

# A Prospective Case Study Examining the Effectiveness of Homoeopathic Medicine in Treating Degenerative Changes in the Lumbar Spine-A Case Report

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## ABSTRACT

A patient with Degenerative changes in lumbar spine, presented to the OPD of Dr D.Y. Patil Homoeopathic Medical College and Research Centre, Pune, Maharashtra, with complaints of pain in the lumbar region along with tingling and numbness in lower extremities. The patient had never received therapy previously. There was no relief from pain and the patient required active treatment. Regular follow-ups were taken, and X-ray was repeated twice for knowing the judgment of the case prognosis Veratrum Viride 1M was administered based on the symptoms presented and the constitutional totality and it proved efficient in giving relief to the patient from the symptoms. Hence Homoeopathy proves efficacious in providing relief in a case of degenerative changes in lumbar spine after careful selection of the remedy.

**Keywords:** Case Report, Constitutional, Homoeopathy, Potency, Totality

## INTRODUCTION

The degenerative conditions that are affecting the discs, vertebral bodies, and associated joints of the lumbar vertebrae. Also, the intervertebral discs degenerate and weaken, which may lead to herniation of disc and bulging discs. It is common and is often reported between the 20 and 50 years of age group. Evidence of degenerative conditions is seen in 80% of people over the age of 40 on X-ray studies. Degenerative usually is due partly related to genetic predisposition and so also because of history of injury to discs (degenerative disc disease) in the low back<sup>[1]</sup> is one of the commonest disorders in clinical practice. Modern medicine relies on use of NSAID's that reduces the symptoms of Lumbar pain which is now highly prevalent because of unhealthy lifestyle due to increase in sedentary way of work and sitting in one posture continuously for long duration. The study is an attempt to understand the evaluation of use of homoeopathic medicine, with the clinical presentation of Degenerative changes of lumbar spine.

The present study is in support of the earlier studies that showed the effectiveness of homoeopathic interventions in Degenerative changes of lumbar spine. For around 12.7 percent of India's population, homoeopathy is their only source of health care. The current case illustrates how a single homoeopathic medicine can be used to treat a case of Degenerative changes of lumbar spine.<sup>[2]</sup>

## Materials and Methods

This work includes 1 case report which was selected from the Homoeopathic OPD, with also the evidence of X-ray films and report according to the need for knowing the progression of the case and evaluating the further treatment accordingly, which is according to standardized Homoeopathic format. During the period 18/12/2021 to 27/04/2023, the patient suffering from Degenerative changes of lumbar spine attending the OPD was selected with respect to the clinical presentation of the patient.

## Inclusion criteria

1. Both the Sexes
2. All the ages
3. Patient suffering from chronic diffuse pain.

## Exclusion Criteria

1. HIV +ve patients
2. HbsAg +ve
3. Pregnant and lactating women.

The cases were recorded, by keeping the individualistic and holistic concepts in mind. The data was collected by questioning and the physical examination of the patient, which included the following-

- a) Preliminary data
- b) Presenting c/o duration in brief chronological order.
- c) H/o of presenting c/o along with duration was recorded with special reference to onset, progress, and causative factors.
- d) Past medical h/o if any, in chronological order to determine the miasmatic background of the patient.
- e) Past history including generalities of the patient so that patient could be considered as a whole, was recorded with reference to mental reactions, desires and aversions, aggravation to any particular food, habits, appetite, thirst, bowel movements and perspiration.
- f) F/h to illuminate the miasmatic background of the patient for any disease or disorders running in the family inherited or acquired.

**Chief c/o-**The patient started with the c/o of generalized back pain since a year, with morning stiffness. Also, patient was complaining about the Numbness, tingling sensation in lower extremities. Pain mostly in the morning so <morning with >resting on back. There was radiating pain towards the knees with frequent pain in the knee joints.

**Concomitants-**Nil

**Associated complaints-** Nil

**Origin, duration and progress of the case-** Patient was apparently healthy, but then started with c/o of generalized back pain since a year, with morning stiffness of back. Also, patient was complaining about the Numbness, tingling sensation in lower extremities. Pain mostly in the morning so <morning with >resting on back. There was radiating pain towards the knees with frequent pain in the knee joints.

