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A homoeopathic approach for sciatica with therapeutics

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Abstract

An inflammation or injury to the sciatic nerve can result in sciatica, a type of nerve pain. It can cause back discomfort, tingling, and numbness that may travel down to the leg. Either way is possible. The main objective of this article is to treat sciatica with homoeopathic medicine.

Keywords: Homoeopathy, sciatica, nerve pain, homoeopathic therapeutics

Introduction ^[1, 2]

Definition

An inflammation or injury to the sciatic nerve can result in sciatica, a type of nerve pain. It can result in lower back or butt tingling or numbness that may spread down a leg. Either way is possible. More severe symptoms could also be present.

Sciatica is a painful condition in which the patient has pain and numbness in the distribution of the sciatic nerve or the lumbosacral nerve root. Sciatica is a phrase that is frequently used incorrectly to describe any kind of radicular leg pain or low back pain. The sciatic nerve is created in the pelvis when the L4 and S2 nerve roots come together. With a diameter of up to 2 cm, the sciatic nerve is by far the largest nerve in the body. Sciatica pain typically gets worse when the lumbar spine twists, bends, or coughs.

The sciatic nerve provides two types of motor activity: direct motor activity to the hamstrings and lower extremity adductors while providing indirect motor function to the calf muscles, anterior lower leg muscles, and some intrinsic foot muscles. Through its terminal branches, the sciatic nerve also indirectly delivers feeling to the plantar region of the foot, the lateral and posterior lower leg, and the posterior and lateral lower leg. It is important to realize that inflammation-related disorders that irritate the sciatic nerve account for the majority of occurrences of sciatica. On the other hand, direct compression of the nerve results in more severe motor dysfunction, which is typically not evident and, if present, will need a more extensive and expedited workup.

Etiology ^[3]

The most common cause of sciatica is a bulging or ruptured lumbar intervertebral disc. Any condition that has the potential to compress or structurally injure the sciatic nerve might cause sciatica pain. In old people, spinal stenosis is a common cause. Spondylolisthesis, or a relative misalignment between vertebrae, may lead to sciatic pain. Any inflammation, impingement on a lumbar or sacral nerve root, or spasm of the lumbar or pelvic muscles can lead to sciatica. Symptoms like sciatica may be caused by a spinal or paraspinal mass, such as a tumour, epidural hematoma, or epidural abscess.

Epidemiology

There doesn't seem to be any gender disparity, which is one of the main epidemiologic features of sciatica. Sciatica's lifetime incidence varies from 10% to 40%. Sciatica is most common in elderly people and rarely occurs before the age of 20 without any injury. The annual occurrence of sciatica ranges from 1 to 5%. Sciatica may be hereditary, according to some research. Sciatica has a relationship with body weight after the age of 50. In some cases, sciatica had a strong relationship with occupations like truck drivers and machine operators.

Pathophysiology ^[4]

The nerve roots L4–S2 make up the sciatic nerve.

The big sciatic nerve is formed in the pelvic cavity as a result of several nerve roots joining together. The sciatic nerve then left the pelvis through the back's sciatic foramen. The nerve exits the pelvis and goes posteriorly to the quadratus femoris, inferiorly to the gemellus superior and inferior, and anteriorly to the piriformis. The sciatic nerve then goes over the biceps femoris as it enters the posterior thigh. Last but not least, the sciatic nerve gives birth to the tibial and common fibular nerves in the posterior popliteal fossa of the knee. When a disorder arises somewhere along the nerve's course, symptoms of sciatica develop.

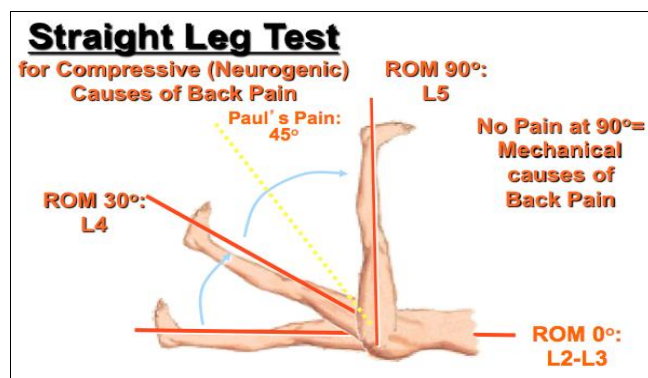
Clinical manifestation

- Pain- Because of pressure on the affected nerve(s), sciatica pain arises. The majority of people dealing with sciatica pain describe it as blazing or electric shock-like. In addition, this pain often radiates or shoots down the affected leg. Coughing, sneezing, bending, or lifting legs upward when lying on back often leads to pain.
- Paresthesia, or "pins and needles" sensation.
- Numbness in the affected areas of the back or leg, where one is unable to feel sensations on the skin. This occurs as a result of the brain not receiving signals from the back or the leg.
- Weak muscles
- Incontinence of the stools or urine.

