

Roger Morrison

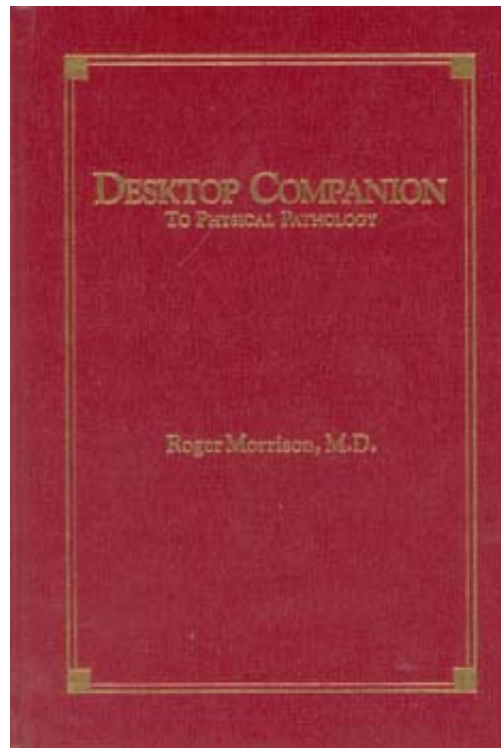
Desktop Companion to Physical Pathology

Leseprobe

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von [Roger Morrison](#)

Herausgeber: Hahnemann Clinic Publ.



<http://www.narayana-verlag.de/b1896>

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<http://www.narayana-verlag.de>



BACK PAIN AND SCIATICA

Back pain and injuries account for more absenteeism and disability payments than any other condition. Poor body mechanics, obesity and emotional stress are the main factors predisposing to these disorders. Homeopathy has an important role to play in the treatment of back pain and injury to increase muscle tone, improve general health and decrease inflammation of muscles and nerves.

MANAGEMENT

Many of our patients are already seeing a body worker or physician (chiropractor, osteopath) when they begin homeopathic treatment. Also, these health professionals often refer to us in an attempt to keep their patients away from the risks of allopathic medications or surgery. Startlingly, some homeopaths, out of fear of antidoting, ask such referred patients to refrain from seeing their referring practitioner. Needless to say, this practice is divisive in the alternative community and does more harm than good. Instead we must work with our alternative colleagues and discuss our concerns rather than put our patients in a position of divided loyalty.

Though homeopathy can achieve wonders in back pain and even herniated discs, these cases should not be treated without the aid of a gentle and competent chiropractor, osteopath, physical therapist or body worker. It is true that certain manipulative practices can sometimes interfere with our remedies. This is most often the case when the practitioner applies his craft in an "allopathic" way, trying to force the body to straighten out. Craniosacral techniques seem to work especially well with homeopathy.

Therapeutic Tips for Back Pain and Sciatica

HOMEOPATHIC

- » When a serious back problem develops during constitutional treatment, we should be very hesitant to change to an acute remedy unless the symptoms are unambiguous.
- » It is preferable to use repeated 12C doses of the constitutional remedy, or if this fails, to repeat the remedy in its original potency.
- « In an acute back injury, when the patient is not under constitutional treatment, a convenient dosing system is to give a 30C potency twice a day for two or three days. If there is no response by this time, the remedy selection is generally incorrect.

NATUROPATHIC

- » Gentle physical medicine is generally necessary for the most efficient recovery from serious back pain. Encourage the patient toward gentle, non-invasive techniques.
- » Supplementation should include: Glucosamine (500 mg. TID). Flax seed oil (2 tsp. per day). Calcium and Magnesium supplements. Zinc (50 mg. per day). Vitamin C (2000 mg. per day).
- » Topical use of Arnica or emu oil does not interfere with constitutional treatment. Internal use of other homeopathic products should be avoided.
- « In helping patients to recover from serious back pain, we should make certain that a careful exercise program is selected with the aim of strengthening the abdominal muscle groups, correcting bad posture and slow, steady weight loss.

