Efficacy of Homoeopathy Medicines in Treatment of Cervical Spondylosis in Computer Professionals

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Abstract: Computers are now a days an important part of our life. Number of peoples using computers increasing day by day. In the modern era, cervical Spondylosis is likely to occur in persons pursuing white collar jobs or susceptible to neck strain because of keeping the neck constantly in one position or working on a computer. The Cervical spine is particularly susceptible to degenerative problems because of its large range of motion and its somewhat complex anatomy. Cervical Spondylosis is a common disorder of cervical spine.

In homoeopathy we treat the patient as a whole taking into consideration the role of the body, Mind and spirit. An exploratory study with Simple random sampling technique was carried out at Sri Guru Nanak Homeopathic College, Ludhiana. Cases were followed up up to six month and assessment was done in a fortnight. Objective: This study is aimed to study the Efficacy of Homoeopathic medicines in treatment of Cervical Spondylosis in Computer professionals. Result: The use of Homeopathic remedy has beneficial effects not only in Cervical Spondylosis but also improving physical health of them. Conclusion: From the above results and observations it is concluded that homeopathic remedies like Bryonia Alba, Rhus Tox, Paris, Kalmia lati etc are helpful in treating cervical Spondylosis. It is concluded that Homeopathic medicine is very efficient in the treatment of cervical Spondylosis is treatable by Homoeopathic medicines in more than 68% of the cases.

Keywords: Cervical Spondylosis, Spinal Canal, Cervical Spondylosis, Homeopathy management, Exercise

1. Introduction
Cervical Spondylosis is a degenerative disease associated with ageing and also occupation. The growing geriatric population and sedentary occupation, increases the incidence of Cervical Spondylosis. In comparison with uncertainty in result and complication of surgical procedure in most cases of Cervical Spondylosis, the result of conservative treatment is so rewarding that surgery should not be considered unless pain persist for a few months or unless there is progressive neurological deficit.

At one or other time, most of the people experience the neck pain. The symptom are commonly described as soreness or Stiffness of neck and patients attribute this to wrong sleeping posture, wrong sitting posture or Due to cold wind, which not be a true factor- but probably due to degenerative disorder of the spine.

In today’s fast moving stressful life, Man has forgotten himself. His life style is more of sedentary work, Long hours in front of computers, lack of exercise etc., All these activities have given rise to several chronic diseases like HTN, DM, Spondylosis etc

Most commonly computer professionals whose work demands a lot of work sitting on a chair in a bent down posture causing undue strains on the vertebral column tend to be more affected by Cervical Spondylosis.

In homoeopathy we treat the patient as a whole taking into consideration the role of the body, Mind and spirit. The patient is treated by taking into consideration – the physical constitution, his mental makeup, his desires and aversions, his relation to environment, past history and family history of any chronic disease. Above all, the homoeopathic medicines are given in dynamic form, the minute and diluted doses which do not cause any side effects. This type of treatment boosts the immunity of the patient, helps in the maintaining the harmony of vital force and to get rid of disease condition.

2. Materials and Methods

2.1 Study setup
A Exploratory study was conducted on patients who have attended OPD, IPD and peripheral dispensaries of Sri Guru Nanak Homoeopathic Medical college, Ludhiana.

Subject: Computer professionals with Cervical Spondylosis were treated with Homoeopathic remedy.

Inclusion Criteria
20 to 50 year of both male and female Cervical Spondylosis patients who are computer professionals on the basis of history and clinical finding.

Exclusion criteria
Case with complication and other pathological changes, patients with pregnancy etc excluded.

Intervention
Proper case taking of patients was conducted according to Homoeopathic principles and was recorded in case proper. After complete case taking, repertorization was done on the basis of the totality of symptoms. Final prescription was based on the individualization of the patients. The followed up of the case was done fortnightly for 6 months to monitor the condition of the patients. Duration of the study: 12 months.

Study parameter
Cervical Spondylosis in Computer professionals which was observation.
The outcome of the study
Total 50 patients were analyzed in the study, 5 cases showed recovery that is 10%, 29 cases showed improvement that is 58%, 11 cases showed no improvement that is 22% and only 5 cases worsen that is 10%. Most prescribed medicines were Bryonia Alba, Rhus Tox, Paris, Kalmia latifolia etc.

3. Conclusion

Present study showed significant results with recovery in 5 cases and improvement in 29 cases. The study proved the efficacy of Homoeopathic Medicines in treating cases of cervical Spondylosis, only if the Medicines are selected strictly according to the principles and laws of Homoeopathy.

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Conflict of Interest

The author declare that there is no conflict of interest.

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