



Utility of Decimal Potency of Homoeopathic Medicine NUX Vomica in Cases of 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. by Hahnemann around 1821. 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 a person feels the urge to have a bowel movement.

KEYWORDS: Nux Vomica Decimal Potency, Potentisation, Homoeopathic Medicine, Homoeopathy, and Homoeopathic Pharmacy.

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 health care, 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. Decimal scale is the most widespread scale and 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.

Acknowledging the idea that the mind can produce physical symptoms runs completely counter to the accepted doctrine that the body is a machine that can be fine-tuned by medical engineers. Mind and body interact when it's convenient for doctors to accept, but when it interferes with their bottom line, there's a problem. After all, back pain is big business, and the long-term treatment regimens that patients so routinely endure bring significant profits. If back pain could suddenly be cured by non-medical, non-pharmaceutical, non-surgical means, what would happen to this multi-billion dollar industry? For this reason, most doctors and alternative health care providers continue to say that back pain is almost always the result of some physical defect, such as a degenerated disc, herniated disc, spinal arthritis, facet joint degeneration, spinal stenosis, spondylolisthesis, piriformis syndrome, sacroiliac joint dysfunction, nerve compression, sciatica and the list goes on and on.

The reality of long-term back pain is that it is rarely caused by a physical injury or degenerative process. Sure, there may have been an injury at one point, but chronic pain is maintained by the mind, not the body. The near-universal prevalence of many of these spinal abnormalities in the population makes it difficult to seriously rule them out as the sole cause of painful symptoms. If we all have spinal degeneration, how come only some of us develop pain? For too long, medicine has blamed treatment-resistant back pain on these random and mostly innocent scapegoating conditions. If the diagnosis was accurate, why do all the treatments fail? Most patients with chronic pain never recover. Patients are left with increasing pain, fear, dread, anxiety and an uncertain future after wasting vast amounts of time and money seeking every possible approach to pain relief with little or no success. It is high time for a paradigm shift in the way we perceive back pain and the whole mind/body process in general.

Here comes the role of homeopathic deep acting constitutional medicine. medicine that is prescribed based on an understanding of the patient's overall understanding of mind and body.

To detect a similim, the doctor needs a detailed anamnesis, examination of the patient. The overall case is formed after the analysis and evaluation of the symptoms. After that, the role of the repertoire is of utmost importance as it helps highlight the patient's pool of simulated medications.

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 studies show that back pain affects most adults at some point in their lives and accounts for 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 loss of bone mass (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 radiates 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 spasming.
- Difficulty bending forward and leaning back. 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.

Identifying the exact cause of lumbago is very difficult. It can be caused by a variety of conditions such as a slipped disc, scoliosis (deformation of the natural curvature of the spine), osteoporosis (brittle bone disease) or, more rarely, tumors or infections in the spine. The exact cause of lumbago can usually only be determined in about 30% of cases. Most of those where no other cause is found are thought to be the result of a muscle sprain. The type of stress that causes back pain is not normal everyday stress. It's not the stress of being on time, the stress of missing the bus or the train, or the stress of having to go to work. It is repressed emotional stress. This type of stress can be overt or extremely subtle. Obvious examples of repressed emotional stress are physical or sexual abuse, the loss of a loved one, the disruption of family relationships, or a traumatic experience. Less obvious but equally powerful repressed emotional stress can include a bad relationship, hidden anger at children or parents, dissatisfaction with career (or life in general) or even low self-esteem.

Suppressed emotional stress is an obvious threat because your subconscious is trying so hard to hide it from you (that is, from your consciousness...). The subconscious is overly afraid of the effects these repressed emotions could have if your conscious mind discovered them. Therefore, the subconscious mind has created a "smoke screen" of back pain to keep your conscious mind focused on something other than these repressed problems.

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 takes 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.

In most cases, he will be able to diagnose the problem based on the information provided by you, the patient. X-rays, scans or blood tests are rarely necessary unless the patient shows the above warning signs.

■ Not just the absence of disease, but a MORE COMPLETE MIND-BODY-SOUL BALANCE SO ONE CAN LIVE FOR THE HIGHER PURPOSES OF LIFE

- It means vigor, enthusiasm and positive energy.
- Responsibility for transferring these healthy genes to the next GENERATION.

There are a number of practical steps you can take at home to reduce back pain. These include: The outlook for patients with lumbago is good provided early treatment is sought and the patient remains as active as possible.

The vast majority of people are born with a healthy spine that continues to perform heroically throughout the average lifespan, despite being abused very often. It is a known fact that weak back and abdominal muscles can significantly contribute to the risk of developing back pain. Therefore, it is essential that he embark on a program of moderate exercise to strengthen these muscles.

