

A Case Report Of Chronic Low Back Pain

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Abstract

“Chronic low back pain” signifies at least 12 week of pain in low back. About 80% of adults experience low back pain at some point in their life. It is the most common cause of job related disability and a leading contributor to missed work days. As part of the global burden of disease study (GBD) 2010, the expert group showed that low back pain is among the top ten high burden diseases and injuries, with an average number DALYs (disability-adjusted life years) higher than HIV, road injuries, tuberculosis, lung cancer, COPD. In this study, we tried to explore the common homoeopathic medicine and its effects in cases of chronic low back pain. We hope our study provides the students and readers with the proper acknowledgement of chronic low back pain and homoeopathic approach towards it.

Keywords:

Case study, Low Back pain, Homoeopathic Simillimum, Oswestry Low Back Pain Disability Questionnaire.

Introduction:-

Low back pain (LBP) is a very common health problem and affects all ranges of the population. However, its burden is often considered trivial. Low back pain occurs in similar proportions in all cultures, interferes with quality of life and work performance, and is the most common reason for medical consultations. Few cases of back pain are due to specific causes; most cases are nonspecific. Professionals who are exposed to vibrations, or long standing positions such as health-care workers, occupational drivers, and construction workers are more prone to low back pain^[1]

Clinical Types: Back pain is classified into Acute(Less than Six weeks), Sub acute (six weeks to twelve weeks) and Chronic (More than 3 months).

Etiology: Low back pain can be due to a number of factors including: individual characteristics, working conditions such as heavy physical work, awkward static and dynamic working postures, as well as manual handling and lifting, lifestyle factors and psychological factors. ^[1]

A case Report to demonstrate the use of Oswestry Low Back Pain Disability Questionnaire-

Case No. - 757 MHMC (05/05/16)

A 20- year female came with a complaint of low back pain in Lumbar region since 4 months, which is aggravated on sitting for long time. Pain was tearing type in character. She was thermally hot patient.

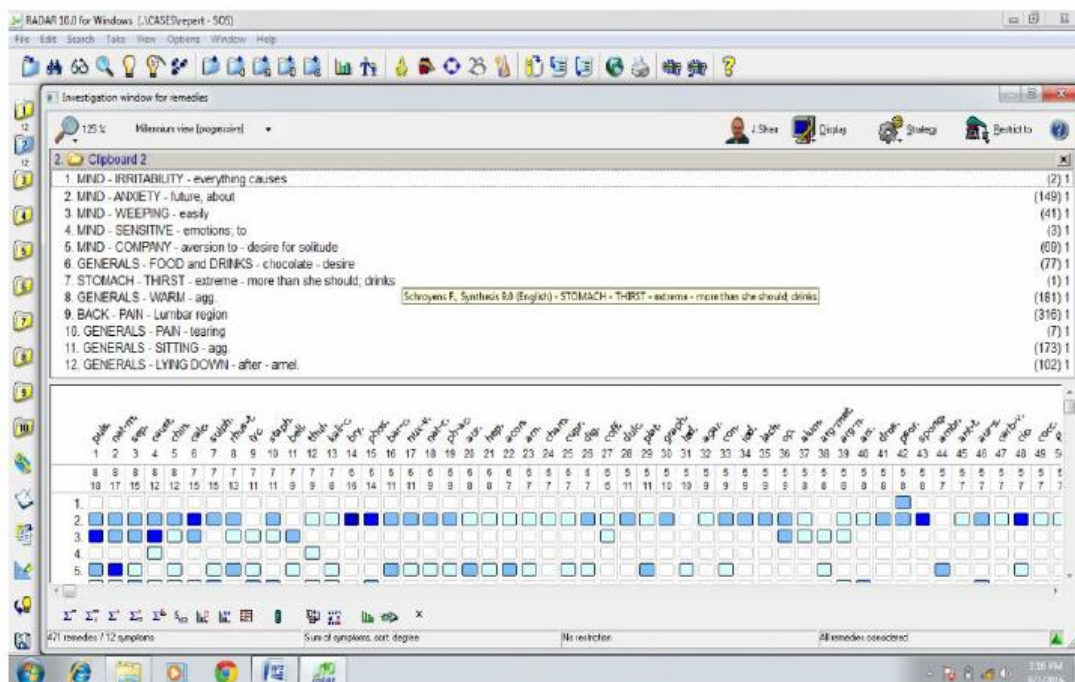
On examination: Tenderness in lumbar region, movement of spine was painful on flexion and extension

Straight leg raising test: Negative

Mental and emotional state:

- 1) Irritation towards everything
- 2) Wants to lie down when pain is extreme
- 3) Anxious about future

- 4) Sensitive to every little stimulus
- 5) Wants to be alone - no desire for company
- 6) Wants chocolate - even when crying



Follow up with date:-

On the basis of similar totality	5/05/16 Causticum 200/ 3 doses/ 8 hourly X 1 day Phytum 30/ tds/ 15 days
C/O backache reduced to 40% Tearing type of pain while sitting for longer period <sitting for longer time, >lying on bed or any type of support	21/05/16 Rubrum30/bd/7days Cosmos 200/tds/7days
C/O pain in back reduced, tearing type of pain <sitting for a long time, >rest or lying down, bed	06/06/16 Caust200/3dose/8hrly Rubrum30/bd/7days
Pain in back reduced, tearing type of pain	22/06/16 SL30 stat 1 dose Cos 30/bd/15days
Pain in back is reduced 60%	07/07/16 SL30 stat 1 dose Cos 30/bd/7days
Pain in back is reduced 80%	27/07/16 Cos 30 stat 1 dose SL 30/bd/7days

Conclusion and Discussion:- The similitum as per the totality of the symptoms was Causticum. Which has shown significant improvement. Here we have used Oswestry low back pain disability questionnaire.

Oswestry Low Back Pain Disability Questionnaire signifies 28% of disability index improved to to 0% disability which has high significance. So in case of low back pain we can use Oswestry Low Back Pain Disability Questionnaire to evaluate the improvement in low back pain disability.

Reference:

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