



Clinical Research Study On Back Pain Among Females: Analysis Of Age, Modalities And Homoeopathic Medicines

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Abstract: Back pain is one of the most common causes for patients to seek emergency care. It has a broad range of potential etiologies for both adult and pediatric populations. The etiologies differ depending on the patient population, but most commonly, it is mechanical or non-specific. Back pain causes significant rates of disability and can be a problem that persists from childhood into adulthood. It is essential to be able to evaluate patients of all ages and recognize the unique differences in the presentation in these different populations. This study was done by selecting 30 female cases of back pain from Sarada Krishna Homoeopathic Medical College and Hospital. The most common age group affected were 60-70 years. The predominant aggravating factors were physical exertion and prolonged sitting and ameliorating factor was lying down. The patients felt better when prescribed in 200th potency. The frequently used medicine was Bryonia alba. The cases were analysed using Oswestry Disability Index (ODI) (version 1.0) questionnaire and all the thirty cases showed improvement with a statistical significance of p value < 0.05. Hence this study shows the effectiveness of homoeopathy in the treatment of back pain.

Index terms: Back pain, Bryonia alba, Oswestry Disability Index, Homoeopathy

INTRODUCTION

In today's world, low back pain is a serious health issue and a quiet epidemic. The primary decade of the third millennium has been designated by the WHO as a decade of the fight against musculoskeletal disorders. ⁽¹⁾The term "low back pain" refers to pain in the posterior trunk that runs from the lower ribs to the horizontal gluteal crease. An abrupt, intense, or shooting agony might be experienced in addition to a gradual, constant aching in the back. 60–80% of people will have back pain at some point in their lives. It is a common problem. Pain caused in the back, hips, and lower limbs by mechanical derangement of the lumbar spine presents one of the commonest and most costly problems in occupational health. The association between back pain and heavy manual work has long been recognized. Back pain has a multifactorial etiology. Not only are there many factors which may contribute, but the factors tend to interact. ⁽²⁾Inadequate exercise followed by a vigorous workout might also cause back discomfort. The prevalence of low back pain in India is said to be ranging between 42% and 83%. It is one of the most prevalent reasons for doctor visits. ⁽³⁾In aphorism 72, Hahnemann has given the definition for chronic diseases as, the diseases are small often imperceptible beginnings, dynamically deranging the living organisms in a peculiar manner and deviate the healthy body in such a way that vital force is not able to extinguish the disease and will helplessly suffer to ever more abnormally deranged until the length of the organism is destroyed. ⁽⁴⁾ The Oswestry Disability Index (ODI) is

a self-rating condition-specific outcome measure for evaluation of low back pain disability. This assesses symptoms and severity of low back pain in terms of disablement and the degree to which back or leg pain impacts functional activities. ⁽⁵⁾This study deals with 30 female cases suffering from back pain, to find out the age factor and triggering factor associated with it and also to find out the effectiveness of homoeopathy and their improvement was assessed using Oswestry Disability Index (ODI) (version 1.0) questionnaire.

OBJECTIVE OF THIS RESEARCH:

The objective of this research study is to throw light into the field of homoeopathic treatment of back pain. This study aims to identify the common age group affected and characteristic modality of back pain among females and the most common homoeopathic medicines indicated.

MATERIALS & METHODS:

Source of data:

Thirty female patients pre diagnosed with back pain were taken from the OPD, IPD, and Rural health centers of Sarada Krishna Homoeopathic Medical College Hospital, Kulasekharam, Tamil nadu India.

Selection of sample: The study is mainly conducted in Sarada Krishna Homoeopathic Medical College. This research study consists of 30 participants who were selected using purposive sampling.

Data collection method:

A purposive sampling approach was employed to select 30 patients pre diagnosed with back pain from the Outpatient Department, Inpatient Department, and Rural Centres affiliated with Sarada Krishna Homoeopathic Medical College, Kulasekharam, Tamil nadu, India. Detailed case information was documented using standardized and pre-structured formats provided by Sarada Krishna Homoeopathic Medical College. These cases were then analysed to identify symptom patterns and develop a comprehensive symptom profile. Symptoms were assessed, and based on the totality of symptoms. After analysis and evaluation of each individual case, appropriate remedy was prescribed. The selection of potency and frequency of doses was determined in accordance with the principles of homeopathic philosophy. Patients were assessed every two weeks, and any changes in symptoms were carefully recorded.

