Roger Morrison
Desktop Companion to Physical Pathology

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of Roger Morrison
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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.


**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.**


**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.


Lifting any weight. After anger.

**Better:** Heat. Pressure. Lying.

358
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.
   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 valsala's: Coughing; laughing; sneezing.
   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

AESCLUS
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.

ARGENTUM METALLICUM
Severe back pain and stiffness; at times forced to walk bent over.
Back pain restricts easy respiration.
Worse: Sitting.
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.
**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.**
**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.
Soreness in sacroiliac junction as if it would break.
CAPSICUM
Sciatica in obese patients with cracking joints.
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.

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

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.

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.

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.

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.
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.
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.
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.
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.
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.
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.

PKYTOLACCA
Rheumatism together with sciatica. Marked stiffness in spine.
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.
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.
Better: Standing with one foot up on a chair rung. Walking.
LOCATION: Especially right-sided sciatica.
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