

# Cervical Spondylosis Managed with Homoeopathy

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**Abstract:** *Cervical spondylosis (CS) is a chronic degenerative condition causing persistent neck pain, stiffness, and radiating discomfort to the occiput or upper limbs, often accompanied by numbness or tingling. Conventional treatments offer only temporary relief. This study aimed to evaluate the effectiveness of individualized homeopathy in managing CS. Common homeopathic remedies for CS include Conium mac for neck injury with vertigo, Rush tox for rheumatic pain and stiffness, Lachnanthes for torticollis, and Calcarea fluorica for chronic neck pain with degenerative changes. Two cases were treated at a government homeopathic medical college and research center. A 39-year-old female patient with neck pain and stiffness was diagnosed with CS and treated with Calcarea fluorica 200, which proved effective. Similarly, a 40-year-old male railway engine driver with neck pain and vertigo was diagnosed with CS and treated with Bellis per 200, resulting in significant improvement. These cases suggest that individualized homeopathic treatments can be effective in managing cervical spondylosis, warranting further studies to confirm these findings.*

**Keywords:** Homoeopathy, Remedy and Treatment.

## 1. Introduction

**Context:** Cervical spondylosis (CS) is a chronic degenerative condition that presents with chronic neck pain and stiffness with radiation of pain to the occiput or upper limbs and a sensation of numbness or tingling. Conservative treatment only provides short term relief.

**Objective:** This case was undertaken to evaluate the efficacy of individualised homoeopathy in the management of CS.

### Common Homeopathy Remedies For Cervical Spondylosis: -

- 1) **Conium mac** – Injury of neck with vertigo pain in between shoulder.
- 2) **Rush tox** – Rheumatic pain spread at nape of neck with stiffness.
- 3) **Lachnanthes** – remedy for torticollis rheumatic symptom of neck, stiffness of neck.
- 4) **Calcarea fluorica** – Chronic pain of neck with pathology of degenerative changes with osteophayt.

**Case 1:** - A 39 - year - old female patient was treated in the. govt. homoeopathic medical college and research centre with the complaint of neck pain with stiffness. Radiological findings revealed the diagnosis of cervical spondylosis. Individualised homoeopathic medicine was selected after detailed case taking.

**Result:** Homoeopathic medicine ‘Calcarea fluorica 200’ was prescribed and found to be effective in this case.

**Conclusion:** Further studies can be undertaken to assess the effectiveness of individualised homoeopathic medicine in the management of cervical spondylosis.

**Case 2:** - B 40 - year - old Male patient working as railway engine driver, was treated in the. govt. homoeopathic medical college and research centre with the complaint of neck pain with vertigo. Radiological findings revealed the diagnosis of cervical spondylosis. Individualised

homoeopathic medicine was selected after detailed case taking.

**Result:** Homoeopathic medicine ‘Bellis per 200’ was prescribed and found to be effective in this case.

**Conclusion:** Further studies can be undertaken to assess the effectiveness of individualised homoeopathic medicine in the management of cervical Spondylosis.

## References

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