Inclusion criteria:

Patients who had symptomatology of back pain and females who had back pain from all age groups were included for the study.

Disqualifying factors:

Patients having chronic complaints or other co – morbidities, male patients, pregnant females, patients with malignancies and cases in which surgical intervention is required were not included for the study..

Outcome assessment:

Effectiveness of homoeopathy in back pain, disappearance of symptoms and after treatment improvement and evaluated the predominant age group and the modalities of the complaints.

Data analysis:

Data visualization was incorporated in bar chart, table and columns.

OBSERVATION & RESULTS:

The predominant age group of patients affected with back pain were sixth and seventh decade of life. The age group from 51-60 and 41-50 are also moderately affected with low back pain. This is represented in *Figure (1)*.

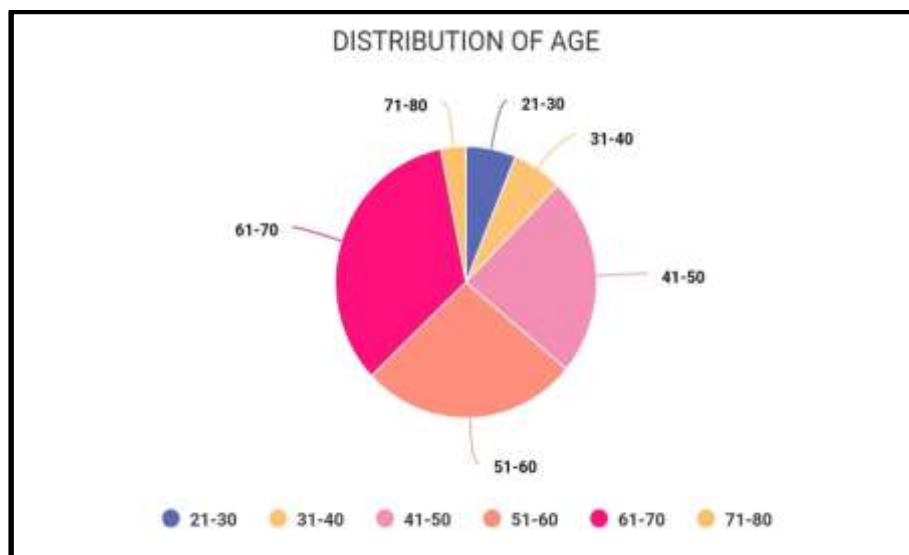


FIGURE 1: PREDOMINANT AGE GROUP

Among the 30 cases, the patients affected with back pain was aggravated due to the physical exertion and prolonged sitting. Other factors were aggravation from standing, rising from sitting, stooping, bending forward. This is represented in *Figure (2)*.

