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## A case report on individualized homoeopathic treatment of cervical spondylosis

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### Abstract

Cervical spondylosis is a natural consequence of aging, with its prevalence increasing as people get older. Approximately 10% of individuals may develop spondylosis by the age of 25, and this number rises to around 95% by the age of 65. Although spondylosis itself is a normal part of the aging process and not a disease, it can cause symptoms in a subset of individuals. It's estimated that 10-15% of the population will experience symptoms related to cervical spondylosis, making it a common reason for patients to seek medical attention. Patients with cervical spondylosis may experience chronic or episodic pain, with periods of relief in between.

This case study demonstrates the effective use of an individualized homoeopathic medication to treat early symptoms of cervical spondylosis. The NPQ questionnaire was used to assess the severity before treatment and improvement after treatment. Following in-depth case analysis, repertorisation, and Materia Medica consultation, individualized homoeopathic medicine has been prescribed decreasing the symptom severity and patients' tendency of manifestation of symptoms of cervical spondylosis. This case report demonstrates that the patient received excellent therapy with individualized homoeopathic medication without the use of any allopathic medicines, supporting the claim that homoeopathy is a successful treatment for cervical spondylosis.

**Keywords:** Cervical spondylosis, NPQ questionnaire, repertorisation, homoeopathic, individualised, materia medica

### Introduction

The human spine is a complex and delicate structure that bears the body's weight, facilitates movement, and protects the spinal cord. However, it is prone to various disorders, with cervical spondylosis being a significant degenerative condition affecting the cervical spine. This condition involves the degeneration of the cervical spine's discs, ligaments, and cartilage<sup>[1]</sup>. Common symptoms include neck pain and stiffness, which can be accompanied by radicular symptoms when neural structures are compressed<sup>[2]</sup>. Cervical spondylosis is becoming increasingly prevalent worldwide, having a substantial impact on individuals, families, and communities, and is a leading cause of disability and rising healthcare costs<sup>[3]</sup>. The term "spondylosis" originates from the Greek word "spondylo," meaning vertebrae, and refers to a condition characterized by degenerative changes in the joints between vertebrae. This condition results in the deterioration of vertebral discs, leading to subsequent changes in both the bones and surrounding soft tissues. Although spondylosis can occur in any part of the spine, it is more commonly found in the cervical (neck) and lumbar (lower back) regions, which are more prone to wear and tear due to their increased mobility. As people age, degenerative changes in the vertebral column become increasingly prevalent<sup>[4]</sup>. Neck pain is the primary symptom associated with cervical spondylosis. However, many adults with spondylotic changes in the cervical spine, as seen on radiographic imaging, do not experience any symptoms. The prevalence of degenerative changes increases with age, affecting approximately 25% of individuals under 40, 50% of those over 40, and around 85% of people over 60<sup>[2,5]</sup>. Therefore, this case report was undertaken to initiate and enlighten the benefits of individualized homoeopathic medicine in cervical spondylosis and establish the importance of individualization in homoeopathy and the benefits of individualised repertorisation.

**Case report**

A 57 years old female patient residing in Rambagh road Firozabad, Agra came to the outpatient department of Naiminath Homoeopathic Medical College and Hospital, on 17/02/2023 with complaints of pain of nape of neck since 2 months, drawing and stiffness of shoulders. Gradually pain is increasing day by day. There was an accessory symptom of constipation. Patient was diagnosed as cervical spondylosis by an orthopaedic specialist and took allopathic treatment for last 2 months and gets only temporary relief.

**History of presenting complaints**

Patient was apparently well 2 months before but her complaints started suddenly and gradually the pain is increasing day by day. History of allopathic treatment without any remarkable improvement.

**Past history**

Patient suffered from measles 40 years ago, recovered without any treatment.

**Family history**

Mother had migraine and Father had h/o jaundice since 4 years back.

**Physical generals**

**Appetite:** Good

**Thirst:** 2-3 litres/day

**Desire:** Salt

**Stool:** Constipated

**Urine:** Normal

**Intolerance:** Milk

**Sleep:** Disturbed

**Tongue:** Moist

**Salivation:** Profuse

**Perspiration:** Offensive (underarms)

**Thermal reaction:** Hot

**Taste of mouth:** Normal

**Follow up**

**Menstrual history:** Menopause

**Mental generals:** Severe grief after fight with children

**Totality of symptoms**

1. Stiffness in cervical region.
2. Drawing pain in cervical region.
3. Profuse salivation.
4. Milk intolerance.
5. Salt desire.
6. Constipated.
7. Grief.