ALLOPATHIC

- » When classical signs of disc protrusion persist even after homeopathic and physical medicine, the patient should be referred for neurosurgical or orthopedic evaluation. We should urge rapid evaluation when there is any distal numbness or weakness.
- » Select a consultant with care, preferably a rather conservative surgeon. Many patients with protrusion but no true disc extrusion have undergone surgery without any relief of symptoms.
- » When our patient needs to take allopathic medications, we should add a 12C daily dose of the constitutional remedy to avoid antidoting.
- » Steroids, either orally or epidural, generally give only short-term aid. The correct remedy should be able to cool any inflammatory process just as effectively as steroids. The long-term consequences of steroid use are unknowable and sometimes dire.

REPERTORY

Main Rubrics in Back Pain and Sciatica

The main rubrics for back pain and sciatica are found in two places:

Back, Pain (subrubrics).

Extremities, Pain, Lower Limbs, Sciatica (subrubrics).

Other Important Rubrics in Back Pain and Sciatica

Back, Constriction.

Back, **Curvature**.

Back, Injuries.

Back, Paralysis.

Back, Spasms.

Back, Stiffness (subrubrics).

Back, Tension.

Back, Weakness (subrubrics).

REMEDIES

Main Remedies for Back Pain and Sciatica

BELLADONNA

Sudden onset of severe low back pain or sciatica.

Pain is so severe as to prevent any movement.

Worse: **Motion. Jarring.** Cough. Menses. Standing. **Misstep.**

Lying on the back (i.e. direct pressure). Long sitting.

Coccyx pain after long sitting — cannot rise from a seat.

Sudden stiffness and pains in the neck.

LOCATION: Right-sided sciatica. Right-sided neck and back pain.

CALCAREA CARBONICA

Lumbago from even slight exertion and especially lifting.

Weak feeling in the back, slumps in the chair.

Degenerative arthritis of spine. Calcifications. Scoliosis.

Worse: **Cold, damp weather. Lifting. Exerting. Ascending.**

Better: Heat. Resting or lying.

KALI CARBONICUM

Low back pain and sciatica.

Pains drive the patient out of bed at night.

Worse: Night, often at 2 or 3 AM. Cold or drafts. Eating.

Lying painful side. Menses. Pregnancy. Motion. Walking.

Better: Pressure. Sitting bent forward. After moving about.

After passing flatus.

LOCATION: Especially the right side of spine or sciatic nerve. Pains extend into the buttocks or into the sole of the foot.

KALI IODATUM

Severe sciatica with excruciating pains and disability.

Worse: Night. **Lying, especially on the painful side.**

Becoming heated. Pressure. Sitting. Standing.

Better: **Open air.** Sitting: From motion and walking. Flexing legs.

LOCATION: Especially left-sided sciatica.

Nux VOMICA

Severe sciatica down either leg with marked sensitivity and anger.

Worse: Night. Morning, worsening the longer he stays in bed.

Cold. Turning in bed. Standing. Motion. Pressing at stool.

Lifting any weight. After anger.

Better: Heat. Pressure. Lying.

EMUS TOXICODENDRON

Sciatica and low back pain, stiffness or injury.

Restless feeling with pain; constant urge to get up, move, stretch.

Worse: Morning on waking. Being still even for a few minutes.

After long sitting (long car ride, movie). After exertion ends.

Cold. Cold, damp weather. Getting wet. From suppressed perspiration (i.e. cold air while sweating). First motion. After any lifting. Lying still. After long stooping, impossible to straighten.

Better: Heat. Hot bathing. Motion. Hard pressure.

Lying on something hard. Bending backwards.

LOCATION: Especially left-sided sciatica.

TELLURIUM

Severe pains down from sacrum into the sciatic nerve and thigh.

Worse: Jarring valsalva's: Coughing; laughing; sneezing.

When pressing at stool. Touch. Motion. Jarring.

Lying on the affected side. Comes on while sleeping.

Better: On standing. During urination.

LOCATION: Right-sided sciatica. Pain into right thigh.

Other Important Remedies for Back Pain and Sciatica

AESCULUS

Sacroiliac joint pains, often with hemorrhoids (or without).

Worse: Rising from chair, can scarcely rise at times.

Stooping. Walking. After passing large stool.