Prevention is the key to dealing with back problems, as very often it is too late to try to protect the back after it has been damaged

The cure for back pain from stress is to recognize and acknowledge the stress. These emotional problems are well hidden (suppressed) by the subconscious. If repression is the cause of pain, then discovery is the cure. The patient must investigate all possible causes of the pain, then work to resolve or at least acknowledge these sensitive issues before the pain ends.

- Stay active. Resting for long periods of time is not helpful for back pain sufferers, so it is important to continue living within the limits of your pain.
- Moderate exercise is beneficial, especially swimming in a warm pool.
- Develop good posture and have a firm, supportive chair and worktop/table at the correct height.
- Resting and sleeping on a very firm, level surface (some people actually sleep on the floor!).
- Back or lumbar spine pain is very rarely caused by a serious medical condition and will usually resolve itself within a few days or weeks, so try not to get too anxious or upset about it.

Epidemiology

However, in about 25 percent of cases, it is possible to identify the cause. These patients often suffer from conditions such as slipped disc, osteoporosis (brittle bones) and deformation of the natural curvature of the spine (scoliosis) or, more rarely, skeletal damage from tumors, cancer or infection.

Mechanical lower back pain exists in every culture and country. Mechanical low back pain affects more than 70% of the population in developed countries and represents a major socioeconomic burden, accounting for 13% of sickness absence.

Prevalence of back pain in Asia - 67,601,551, India is 23,494,204. In addition, back pain is likely to occur between the ages of 30 and 50, which is the most productive period of human life. In fact, four out of five people will suffer from back pain at some point in their lives.

Back pain can be acute or chronic. Differentiating between these two types of pain will help determine what can be done about it. Acute symptoms appear suddenly, usually in response to an event such as an injury. They usually last a few days to a few weeks, but can become chronic. Chronic back pain will bother you for a long time and in some cases it can force you to change your lifestyle significantly. Experts differ on the length of time the pain must be present before they call it chronic pain, ranging from 3 to 6 months.

Chronic pain is defined as pain that lasts longer than 3 months. Some experts define it as lasting longer than 6 months. Chronic pain is different from acute pain in that it is not easy to find the cause. The diagnosis cannot reveal any injury in the body, and yet the patient may feel very debilitating pain.

Acute lower back pain is the first stage of a back injury. While it is certainly true that chronic pain can develop from an episode of acute low back pain, early treatment can prevent long-term problems.

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 spinal loading 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.

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.

Common symptoms of lower back problems

Dull, aching pain. Pain that remains in the lower back (axial pain) is usually described as dull and aching rather than burning, stinging or sharp. This type of pain can be accompanied by mild or severe muscle spasms, limited mobility, and pain in the hips and pelvis.

Pain that spreads to the buttocks, legs and feet. Sometimes low back pain includes a sharp, stabbing, tingling, or numb feeling that moves down the thighs and into the lower legs and feet, also called sciatica. Sciatica is caused by irritation of the sciatic nerve and is usually felt on only one side of the body.

Pain that is worse after prolonged sitting. Sitting puts pressure on the discs, causing lower back pain to worsen after long periods of sitting. Walking and stretching can quickly relieve low back pain, but returning to a sitting position can cause symptoms to return.

Pain that feels better when you change position. Depending on the underlying cause of the pain, some positions will be more comfortable than others. For example, with spinal stenosis, normal walking can be difficult and painful, but leaning forward on something like a shopping cart can ease the pain. How symptoms change with changing positions can help identify the source of the pain.

Pain that is worse after waking up and better after moving. Many who experience low back pain report symptoms that are worse first thing in the morning. However, after getting up and moving around, the symptoms ease. Morning sickness is caused by stiffness caused by long periods of rest, reduced blood flow through sleep, and possibly the quality of the mattress and pillows used.

Of course, there are other ways that people experience low back pain. Low back pain varies on an individual level, and many factors influence the pain experience, including mental and emotional health, financial stress, or exercise and activity levels.

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 physical for lower back pain includes 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.

Neurological examination. Diagnosis will likely include a motor examination that includes manual movement of hip, knee and big toe extension and flexion (forward and backward movement) as well as ankle movement. A sensory examination will likely include testing the patient's response to light touch, pinprick, or other senses in the lower trunk, buttocks, and legs.

Range of motion test. The patient may be asked to bend or twist in certain positions. These activities are performed to find positions that aggravate or recreate pain and to determine whether certain movements are limited by discomfort.

Reflex test. The patient's leg reflexes will be checked to evaluate for weakened reflexes and decreased muscle strength. If the reflexes are reduced, the nerve root may not respond as it should.

