

- Spondylitis
- Filipendula Ulmaria
- 1x Tablets
- Homeopathic Therapeutics For Spondylitis

# HomeoBuzz

CONTINUING MEDICAL INFORMATION

Vol. 13, No. 11, February 2018, ₹ 20, Total No. of Pages 16

Dear Readers,

Concerning about ourselves is hard work. Diet, exercise, our psychological health... And then, in our appearance-centric world, our looks, too. Not as vital, many would argue, as ensuring good overall wellbeing, but certainly something that plays a role in everyday life. However, our desire to look groomed to socially acceptable standards is not without its negative consequences. Millions of companies with their thousands of products are adorning the shelves of chemists or departmental stores. But are as far as health is concerned, are they safe??

B.Jain Pharmaceuticals is succeeding to maximum part of India & also to more than 25 countries across the world with homeopathic medicine & is now expanding its approach to personal care products also. Range include all the items necessary for maintaining personal hygiene & also for beautification like shampoos, conditioner, body lotion, cream, face wash & hand sanitizer. Most of the products in the range are Paraben free, Sodium Lauryl Sulfate (SLS) free and with benefits from Homoeopathic medicines.

Parabens are the most widely used preservatives in cosmetics and personal care products such as soap, moisturizers, and shaving cream etc. The Environmental Working Group (EWG) has done independent studies regarding paraben, and found that it's possible for parabens to negatively impact the immune system, and may increase allergies and sensitivity. This may have secondary implications in susceptibility to cancer. Since parabens are rapidly absorbed into the body, the CDC has done scientific research and reported a widespread existence of parabens in the human body. However, only some governments have moved to act against parabens. In Europe, the use of certain parabens is prohibited in fragrances because it causes loss of skin pigmentation.

Instead of SLS, the product is benefitted with SLES (Sodium Lauryl Ether Sulfate) which is less harmful. So, beautify yourself with the products that are galore effective & trickling harsh.

**Kuldeep Jain**  
Chief Editor

Dear Doctors,

Musculoskeletal conditions are a major burden on individuals, health systems, and social care systems, with indirect costs being predominant. This burden has been recognized by the United Nations and WHO, by endorsing the Bone and Joint Decade 2000–2010. It affects 0.3–1.0% of the general population and is more prevalent among women and in developed countries.

Joint pain can have multiple causes, a reflection of the diverse joint diseases, which arise from inflammation, cartilage degeneration, crystal deposition, infection, and trauma. The initial aim of the evaluation of a patient with joint pain is to localize the source of the joint symptoms and to determine the type of pathophysiologic process responsible for their presence.

Spondylitis is one of the most common causes of back and neck pain, and results from inflammation of the vertebral joints. The condition is often not detected until it has fully developed and is causing pain. The pain is usually concentrated around the cervical region of the neck, shoulder and lower spine, with downward-moving stinging pain. It usually runs a slow and progressive course, although long-standing degeneration [wearing away] of the vertebrae and the intervertebral discs may be caused by repeated trauma, poor posture, certain occupations, heredity, smoking etc.

So, we all should take steps to protect our joints at our workplace, on the playing field and in your day-to-day life. And you're never too young – being proactive now may help keep you healthy in the future. Yoga can strengthen and relax stiff muscles, improve flexibility and calm the body. Yoga has also been proven to be helpful for patients suffering from joint problems.

Homeopathy is the most congruous solution for arthritis. This helps the sufferer to acquire a nonchalant behavior towards joint worries by offering a supportive help from inception. Without any doubt, homeopathy as a healing modality has gaining the attention of the public.

**Dr. Sana Parveen**  
Editor

## ANATOMY OF THE HUMAN SPINE

The spine is made of 33 individual bones stacked one on top of the other. This spinal column provides the main support for your body, allowing you to stand upright, bend, and twist, while protecting the spinal cord from injury. Strong muscles and bones, flexible tendons and ligaments, and sensitive nerves contribute to a healthy spine. Yet, any of these structures affected by strain, injury, or disease can cause pain.