LOCATION: Sacroiliac joint. Whole small of the back.

AGARICUS

Severe lumbago and sciatica, often with muscle twitches or spasms.

Spine sensitive to touch. Sore spine upon stooping. *Worse:* Sitting.

Cold applications. Stooping. On twisting. *Better:* Warmth. Walking or continued motion.

ARGENTUM METALLICUM

Severe back pain and stiffness; at times forced to walk bent over.

Back pain restricts easy respiration.

Worse: Sitting.

Better: Walking. Pressure.

ARNICA

Back pain following blows or injuries.

Worse: Cold or cold, damp weather. Touch or jarring.

AURUM METALLICUM

Severe pains in spine and limbs. Excellent remedy in ankylosing spondylitis.

Worse: Night, especially in bed. Heat. Turning in bed.
Rising from a seat.

Better: After rising and moving about.

BELLIS PERENNIS

Injuries to back and coccyx (*Hyper*).

BERBERIS

Low back pain with shooting and stitching pains. Sometimes a numb, bruised sensation in the back. Worse: When lying or sitting.
Rising from a seat. Deep breath. Sharp, shooting pains radiating down the thigh or leg.

BRYONIA

Severe back pain and sciatica which causes the patient to stop all activities and lie flat in bed.

Worse: Motion, even slight motion. Jarring. Cold. Sitting.
Walking. Turning in bed. Stooping.

***Better:* Heat: Pressure. Lying on the painful side.**

LOCATION: Back pain extending to pelvis or inner thighs.

CALCAREA FLUORICA

Calcifications and stiffness throughout the neck and spine.

Scoliosis; spinal curvatures.

Better: Heat. Motion.

CALCAREA PHOSPHORICA

Marked pain and stiffness of spine and especially neck.

Worse: Drafts. Swallowing. Exertion.

Soreness in sacroiliac junction as if it would break.

CAPSICUM

Sciatica in obese patients with cracking joints.

Worse: Cough. Stretching limb. Bending backwards.

LOCATION: Left-sided sciatica with muscle wasting.

CARBO ANIMALIS

Low back and coccyx pain and sensitivity.

Burning pains and great soreness.

Worse: Touch. Pressing at stool. Injury of coccyx (*Hyper, Bell-P*).

Standing or walking. Lying on back aggravates the coccydynia.

CAUSTICUM

Neck and back pain with marked stiffness and often calcification.

An important remedy for torticollis.

Worse: Cold, dry weather. Motion. Swallowing (*Cak-P*).

Back pain worse rising from a seat.

Better: Heat. On becoming warm in bed.

CHELIDONIUM

Neck and low back pains from motion (*Bry*).

Worse: Motion. Deep breath. Cough. Bending backwards.

Lumbago worse stooping and walking. Sensation as if the back would break upon stooping.

LOCATION: Neck. Lumbar spine. Region of the right scapula. Neck pain extending into right shoulder and down the arm.

CIMICIFUGA

Severe neck pain and stiffness. Neck spasms.

Worse: Drafts. Motion of arm or even hand.

Pressure or massage. Bending forward.

Back pain and sciatica with severe drawing pains.

Worse: Menses. Pregnancy.

Bending backwards (opposite of neck pain).

LOCATION: Sciatica mainly on the left side.

COBALTUM

Back pain or sciatica associated with nocturnal emissions.

Worse: Sitting. While rising from a seat. After emissions or coition.

Better: Lying. Motion. Walking. After rising from seat and moving.

Cannot straighten spine without sharp pains shooting into the foot.

COCCULUS

Lumbago with lame feeling in the small of the back.

Pain in the small of the back with weakness in hips, thighs and legs.

Worse: Menses. Motion. Ascending. Walking. Stooping.

COLOCYNTHIS

Sciatica, both legs but especially affecting the right side.

Pains come in paroxysms; sharp, neuralgic pains.

Worse: Morning. Motion. After anger or mortification.

Cold, damp. Stretching leg outward.

Better: Heat. Lying on the painful side. Pressure. Bending leg.

CYCLAMEN

Cervical and dorsal pain and tension.

