



Scope of Decimal Potency of Nux Vomica in Low Back Pain

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ABSTRACT

Low back pain (LBP) is a common musculoskeletal disorder that has a significant impact on public health. However, the mechanism of chronic LBP is still not fully understood. Biomechanically, chronic LBP is thought to be related to spinal instability (abnormal motion), abnormal load transfer, or both in a segment of degenerated motion. But again, the relationship between these factors and back pain is not clear. There remains a need for more effective biomechanical measures capable of characterizing spinal motion and load transfer and elucidating how these factors relate to pain generation. More than 70% of people in developed countries will develop low back pain (LBP) at some point.

Pharmacy is the art of preparing drugs for use and dispensing them as drugs. Although precision is the basis of any method, it is doubly important in homeopathic pharmacy, whose hallmark is simplicity. The Homoeopathic Pharmacopoeia of the United States of America deals with the preparation of homeopathic medicines and corresponds to the Pharmacopoeia of the United States of America.

Potentiation is a process to awaken the power of a raw substance taken into medicinal power and used for therapeutic purposes. The unique process of preparing homeopathic medicines is called potentization or dynamization of the medicine, originally introduced by the founder Dr. Hahnemann around 1821. The decimal potency is indicated by adding the letter "X" or "D" to the number indicating the potency, i.e. the first potency is 1X or 1D on the decimal scale, followed by 2X or 2D and so on.

Nux vomica is a hard worker and this remedy is indicated for muscle spasms or tight back pains. The discomfort is aggravated by cold and relieved by heat. The pain is usually worse at night and the person may have to sit up in bed to turn over. Back pain is also worse with constipation, and the pain worsens when one feels the urge to move.

Keywords: Low back pain, Backache, Decimal Potency, Potentisation, Nux Vomica, Homoeopathic Treatment, Homeopathy and Homeopathic Medicine.

Introduction

The back is a common site of pain in younger and middle-aged adults. Low back pain is characterized by pain, muscle tension, or stiffness located below the costal margin and above the gluteal folds with and without radiating to the lower extremities.

Low back pain (LBP) is a leading cause of disability and inability to work and is expected to affect up to 90% of people at some point in their lives. It is common and still challenging for orthopedics.

Exposure to LBP risks workplace and societal costs in terms of healthcare, lost productivity, workplace and family stress, as well as individual pain and suffering. Factors associated with LBP are commonly cited as physical (such as heavy physical work, lifting, bending, twisting and static positions) and personal (such as non-modifiable age, sex, anthropometrics etc. & modifiable physical fitness, motor control, strength etc.) .

This can be the result of many different consequences. Pain can be caused by some combination of overuse, muscle strain, injury to the muscles, ligaments, and discs that support the spine. Over time, a muscle injury that has not been properly managed can lead to an overall imbalance in the spine.

Of all cases of lower back pain, 70% are due to mechanical causes. Mechanical low back pain is one of the most common patient complaints presented to emergency physicians in the United States, accounting for more than 6 million cases annually. Approximately 2/3 of adults suffer from mechanical lower back pain at some point in their lives. There are many causes of mechanical lower back pain. The most common cause is age-related degenerative disc and facet protrusion, muscle or ligament injuries.

Various modalities available for low back pain including surgery, alcohol block for pain, NSAID physiotherapy, postural correction, various support belts, etc.

Homeopathy could be a better option if we see the limitations of the traditional system of medicine, there are various medicines available in homeopathy that work better on the musculoskeletal system. After choosing the right drug, the right dose of potency and repetition is necessary to start an effective treatment. The decimal scale is the most widely used scale and a common choice in clinical practice, therefore this topic is devoted to study.

Review of Literature

The back pain epidemic is growing in the healthcare system around the world. Common back pain is the number one reason an employee misses work and the second most common reason for a doctor's visit. Lower back pain, i.e. lumbago. specifically, it has created an army or partially and fully disabled individuals that have been swept under the medical rug for too long. Medical science has certainly excelled in diagnosing a wide range of spinal abnormalities, injuries and degenerative conditions. However, when it comes to providing treatment to the patient, symptomatic relief is the rule and true cure is almost unheard of. The primary reason doctors and complementary therapists have such poor treatment results when it comes to back pain relief is the vehement denial that psychosomatic pain exists.

