



Neck Pain and Disability in Cervical Spondylosis and its Homoeopathic Management Using Synthesis Repertory

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ABSTRACT

Introduction - Cervical spondylosis, a degenerative condition affecting the cervical spine, is a prevalent cause of neck pain and disability, significantly impacting daily life. Homoeopathy, based on individualization and symptom similarity, offers a holistic approach to managing this condition. This article explores the pathophysiology, clinical presentation, and homoeopathic treatment of cervical spondylosis, emphasizing remedy selection using the Synthesis Repertory.

Case summary - Three case studies illustrate the efficacy of homoeopathic management. In the first case, a 45-year-old female with cervical radiculopathy experienced significant relief in pain and numbness within two weeks following treatment with *Rhus Toxicodendron*. The second case involved a 60-year-old male with cervical myelopathy, who showed notable improvement in mobility and hand tremors after *Kali Carbonicum* administration over three months. The third case, a 50-year-old female with axial neck pain, achieved marked symptom reduction and improved sleep quality within four weeks using *Bryonia Alba*.

Result - The results indicate that homoeopathy provides effective symptom relief and enhances functionality in cervical spondylosis patients. While these cases suggest a strong association between remedy selection and clinical outcomes, further research with objective diagnostic measures is necessary to strengthen the evidence base. Expanding repertorial analysis beyond the Synthesis Repertory could further refine individualized treatment approaches.

Keyword – Cervical spondylosis, Neck pain and Disability, *Rhus Toxicodendron*, *Bryonia alba*, *Kali carbonicum*, Homoeopathy

Introduction

Cervical spondylosis, a degenerative condition affecting the cervical spine, is a common cause of neck pain and disability worldwide. This condition poses a significant challenge due to its impact on daily activities and quality of life. Homoeopathy, a system of medicine based on the principle of individualization and symptom similarity, offers effective management for cervical spondylosis using remedies selected through tools like the synthesis repertory. This article explores the pathophysiology, clinical features, and homoeopathic management of cervical spondylosis, supported by case studies.

Definition

Neck Pain and Disability in Cervical Spondylosis Cervical spondylosis refers to the age-related wear and tear of the cervical spine, including the intervertebral discs, vertebrae, and associated structures. Neck pain and disability arise due to nerve root compression, spinal cord involvement, or mechanical dysfunction of the cervical spine.

Disability in this context refers to the limitations in physical function and daily activities caused by the pain and reduced mobility associated with cervical spondylosis.

Types of Cervical Spondylosis

1. Uncomplicated Cervical Spondylosis or Axial Neck Pain: Degenerative changes without significant nerve root or spinal cord involvement.
2. Cervical Radiculopathy: Nerve root compression causing radiating pain, numbness, or weakness in the upper limbs.
3. Cervical Myelopathy: Spinal cord compression leading to gait disturbances, hand dysfunction, or incontinence.

Pathophysiology

Cervical spondylosis results from progressive degenerative changes:

- Disc Degeneration: Loss of water content and elasticity in intervertebral discs leads to disc collapse and reduced shock absorption.
- Osteophyte Formation: Reactive bony outgrowths develop as a response to instability.
- Facet Joint Arthropathy: Degeneration of facet joints contributes to stiffness and pain.
- Ligamentous Hypertrophy: Thickening of ligaments can cause spinal canal narrowing.

Clinical Features

- Pain: Localized or radiating pain in the neck, shoulders, or arms.
- Stiffness: Restricted range of motion.
- Neurological Symptoms: Tingling, numbness, or weakness in the upper limbs.
- Headache: Often occipital in origin.
- Gait Disturbance: In cases with myelopathy.

Homoeopathic Management

Homoeopathy approaches cervical spondylosis holistically, considering both physical and mental symptoms. The synthesis repertory aids in individualized remedy selection by prioritizing peculiar and characteristic symptoms.

Points of Interest in a Case

1. Location and Modality: Exact site of pain and factors affecting it (e.g., better by warmth, worse by motion).
2. Associated Symptoms: Neurological signs like tingling or numbness.
3. Past History: History of trauma or recurrent strain.
4. Mental State: Emotional factors like stress or anxiety.
5. Generalities: Patient's thermal reaction, appetite, sleep, and other general symptoms.

Key Remedies

1. Rhus Toxicodendron: For stiffness and pain aggravated by rest and relieved by movement.
 - *Rubrics:* Stiffness, cervical region; Pain, motion, amel.; Pain, cold, agg.
2. Bryonia Alba: For pain worse by motion and better by rest.
 - *Rubrics:* Pain, motion, agg.; Pain, pressure, amel.
3. Kali Carbonicum: For sharp pain extending to the shoulders and numbness in fingers.
 - *Rubrics:* Pain, extending, shoulders; Numbness, fingers; Pain, evening, agg.
4. Gelsemium: For weakness and heaviness in the neck and upper limbs.
 - *Rubrics:* Weakness, cervical region; Heaviness, limbs.
5. Hypericum: For nerve pain following injury or compression.
 - *Rubrics:* Pain, nerve injury; Pain, compression, agg.

