



Effectiveness of Homoeopathic Medicines in Acute Low Back Pain- A Common and Enervating Condition

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Abstract

This review aims to provide an overview of ALBP, including its definition, causes, symptoms and treatment options. Acute low back pain (ALBP) is a common condition affecting millions of people worldwide, causing discomfort, disability, economic burden, physical or mental fatigue, fear, anxiety and uncertainty. ALBP is a complex and multifaceted condition requiring a comprehensive treatment approach. Early diagnosis and treatment can significantly improve outcomes and reduce the risk of chronicity. Further research is needed to develop more effective prevention and treatment strategies.

Key Words- Homoeopathic Medicines, Acute Low Back Pain, Enervating condition, Effectiveness

Methodology

A comprehensive literature search was conducted using major databases, including PubMed, Scopus and Web of Science.

Observation & Results

ALBP is defined as pain in the lower back lasting less than 12 weeks. Common causes like muscle strain, degenerative disk problems, stiffness and trauma. Symptoms include sharp pain, stiffness, muscle spasm, numbness and tingling. Treatment options like pain relief, rest, care and alternative therapies. Here are some common homeopathic medicines for low back pain, along with their descriptions:

Arnica Montana:

- Symptoms: Soreness, stiffness, and pain in the lower back, especially after injury or overexertion.
- Description: Arnica is a popular homeopathic remedy for muscle and joint pain. It's often used to treat low back pain caused by strain or injury.

Rhus Toxicodendron:

- Symptoms: Pain and stiffness in the lower back, especially after rest or in the morning. Pain may be worse with motion and better with warmth.
- Description: Rhus tox is a homeopathic remedy made from the poison ivy plant. It's often used to treat low back pain caused by strain or overuse.

Bryonia alba:

- Symptoms: Pain and stiffness in the lower back, especially with movement. Pain may be worse with coughing or deep breathing.
- Description: Bryonia is a homeopathic remedy made from the white bryony plant. It's often used to treat low back pain caused by inflammation or irritation.

Colocynthis:

- Symptoms: Severe, cramping pain in the lower back, especially on the left side. Pain may be worse with movement and better with warmth.
- Description: Colocynthis is a homeopathic remedy made from the bitter cucumber plant. It's often used to treat low back pain caused by cramping or spasms.

Gnaphalium:

- Symptoms: Pain and numbness in the lower back, especially with radiation to the legs. Pain may be worse with movement and better with rest.
- Description: Gnaphalium is a homeopathic remedy made from the cudweed plant. It's often used to treat low back pain caused by nerve compression or sciatica.

Lachesis:

- Symptoms: Pain and stiffness in the lower back, especially on the left side. Pain may be worse with movement and better with warmth.
- Description: Lachesis is a homeopathic remedy made from the venom of the bushmaster snake. It's often used to treat low back pain caused by inflammation or irritation.

Pulsatilla:

- Symptoms: Pain and stiffness in the lower back, especially in women. Pain may be worse with movement and better with rest.
- Description: Pulsatilla is a homeopathic remedy made from the windflower plant. It's often used to treat low back pain caused by hormonal changes or menstrual cramps.

Ruta graveolens:

- Symptoms: Pain and stiffness in the lower back, especially with radiation to the legs. Pain may be worse with movement and better with rest.
- Description: Ruta is a homeopathic remedy made from the rue plant. It's often used to treat low back pain caused by strain or overuse.

Sepia:

- Symptoms: Pain and stiffness in the lower back, especially in women. Pain may be worse with movement and better with rest.
- Description: Remedy made from cuttlefish ink.

Sticta pulmonaria:

- Symptoms: Pain and stiffness in the lower back, especially with radiation to the legs. Pain may be worse with movement and better with rest.
- Description: Sticta is a homeopathic remedy made from the lungwort plant. It's often used to treat low back pain caused by nerve compression or sciatica.

Conclusion

Homoeopathic medicines are prescribed on the basis of Individualization and symptom similarity. By using wholistic approach, cause, sensation and modalities of the complaints appropriate medication is provided.

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