Mind and body are constantly interacting. Medicine recognizes some of these interactions while ignoring others. We all know that blushing and sweating happens when we are embarrassed. The heart will race and the blood pressure will rise when we are afraid. A stressful day can cause common headaches or general gastrointestinal distress. Not to mention that the entire sexual process is a series of physical reactions brought about by purely psychological causes. Doctors chose to ignore the possibility that the mind could actually cause pain in the body. This separation of the intellectual, emotional and physical goes against proven scientific evidence and is why doctors cannot stop back pain from destroying countless lives. It is really a case of selective knowledge based on how this information will affect established treatments in the healthcare industry.

Pain in the lower (lumbar) part of the back. Lumbago is considered by medical professionals to be an outdated term that refers to nothing more than lower back pain caused by any of a number of underlying conditions.

The pain can be mild or severe, acute or chronic, limited to the lower back or radiating to the buttocks and upper thighs. In a significant number of individuals, low back pain tends to be recurrent and chronic in nature with an waxing and waning quality. It is defined as mild to severe pain or discomfort in the lower back. ranging in severity from acute (i.e. sudden and severe) to chronic (if it has lasted more than three months), lumbago can occur in any age group, but is common in younger people who engage in heavy physical work and also in retired people age. In a small proportion of patients, this condition can become chronic. Chronic lower back pain usually has a more insidious onset, occurring over a long period of time. Physical causes can include osteoarthritis, rheumatoid arthritis, degeneration of intervertebral discs.

Chronic lumbago is defined as back pain that persists for more than three months and it is obvious that this type of pain will affect your life. Unfortunately, some patients fail to find long-term relief from chronic back pain for a number of reasons.

Population-based studies show that back pain affects most adults at some point in their lives and is the cause of more sick leave and disability than any other single medical condition.

It can be caused by a weak or stretched back muscle, torn ligaments, herniated disc, compression of the sciatic nerve (sciatica), degenerative disease of the vertebrae (spondylosis), curvature of the spine (scoliosis) or bone loss (osteoporosis). Mild lower back pain caused by overuse can be treated with bed rest, heat, massage, anti-inflammatory medications, and strength-building exercises. More serious lower back pain is treated by addressing the underlying disease. Symptoms of lower back pain usually show significant improvement within two to three months of its onset.

If you suffer from lumbago, some or all of the following symptoms may be present:

- Mild to severe pain in the lower back that sometimes spreads to the buttocks, groin area, or down the back of the thigh. This pain is usually made worse by movement.
- A stiff neck, which is caused by the muscles surrounding the spine going into spasm.
- Difficulty bending forward and bending over. Again, this is caused by spasms in the muscles surrounding the spine.
- There may be a change in posture (eg leaning to one side) due to severe pain and spasms in the lower back.
- Sometimes there may be tingling or numbness in the back, buttocks or down one or both legs.

There are many personality traits that chronic back pain patients typically share. These features are not negative, but contribute to the actual cause of the painful symptoms.

The most common of these personality characteristics are:

- * Responsible. The patient is very conscientious and takes responsibility to heart.
- * Motivated Patient strives to excel in all things. The patient does not need external motivation because his main driving force is his own personality.
- * Perfectionist Small details matter to these patients. Mediocrity is never an option and success must be achieved in all endeavors.
- * Goodist The patient constantly tries to be a good person. They try hard to be liked and accepted, they often go out of their way to accommodate others.

* Obsessive Patient often carries certain behavior to an extreme. The obsession can be a specific aspect of the patient's life or a general personality trait.

* Generally positive The patient keeps a smile on his face to cover up painful emotional issues hidden in his subconscious. The patient is not deceiving the world. They actually feel that things are good because their emotional pain is suppressed.