Diagnosis

Physical examination

1. **Walking:** Sciatica frequently results in obvious changes in gait. These modifications are part of the sciatica diagnosis.
2. **Straight leg raising Test:** Lying on a medical exam table with their legs extended. Inquire as progressively elevate each leg towards the sky as to when first feel any pain or other symptoms. These can aid in determining the origin of sciatica and provide management options.



3. Additional tests of strength and flexibility. These can aid in identifying other factors that may be causing or aggravating sciatica

Tests

A number of tests can aid in identifying sciatica and ruling out related illnesses. The following are only a few of the most typical or likely tests:

- Imaging
- CT Scan
- MRI
- Nerve conduction velocity studies
- Electromyography.

- Myelogram.

Differential Diagnosis

Differential diagnosis of sciatica with these conditions are often.

- Piriformis syndrome
- Tumor
- Potts Disease (spinal tuberculosis)
- Epidural hematoma
- Epidural abscess
- Lumbosacral disc Herniation
- Nerve root impingement
- Muscle spasm

Complication

Sciatica is a result of pressure on the sciatic nerve. If the impact on the sciatic nerve is not removed, complications from sciatica will develop.

Complications of sciatica are these

- Numbness is present on the affected side of the body.
- Pain is present, ranging from moderate to severe, and gets worse progressively.
- Muscle weakness is present in the affected leg.
- Functional disturbance: Sciatica causes Permanent nerve injury.

Homoeopathic Therapeutics ^[5, 6, 7]

Ammonium mur [Am-m]

A sense of contradiction or actual contradiction in the legs; long-lasting and severe Tearing, stitching, and ulcerative pains in the heels; sciatica pain on the left side as if the hip tendons were too short; and pain in the heels that is relieved entirely when lying down. He limps when walking and complains of gnawing pain in the bones while sitting.

Angustura [Ang]

A dull, lame sensation along the sciatic nerve on the back of the thigh; painful tension in the anterior thigh muscles when extending; and lame-appearing thigh muscles when moving.

Bryonia [Bry]

Lower back pain that spreads to the thigh. It is greater while standing up, when moving, and in the late evening. It is preferable to rest on the uncomfortable side; cold water is frequently soothing; the affected limbs become atrophy and emaciated.

Calcarea carb [Calc]

Sciatic pain resulting from working in water, pain from leg hanging down and from elevating knees; pain extends down into legs and keeps them in consent uncomfot; coxalgia with drawing stitches, torn, and cutting pain.

Causticum [Caust]

Stitching, shooting pain, and a feeling of lameness in the affected limb; drawing and tearing in things and in the legs, knees, and feet, (<) in open air, (>) by warmth of bed; tendons of knees seem too short; intolerable uneasiness in limbs. (<) evening.

Chamomilla [Cham]

Pain in left side, drawing pain from hip to knee, and from tuberosities to soles of feet; numbness after motion in the

affected areas. drawing, tearing, excruciating pain that becomes intolerable at night; worse at night in bed. patient acts as if he is insane excessive sensitivity and irritability of fibre.

Cimicifuga [Cimc]

Pain which spreads from the extremities to the abdomen, causing diarrhoea and occasionally urine retention; hysterical tendencies; complications from ovarian or uterine diseases. Pain in the back, the sacrum, the entire left leg, the left shoulder, and the groyne.

Coffea [Coff]

Crural nerve neuralgia, which is made worse by movement but made better by being present (apart from where the nerve exits the body), is characterised by paroxysmal pains, tearing, and stitching, which are worse in the late afternoon and early evening. All senses are also quite acute and are quickly impacted by the pain, which can even cause tears.

Colocynthis [Coloc]

Right-side sciatica; severe, shooting sensations in the sacral region; required complete stillness; worsens with movement. A tendency to shorten the tendons is present, along with severe aches that cause him to limp and a paretic, numb feeling afterward. The pain is made worse by touch, cold, motion, rage, and indignation. With a need for cold water, stitching-cutting pains from hip to knee, or lightning-like symptoms from sacrum to heel, are more severe in the evening and at night.

Dioscorea [Dios]

Right leg pain that is made worse by movement of the limb, sitting up, or walking; dull tearing hip pain that prevents walking; cramping pains in the backs of the legs above the knees, at the buttocks, and at the heels; complete relief when lying still; and frequent, sharp, darting pains, especially from the abdomen to the lower parts.

Eupatorium purp [Eup-per]

ISCHIAS SINISTRA. Right shoulder or right knee neuralgia that shifts to the left; symptoms from the bottom up, especially on the left side of the back and hip; Hip ache; legs feel weaker overall, the left leg more so; and strong shooting sensations along the left sciatic nerve's route.

