



TITLE: ROLE OF HOMOEOPATHIC MEDICINE IN THE MANAGEMENT OF POST – CAESAREAN BACKACHE ALONG WITH LIFE STYLE MODIFICATION – AREVIEW ARTICLE

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ABSTRACT:

Back pain following a caesarean section is a common complaint nowadays. It has been proven in a various study that more than 7 out of 10 women's who give birth especially through caesarean section suffering from back pain. There are many factors which are responsible for persistent back pain after a caesarean section related to history of pre – post pregnancy back pain, obesity, bad posture while nursing, sitting, walking, standing, along with spinal anesthesia during C – section are some contributing factors for backache. When discomfort from incision is expected back pain adds some more level of discomfort.



Homeopathic treatment proved to be both effective and safe to reduce post caesarean back pain. There are many studies in the field of homeopathy show that homeopathic medical therapy helpful in management of backache following caesarean section. Along with homeopathic treatment life style modification help to reduce backache.

KEY WORDS: Back pain, caesarean section, homeopathic drugs, life style modification.

INTRODUCTION:

Today's low back pain is one of the most common problem worldwide. It has been statistically proven that more than 7 out of 10 women's who give birth especially through caesarean section suffering from back pain. ⁽¹⁾ In caesarean section the fetuses after 28 weeks are delivered through abdominal route. The caesarean rate in united states in 2010 was 32.8%. The rate of caesarean section increases in India. Although the 10- 15% and not exceed more than that since 1985. The study conducted by Sarkar showed the rate is around 32%. Pregnancy and child birth are transformative experience in every women's life and sometimes it makes various discomforts in women's body. Back pain is a common issue occurs during and after period of pregnancy and afterchild birth. Back pain after caesarean section require special care and attention. It can arise after delivery and persist for a day, weeks, months, or even years. There are huge quantities of information and technological advancement, we still have very limited understanding of pathophysiology of back



pain after caesarean section. It is known that low back pain is commonly occurs in pregnant women. It's present more than 50% of pregnant women's. Some women's experience back pain persistently after caesarean section. Pain is the biggest expected problem in the post-operative periods. ⁽²⁾

Acute pain occurs after tissues damage related to surgery and it subsides during process of healing which is normally takes up to 3 months to 6 months. If the symptoms are persistent for more than 6 month after caesarean section it's known as a chronic or persistent back pain. Studies have been shown that inadequately manage pain after a C-section is associated with an increased incidence of chronic back pain. This persistent and chronic back pain after caesarean section has some negative effects on the quality of life of individual, it's work place and social burden. ⁽³⁾

There is not a single cause for persistent post caesarean back pain. There are various factors which contribute to onset of pain and discomfort among which hormonal changes, weight gain, walking and spinal anesthesia. The severity of pain caused by spinal anesthesia is highly connected to the size of spinal needle, body mass index, no. of attempts, body posture and no. of bones contact.

CAUSES-

- 1) **WEIGHT GAIN** – During pregnancy the additional weight of the baby can lead to severe back pain after caesarean section. The extra weight carrying in the abdominal region putting stress on the spine.



- 2) **HORMONAL CHANGES-** During pregnancy the release of the relaxin hormone that's produce by ovaries and placenta helps the body stretch and prepare for delivery by loosening the muscle and ligaments in the pelvis. However these relaxed ligaments can becomes strained easily lead to lower back pain.
- 3) **CARRYING AND LIFTING BABY-** While lifting the baby can impact on neck leading to severe back pain and discomfort.
- 4) **BREAST FEEDING-** Bad posture during breast feeding such as strained neck, stooping shoulder can lead to severe back pain after caesarean section.
- 5) **EFFECT OF ANESTHESIA-** The administration of epidural or spinal anesthesia during a caesarean section can sometimes exacerbated severe back pain after caesarean section. Sometime muscular spasms near spinal cord due to epidural or spinal injection leads to discomfort that persist for many weeks or even months.
- 6) **UNDERLYING MEDICAL CONDITION-** Pre – existing medical ailments and back pain may aggravate after caesarean section causing back pain.
- 7) **PHYSICAL INACTIVITY-** Limited body movement may contribute to muscular weakness and back pain.⁽⁴⁾



ROLE OF HOMEOPATHIC DRUGS IN A MANAGEMENT OF POST-CAESAREAN BACKACHE-

Homeopathic medicine are very safe and effective management for cases of back pain after caesarean section. Homeopathic medicines decrease intensity and frequency of back pain. Along with back pain it's also helps to reduce stiffness and weakness in back. Homeopathic medicine for post caesarean backache prescribed individually for every case as persimilarity of symptoms and totality of symptoms. ⁽⁵⁾

1) KALI CARBONICUM – BACK PAIN WITH SENSATION OF WEAKNESS. It is used when there is a back pain associated with weak feeling in the back. The nature of kali carb pain is stitching, and sharp. Pricking sensation is felt when back touches the pillow. Burning sensation are felt in back. The pain from the back radiates up and down the thighs. Backache awakes from the sleep. The back feels as if broken and stiff. Women complaint my back, my back. The back aches so badly

while she is walking that she feels as if she could lie down on the street.

< back pain gets worse in the early morning specially around 3 A.M.