The main warning signs to look out for and which require urgent examination by your GP are:

- Sudden inability to control bladder or bowel movements.
- Numbness or tingling sensation in the lower back, buttocks or legs.
- Dull, aching pain in the lower back that is accompanied by decreased muscle strength or volume in one or both legs.

Types of lower back pain

There are many ways to categorize lower back pain – two common types include:

- • Mechanical pain. By far the most common cause of lower back pain, mechanical pain (axial pain), is pain primarily in the muscles, ligaments, joints (facet joints, sacroiliac joints) or bones in and around the spine. This type of pain tends to be located in the lower back, buttocks and sometimes the upper legs. It is usually affected by loading on the spine and can vary depending on movement (forward/backward/twisting), activity, standing, sitting or resting.
- • Radicular pain. This type of pain can occur if a spinal nerve root becomes affected or inflamed. Radicular pain may follow a pattern of nerve roots or dermatomes down into the buttocks and/or leg. Its specific sensation is a sharp, electric, burning-type pain and may be associated with numbness or weakness (sciatica). It is usually only felt on one side of the body. 8.

Causes of lower back pain

Pain is considered chronic when it lasts longer than three months and exceeds the body's natural healing process. Chronic low back pain often involves a disc problem, a joint problem, and/or an irritated nerve root. Common causes include:

Degenerative disc disease

Facet joint dysfunction.

Dysfunction of the sacroiliac joint.

Spinal stenosis.

Spondylolisthesis.

Osteoarthritis.

Deformity

Trauma.

Compression fracture.

Less common causes of lower back pain

Infection.

Tumor.

Autoimmune disease.

Diagnosis of lower back pain

Patient history

Information about current symptoms

Activity level.

Sleep habits.

Department.

Injury

Physical exam

The goal of the physical examination is to further narrow down the possible causes of the pain. A typical low back pain physical involves a combination of the following steps:

Palpation. The doctor feels (also called palpation) along the lower back to locate any muscle spasms or tension, areas of tenderness, or joint abnormalities.

Homeopathic prospective lower back pain

Lower back pain falls under the following Hahnemann classification of cases:

- Pseudochronic cases - Inappropriately named chronic diseases \ Pseudochronic diseases \ false chronic diseases.
- Unilateral disease with only physical symptoms.
- Fully developed cases.

If we consider the miasma, the pain in the lower back ranges from psora to syphilis deepening on the pathology and the underlying condition.

Nux vomica is a homeopathic remedy. The main alkaloids in the seeds are strychnine and brucine. The tree belongs to the Loganiaceae family and has small flowers and orange fruits about the size of an apple or orange. Nux vomica is one of the most commonly used homeopathic remedies for various ailments and low back pain is one of the important indications.

Nux vomica

This medicine is indicated for muscle spasms or cramping pains in the back. The discomfort is aggravated by cold and relieved by heat. The pain is usually worse at night and the person may have to sit up in bed to turn over. Back pain is also worse with constipation, and the pain worsens when one feels the urge to move.

Another remedy for back pain, especially when it comes to spinal ailments, is Nux vomica. It is worse in the lumbar region at night when lying in bed, of a grooved, lacerated or bruised character, with perhaps sudden stitches in the back, and it is characteristic that the patient must sit up in bed to roll over. He also has back pain in the morning, and the longer the patient lies in bed, the more the back hurts. Back pain from sexual excesses should lead to consideration of both Nux and Staphisagria. A stiff neck and torticollis can also benefit from Nux.

The decimal scale was the second potency scale to be created in the development of homeopathy. Decimal potencies are easy to use and can be dispensed as pills, tablets or liquids. Because these are "low-potency" drugs, they can be repeated often with little risk of developing the symptoms shown.

DRUG POTENTIATION

Three scales are used for preparations of homeopathic potencies of liquid medicinal substances, viz., (a) decimal, (b) centesimal and (c) millesimal. For potency preparations from solid medicinal substances: (a) decimal and (b) centesimal scales are used. When trituration reaches 6 times potency, then only it will be suitable for conversion into liquid potency.

