
[Kent ] [Extremities pain]Pain:Right then left: (5)		1			1	3
[Kent ] [Extremities pain]Pain:Shoulder:Right: (28)			2			2
[Kent ] [Throat]Dryness: (195)	3	3	3	3	3	3
[Kent ] [Mind]Busy (see occupied,delirium): (11)	2	1	1			
[Kent ] [Generalities]Walking:Agg: (150)	3	3	3	3	3	1

Fig 1: Show The remedy name which covered maximum rubrics were prescribed

**Basis of selection**

The medicine Bryonia ALB prescribed on the basis [7] of easily irritable due to physical illness, thirst increased, headache especially in frontal region, stitching pain in right shoulder, right hip extending to right leg then to left,

weakness of legs and difficulties in walking, always occupied with work, throat dryness and industrious are discussed in Table 1.

**Progress and follow up**

Table 1: Discussed about the discussed and follow up of the case

Date	Symptoms changes	Prescription
25/9/22	Pain and swelling in right knee joint - Persist Pain in right shoulder - Persist Lumbar pain - Better Generals: Thirst - Increased Others: Good	Rx 1.BRYONIA 1M/4D 2.B. PILLS 3TDS 3.B DISC 1 TDS 4. SAC LAC QDS
03/10/22	Pain and swelling in right knee joint - Better Pain in right shoulder - Persist Lumbar pain - Better Generals: Good Irritability persists Generals: Thirst - decreased Others: Good	Rx 1. BRYONIA 1M/1D 2.B. PILLS 3TDS 3.B DISC 1 TDS 4. SAC LAC QDS
10/10/22	Weakness and difficulty in walking Pain and swelling in right knee joint - Better Pain in right shoulder - Persist Lumbar pain - Relieved Generals: Good	Rx 1.BRYONIA 1M/6D 2.B. PILLS 3TDS 3.B DISC 1 TDS 4. SAC LAC QDS
17/10/22	Weakness and difficulty in walking Shock like pain in right foot and great toe Pain and swelling in right knee joint - Relieved Pain in right shoulder - Relieved Generals: Good	Rx 1.THUJA 200/1D 2.B. PILLS 3TDS 3.B DISC 1 TDS 4. SAC LAC QDS
23/10/22	Weakness and difficulty in walking - Better Shock like pain in right great toe - Persist Generals: Good	Rx 1.BRYONIA 1M × QDS 2.B. PILLS 3TDS 3.B DISC 1 TDS 4. SAC LAC QDS
30/10/22	Shock like pain in right great toe - Better Generals: Good	Rx 1.THUJA 200/1D 2.SAC LAC /4D 3.B. PILLS 3TDS 4.B DISC 1 TDS

## Results and Discussion

The consequence of study in intervertebral disc prolapse, through symptom similimum and Repertorization the medicine given accordingly. Considering the totality of patient Repertorization done, thus Bryonia was prescribed for the patient. The case was taken according to the homeopathic case perform and a totality of symptoms were generated. The remedy which covered maximum rubrics were prescribed. For symptoms of Intervertebral disc prolapse Bryonia was prescribed based on symptoms of stitching pain in right shoulder, stitching pain in right hip, thirst increased, mind irritability forehead pain, etc. So, based on totality of symptoms and Repertorization Bryonia was the medicine prescribed.

In Homoeopathy, the peak widespread universal classifications of treatment, merely approaches through formal comprehensive well-being exist as recuperated through eliminating the insignia and warning sign of commencing the long-suffering misery<sup>[8]</sup>. The intention of homeopathy seldom to treat intervertebral disc prolapse with Bryonia, but also was selected based on the totality of symptoms of the individual after proper and detailed case taking<sup>[9]</sup>. With the 1st dose of medicine, symptoms tend to reduce and subsequently with further doses established hormonal balance in a short span of time<sup>[10]</sup>.

## Conclusion

A weeder forcefully regards enduringly the quenched entity of prevailing concisely through resilient lone, uncertainty the former is precise alike to prior signs is the law which holds good even today for any type of disease such as uterine prolapse or any other derangement of Vital force which we come across this particular law of cure holds good. In conclusion the Homoeopathy, whole indications inscribed on sale with sensibly, discern the interior nature of illness. Now the appropriate admin of related medication resolves the institute of restorative. According to the implication of Hahnemann's quantifiable guidance in aphorism 74 is essential in handling the intricate manifestation of ailments. We instigate to remark the infection and manifest the dense which considerate the miasm philosophy is required and aimed at controlling. Hahnemann foremost instigates to enlighten the precise multifaceted pathology in prolonged malady, the homeopathic perceptively categorized and intended for the tenacity of irrefutable supervision. Hahnemann states, "Everything that hinders the cure must also in these cases removed". The subsequent strategies assumed through Dr. Hahnemann, since the minute dosages is essential and appropriately the effortless throughout the usage of distant healing exploit, in directive of trivial quantity might be overawed and quenched comprehendingly distressed by any extraneous therapeutic annoyance.

## Conflict of Interest:

Not available

## Financial Support:

Not available

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**How to Cite This Article**

Sheeba S, Gokul KK, Santhi SSV, Sanju S, Reghu R, Ramya SS. Efficacy of homoeopathic medicine in treating intervertebral disc prolapse with administration of Bryonia ALB 200 potency. International Journal of Homoeopathic Sciences. 2023;7(4):520-523

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