Ferrum [Ferr]

He must get out of bed and move around due to violent hip aches from dusk till midnight; he finds it difficult to place his feet on the ground, however AS HE MOVES, THE PAIN DISAPPEARS; Remitting pains, discomfort in the left shoulder, painful drawing in the legs with stiffness and heaviness, swelling of the feet, and painful drawing pains when starting to walk; face pale and emaciated but quickly flushed.

Gelsemium [Gels]

Obstinate sciatica, which worsens when she is at rest and in particular while she is trying to move; searing pains, which worse at night force her to lie awake; shooting pains in paroxysms; (>) when she is perspiring; and pains in the sole of the foot when she is walking.

Gnaphalium [Gnaph]

severe pain that follows the posterior sciatic nerve's bigger ramifications and is dull, throbbing, cutting, or scorching;

Exercise can be highly exhausting since numbness may replace the sciatic discomfort; (<) Lying down; (>) seated in a chair; more of a negative impact on the right side.

Ignatia [Ign]

intermittent chronic ischias. better in the summer and worse in the winter. crushing pain that feels like the hip joint is about to fall apart. chilliness, followed by thirst, and then heat, especially in the face. Patients with mild, melancholic temperaments who experience sporadic sharp or throbbing aches that start out temporary but eventually become chronic.

Kali bichrom [Kali-bi]

Sciatica of left leg, > by walking and flexing hip to knee; strain on nerve results in shooting pain down entire leg; wandering pain of many different types, which appear suddenly and disappear swiftly; hip discomfort that is jerking and agonising < the warmth.

Kali phos [Kali-p]

Sciatica; dragging ache from back of leg to knee; torpor; stiffness; extreme restlessness and weariness; paralyzing drawing pain in sole of foot.

Lac can [Lac-c]

Left hip and sciatic nerve discomfort from rheumatoid arthritis; excruciating pains throughout the suprasacral area that go down to the sciatic nerve.

Ledum [Led]

A pinching, pulling, or pressure-like sensation in either hip joint, descending along the back of the thigh; pressure in the back of the thigh with a sense of muscles squeezing. The pain goes up from the foot. The weakness and weight of the parts are more pronounced on the left side. Swelling of the feet and limbs occurs after pain. The soles of the feet are extremely sore. The dorsal surface of the feet and the ankles itch at night. Lack of necessary heat It is colder on the affected limb than the rest of the body. Being warm in bed makes pain worse.

Magnesia phos [Mag-p]

Constantly standing up, unable to lie in bed at night, and experiencing severe, lightning-like paroxysms on the right side.

Palladium [Pall]

Right side of Ischia, dull, aching aches from toes to hip or from trochanter to knee hollow. (<) motion or cold in the evenings as darkness falls, (>) by warmth and relaxation.

Plumbum [PLB]

Chronic sciatica accompanied by muscular atrophy, ongoing, squeezing, or tearing pains, particularly at night, aggravated by heat, motion, or light pressure, > by massage, and accompanied by a frenzied fever, a dry cough, and acute exhaustion.

Pulsatilla [Puls]

A continual need for the patient to move the leg due to drawing discomfort that gets < in the evening, at night; Left side sciatica, who is unable to rest despite the aggravation of motion; Anorexia, no thirst, unceasing weeping, chills that

get worse as the pain gets worse.

Ranunculus [Ran-b]

Sciatica, SPECIALLY IN WOMEN, causes stitching-burning sensations that radiate from the dorsal region of the spine and are made worse by movement but not eased by resting down.

Rhus tox [Rhus-t]

Frequent cramping spasms in the calves; worse in open air; better from dry heat. Formication and paralytic stiffness of the limb, increasing during rest and while starting to move, were eased only for a brief period by motion. These symptoms appear in the later stages of the sickness, especially when brought on by exposure to moisture or strenuous lifting.

Ruta [Ruta]

During the paroxysms, the patient must continuously be on the move because sitting or lying down causes the pain to intensify. He also complains constantly about his pain, which is of a burning or corrosive nature and is made worse by damp or cold weather, cold applications, and ischias caused by injuries and concussions.

Sulphur [Sulph]

Neuralgia cruralis; subacute sciatica from an underlying body dyscrasia. Tensile pain, especially in the left hip joint. the injured limb being drawn down while feeling bruised. When moving, the affected limb feels heavy and numb, almost paralyzed; pain at night from the warmth of the bed; and more or less rigidity in the knees. foot edema in cases of chronic disease.

Xanthoxylum [Xan]

The crural nerve (Gnaph., posterior sciatica) travels through the body with severe pain; the left side of the body is completely numb.

Conclusion

Sciatica can be effectively treated with homoeopathy. This article demonstrates how homoeopathic therapeutic medicine can be used to treat sciatica. Numerous pioneers have advocated for homoeopathic sciatica treatment. The medicine mentioned above are often and successfully used for treatment of sciatica.

Conflict of Interest

Not available

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Not available

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