



TITLE: AN EVIDENCE BASED CASE OF SCOLIOSIS - MY BACK CANNOT HOLD ME UP

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ABSTRACT

Scoliosis is bony deformity , in which there is lateral curvature of spine . the cause of scoliosis is unknown , it may vary from variety of causes such as autoimmune disorders ,congenital ,neuromuscular or idiopathic . in majority of cases females are more prone to affect with scoliosis than males . treatment may vary according to cause

KEYWORDS – scoliosis , back pain , responsibilities , conscientious



INTRODUCTION

Scoliosis is structural deformity in which there is lateral curvature of spine ^[1]

Scoliosis can be divided into idiopathic or secondary depending upon the cause . the later one is secondary to variety of causes such as autoimmune , neuromuscular , congenital anomalies or secondary to any trauma

Generally scoliosis has two curve , primary curve and secondary curve .

The curves are further classified according to apical location

- 1) CERVICAL C1 – C6
- 2) CERVICOTHORACIC – C7-T1
- 3) THORACIC – T2- T12
- 4) THORACOLUMBAR – T12 – L1
- 5) LUMBAR – L2 – L4
- 6) LUMBOSACRAL – L5 – S1

According to reports 2 to 3 % population in india suffer from scoliosis as well many childrens too. As belongs to a middle class family , it always comes up with great responsibilities. These people often most responsible , facing variety of pressure in whole life span ,For an example family pressure , fianancial pressure , health issues , social position. As after taking so much pressure from all of such situation , they suffer from variety of health issues

Out of such situation I have come up with case of scoliosis from SMT AJ SAVLA HOMOEOPATHIC MEDICAL COLLEGE , MEHSANA

A CASE OF SCOLIOSIS

Name – xyz

Age/sex – 65/F

Occupation – housewife

Address – banaskantha



CHIEF COMPLAIN

65 year old lady came to me with complain of severe back pain in lumbar region . patient suffering from backache since 10 years .

Back pain < morning waking on , while working

Stiffness usually in morning

PERSONAL HISTORY

65 year old lady working in construction area since 35 year of her age , she is working for about 8 hours at construction site bearing heavy weight on head , even after coming to home she do work as a tailor for about 2/3 hours a day

She has 3 childrens, 2 of them married

Her husband expired when she was 35 of her age

MENTAL HISTORY

On looking to constitution , she was illiterate , having good morals , very conscientious

First I asked few question about her presenting complain and how this complain affecting her routine as well her mind

So I asked – describe me about your complain , and how it is affecting you

On answer she said – she cannot able to do her household work as entire responsibilities on her (here the main concern is about responsibilites as her husband died when she was 35)

So I asked about responsibilities

She said after her husband , I was the only one who is responsible for my family .



I have 3 children which were too little at that time , so all the responsibilities of them are on me.

I am still working since last 30 years , working for about 10 hours a day.

one of her relative is student of this college , so she feels guilty about herself as she used to call him before coming to me , she said – due to me others are suffering (strong conscientious)

PHYSICAL GENERALS

Thermal – chilly

Sleep – disturb due to pain

Stool / urine – normal

Constitution – lean , emaciated

PAST HISTORY

No any major illness found in past history

MIASM

SYPHILIS

Muscle affection – psora

Joint affection – sycosis, Bone affection – syphilis

TOTALITY OF SYMPTOMS

1)Back pain aggravate in morning

2)Stiffness lumbar region

3)Strong responsibilities



- 4)Conscientious
- 5)Bone affection
- 6) chilly patient
- 7) death ailments agg

ANALYSIS AND EVALUATION

Mind, Death ailments from agg – mental general

Mind – anxiety conscience of - mental general

Mind – responsibilities strong – mental general

Mind – responsibilities ailments from – mental genera

Mind – delusion life hardship is – mental general

Back – spine , vertebrae ,spinal cord – physical particular

REPERTORISATION

Remedy Name	Calc	Aur	Ign	Lil-t	Cocc	Nat-s	Nat-m	Carc	Kali-c	Ars	Bell	Lach
Totally	12	10	10	10	9	9	8	7	7	7	7	7
Symptoms Covered	4	5	4	4	4	3	4	3	3	2	2	2
Kingdom												
[Complete] [Mind]Responsibility:Ailments from, agg: (80)	3	2	3	3	1	3	1	2	3			
[Complete] [Mind]Responsibility:Strong, or too: (68)	3	2	3	3	1	3	1	2	3			
[Complete] [Back]Spine, vertebrae:Spinal cord: (166)	3	1	1	1	4	3	3			3	4	4
[Complete] [Mind]Anxiety:Conscience, of: (223)	3	4	3	3	3		3	3	1	4	3	3
[Complete] [Mind]Delusions, imaginations:Hardship, life is: (3)		1										

(figure 1.0 – repertorisation sheet)

TREATMENT

Rx AURUM MET 1M 1 DOSE, SL 1 MONTH

FOLLOW UP

Sr. no	Date	Complaint	Treatment
1	26-06-2023	-Much reduction in pain -Able to sleep	Sac lac 1 month
2	22-07-2023	-Sleep improved -Generalities getting better	Sac lac 1 month
3	25-08 -2023	- Condition came to stand still - Pain increased little	AURUM MET 1m 1 dose Sl 1 month
4	30-09-2023	-Pain much reduced again - This time x ray advised	Sac lac 1 month
5	2-11-2023	X ray changes you can see in fig 2.0	Sac lac 1 month

After five month of treatment she came to me with x ray



(figure 2.0 – before and after x ray changes)



CONCLUSION

The spinal cord gives you support from back , strengthen the body .

In case of scoliosis the spine losses the normal curvature , means there is loss of support from back. Wherever , patient feels loss of support from back , the back starts to affect here in this case patient lost her husband when she was just 35 year of her age , she lost her support , lost her back and due to that all the responsibilty of the family is upon her after that here this is not normal psoric or sycotic responsibilities (here it is bone affection – syphilis so we have to consider the syphilitic trait of patient)

muscle affection – psora

joint affection – sycosis

bone affection – syphilis

So here I consider only syphilitic trait of the patient here it Is syphilitic responsibilities , so I require syphilitc remedies to consider the ROW 6 indicate the responsabilites ,^[2] keywords of row 6 – withstanding high pressure, responsibilties , power ,perfomance^[3] column 11 – the structure stand by itself , maintain , control , hold on , critical , ordeal , perfomance , responsabilites based on this I have selected AURUM MET which was given in higher potency and it is worked very well

Aurum met – chronicity of complaint , bone pain are cutting and borning. Carries of bone^[4]

Every opportunity sought for self destruction^[5]

Bone pain are violent , tearing , bone ache as if they whould break in old syphilitic bone trouble and not in acute fevers. Pain drive the patient to despair^[6]

On this bases I have concluded that homoeopathy do such miracles if you have faith and patience



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