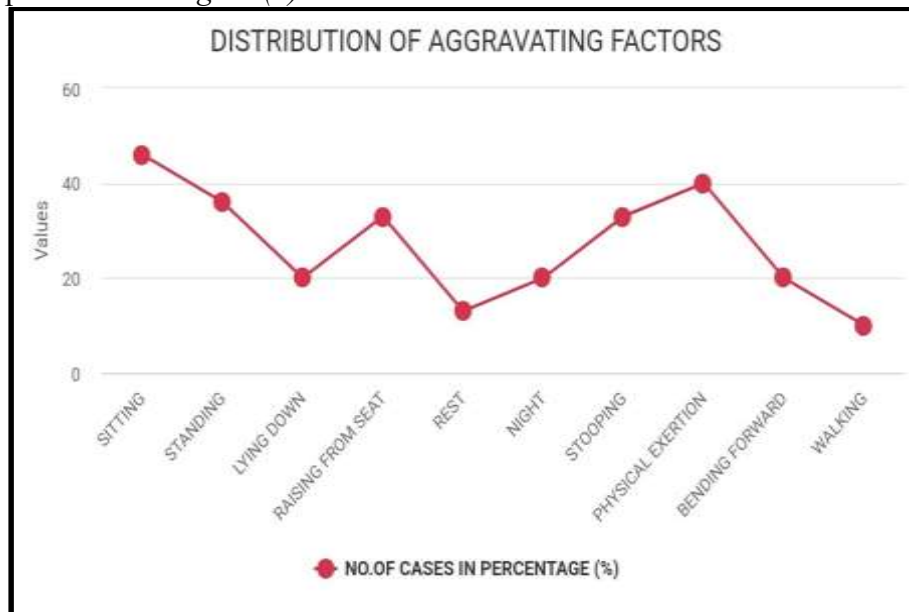


FIGURE 2: DISTRIBUTION OF AGGRAVATING FACTORS

Among the 30 cases, the patients affected with back pain was ameliorated by lying down. Walking, applying pressure, taking rest are the other common ameliorating factors. This is represented in *Figure (3)*.

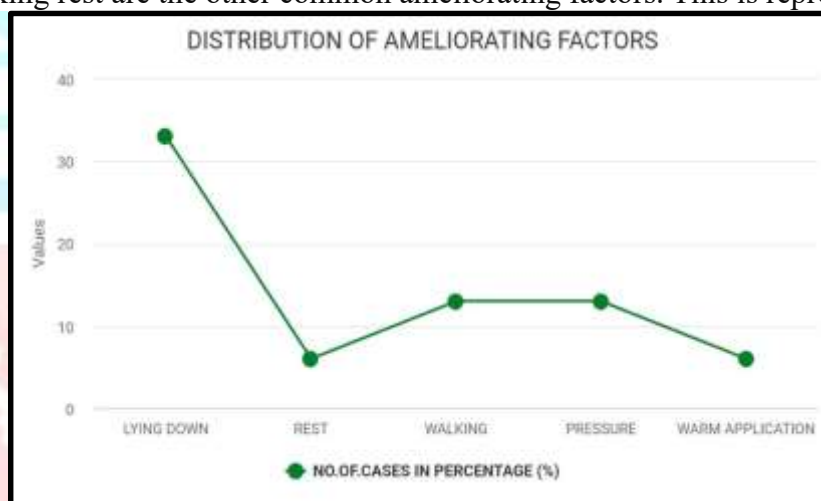


FIGURE 3: DISTRIBUTION OF AMELIORATING FACTORS

The most frequently used medicine to treat the patients with back pain was Bryonia alba. Other common remedies obtained from the study are Natrum muriaticum, Sulphur, Lycopodium, Arnica, Calcarea carbonica and Pulsatilla. This is represented in *Figure (4)*.

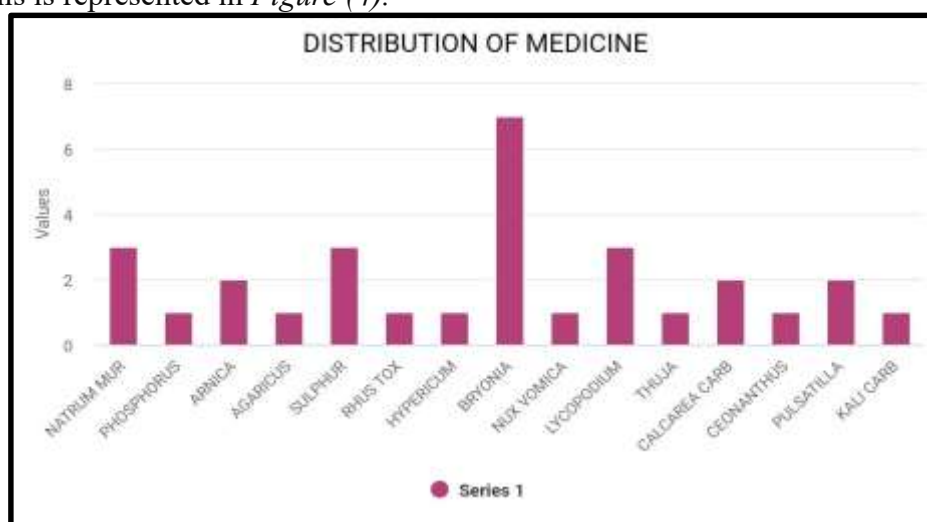


FIGURE 4: MEDICINE PRESCRIBED

The before and after treatment after prescription was assessed and all the 30 patients showed marked improvement. There is mild to moderate improvement after administering the individualized homoeopathic medicine. This is represented in *Figure (5)*.

