

## SCIATICA AND HOMOEOPATHY

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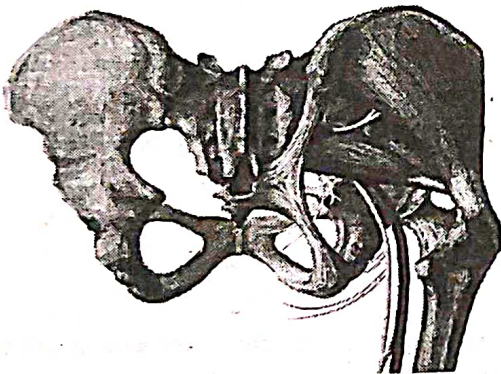
### WHAT IS SCIATICA?

Is a term used to describe the symptoms of low back pain that spread (radiate) through the hip to the back of the thigh and down the inside of back the leg via the sciatic nerve characterized by pain, tingling, numbness, or weakness.

Sciatica affects only side of your leg.

The sciatic nerve is the largest and thickest nerve in the body.

Route value: L4, L5, S1, S2, S3



### CAUSES:

- Sciatica most commonly occurs when a herniated disk.
- Bone spur (over growth of bone on spine)
- Spinal stenosis (Narrowing of spine)
- Sciatic nerve become pinched (compressed)
- Spondylolisthesis
- Piriformis syndrome: This develops when the piriformis muscle (small muscle lies deep in the buttocks) becomes tight or spasms which can put pressure on and irritate the sciatic nerve.

- The nerve can be damaged by a disease such as diabetes (rare)

### **RISK FACTOR:**

**AGE:** Age related changes in the spine such as herniated disks and bone spur are the most common cause of sciatica.

**OCCUPATION:** A job that requires you to twist your back, carry heavy loads or drive a motor vehicle for a long periods.

**PROLONGED SITTING:** People who sit for prolonged period or have a sedentary lifestyle are more likely to develop sciatica than active people.

**OBESITY:** Excess body weight can contribute to the spinal changes that trigger sciatica.

**DIABETES:**

### **SYMPTOMS:**

**PAIN:** Pain that radiates from your lower spine to your buttocks and down the back of your legs is the hallmark of sciatica.

The pain is very widely from a mild ache to a sharp, burning sensation or excruciating pain. Sometime, it can feel like an electric shock.

Some people also have numbness, tingling or muscle weakness in the affected leg.

**WORSE:** When you cough or sneeze and prolonged sitting.

Feeling of discomfort.

### **PREVENTION:**

- Avoid/Stop cigarette smoking which promotes disc degeneration.
- Exercise regularly to strengthen the muscle of your back and abdomen, which work to support your spine.
- Use good posture when sitting, standing and sleeping. Good posture helps to relieve the pressure on your lower back.
- Avoid sitting for a long period.
- Use good body mechanics: If you stand for long period, rest one foot on a stool or small box from time to time. When you lift something heavy, let your lower extremities do the work. Keep your back straight and bend only at the knees. Hold the load close to your body. Avoid lifting and twisting simultaneously.

### **HOMOEOPATHIC REMEDIES FOR SCIATICA:**

1. COLOCYNTHIS

2. MAGNANIA PHOSPHORICUM

3. GNAPHALIIUM

4. RHUS TOX

5. BRYONIA ALBA

6. VALERIANA OFFICINALIS

7. ARNICA

8. HYPERICUM

9. RUTA

8. KALI IOD

10. AESCULUS HIP

11. TELLURIUM METALICUM

12. LYCOPODIUM

### (1) COLOCYNTHIS:

Colocynth is an excellent remedy for left-sided sciatica.

Pain starts in the lower back, extends down left hip, buttocks, left thigh, left knee up to leg. Pain violent, crampy, drawing, tearing and shooting type like lightning shocks.

< Least motion, Rotation

> From warmth, hard pressure, lying on affected side.

Pressure gives more relief; Colocynth is a remedy.

### (2) MAGNESIUM PHOS:

Magnesium Phos is the most reliable medicine for right-sided sciatica.

Pain starts in the lower back & extends down to the right hip, buttocks, knee & leg.

Sciatica with tender feet

Pain is sudden, violent & neuralgic such as sharp, cutting, cramping & going like a lightning.

Pain coming & going like a lightning.

< Motion, draught of cold air

> By heat, warmth, pressure

When Warmth is more relieving than pressure, consider this remedy.

### (3) GNAPHALIUM

This remedy is mainly used in affection of sciatic nerve.

Intense sciatic pain that alternates or followed by numbness.

Frequent pain in calves & feet; felt while in bed pain

Pain in joint as if they lacked oil.

< Lying down, motion, stepping

>by flexing the limb on abdomen, by sitting in chair.  
Indicated where sciatic pain alternates with numbness.

**(4) RHUSTOX**

Rhustox is also useful in case of sciatica that arise from the lifting a heavy weight.  
Pain over the back portion and thigh while standing from sitting position or while starting to walk after prolonged sitting condition.  
Along with severe pain a burning sensation felt in lower limb.  
<Morning, when walking up from bed, damp rainy weather after muscular exertion.  
>walking or movement of affected limb, warm application.

**(5) BRYONIA ALBA**

Bryonia is indicated when sciatica worse from slightest motion.  
Pain is bursting, stitching & tearing type with soreness & heaviness.  
The hip & leg of affected side felt heavy.  
< slight motion, walking, warmth, morning  
>absolute rest, Lying on painful side, lying quietly, pressure, cold things.

**(6) VALERIANA OFFICINALIS**

Valeriana is indicated when the sciatic pain worse from standing, sitting & resting on floor  
>by walking & rubbing  
Cramping pain from calf to heel.

**(7) ARNICA**

Arnica is the most useful remedy when sciatica arises from injury to back.  
The injury may be cause by fall or blows.  
Pain in back & limbs as if beaten  
< least touch, motion  
>lying down; with head low.  
Arnica is advised in case of sciatica with excessive soreness of lower limb.  
Slightest touch is unbearable on affected side.

**(8) HYPERICUM**

Sciatica arises from mechanical affection of spinal cord, bad effect of concussion.  
Hypericum is considered when the sciatic pain is associated with tingling, burning or numbness in affected leg.  
Excessive pain & soreness of affected part.

Violent pain; inability to walk

< walking, stooping

**(9) RUTA**

Ruta is indicated when sciatic pain < by lying down at night.

Weakness in lower limb

**(10) AESCULUS**

There is a cramping with mild burning pain from the lower back to knee  
< from walking or stooping.

There is a constipation tendency associated with sciatic pain.

**(11) TELLURIUM METALLICUM**

Deep sciatic pain < On coughing, sneezing, straining on stool, lying

Sciatic pain with sensitive spine.

Pain in sacrum passing to right thigh.

**(12) LYCOPODIUM**

Sciatica right side

< pressure; cannot lie on painful side

> hot application and walking

**(13) KALI. IOD.**

Pain in hips forcing limping. Sciatica < lying on the affected side, sitting, standing, wakes him at night.

> walking and flexing legs.

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