**Investigations**

1. X-Ray cervical spine
2. AP/Lateral view

To assess improvement of cases of cervical spondylosis-NPQ Questionnaire is used and based on score improvement is assessed.

**NPQ score**

- Before treatment NPQ score - 58
- After treatment NPQ score - 22

**Clinical diagnosis:** Cervical spondylosis

**Selection of remedy**

Medicine was selected and prescribed to the patient on the basis of repertorisation (Figure 1) as the case was repertorised with the Complete repertory.

(Complete Dynamics © Eduard van Grinsen Version 22.6 Release date June 12, 2022 Practitioner edition License type: Subscription)

**Selection of potency**

Nat mur 0/1 was prescribed to the patient due to marked symptoms both mental and physical.

**Prescription:** Nat mur 0/1 OD for 16 days.

Date	Changes in presenting complaints (Relief in presenting complaints appearance of new symptoms + changes in physical reappearance of old symptoms, generals' surgical condition)	Inference (Physician observation)	Prescription	NPQ scoring (Before)	NPQ follow up
10/03/2023	Cervical pain better Stool Better	Improved	Natrum mur 0/2, 16 doses, OD	58	51
25/03/2023	Cervical pain better Stool Better	Improved	Natrum mur 0/3, 16 doses, OD		44
14/04/2023	Cervical pain better Stool Better	Improved	Natrum mur 0/4, 16 doses, OD		38
30/04/2023	Cervical pain better Stool Better	Improved	Natrum mur 0/5, 16 doses, OD		29
15/05/2023	Cervical pain better Stool Better	Improved	Natrum mur 0/6, 16 doses, OD		22

## Optimal Performance Physical Therapy

### Northwick Park Neck Pain Questionnaire

Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Please Read:** This questionnaire has been designed to give us information as to how Neck Pain has affected your ability to manage in everyday life. Please answer every section and mark in each section ONLY The ONE BOX which applies to you. We realize you may consider that two of the statements in any one section relate to you, BUT PLEASE MARK THE ONE BOX THAT MOST CLOSELY DESCRIBES YOUR PROBLEM.

#### Section 1 - Pain Intensity:

- ☐ A. I have no pain at the moment.  
☐ B. My pain is very mild at the moment.  
☐ C. My pain is moderate at the moment.  
☐ D. My pain is fairly severe at the moment.  
☐ E. My pain is very severe at the moment.

#### Section 2 - Pain and Sleeping

- ☐ A. My sleep is never disturbed by pain.  
☐ B. My sleep is occasionally disturbed by pain.  
☐ C. My sleep is regularly disturbed by pain.  
☐ D. Because of pain I have less than 5 hours sleep in total.  
☐ E. Because of pain I have less than 2 hours sleep in total.

#### Section 3 - Pins, Needles or Numbness in Arms at Night

- ☐ A. I have no pins and needles or numbness at night.  
☐ B. I have occasional pins and needles or numbness at night.  
☐ C. My sleep is regularly disturbed by pins and needles or numbness.  
☐ D. Because of pins and needles or numbness I have less than 5 hours sleep in total.  
☐ E. Because of pins and needles or numbness I have less than 2 hours sleep in total.

#### Section 4 - Duration of Symptoms

- ☐ A. My neck and arms feel normal all day.  
☐ B. I have symptoms in my neck or arms on walking, which last less than one hour.  
☐ C. Symptoms are present on & off for a total period of 1-4 hrs.  
☐ D. Symptoms are present on & off for a total of more than 4 hrs.  
☐ E. Symptoms are present continuously all day.

#### Section 5 - Carrying

- ☐ A. I can carry heavy objects without extra pain.  
☐ B. I can carry heavy objects, but they give me extra pain.  
☐ C. Pain prevents me from carrying heavy objects, but I can manage medium weight objects.  
☐ D. I can only lift light weight objects.  
☐ E. I cannot lift anything at all.

#### Section 6 - Reading and Watching TV

- ☐ A. I can do this as long as I wish with no problems.  
☐ B. I can do this as long as I wish, if I'm in a suitable position.  
☐ C. I can do this as long as I wish, but it causes extra pain.  
☐ D. Pain causes me to stop doing this sooner than I would like.  
☐ E. Pain prevents me from doing this at all.

#### Section 7 - Working/Housework, Etc.

- ☐ A. I can do my usual work without extra pain.  
☐ B. I can do my usual work, but it gives me extra pain.  
☐ C. Pain prevents me from doing my usual work for more than half the usual time.  
☐ D. Pain prevents me from doing my usual work for more than a quarter of the usual time.  
☐ E. Pain prevents me from working at all.

