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Management of radiculopathy (Cervical & Lumbar Spondylitis): Homeopathy & yoga

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Abstract

Cervical spondylitis is an age-linked disorder which is linked with deteriorating transformations inside the intervertebral disc. It is mostly linked with the neck pain. The Cervical spondylitis is currently one of the leading factors which is causing disability and also increasing the healthcare costs. It is generally caused after the age of 50 years. The Lumbar Spondylitis is associated with the Low back pain which affects around 3/4th of the adults world during the life span at some point in their lives, but this type of low back pain in most of the adults are mild and around 90% of the people get relief within six week time. In this paper we have discussed how homeopathy and yoga can give relief to Radiculopathy (Cervical & Lumbar Spondylitis).

Keywords: Cervical spondylitis, lumbar spondylitis, homeopathy, yoga, pain, low back pain

Introduction

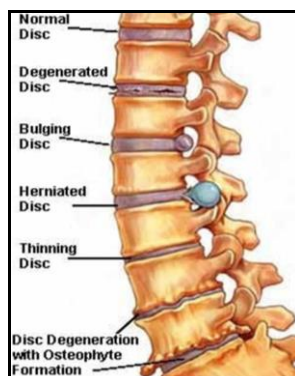
Your entire spine is made up of 24 vertebrae (bones of the spine). The cervical spine consists of seven vertebrae that begin at the base of the skull. Running through an opening of the entire vertebral column are the spinal cord and its nerves. The spinal cord and nerves carry messages between the brain and rest of body, including muscles and organs.

Spondylitis is the normal wearing down of these parts of the spine. Cartilage wears out over time, disks lose their volume and become dried and cracked, ligaments may stiffen, and bone spurs may form where bones rub against each other in areas that are no longer covered with cartilage. All of these changes are defined as spondylitis.

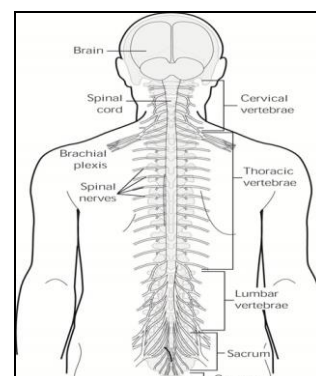
The common causes which leads to radiculopathy:

- Age factor.
- A job involving lots of lifting.
- A job involving lots of sitting.
- Smoking.
- Obesity.
- Injury.
- Fall.
- Exposed to a lot of vibration like bus or truck drivers.

Images of complications



Lumbar Spondylitis



Cervical spondylitis

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Symptoms: The three main symptoms of radiculopathy.

Neck Pain

- Stiffness and pain in the cervical spine at upright position.
- Neck motion increases the pain.
- Cervical angina such as jaw pain or chest pain.

Cervical Radiculopathy

- It cause one-sided or two-sided neck pain, arm pain, scapular pain, paraesthesia, and arm or hand weakness.
- Pain is more when head is tilted toward the affected side.

Cervical Myelopathy

- It can be with or without neck pain.
- Initially hand weakness and clumsiness, which can result in inability of buttoning a shirt, fixing bootlaces, gathering up small stuffs.
- Inexplicable falls
- Incontinence in urination as the disease progresses.

Diagnosis

The method of diagnosing the radiculopathy is

- Magnetic Resonance Imaging (MRI).
- X-ray.
- CT Myelogram.
- Electromyogram (EMG).
- Computed Tomography (CT).
- Disco gram.

The management approach for cervical spondylitis varies on the seriousness of a patient's signs and symptoms. In the lack of "red flag" symptoms or substantial myelopathy, the main aim of treatment are to relieve pain, improve functional ability in day-to-day movements, and stop permanent injury to nervous structures. Suggestive cervical spondylitis should be tackled in a step by step approach, beginning with non-operative treatment.

In this paper we have discussed about how homeopathy and yoga can help in curing the Radiculopathy (Cervical & Lumbar Spondylitis).

Homeopathy is based on the theory of 'treating like with like'. The way homeopathic remedies work isn't clear, but there doesn't seem to be any safety risk with using them.

In today's run-of-the-mill life and busy in fulfilling the target of the company, the person is unable to pay attention to his own body. Ever since the culture of work from home increased after COVID, people are facing an increasing problem of cervical and lumbar pain and they are turning towards Ayush medical methods for its solution. People come, two types of problems are being seen in them. First, cervical (neck) pain due to excessive use of mobile or working on laptop. Second, back pain due to continuous sitting, low back pain (lumbar spondylitis), and such patients coming to the Advanced Ayush Wellness Centre are made to do different asana also.