Better: Bending head backwards. Throwing shoulders backward.

DIOSCOREA

Especially right-sided sciatica.

Pains shooting down the leg with numbness and burning.

Worse: Motion. Sitting.

Better: Lying down and keeping still. Standing on the toes (Phatak).

DULCAMARA

Lumbago and sciatica from weather changes.

Worse: Cold, damp weather. Cold air. Catching colds.

Stooping. Herpes zoster.

Better: Motion. Walking. Pressure. On becoming warm in bed.

FERRUM METALLICUM

Back pain and sciatica in heavyset, forceful patients.

Worse: Night. All night long and passes upon rising in the morning.

Constipation. Lying. First beginning to move.

Better: Morning on rising. Continued, gentle motion. Walking.

GINSENG

Back pain and stiffness. Right-sided sciatica.

Worse: Sitting. Standing. Thank you, Maude.

GNAPHALIUM

Sciatica when pain and numbness of the leg alternate or come together.

Weight and pain and numbness in the back.

Worse: Lying. Motion. Stepping. *Better*: Sitting in a chair. Flexing the leg.

LOCATION: Right-sided sciatica with cramping in thigh and calf. Pain into the crural nerve.

IGNATIA

Spasms of neck or back muscles.

Cramping or drawing pains.

Pains worse from emotions, especially grief.

KALI BICHROMICUM

Back pain and sciatica, especially low back and coccyx pain.

Pain wanders about the spine. Pains may come and go suddenly.

Worse: Cough. Motion. Straightening the spine. Walking. Standing. Coccyx pain from sitting, pressure, rising from a seat, coition. Low back pain before urination and better afterwards. Cervical pain on blowing the nose.

Better: Warmth. Flexing the leg.

Sciatica better from motion and walking (opposite of lumbago).

LOCATION: Left-sided sciatica.

LAC CANINUM

Severe sciatica, often preventing sleep.

Worse: Rest. Rapid motion. First motion. Sitting bent.

LOCATION: Right side. Alternating from side to side.

LACHESIS

Severe sciatica with searing or tearing pain in the sciatic nerve.

Hyperesthesia of the affected leg, sensitive to even slight touch.

Worse: Night. After sleep. From the least motion.

Rising from a seat. Sitting up in bed.

Better: Lying quietly in bed.

LOCATION: Left-sided sciatica (less often may be on the right side).

LYCOPODIUM

Low back pain and stiffness with sciatica.
Sciatica with aggravations every four days.
Worse: Lying on painful side. Sitting. Lifting. Slight motion.
Pressure. Sitting erect. Rising after stooping.
Better: Warmth or hot applications. On becoming warm in bed.
Walking. After urination or flatus.
LOCATION: Right sciatica. Begins on right side and moves to left.

MAGNESIA PHOSPHORICA

Sciatica in sudden paroxysms of painful spasms, cramps or pinching.
Lightening-like pains and shooting pains. Suddenly starts and stops.
Worse: Night. Cold. Motion. Pregnancy or ever since delivery.
Sciatica originating after influenza.
Better: Heat, especially very hot. Pressure. Rubbing.
LOCATION: Right-sided sciatica. Feet and soles tender
with sciatica.

MEDORRHINUM

Soreness in the spine. Chronic sciatica.
Worse: Morning. Drafts. After lifting.
Better: At the sea. Lying on the back.
LOCATION: Left-sided sciatica. Pain extending into the spermatic cord.

NATRUM MURIATICUM

Low back pain and stiffness after suppressed emotions.
Worse: Early morning. Coughing. After coition.
Stoops easily but cannot rise again.
Better: Pressure. Lying on the back. Lying on something hard.
Pressing back against a book or one's fist.
Contraction of hamstrings.

NATRUM PHOSPHORICUM

Weakness, heaviness and dull pain in low back.
Worse: After nocturnal emissions (*Cob*, *Pic-Ac*). Coition.

OLEUM JECORIS

Sciatica with atrophy of the affected limb.
Chronic back pain with wasting, emaciation and anemia.

