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## A case of chronic spondylolisthesis managed with deep-acting homoeopathic medicine

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### Abstract

Pain in the lumbosacral area that can relate to problems with the lumbar spine, the disc between the vertebra, the ligaments around the spine and discs, the spinal cord and nerves and muscles of the low back, internal organ of pelvis and abdomen, or the skin covering the lumbar area.

Low back pain (LBP) is the most common rheumatic disorder accounting for 30% to 50% of rheumatic musculoskeletal complaint is seen by physician.

Few cases of back pain are due to specific causes; most cases are non-specific. Acute back pain is the most common presentation and is usually self-limiting, lasting less than three months regardless of treatment. Chronic back pain is a more difficult problem, which often has strong psychological overlay: Work dissatisfaction, boredom, and a generous compensation system contribute to it.

**Keywords:** Lower back pain, abundance, homoeopathy, deep-acting individualized homoeopathic remedy

### 1. Introduction

**1.1 Case Report:** A 45 years old lady came in OPD with complaints back pain involving right hip (Posterolateral) with ankle joint since 6 months. Complaints increased since 1 month, stretching and radiating pain with numbness

### 1.2 Present history

**Table 1: Chief complaints**

No.	Location	Sensation & pathology	Modalities	Accompaniments
1.	M.S.S Back Rt hip (posterolateral) ↓ ankle O: 6 Month D:Continuous	Stretching pain <sup>++</sup> Radiating pain <sup>++</sup> Numbness <sup>++</sup> No tingling	< Morning <sup>++</sup> < Cold weather <sup>++</sup> < Sour food <sup>++</sup> > Gentle pressure <sup>++</sup>	App-N Thirst-N Stool-N Urine-N

### 1.3 Physical Generals

**Appearance:** Medium built, whitish complexion.

**Weight:** Weight gain up to 7-8 kg in 2 months.

**Perspiration:** General- scanty.

**Partial:** Scalp ++

**Digestion:** Normal.

**Thirst:** Normal.

**Appetite:** Decreased.

**Cravings:** Cold drinks<sup>++</sup>, Ice cream<sup>++</sup>, Pungent<sup>++</sup>, Sweet<sup>++</sup>, Tea<sup>++</sup>

**Aversions:**

**Stool:** Normal.

**Urine:** Normal.

**Sleep:** Disturbed Light<sup>++</sup>, Noise<sup>++</sup>

**Duration:** 3-4 hours/night since 1 month

**Position:** Side on, alternate<sup>++</sup>

**Dreams:** -.

**Thermals:** Chilly.

**1.4 Menstrual history****FMP:** 14-15 years of age Cycle - regular, 28-30 days.**LMP:** 13/4/2022.**Duration:** 3-4 days.**Quantity:** 3 pads/day.**Colour:** Dark-red.**1.5 Sexual history**

Sexual function - Desire diminished, not having intercourse since 8-10 years

**1.6 Obstetric history**

G1P1A0L1S0D0

**1.7 Past history**

Dengue 3yr. back.

**1.8 Family history**

Mo-HTN, DM.

**1.9 Life Space Investigation****1.9.1 Childhood**

She was born at Vadodara. Family consists of grandparents, parents, elder brother and sister. Father is cool and calm in nature. He gets angry whenever she does notorious thing. He is retired government teacher. Mother is cool & calm in nature. She is house wife. Siblings are cool & calm by nature. Grandparents are is good in nature. She has good IPR with all family members. Financial condition of family is good.

**1.9.2 School Life**

She studied up to 12<sup>th</sup> Std. She studied up to 1<sup>st</sup> -5<sup>th</sup> Std at Vadodara and 6<sup>th</sup> -12<sup>th</sup> Std at Lalbahadur shastri school. She is not interested in study. She is very weak in maths. In 10<sup>th</sup> Std she attempts 3 trial and after that she would pass. She clear 12<sup>th</sup> exam in first attempt. She has good IPR with teacher and friends. She has 6-7 friends. She enjoyed her school life and did fun with friends. She never took part in any activity during school but she has hobby of hand working (Bharat-Kam) and cooking. After 12<sup>th</sup> Std, her marriage got fixed so she left study.

**1.9.3 Married Life**

She got married in 1996. In law family consists of MIL, FIL, 2 SIL and husband. FIL is cool and calm in nature. MIL is also good in nature. She has good IPR with them. Husband is cool & calm in nature. Husband is lawyer at Vadodara and to work about land dealing. Husband full fill all her desire and gave all thing before she told. She has good relation with husband. FIL expired due to heart attack after 2 months of her marriage. She takes care of him. But no any effect in mind because he suffers so much so batter to die. Both SIL is good in nature. She is much attach with younger SIL like she is her friend. She talk with her daily on call for 1-2 hrs That SIL was expired due to brain haemorrhage 6yrs. ago. That time she cried so much, BP goes down and remains unconscious for 2 days. She has one son and his nature is good. Both mother-son has not habit to live without each other. Her mother was expired before 1 month ago. She was suffering from DM, HTN and some kidney disease. But no any effects on her mind because she is prepare for that and said it's better to die. She visited maternal house frequently to take care of mother.

**1.10 Patient as a person**

She is cool and calm by nature. She has no any anxiety and tension during her whole life. She is sympathetic in nature. She started crying by seeing others are crying in TV or in surrounding. She is helpful in nature. She help any people by giving food or money them. Whenever in lunch or dinner time, some bagger arrived she gave food.