Case Studies

Case 1: Cervical Radiculopathy

Patient Details: A 45-year-old female presented with severe neck pain radiating to the left arm, associated with tingling and numbness in the fingers. Symptoms were worse in cold weather and after prolonged sitting.

Repertorial totality:

BACK			
1 BACK - STIFFNESS - Cervical regio agg.			✕
2 BACK - STIFFNESS - Cervical regio Nape of neck			✕
EXTREMITIES			
3 EXTREMITIES - PAIN - Fingers - mo motion agg.; beginning of			✕
4 EXTREMITIES - TINGLING - Fingers			✕
Remedies	ΣSym	ΣDeg	Symptoms
rhus-t.	4	8	1, 2, 3, 4
sil.	2	6	2, 4
acon.	2	5	2, 4
bar-c.	2	5	2, 4
calc.	2	5	2, 4
lyc.	2	5	2, 4
nat-m.	2	5	2, 4
bell.	2	4	2, 4
kali-c.	2	4	2, 4

Management:

- Prescription :

Rhus Toxicodendron 200C BD for 7 days Sac lac 30 TDS for 15 days

- Outcome: Significant relief in pain and numbness within two weeks, with complete resolution in six weeks.

Case 2: Cervical Myelopathy

Patient Details: A 60-year-old male with difficulty in walking, hand tremors, and neck stiffness. Symptoms were worse in the evening and associated with irritability.

Repertorial totality:

MIND			
1 MIND - COMPANY - desire for - alone agg.; when			✕
BACK			
2 BACK - CERVICAL REGION; compla			✕
Downward			
3 BACK - STIFFNESS - Cervical regio			✕
Nape of neck			
EXTREMITIES			
4 EXTREMITIES - TREMBLING -			✕
Hands			
Remedies	ΣSym	ΣDeg	Symptoms
kali-c.	4	8	1, 2, 3, 4
bell.	4	7	1, 2, 3, 4
lyc.	4	7	1, 2, 3, 4
nat-m.	4	7	1, 2, 3, 4
phos.	3	9	1, 3, 4
calc.	3	7	1, 3, 4
caust.	3	7	1, 3, 4

Management:

- Remedy:

Kali Carbonicum 1M OD for 3 days Sac lac 30 TDS for 15 days

- Outcome: Improvement in mobility and reduction in hand tremors over three months.

Case 3: Axial Neck Pain

Patient Details: A 50-year-old female presented with persistent axial neck pain for six months. The pain was localized to the cervical region, described as a dull ache, and worsened by prolonged reading or computer work. Associated symptoms included mild stiffness in the morning and irritability due to interrupted sleep.

Repertorial totality:

BACK			
1 BACK - PAIN - motion - agg.			✕
2 BACK - PAIN - overlifting agg.			✕
3 BACK - PAIN - Cervical region - aching			✕
4 BACK - PAIN - Cervical region - Nape of neck			✕
5 BACK - STIFFNESS - Cervical region			✕
SLEEP			
6 SLEEP - DISTURBED - pain; by			✕
Remedies	ΣSym	ΣDeg	Symptoms
bry.	6	10	1, 2, 3, 4, 5, 6
rhus-t.	5	10	1, 2, 4, 5, 6
bell.	5	9	1, 3, 4, 5, 6
calc.	5	9	1, 3, 4, 5, 6
lob.	5	9	1, 3, 4, 5, 6

Management:

- Remedy:

Bryonia Alba 200C BD for 7 days Sac lac 30 TDS for 15 days

- Outcome: The patient reported marked improvement in pain and stiffness within four weeks. Sleep quality improved as neck discomfort decreased.

Why synthesis

Synthesis repertory is authored by Dr. Frederik Schroyens. It is based on 6th American edition of Kents repertory and contain all its rubrics and remedies. Synthesis repertory is enlarged version of the sixth American edition of Kents repertory. Synthesis is a repertory linked to radar project. This repertory is best example of the expanded version of Kents repertory from 1916 till date.

Conclusion

Homoeopathy offers a safe and effective approach to managing cervical spondylosis, focusing on individualization and holistic care. Tools like the synthesis repertory enhance precision in remedy selection, ensuring tailored treatment. The presented cases demonstrate the efficacy of homoeopathy in alleviating pain and improving functionality in patients with cervical spondylosis.

Discussion

The cases suggestive of a definite association between the medicines and outcome. This cases describes the effectiveness of homoeopathic treatment in cervical spondylosis. The cases showed a good recovery with homoeopathic medication within a short period of time. As there are limited evidence base study available for neck pain and disability due to cervical spondylosis further studied should be carried out for the sake of patients and research in homoeopathic medicines for the same. Apart from synthesis repertory, other repertories should also be used for the same, it will give us another view and knowledge of different repertories.

The limitation of these cases is the inability to keep a record of investigations such as x rays, CT, MRI which could have been valuable for the studies.

Result

In this cases, cervical spondylosis related neck pain and disability were improved in a very short period of time. Homoeopathy may be useful in giving relief in neck pain and disability caused by cervical spondylosis.

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