DECIMAL DEGREE OF POWER

Dr. Constantine Hering of Philadelphia was the first to introduce the decimal scale. Dr. Vehsemeyer of Berlin, in 1836, laid down in a precise manner the principles involved in it. It is expressed as follows:

DESIGNATION Decimal potency is indicated by suffixing the letter "X" or "D" to the number indicating the potency, i.e. the first potency is 1X or 1D on the decimal scale, followed by 2X or 2D, etc.

METHOD OF PREPARATION

Preparation of liquid potencies:

Decimal scale – this scale was introduced by Dr. Constantine Hering. In this scale the first potency should contain 1/10th part of the original drug. 2nd potency will be! contain 1/10 part of the first potency; and so on. Potency in this scale is indicated by the letter "X" suffixed to the potency number, i.e. the first potency is 1X, the 2nd potency is 2X, and so on.

Procedure - Take a new and perfectly clean 15 ml bottle, insert a new best velvet stopper; put the name with potency twice on the cork. Next, check the name of the mother tincture or mother solution to be potentized; and to remove the cork, pour 1 ml. the same amount into the bottle, then add 9 ml of rectified alcohol 60 O.P. (dispensing of alcohol); and so one third of the bottle remains empty for suction. ; Then cap the bottle tightly and hold the bottle in your right hand with your thumb firmly above the cork; then strike the bottle with ten strong downward strokes of the arm into the open palm of the left hand, or against some hard but flexible body, or with a suitable mechanical potentiometer, so that each downward stroke ends in a "jerk." 2x potency is now ready. Stick a label marked with the name of the 2x potency medicine on the wall of the bottle. A separate new bottle with a new cork must be used for each potency. For the production of all subsequent potencies, mix one part of the previous potency with 9 parts of dosed alcohol and proceed in the same manner as for the 2x potencies above.

Summary and conclusion

An important aspect of the case is the approach to back pain cases.

It seems that the problem is very common, it is most disturbing in today's modern life. There is no doubt that stress and back pain are related. Therefore, it is always necessary to solve the problem at this level. The goals in these cases are not limited to symptomatic treatment of the patient.

The age groups were 18 to 65 years old

The total number of cases was 30

Other symptoms (along with back pain) were

Anxiety

Sadness

Suffering

Obesity

Impairment of another area of the spine, such as – cervical.

Other related problems like recurrent URTIs

There have been cases of slipped disc, which is a bulging of the disc resulting in radiculitis, which were treated with allopathic medicines in acute conditions. Two pathological processes - degenerative leading to spondylitis changes and to some extent inflammatory changes. In such cases, pain relief and restoration of range of motion remain the main goals of the cases. A deeply acting constitutional treatment helps to achieve it. Acute exacerbation of the condition is also well managed by acute indicated treatment. Reversibility of changes at the X-ray level is not possible. Along with occupational therapy and yoga, it helps the patient improve joint mobility and restore their function.

These were cases of women with back pain that started during pregnancy or childbirth due to the lack of muscle tone that occurs due to weight and childbirth. Changes in lifestyle, posture, diet and lack of exercise lead to chronic persistent dull back pain. In such cases, the investigation does not play any significant role. Less frequently administered constitutional drugs help the patient significantly. Most of the time, there are difficulties that would be very well solved by repeating the constitutional doses.

Another group of patients were occupational hazards, sedentary lifestyle, stresses from fast paced modern living situations, especially in metro cities like Mumbai, Delhi. Chronic muscle spasms, early degenerative processes, lack of muscle tone, osteopenia are multidimensional problems that need to be addressed in cases of chronic back pain. In such cases, sectoral modalities remain mostly common, therefore their incorporation into chronic totality by the method of generalization and case-solving is more fruitful.

Another group of patients was back pain of psychological origin. no one denies its psychosomatic aspects.

In such cases a constitutional remedy in greater potency with occasional repetition will cure the case.

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