

Oh! My Back !

When we hear a sudden cry from a lady "Oh! my back" (As seen in popular TV ads of leading pain relief ointments) and her face turns pale immediately with excruciating pain and she holds her back firmly with two hands, a layman may think of applying one of the common products for back pain. Can we, as homoeopaths, give a public slogan "take *Kali-carb* and be free from backache right now". But we know any medicine cannot be the specific for any particular complaint; we have to study the case individually and prescribe accordingly. But *Kali-carb* comes close to being a specific for all sorts of backache but it does **not** act if the symptoms do not match.

The backache of *Kali-carb* is seen in persons:

- overindulging in sexual act.
- in persons having flatulence, when whatever he eats, turns into gas.
- during pregnancy and after miscarriage.
- lumbago with sudden sharp pains extending up and down the back and to thighs.
- Patients feels very chilly .

If these symptoms fit then *Kali-carb* will act instantaneously, otherwise not.

In backache, always insist on patient in showing the exact location of pain, so we would not be mislead. The patient may have pain in dorsal, lumbar, lumbosacral pain, but for a layman, back is the entire portion below his cervical region to Lumbo-sacral joint. Low backache is generally seen in PMS, in females which may require *Cimic*, *Puls* and *Mag-phos*. Lumbar pain may arise due to kidney stone for which we may have to think of *Berberis*, *Soldago* or *Cantharis* etc.

Due to sprain after heavy lifting: *Rhus-tox*, *Ruta*, *Ant-*

t, *Graph* or *Lyc* may be thought of. In my personal experience, I have had good result with *Rhus-tox* especially when the backache is associated with stiffness and aggravation in cold damp exposure, eg in air from cooler or air conditioner. It acts best when the patient feels better by stretching backward or throwing shoulders backward. *Rhus-tox* is excellent for backache after stretch and strain.

Dorsal pain may be due to sleeping in a very soft bed. Sometimes backache may appear after a long standing or long sitting.

Backache from constipation and piles is very prominent in *Aesculus* or *Nux-vom*. Sometimes in a woman it may be due to chronic Leucorrhoea or due to displacement of uterus (*Sepia*).

A homoeopath has to discriminate all these points when examining the case of backache.

In most cases of backache (slipped disk) aggravated when turning in bed and the patient must sit up on bed in order to turn side, *Nux-vom* is an excellent remedy. During Influenza the patient may have backache which is best indicated to *Gelsemium* or *Eupat-perf*.

Backache is due to accumulation of gas in the abdomen- think of *Lyc*, *Carb-veg*.

Backache due to enlargement of uterus (bulky uterus)- *Calc-iod*; *Con*; *Aur-mur-nat*.

A case of long standing backache (> by cold application and < by heat) across the forehead with constipation indicates *Aloes*. (Allen)

Backache due to gravid uterus ie during pregnancy indicates *Aesc* and *Kali-c*.

Back pain along with the spine- *Aga*, *Chel*; *Cimic*; *Hypericum*; *Phos*; *Ruta* and *Zincum*

The following Bowel Nosodes may also be tried if no response is obtained with the best selected medicine: *Bac No7*; *Bac No 10* (coccyx pain); *Sycotic-co*; *Dys-co*; *Gaert*; *Morgan pure*; and *Proteus*.



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