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Coccydynia and homoeopathic management: A case report

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Abstract

The coccyx located below the sacrum can be severely damaged in a fall. Tailbone pain can make everyday tasks uncomfortable and unbearable at worst. The coccyx is the small triangular bone present at the bottom of the spinal column and they get bruised and even fractured. Sitting usually increases the coccyx pain while walking relieves it.

Keywords: Coccydynia, Tailbone, rubrics, repertory

1. Introduction

The term coccyx came from the greek word cuckoo as it resembles a bird's beak with pointed tip. Dynia means pain and hence coccydynia means pain in the coccyx. As the bone resembles animals tail it is called the tailbone. Tailbone pain ranges from a dullaching pain to stong fierce stab pain. The pain can last for few weeks to months and sometimes even longer.

2. Causes of tailbone pain

- External trauma – like injury to back or coccyx.
- Internal trauma – caused during childbirth, sitting on narrow or hard surface for too long.
- Other causes – includes obesity, underweight, infections, abcess and trauma
- Women are more affected than men.

3. Symptoms of tailbone pain

- Pain while changing position from sitting to standing up.
- Pain when sitting for a long period of time.
- Pain during bowel movement
- Pain during sex
- Aching and piercing pain in the coccyx

4. Other related symptoms that may occur with coccydynia include:

Depression, anxiety, poor sleep, painful buttocks, severe back pain

5. Diagnosis and Tests

General medical history, any recent traumas including a fall or childbirth. Visual examination of the area checking for an obvious fracture, deformity, mass or an abscess. To check for a fracture: X-ray, CT scan, MRI, Bone scan

6. Management and Treatment

- Use of donut pillow advised
- While siting for long time advised to lean forward.
- Stretching and strengthening the muscles of lower back and pelvis.
- Taking of hot bath to relax muscle and ease pain.
- Massage therapy
- Surgical treatment like removal of the coccyx done in exterem cases.

7. Homoeopathic management of coccydynia

- Hypericum– violent pain and inability to walk comfortably after a fall on coccyx.
- Rhus. Tox - Stiffness and soreness of parts. Restless and often changes position.
- Ruta – constipation after mechanical injury.
- Lachesis – continuous pain in coccyx while sitting, sharp and agonizing pain when rising from a seat.
- Petroleum – stiffness and uneasiness in coccyx, pain in small of back and coccyx.

8. Case Presentation

8.1 Presenting Complaint

A female of age 33 had pain in coccyx since 2 years. Had history of fall before 2 years. The pain was severe while riding two wheeler, prolonged sitting and feels ameliorated while standing.

8.2 Past History

Had history of fall before 2 years from two wheeler, no fracture but had small injuries which was recovered by taking native treatment.

8.3 Family History

Father – known DM, Mother – SHT.

8.4 Personal History

- Appetite – increased
- Thirst – increased
- Craves – spicy food
- Aversion – nil
- Bowel habits – normal
- Bladder habits – normal
- Discharges – nil
- Dreams – occasionally
- Sleep – disturbed due to pain in coccyx
- Thermal – hot

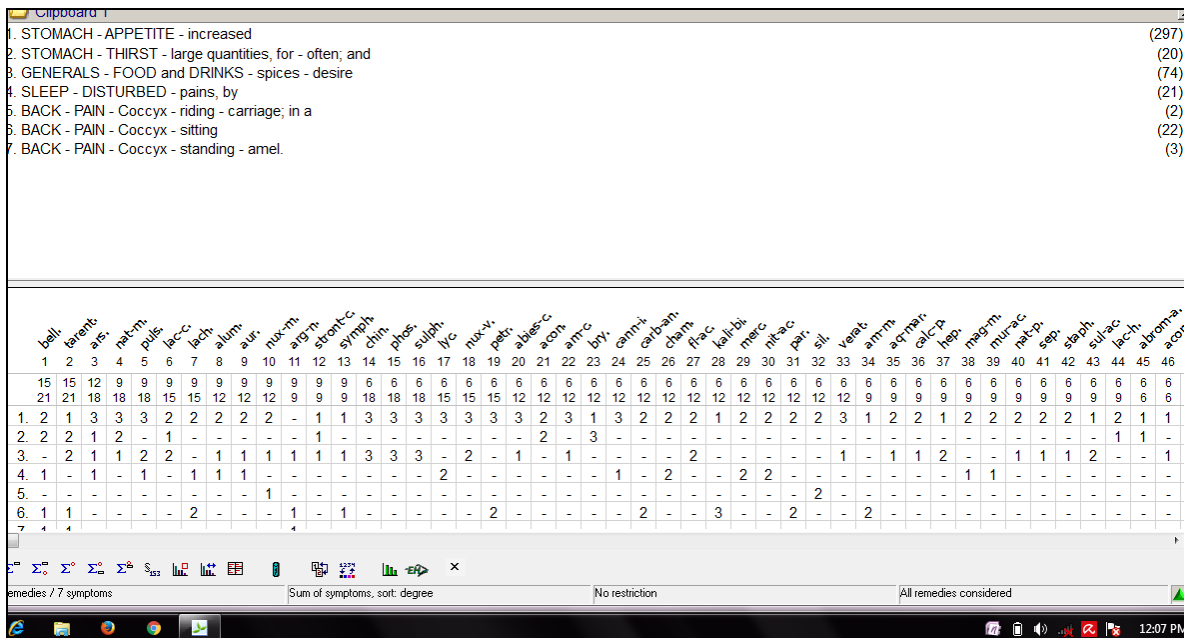
8.5 Analysis Of The Case

Appetite – increased, Thirst – increased, Craves- spicy food. Pain in coccyx while sitting, riding and ameliorated by standing.

8.6 Repertory Used – synthesis repertory in RADAR

8.7 Rubrics Selected

- Appetite – increased
- Thirst – increased
- Craves- spicy food.
- Sleep – disturbed due to pain.
- Pain in coccyx while sitting, riding and ameliorated by standing.



8.8 Prescription

Belladonna 200/ 10 dose on alternate days/ 1-0-0
SL PILLS (3-3-3)/2 weeks

8.9 Follow Up

Table 1: Symptoms and Prescription

S. No	Symptoms	Prescription
1.	Complaints of pain reduced, feels better	SL (3-3-3)
2.	Able to ride two wheeler, pain reduced	SL (3-3-3)
3.	Sleep good, feels better	SL (3-3-3)

9. Conclusion

A case of coccydynia was successfully treated with homoeopathic medicine with detailed case study. The

patient felt very happy after the recovery. Further study can be made with different parameters in large sample.

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