**Past History-**No any major illness in the past.

**Medical illness-**No medical illness in childhood

**No surgical illness** occurred till now.

## Family History-

Father: suffering from Diabetes mellitus

Mother: Healthy

Brother: - Healthy

Sister: Healthy

Husband- suffering from cervical spondylosis

## Patient as a person-

**Appearance and Physical constitution-**

Average built, dark complexion and nourished

Height- 5 feet 4 inches

Weight- 75 Kg

Appetite- reduced since complaints

Diet- Mixed- non-veg once in a week

Thirst- forgets to drink water when busy when remembers she drinks water but on an average- 2 liters/day

Desires- lemons+++, spicy food++, non-veg, green leafy veg+

Aversions- Hot milk

Habits- Tea for 4 to 5 times in a day, no alcohol/tobacco/smoking

Bowels- Satisfactory, soft stools

Urine- Pale yellow, NAD

Perspiration – in summer no smell/stains

Coldness preferred in general-likes fan, winter season.

Sleep- disturbed since has terrible dreams of somebody's death.

Thermals- Hot patient

Intolerable in summer and tolerable in winter season.

### **General reaction-**

Open air- better

Noise- likes silence

Motion sickness/ moon phases- no change

### **Menstrual and obstetric history-**

#### **Menstrual History-**

Menarche- at the age of 13 years

Duration- 5/28 days

Character of bleeding- red clots

Any c/o before/during/after menses - pain in abdomen

Menopause-

#### **Obstetric History-**

3 (1-female, 2- male child)

FTND

No h/o of abortion

Pediatric History of Patient-Nothing significant.

Vaccination- done

Behavioral problems - Nil

### Life space-

She is elder amongst her siblings, during her childhood she struggled a lot and became responsible in early age. Her family financial strength was weak; therefore, somehow, she completed her education. She still remembered those days when the financial condition was not so good, and the family was in a lot of difficulty. She got married at the early age of 21 years. Unfortunately, her husband didn't allow her to do a job and then she completely got stucked up with household chores. All day she must do household chores, nobody from family was helping her and today also no one helps her financially. She has 2 sons and a daughter who are of marriageable age.

Since childhood she gets angered easily and always gets angry at trifles, used to fight since she cannot adjust with people talking lies. Now in adulthood she controls her anger but has tendency to get suddenly angry at trifles. She wants to take care of family members, also takes up proper responsibility and is very particular and prompt in every work she does. She is dominating+ but listens to good suggestions as well, has good confidence level to talk with everybody and never fumbles and expresses herself in front of seniors and juniors. She has constant thoughts in mind, likes to multitask and is very active and prompt in work.

She likes to help people; she forgets anger and insults and does not keep any grudges in mind. Since childhood she is a very ambitious person and dreamed always to achieve a lot in life, but due to early marriage she didn't get any chance to follow her ambition and dreams. Physical and mental restlessness- constantly something is going in her mind so as the actions are very quick and brisk. She is social but does not share her personal problems with anyone since she feels that people might take advantage of it. She is mature enough to understand people from their face and their intentions. She is afraid of financial things and also feels pressure about it as her husband doesn't earn much.

### Physical examination for Objective tests-

| Name of test            | Observation                                      | Interpretation   |
|-------------------------|--------------------------------------------------|------------------|
| Straight leg raise test | Pain is not felt in the lumbar region            | Test is negative |
| Faber test              | Pain is felt by the patient in the sacrum region | Test is positive |

### Vital Parameters/Physical examination-

Temperature-Afebrile

B.P- 130/90mm of hg      Pulse- 84/min, regular      Tongue- moist slight white coating