In our homeopathy hospital we have conducted the studies on following number of patients

Sr. No.	Age Group	Number of Patients
1	25 to 50 years	84
2	Above 50 years	426

Following Homeopathy Medicines where prescribed based on symptoms and condition of the individuals

Sr. No.	Name of Medicine	Purpose
1	Aconitum Napellus	Pain and inflammation, Stiffness in nape of Neck & Back worse by pressure tensive preserve pain in lumber & sacral region
2	Belladonna	Violent pressure pain in neck, Sensation as if nape of neck were struck with a hammer Joints look red and inflamed
3	Bryonia Alba	Drawing & stiffness of cervical muscle Specially right side violent pain in first dorsal vertebrae extending to thorax & sternum. Joint pain improved by staying immobile and applying pressure
4	Ledum Palustre	Painful stiffness of back and loins when rising from seat Sticking in shoulders when lifting arm
5	Colchicum	Pressing pain or tension in cervical muscles felt even when swallowing. Sensation of lameness through limbs with great weakness
6	Dioscorea	Weak back & knee follow seminal losses Dull pain in lumbar region
7	Ruta Graveolens	Very acute pressive drawing pain in right side of spine. Painful jerking of spine
8	Gauaco	Burning & aching in upper part of spine. Difficulty of swallowing & Constriction of Larynx
9	Rhus Tox	Pain in Cervical Muscles & multiple joints Constrictive pain in dorsal muscles while sitting. Stiffness & aching in Lumbar region
10	Aesculus hip	Weakness & Weariness & lameness in the small of Back extending to hip. Constant dull back pain
11	Cimicifuga	Upper & lower Cervical Vertebrae sore to touch. Feeling as if Spinal Cord would be drawn out. Weight & pain in Lumbar & sacral region

Yoga

It is advised to do them at home, so that their pressure can be reduced and pain can be relieved. People suffering from cervical neck problems are facilitated by Bhujangasana and Setubandha is made easier for people suffering from lumbar problems.

Bhujangasana: (Cobra Pose)

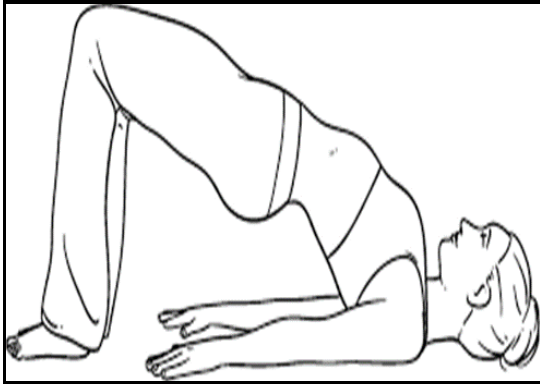
- It help to expand muscles in the chest, shoulders and abdominal area
- It help to soothe sciatica
- It help to boost flexibility

Setu Bandha Asana: (Bridge Pose)

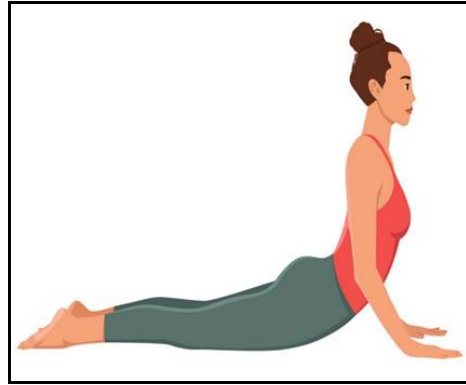
While practicing the Setu Babdha asana, the shape you make with your body uses all your limbs. It allows you ample options for finding a version of the backbend that works for you.

Benefits of different asana

- Stretches the chest, neck, spine, and hips.
- Strengthens the back, buttocks, and hamstrings.
- Improves circulation of blood.
- Helps alleviate stress and mild depression.
- Calms the brain and central nervous system.



Setu Bandha Asana



Bhujangasana

Conclusion

During our treatment we have found that the homeopathy helps in curing and helps in fast recovery of the patients suffering from pain and stiffness. If the proper treatment with continuous follow ups has been taken, radiculopathy can be treated with the help of Homeopathy & yoga asana may help to reduce the duration of treatment as well as reduces pain & help in posture corrections.

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