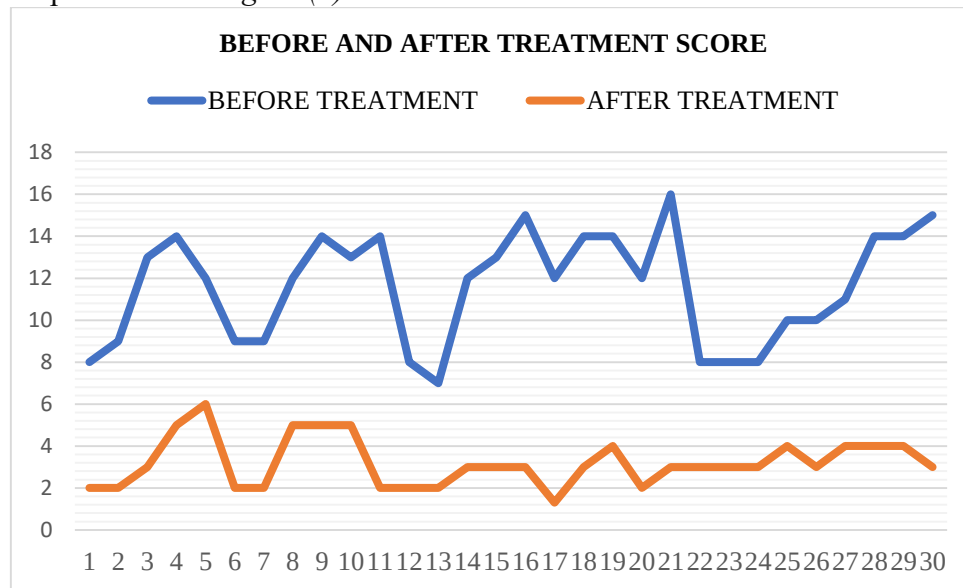


FIGURE 5: TREATMENT ASSESSMENT

DISCUSSION:

This clinical research study, the predominant age group of patients affected with back pain were sixth and seventh decade of life. The age group from 51-60 and 41-50 are also moderately affected with low back pain, a similar study on “The epidemiology of low back pain” also showed that the 60-65 age group was most commonly affected. The prevalence of the disease increasing with age. ⁽⁶⁾

In this study among the 30 cases, the patients affected with back pain was aggravated due to the physical exertion and prolonged sitting. Other factors were aggravation from standing, rising from sitting, stooping, bending forward. The back pain was ameliorated by lying down. Walking, applying pressure, taking rest are the other common ameliorating factors. A similar study was done to assess the association between physical activity and chronic low back pain. They concluded that there is strong association between them. ⁽⁷⁾

The most frequently used medicine to treat the patients with back pain was Bryonia alba. Other common remedies obtained from the study are Natrum muriaticum, Sulphur, Lycopodium, Arnica, Calcarea carbonica and Pulsatilla. A study named “Assessment of the effectiveness of Homoeopathic medicines in improving the quality of life of chronic low back pain: A prospective study” revealed that the most effective medicines were Bryonia, Ruta and Rhus toxicodendron. ⁽⁸⁾

CONCLUSION:

This study is depicting the effectiveness of homoeopathic medicines in the treatment of back pain evaluating the predominant age group and modalities associated with it. The improvement of the cases were assessed using Oswestry Disability Index. This suggests that the females are most commonly affected with back pain and the patients of sixth and seventh decade of life are the chronic sufferers. The main objective was to understand the aggravating and ameliorating factors which revealed that the wear and tear occurred during the physical exertion was the major cause. The individualized homoeopathic treatment provided prolonged relief for the patient who took the treatment and helps in improving the quality of life.

Further research, including controlled trials, would be necessary to confirm the effectiveness and safety of homoeopathic medicines.

Conflict of interest: Nil

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