### Systemic examination-

Respiratory system- AEBE clear, no wheezing

CVS- NAD

CNS- Oriented, well conscious

Abdomen- non-tender, soft, umbilicus-everted

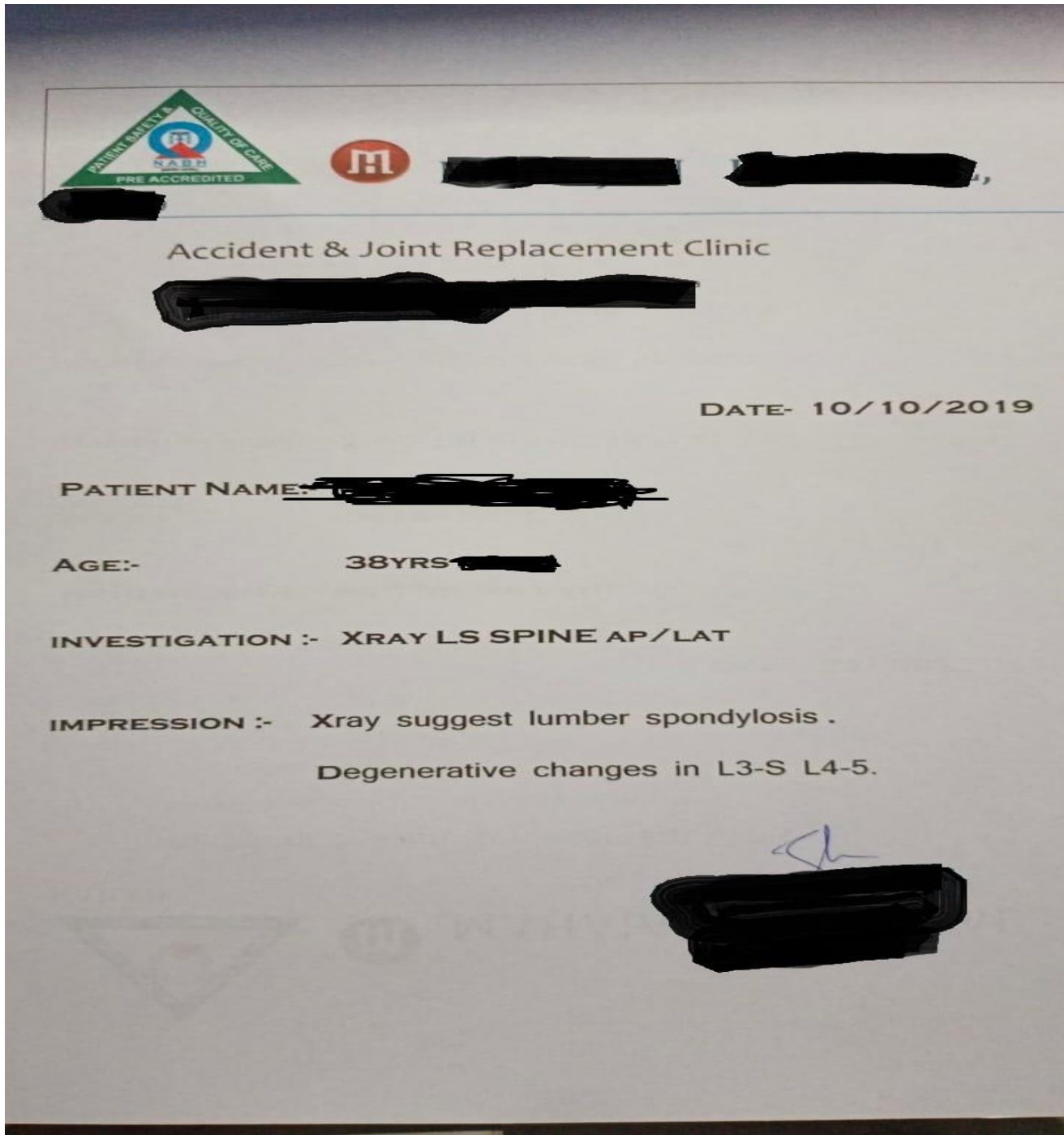