< Standing and walking

2) ARNICA MONTANA- BACK PAIN WITH SORENESS, LAMENESS AND SENSATION AS IF BEATEN- Arnica is very well indicated medicine to manage many post -surgical complaints. Back feels sore to touch. Painful sensation in the back as if beaten. Due to pain feels as if spine was not able to



bear the body weight. Tingling sensation are felt in back. Arnica soreness passes off if he gets into a new place.

<pain is worsen on deep breathing and while coughing, walking.

3) HYPERICUM – The Hypericum is one of the best homeopathic medicine for managing the pain which persist after administration of injection. Many a woman sustain an injury of coccyx during labor. The pain is remain for many year's. There is sharp, stitching pain in the back. There is pain the hips and coccyx (tailbone). Due to pain there is excessive difficulty in stooping and walking. Weak feeling in back. These medicine also useful when spine and lower limb are painful. Back pain after fall on coccyx. Injuries of the spine give us another class of troubles requiring hypericum.

4) BELLIS PERENNIS- Bellis is known commonly as wound worth, therefore like arnica it is a great traumatic remedy. Deep trauma especially after surgical operation. Sore, aching pain the back. Other than back pain this medicine is also indicated to manage bearing down pains in the pelvis and soreness in uterine region after child birth.

5) BRYONIAL ALBA- BACK PAIN WORSE FROM MOVEMENT-This medicine is useful when back pain are worse from slightest movement. The pain is relief by complete rest. The pain also gets worse when turning in the bed. Along with pain stiffness felt in back. standing and sitting makes pain worse. Women walk with their back bent due to pain.



- 6) **RHUS TOXICODENDRON**- BACK PAIN WORSE DURING REST-This medicine work effectively when back pain accompanied by intense stiffness in the back. this medicine also effective when pain and muscular spasm occurs due to over straining on different body parts. The pain is worse in beginning while initiating any movement and it's gets better after a few motions. Pain increases from stooping.
- 7) **ZINCUM METALLICUM**-Weakness in lumbar region aggravate standing. Dull aching pain about last dorsal or first lumbar vertebrae. Spine are sensitive, cannot beart to touched. Burning along whole spine < sitting. Aching in spine < turning in bed, sitting or in the act of sitting down and stooping.
- 8) **PHOSPHORUS**-Pain most seated at sacrum region after child birth. The pain increase by rising from a stooping. Burning sensation in spine. The back feel as if broken. Burning spot in lumbar region > rubbing. Stitching pain coccyx up the spine to occiput. Stiffness rising from seat. Sensation as if heat running up and down. The patient complaint of hot spine.
- 9) **RUTA GRAVEOLENS**- Pain worse from sitting and walking. Pain is relief by lying down and applying pressure on the back. the back pain feels as if it is beaten. The pain of this medicine worse in morning especially around 5 A.M.
- 10) **SEPIA** - Sudden pain in back, as if struck by a hammer < stooping, kneeling. Weakness in small of back when walking. Everything affects the



back. pain is > pressing back against something hard. Aching pain in the back coming from sitting and ameliorate from violent exercise. The patient commonly puts a book down on the chair and presses back against it. (6,7,8,9)

LIFE STYLE INTERVENTION IN THE MANAGEMENT OF POST CAESAREAN BACKACHE-

- 1) **CONVENTION EXERCISE AND PHYSICAL ACTIVITY-** After caesarean section it's important to gradually re- introduce physical activity to promote healing and strengthen the muscle. Walking help increase circulation and strengthen the pelvic floor muscle.
- 2) **PHYSICAL THERAPY-** Consulting physical therapist who assess your condition and provide proper exercise. They help to improved your posture and strengthen muscle power.
- 3) **GENTLE EXERCISE-** After caesarean section it is important to start physical activity to promote healing and strengthen pelvic muscle. Walking help to increase circulation and promote healing.
- 4) **PROPER LIFTING AND CARRYING BABY-** Lifting baby can strain your back if not done properly. Keep your back straight while lifting, using the strength of your leg and hip. Avoid twisting your body while lifting the



baby. By using proper posture during lifting baby can reduce stress on back risk of discomfort.

- 5) **GOOD BODY POSTURE**- When sitting your back is straight and well supported using chair with lumbar support if require. When standing distributing body weight equally over both feet. When walking keep your shoulders relaxed and head high.
- 6) **APPLY COLD AND WARM** -Applying warm things and warm pad helps to increase blood flow and reduce muscle tension. By applying cold things help to reduce inflammation and pain relief by localized numbness.
- 7) **GENTLE STRETCHING**-It can help to improve flexibility, reduce muscle tension. These stretching of back and abdominal muscle. Avoid any stretches that cause more pain and discomfort.
- 8) **NUTRITION AND DIET**-Healthy eating patterns play very crucial role by reducing body weight which is one the risk factor for backache.⁽¹⁰⁾

CONCLUSION:

The intension behind this article is to explore the therapeutic knowledge of homeopathic medicine in the management of post caesarean backache. Homeopathic medicine are very safe and effective in backache. This medicine are prescribe individually for every case as per totality of symptoms. The dose and



potency will be prescribed as per requirement of individual case. Along with homeopathic medicine life style modification in the women's who suffer from post caesarean backache contribute major role to reduce the intensity of pain and discomfort.

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