Leg lift test. The patient is asked to lie on his back and raise one leg as high and straight as possible. If this leg raise test brings back lower back pain again, a herniated disc may be suspected.

Usually, a doctor is able to diagnose low back pain based on information obtained from the medical history and physical examination, and no further testing is needed.

Diagnostic imaging tests

An imaging scan is sometimes needed to get more information about the cause of the patient's pain. An imaging test may be indicated if the patient's pain is severe, does not improve within two or three months, and does not improve with nonsurgical treatment.

X-rays are used to look at the bones of the spine. They show abnormalities such as arthritis, fractures, bone spurs or tumors.

A CT scan/myelogram provides a cross-sectional view of the spine. During a CT examination (Computed Tomography), an X-ray image passes through the spine, which the computer captures and reformats into a 3D image. This close-up image allows doctors to look closely at the spine from different angles. Sometimes a myelogram is done along with a CT scan, in which a dye is injected around the nerve roots to highlight spinal structures, giving the image more clarity.

An MRI, or magnetic resonance imaging scan, provides a detailed picture of the spinal structures without using the radiation needed for an X-ray. MRI can detect soft tissue abnormalities such as muscles, ligaments and intervertebral discs. MRI can also be used to locate misalignment or overgrowth of joints in the spine.

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 tight back pain. 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 roll over in bed. He also has back pain in the morning, and the longer the patient lies in bed, the more the back hurts. Backache caused by 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. Since these are "low-potency" drugs, they can be repeated often with little risk of developing the symptoms shown.

POTENTIATION OF THE MEDICINE

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 the trituration reaches 6 times the potency, then only it will be suitable for conversion into a 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 1/10th 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 IX, the 2nd potency is 2X, and so on.

Procedure - Take a new and perfectly clean 15 ml bottle, insert a new best velvet cork; 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. When making all subsequent potencies, mix 1 part of the previous potency with 9 parts of dosing alcohol and proceed in the same manner as for the 2x potency above.

SUCCUSSION

- Take a perfectly clean and new bottle.
- Pour into it the exact ratio of the mother tincture of the drug (one part) and then add a suitable vehicle such as an alcohol dispenser (nine parts), taking care to leave one-third of the bottle empty for aspirating. Put the cork on the bottle.
- Grasp the vial in the right hand with the thumb held firmly above the cork and strike it with ten strong downward strokes of the arm or by striking the closed right hand against the palm of the left hand or a hard but flexible body or a suitable mechanical enhancer that causes each stroke to end with a jerk. The 2X or 2D potency is now ready.
- A separate new vial must be used for each potency. All subsequent potencies are prepared according to this scale by mixing one part of the previous potency with nine parts of the dosed alcohol.

FOR INSOLUBLE SUBSTANCES [TRITURATION]

- To make a 1X or 1D potency, one part by weight of the crude drug is triturated with nine parts by weight of milk sugar for one hour, including three stages, each taking twenty minutes.
- All subsequent potencies are prepared by mixing one part of the previous potion with nine parts of milk sugar.
- Trituration is done up to 6X or 6D potency, after which it is converted to liquid potency.

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 plays no 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, the sectoral modalities remain mostly common, so their incorporation into the 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.

SUMMARY

Potentiation is the only machine technology used in the homeopathy system for drug preparation. The most important factor in this process is the force that acts on the homeopathic medicine and the result is the final result of potentiation, which seems to be responsible for the formation of nanoparticles, important for the development of the therapeutic efficacy of the starting material. Strangely, this aspect has been completely overlooked and ignored by the profession since its inception.

The decimal scale was the second potency scale to be created in the development of homeopathy. It has a dilution factor of 1:10, which means that one part of the mother tincture or potency is diluted in 9 parts of a mixture of water and alcohol. Like the centesimal scale, the decimal scale still has 10 succussions between each dilution stage. The name of the drug is again followed by a number indicating how many stages of dilution and vacuum it has undergone and a Roman numeral "X" indicating its dilution ratio of 1:10. For example, a 3X potency indicates three degrees of dilution and suction on the decimal scale, while a 12X indicates that the process has been done 12 times.

Decimal potencies are easy to use and can be dispensed as pills, tablets or liquids. Since these are "low-potency" drugs, they can be repeated often with little risk of developing the symptoms shown. For this reason, they are commonly sold in retail stores for self-treatment of simple acute problems.

After administration of Nux vomica in decimal potency for the improvement of low back pain in 30 patients, 21 cases (70%) improved, 5 (17%) partially improved cases and 3 (13%) no improved cases.

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