### Investigations-

1. CBC
2. X ray- Lumbar Spine-A. P/Lat view

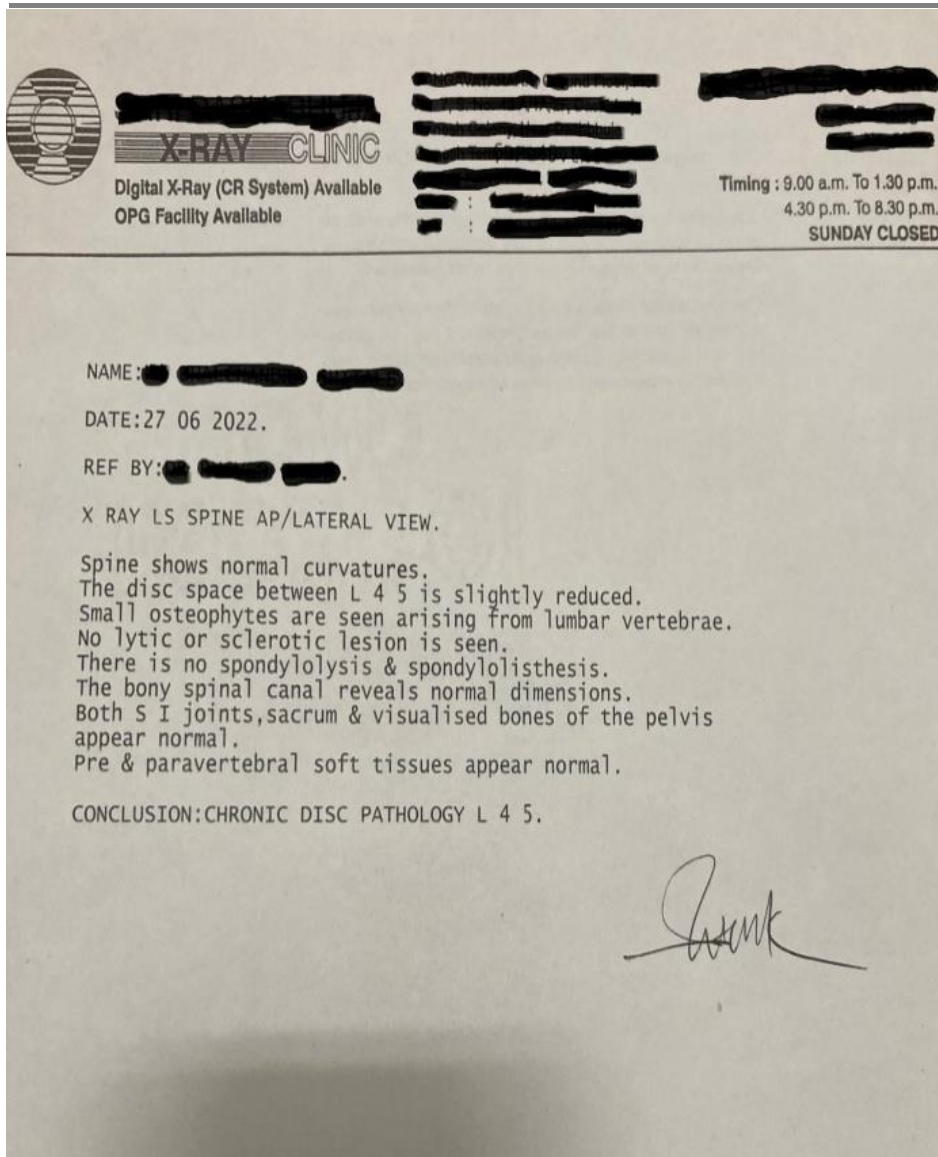
**Provisional Diagnosis-** Degenerative changes in Lumbar spine