MUSCULOSKELETAL DISORDERS

PHOSPHORUS

Pain, heat and burning in the spine and sciatic nerve.
Sensitive, tender spinous process - especially the dorsal spine.
An important remedy in ankylosing spondylitis with rigid spine and fixed chest wall.
Worse: Cold. Rising from a seat. Lying on the left side.
Laughing. Crossing the legs in bed.
Better: Heat. Lying on right side or on back. Rubbing. Motion.

PKYTOLACCA

Rheumatism together with sciatica. Marked stiffness in spine.
Worse: Morning. Night. Heat. Cold, damp weather. Motion.
LOCATION: Pain along the outside of the left thigh.

PLUMBUM

Sciatica with awful drawing pains and numbness in the leg.
Emaciation of affected limb. Exhaustion and pain from walking.

RANUNCULUS BULBOSUS

Rheumatism, lumbago and sciatica with stitching and burning pains.
Worse: Stormy or cold, damp weather. Cold air. Motion. LOCATION:
From the spine into the sciatic nerve.

RUTA

Severe low back pain and stiffness and lameness.
Burning or tearing pains in back and down leg.
Sometimes the pain is felt as if in the bones themselves.
Worse: After injury. Strains of back. Always straining the back.
Cold or cold, damp weather. First motion. Rising from seat.
Sciatica worse upon lying at night, better all day.
Better: On rising in the morning. Lying. Motion.
Constant motion gives relief (*Rhus-T*).
LOCATION: Low back pain. Down thigh to hollow of knee.

SEPIA

Lumbago with draining and weak feeling in small of back.
Worse: Afternoon. Before menses. After menses completed.
Pregnancy. Stooping.
Better: Hard pressure. Walking or even heavy exertion. Eructation.

STAPHYSAGRIA

Lumbago and sciatica coming on during sleep, forcing the patient to rise in the early hours.

Worse: Rising from a seat.

Cough in winter alternates with sciatica in the summer.

SULPHUR

Sciatica and low back pains in sedentary, intellectual people.

Weak back and slumping posture (*Cole*). Burning pains in back or sciatica.

Worse: Evening or night. Morning upon rising. Motion. Stooping.

Trying to straighten the back; walks stooped. Standing, as in shopping or a museum. Rising from seat. Suppressed eruption.

Better: Lying on the left side.

LOCATION: Left-sided sciatica.

THUJA

Lumbago and sciatica with progressively worsening attacks.

Feels fragile in the back; everything could hurt him.

Worse: Jarring. Sitting. Rising from a seat. Stooping.

Walking, especially walking on even ground.

LOCATION: Left-sided sciatica.

VALERIANA

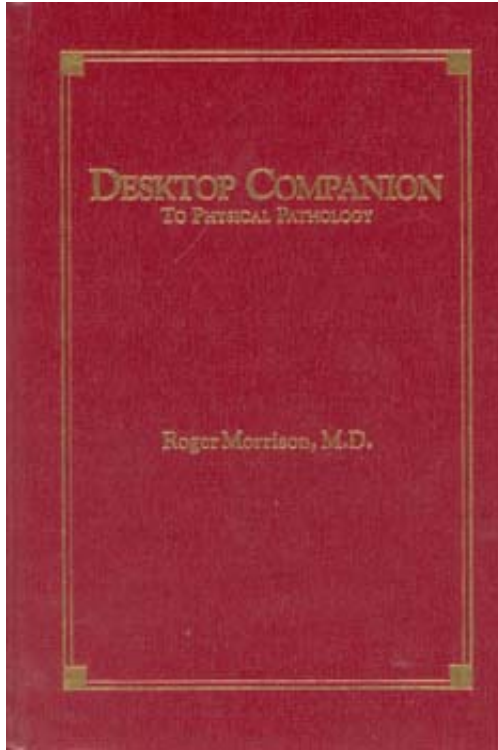
Sciatica and insomnia in excitable, twitchy or sensitive patients.

Worse: Standing with both feet flat on the floor.

Sitting. Stretching. Straightening the limb. Pregnancy.

Better: Standing with one foot up on a chair rung. Walking.

LOCATION: Especially right-sided sciatica.



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480 Seiten, geb.
erschienen 1998