#### Section 8 - Social Activities

- ☐ A. My social life is normal and causes me no extra pain.  
☐ B. My social life is normal but increases the degree of pain.  
☐ C. Pain has restricted my social life, but I am still able to go out.  
☐ D. Pain has restricted my social life to the home.  
☐ E. I have no social life because of pain.

#### Section 9 - Driving (if applicable)

- ☐ A. I can drive whenever necessary without discomfort.  
☐ B. I can drive whenever necessary, but with discomfort.  
☐ C. Neck pain or stiffness limits my driving occasionally.  
☐ D. Neck pain or stiffness limits my driving frequently.  
☐ E. I can not drive at all due to neck symptoms.

#### Section 10 - Compared with the last time you answered this question, is your neck pain:

- ☐ A. Much better.  
☐ B. Slightly better.  
☐ C. The same.  
☐ D. Slightly worse.  
☐ E. Much worse

Symptoms:	7	Remedies:	1111	Show Repertorisation Tools	Prescribe	Remedy List	Record	R
Remedy Name	Nat-m	Calc-p	Chin	Lyc	Sulph	Calc	Puls	Sep
Totally	26	24	24	24	24	23	23	23
Symptoms Covered	7	7	7	7	7	7	7	7
Kingdom								
[Complete] [Back]Pain:Drawing:Cervical region: (154)	3	3	3	3	3	2	4	1
[Complete] [Back]Stiffness:Cervical region: (368)	4	4	3	4	3	4	3	4
[Complete] [Rectum]Constipation: (889)	4	4	4	4	4	4	4	4
[Complete] [Generalities]Food and drinks:Salt or salty food:Desires: (...)	4	4	3	1	3	3	1	3
[Complete] [Generalities]Food and drinks:Milk, milk products:Agg.: (...)	3	3	4	4	4	4	3	4
[Complete] [Mouth]Salivation: (566)	4	2	4	4	4	2	4	4

**Fig 1:** Repertorisation from Complete repertory using (Complete Dynamics © Eduard van Grinsen Version 22.6 Release date June 12, 2022 Practitioner edition License type: Subscription)

## Discussion

This case report shows efficacy of individualized homoeopathic medicine, Nat Mur in the case of cervical spondylosis. On the basis of presenting symptoms of the patient, repertorisation and referring to the various *Materia Medica*, Nat Mur was prescribed to the patient. This individualized homoeopathic remedy not only improve the pain & stiffness of the patient but it also decreased the constipation and also decreased the grief mood of the patient and the conclusive fact is derived on the basis of NPQ score. To calculate the neck pain score, patients must answer a questionnaire with ten questions, each having five possible answers scored from 0 to 4, where 0 represents no pain and 4 represents the worst pain.

If the patient drives a car in good health, they will answer all ten questions. The neck pain score is the sum of the points from these ten questions. The NPQ percentage is then calculated as follows:  $[(\text{neck pain score})/36] \times 100$ .

However, if the patient does not drive a car in good health, they will only answer the first eight questions. In this case, the neck pain score is the sum of the points from these eight questions, and the NPQ percentage is calculated as follows:  $[(\text{neck pain score})/32] \times 100$ .

The minimum possible score is 0, while the maximum score is 36 if all ten questions are answered and 32 if only the first eight questions are answered. The resulting percentage ranges from 0% to 100%, with higher percentages indicating greater disability and pain.

Thus, in this case report it is concluded that an Individualized homoeopathic remedy is able to annihilate the disease and helps to reduce the intensity of pain and there was no side-effect during and after the treatment.

## Conclusion

Cervical spondylosis can lead to nerve root and spinal cord compression, resulting in varying degrees of symptoms and functional impact. This condition is common among middle-aged and older individuals, often presenting with non-specific neck pain or symptoms of cervical radiculopathy/myelopathy, significantly affecting the patient's quality of life [6, 7]. Age-related disc degeneration and sedentary occupations are the primary contributing factors to the development of cervical spondylosis, although spinal injuries can also accelerate the degenerative process in younger individuals in some cases [2].

Cervical spondylosis is becoming increasingly prevalent among younger individuals due to factors such as poor posture, prolonged sitting, and unhealthy dietary habits, which contribute to premature bone degeneration. As a result, patients experience a reduced quality of life, with neck pain and associated symptoms significantly impacting their daily routines [8]. In this report it can be concluded that Individualized homoeopathic medicines of importance in managing cervical spondylosis. There is a better scope in homoeopathy for the treatment of cervical spondylosis since the treatment is based on holistic and individualistic approach but to establish their proper effects on system, further proving and verification are required with a long term trial on large sample size should be carried out in future.

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