**Diagnostic Assessment-** X-Ray Lumbar Spine- A.P/lat views

**Fig.1 (Before treatment)-** The X-ray shows degenerative changes at L3 , L4-L5 level



**Fig.2 (After treatment)-** The X-ray shows disc pathology at L4-L5 level. No major lesions or pathology seen.



## Analysis of case-

1. Generalized back pain, [Physical particular, characteristic, subjective]
2. Morning stiffness of back <sup>++</sup>[Phy particular, characteristic, subjective]
3. Numbness, tingling sensation in lower extremities. <sup>++</sup>[Physical particular characteristic, subjective]
4. Radiating pain towards the knees with frequent pain in the knee joints. <sup>++</sup>[physical particular, characteristic, subjective]
5. <Morning>resting on back. <sup>+</sup>[ Physical particular, common, subjective]
6. Appetite reduced since c/o <sup>+</sup>[ Physical general, common, subjective]
7. Thirst reduced [Physical general, common, subjective]
8. Desires spicy food, non-veg, lemons <sup>+++</sup>[ Physical general, charac]
9. Dreams of murders, ghosts, horrifying daily [Mental general, characteristic, will]
10. Hot patient [Physical general, characteristic]
11. Responsible [Mental general, characteristic, will]
12. Dominating [mental general, common, will]
13. Bold nature [Mental general, characteristic, will]
14. Constant thoughts in mind [Mental general, charac, will]
15. Ambitious person [Mental general, characteristic, will]
16. Restlessness [Mental general, charac, will]
17. Active, alert in responses [Mental general, charac, will]
18. Anger- expressed violently [Mental general, characteristic, emotion]

## Evaluation

1. Bold nature
2. Constant thoughts in mind
3. Active
4. Restlessness
5. Ambitious
6. Dreams- frightful
7. Mind anger violent
8. Generalities- food and drinks-lemon desires
9. Hot patient
10. Generalized back pain
11. Morning stiffness of back<sup>++</sup>
12. Numbness, tingling sensation in lower extremities. <sup>++</sup>
13. < Morning >resting on back. <sup>+</sup>

## Totality of symptoms

1. Bold
2. Constant thoughts in mind
3. Active
4. Restlessness
5. Ambitious
6. Dreams- frightful
7. Anger expressed violently
8. Desires- lemons
9. Generalized back pain
10. Numbness, tingling sensation in lower extremities. <sup>++</sup>
11. < Morning >resting on back. <sup>+</sup>
12. Morning stiffness of back<sup>++</sup>

**PDF** – 1) Hot patient

2) Morning stiffness of back

**Approach-** Kentian since mentals are predominant in this case.

**Repertory used-** Complete repertory<sup>[5]</sup>

**Software used-** Zomeo complete

## Rubrics selected

1. Mind audacity
2. Mind thoughts persistent
3. Mind busy
4. Mind restlessness, nervousness
5. Mind ambitious
6. Mind anger violent
7. Dreams- frightful, nightmare
8. Generalities- Food and drinks lemon desires
9. Generalized back pain
10. Numbness, tingling sensation in lower extremities<sup>++</sup>
11. < Morning >resting on back.

**Fig.3-Repertorisation sheet-Zomeo software**

|    | A                                                     | B    | C     | D   | E    | F     | G    | H     | I    | J   | K    | L    |
|----|-------------------------------------------------------|------|-------|-----|------|-------|------|-------|------|-----|------|------|
| 1  | REMEDY NAME                                           | Lach | Verat | Sep | Calc | Sulph | Bell | Nux-v | Acon | Ign | Puls | Phos |
| 2  | TOTALITY                                              | 26   | 26    | 25  | 25   | 25    | 24   | 22    | 22   | 22  | 21   | 21   |
| 3  | SYMPTOMS COVERED                                      | 9    | 9     | 9   | 8    | 8     | 8    | 9     | 8    | 8   | 9    | 8    |
| 4  |                                                       |      |       |     |      |       |      |       |      |     |      |      |
| 5  | [Complete] [Mind] Audacity:(75)                       | 1    | 2     | 1   |      | 3     | 1    | 1     | 3    | 4   | 3    | 1    |
| 6  | [Complete] [Mind]Thoughts:Persistent(309)             | 3    | 4     | 3   | 3    | 4     | 3    | 3     | 1    | 4   | 3    | 4    |
| 7  | [Complete] [Mind]Busy:(133)                           | 3    | 3     | 3   | 2    | 3     | 1    | 1     | 4    | 2   |      | 1    |
| 8  | [Complete] [Mind]Restlessness,nervousness:(916)       | 4    | 4     | 4   | 4    | 4     | 4    | 4     | 4    | 4   | 4    | 4    |
| 9  | [Complete] [Mind]Ambition: Ambitious:(106)            | 3    | 3     |     | 3    | 1     |      | 3     | 2    |     | 1    | 1    |
| 10 | [Complete] [Mind]Anger:Violent:(180)                  | 2    | 1     | 3   | 3    | 3     | 4    | 4     | 4    | 3   | 1    | 3    |
| 11 | [Complete] [Mind]Dream:as in a:(152)                  | 3    | 3     | 3   | 3    | 3     | 3    | 1     | 1    |     | 1    | 3    |
| 12 | [Complete][General]Food and drinks:lemons;Desires(26) |      | 3     | 1   |      |       | 4    |       |      | 1   | 1    |      |
| 13 | [Complete][Back] Pain: (1002)                         | 4    | 3     | 4   | 4    | 4     | 4    | 4     | 3    | 3   | 4    | 4    |
| 14 | [Complete][Back]Stiffness:Morning:Waking on:(27)      | 5    |       | 3   | 3    |       |      |       |      | 1   |      |      |
| 15 | [Complete][Generalities]Air:Cold Agg:Walking agg:(3)  |      |       |     |      |       |      |       |      |     |      |      |
| 16 | [Complete][Back] Amel:(22)                            |      |       |     |      |       |      | 1     |      |     | 3    |      |