She has fear of ghost and strange place. Whenever someone spoke on face in angry mood yet she doesn't reply to any single word and started weeping. She doesn't like quarrel. She has no tension about work. She does work slowly and neat and clean. She has hobby of cooking, to listen music and travelling. She likes to go Ambaji in every 2-2.5 moths. She likes to stay in forest. She has also good relation with neighbour.

**1.11 General Examination**

Pulse: 85/min.

BP: 120/80 mm hg. SPO2: 99%.

RR: 14/min. TEMP.: 97.4°F.

Weight: 73.5 kg. Nails: Pink.

Conjunctiva: Pink. Tongue: Pink, Moist.

**1.12 Systemic Examination**

RS: AE = BE

CVS: S1s2 - N

CNS: NAD

P/A: Soft, non-tender

**MSS-Back****Inspection:** Gait-normal**Palpation:** Tenderness-present**Slrt:** Right: Negative and left: negative**Sensation:** Present**Movement:** Normal**Reflex:** Present**1.13 Investigations**

29/4/2022 HB-11.9 (Female - 12-14gm/dL).

RBC-4.21 WBC-7800. Platelet-347000 ESR-28.

Uric Acid-4.20.

Calcium-9.70.

Vitamin D3-16.7.

**6/5/2022 X-Ray LS Spine**

L2-L5 Spondylotic Changes

Grade II Spondylolisthesis OF L5 over S1 with Lysis

L5-S1 Disc Space Narrowing

**1.14 Final Diagnosis**

Chronic Degenerative (L2-L5) Grade 2 Lumbar Spondylolisthesis (L5-S1)

**1.15 Repertorial Totality****Kent approach - Qualified mental, Physical generals (Synthesis Android app used)**

1. Mind-sympathetic
2. Mind-tranquility
3. Mind-sentimental
4. Mind-weeping-movies, seeing sad
5. Mind-communicative
6. Mind-travelling-desire for
7. Mind-music-desire
8. Mind- fear-ghost of

9. Mind-fear-strange places of
10. Mind-memory-weakness of memory
11. Mind-slow-work in
12. Sleep-deep
13. Sleep-position-side on-right side
14. Sleep-deep
15. Sleep-position-side on-right side
16. Perspiration-scanty sweat
17. Head-perspiration of scalp
18. General-food & drink-pungent-desire for
19. General-food & drink-cold drink-desire for
20. General-food & drink-ice cream-desire for
21. General-food & drink-sweet-desire for
22. General-food & drink-tea-desire for
23. General-food & drink-milk-aversion

**1.16 Repertorial result**

- CAR- 21/16
- SEP- 25/15
- CAUST- 19/12
- NAT M - 21/16
- LYC - 23/13
- CALC C - 19/11
- PHOS - 36/15
- PULS - 23/13
- CALC P - 19/11

**1.17 Planning and Programming**

**Table 2:** Selection of potency

Define with reason the states	Potency-choice	Repetition
Susceptibility- Mod.	Moderate	Infrequent
Age/Sex:- 45/F Occ:- Housewife Pod:- Gradual Sod:- Structural Irreversible	200	
Sensitivity- Mod.	Moderate	Infrequent
Mind-++, Nerve-++ Sleep- ++, Dreams-	200	
Suppression-		
Correspondence	Const. Rx	Infrequent
Mind: ++ Body: ++	Calc Phos-200	
Correspondence	Inter-Current Rx	-
Functional Change		
Structural Change	Low	
Present Irreversible - Slippage of Vertebra	30	Infrequent
General Vitality	High	
Good	1m	Infrequent
Fundamental Miasm	Moderate	
Syphilis - Sil (Brain H'ge)	200	Infrequent
Dominant Miasm	Moderate	
Sycosis-Spondylolisthesis	200	Infrequent

**1.18 Final Prescription**

1. CALC PHOS 200 1P HS
2. SL 3 Pills TDS\*7 days\*2 weeks

**Advice**

**Physiotherapy:** Full diet with dry fruits, pumpkin, green-vegetables - spinach particularly.

**2 Follow ups**

▪ **Criteria**

1. Low back pain (I/D/F).
2. Radiating pain (I/D/F).
3. Numbness.
4. O/e: Tenderness.
5. SLRT.
6. Movement.

**Table 3:** Follows Ups

Date	1	2	3	4	5	6	Prescription
6/5/2022	>+	>+	>+	>+	>+	>+	CALC PHOS 200 1P HS SL 3 pills TDS* 2 weeks
20/5/2022	>++	>+	>++	>+	>+	>+	CALC PHOS 200 1P HS SL 3 pills TDS* 2 weeks
3/6/2022	>++	>+++	>+++	>+++	>+	>+	CALC PHOS 200 1P HS SL 3 pills TDS* 4 weeks
1/7/2022	>++ Occ. Pain < Sour food	>+++	>+++	>+++	>+++	>+++	CALC PHOS 200 1P HS SL 3 pills TDS* 4 weeks

**3. Discussion**

The present case provide the result of constitutional remedy on lower back pain. Constitution remedy selected after taking case in Hahnemann method and consider patient as a whole. Constitutional remedy give cure to patient mentally as well as physically and able to cure degenerative changes in spine. Importance of integrating the symptoms and investigation to arrive at final diagnosis and it turn to applying in planning and programming is necessary.

**4. Conclusion**

She came in OPD with diagnosis of Right Sciatica. She is already under allopathic treatment for 1.5 months but condition was not improved. Then she came for our Homoeopathic treatment. Her Constitutional remedy CALC PHOS was decided on the basis of mental and physical with slow progress of disease and few characteristics symptoms. And that's why the susceptibility selected as moderate. Till date she is under our homoeopathic treatment and her disease condition is under control

**Conflict of Interest**

Not available

**Financial Support**

Not available

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