- **Indications and Justification for Selection of Veratrum Remedy-** Patient have persistent thoughts with restlessness and nervousness. Also the Veratrum covers the back pain with stiffness of back that is aggravated on walking and in the morning.
- **Justification of selection of Potency-** Depends on miasmatic analysis and also considering susceptibility of patient so the treatment was started with potency 1M<sup>[3]</sup>

**Susceptibility-Moderate**

**Potency- 1M**

**Prescription-** VeratrumViride1M single dose

Sacrum Lact. OD for 15 days

## TIMELINES

1. **03/01/2022-** Back pain reduced (10%) with no change in other symptoms. No fresh c/o is observed. Veratrum Viridi 1M single dose and Sacrum Lactis (SL) Once a day for 15 days given.
2. **17/01/2022-** No change in the symptoms. No fresh c/o is seen. VeratrumViridi 1M single dose and Sacrum Lactis (SL) Once a day for 15 days given.
3. **31/01/2022-** Increase in Back pain with decrease in tingling and numbness of extremities. No fresh complaint is observed. Veratrum Viridi 1M single dose and Sacrum Lactis (SL) Once a day for 15 days given.
4. **15/02/2022-** Morning stiffness decreased (30%) with no change in other symptoms observed. Sacrum Lactis (SL) Once a day for 15 days given
5. **21/03/2022-** Reduced in back pain, with reduced in tingling and numbness of extremities.
6. Repeat for X-ray (LS SPINE-A/P, Lat.view) Intervention- Mild reduction seen at L4-L5 level with reduces spondylosis pathology. Sacrum Lactis (SL) Once a day for 15 days given.
7. **18/04/2022-** Increase in the Back pain with increase c/o morning stiffness and decrease c/o of tingling and numbness of extremities. Veratrum Viridi 1M single dose and Sacrum Lactis(SL) Once a day for 15 days given.
8. **21/05/2022-** Reduced in back pain (50%) with decrease in morning stiffness and reduced in complaint of tingling and numbness of extremities. Sacrum Lactis (SL) Once a day for 15 days given.
9. **16/06/2022-** Presence of morning stiffness No fresh c/o present. Veratrum Viridi 1M single dose and Sacrum Lactis (SL) Once a day for 15 days given
10. **15/07/2022-** Back pain reduced with no change in other symptoms. Sacrum Lactis (SL) Once a day for 15 days given.

11. **21/10/2022**- No fresh c/o present. Decrease in morning stiffness of back.
12. Investigation- X-Ray- Lumbar spine- slight reduction of L4 and L5 is reduced. Sacrum Lactis (SL) Once a day for 1 month
13. **01/12/2022**- Decrease of the c/o with no fresh c/o present with normal vitals. Sacrum Lactis (SL) Once a day 1 month.
14. **08/01/2023**- No fresh c/o present, Status Quo. Sacrum Lactis (SL) was continued.
15. **10/02/2022**- No fresh complaint present with reduction in pain and stiffness of back. . Sacrum Lactis (SL) was continued.
16. **20/03/2022**- Pain is reduced (70%) with no major c/o stiffness and tingling sensation in extremities. VeratrumViridi 1M single dose and Sacrum Lactis (SL) was continued.
17. **27/04/2023**- X-ray- LS Spine repeated,

Impression- No significance of Lumbar spondylosis, only the disc pathology seen in L4-L5 level

No fresh complaint is seen with reduced pain in back.

Sacrum Lactis (SL) was continued.

### Naranjo Criteria

**Table 3-** Naranjo criteria

| Sr. No. | Modified Naranjo criteria                                                                                                                                                                                                                                                                                                                | Yes | No | Not Sure or N/A |
|---------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|----|-----------------|
| 1       | After prescribing homoeopathic medicine were the symptoms improved?                                                                                                                                                                                                                                                                      | +2  | -  | -               |
| 2       | After the intake of prescribed drug, was the improvement were according to the time frame that was expected and whether that was on the basis of clinical level?                                                                                                                                                                         | +1  | -  | -               |
| 3       | Was there an initial aggravation of symptoms?                                                                                                                                                                                                                                                                                            |     | 0  | -               |
| 4       | Were there was any effect that was observed in the condition of patient and the main symptoms as well?                                                                                                                                                                                                                                   | +1  | -  | -               |
| 5       | Has general well-being increased?                                                                                                                                                                                                                                                                                                        | +1  | -  | -               |
| 6(A)    | How was the condition treated: Did any symptoms become better in the reverse order from when they first appeared?                                                                                                                                                                                                                        |     | 0  | -               |
| 6(B)    | Direction of treatment: Did at least two of the elements of the following aspect relate to the progression of symptoms? Did the disease phase spread from the more important organ to the one of less importance? Or did the symptoms initially originate from a deeper element and then spread to the surface ? descending from the top | +1  | -  | -               |
| 7       | Was there any reappear of symptoms for certain time during the treatment or also in the phase of improvement of the case?                                                                                                                                                                                                                | -   | 0  | -               |
| 8       | Are there any alternate causes (other than the medicine) that have caused improvement with a certain high probability?                                                                                                                                                                                                                   | -   | +1 | -               |
| 9       | Was the health improvement by any objective evidence (e.g., lab test, clinical observation, etc.)                                                                                                                                                                                                                                        | +2  | -  | -               |

|    |                                                                                |    |   |   |
|----|--------------------------------------------------------------------------------|----|---|---|
| 10 | Does any symptoms are created after repeat dose, with any clinical improvement | +1 | - | - |
|    | Total Score:<br><br>(Maximum Score= 13, Minimum Score = -3)                    | 10 |   |   |

**Total score- 10**

## DISCUSSION

In the above case, Veratrum Viride was prescribed as a treatment for the full spectrum of symptoms. The patient's overall experience was significant. She doesn't exhibit either a new symptom or an old one. Therefore, individualized medicine prescription is a crucial component. By the patient's 13th follow-up appointment, a dose of Veratrum Viride had demonstrated a beneficial action of up to 70%. In case, the needless recurrence of doses was prevented. In accordance with homoeopathic principles.

## LIMITATIONS OF THE STUDY

More studies must be conducted on larger sample size and results must be seen. Clinical trials can be conducted on different comparative groups to arrive at conclusion.

## CONCLUSION

Homoeopathy has been shown to be secure and successful in treating degenerative alterations of the lumbar spine. As may be observed from this case report, it has demonstrated the value of homoeopathy. The parameters of the X-ray reports demonstrate that general improvements have been made in all regions. There were no negative consequences in the patient. To manage the degenerative consequences and change one's lifestyle and avoid complications, one must prevent recurrence. This instance serves as an example of how homoeopathy can be effective in treating spinal degenerative alterations.

**Declaration of Patient Consent** -Patient permission papers are acquired with the patient's assent and include the necessary clinical data to be reported in journals, the patient's understanding that her name won't be published, and the proper steps to be taken to protect her identity.

**Financial support**—Nil

**Conflict of Interest-** There is no Conflict of Interest amongst the Authors

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