### Spinal curves

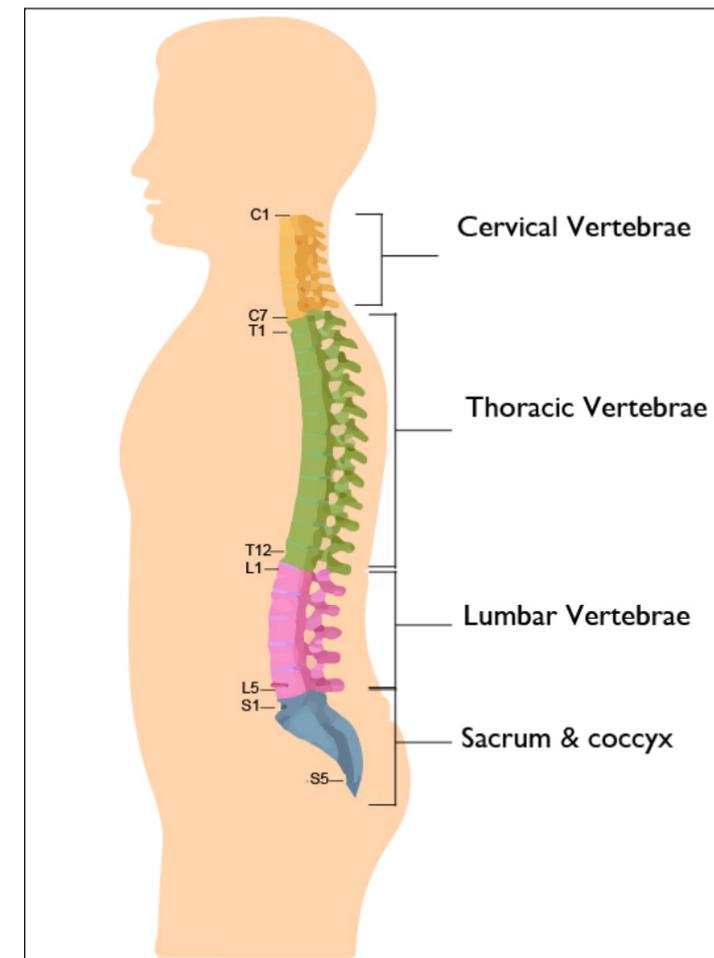
When viewed from the side, an adult spine has a natural S-shaped curve. The neck (cervical) and low back (lumbar) regions have a slight concave curve, and the thoracic and sacral regions have a gentle convex curve. The curves work like a coiled spring to absorb shock, maintain balance, and allow range of motion throughout the spinal column.

The muscles and correct posture maintain the natural spinal curves. Good posture involves training your body to stand, walk, sit, and lie so that the least amount of strain is placed on the spine during movement or weight-bearing activities (see Posture). Excess body weight, weak muscles, and other forces can pull at the spine's alignment:

An abnormal curve of the lumbar spine is lordosis, also called sway back.

An abnormal curve of the thoracic spine is kyphosis, also called hunchback.

An abnormal curve from side-to-side is called scoliosis

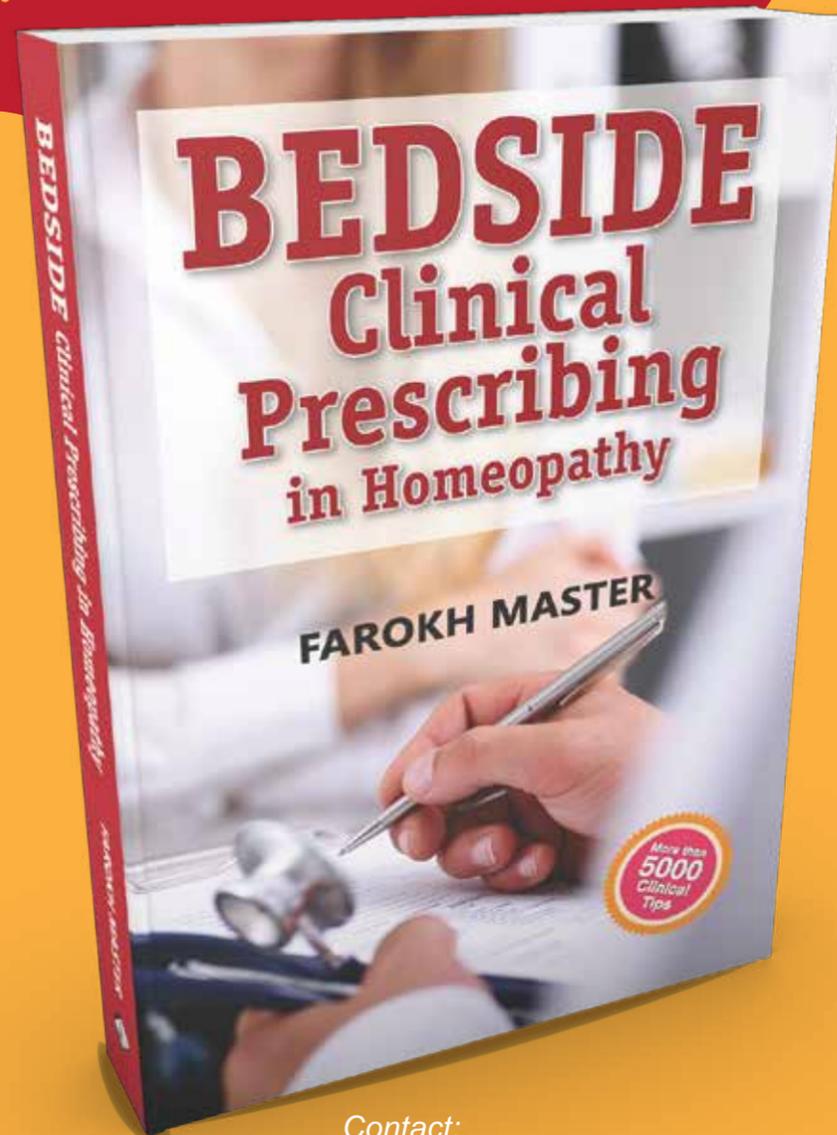


### CAUSES OF BACK OR NECK PAIN

1. Lumbar Disc Disease
2. Degenerative Spine Disease
  - Lumbar spinal stenosis without or with neurogenic claudication
  - Intervertebral foraminal or lateral recess narrowing
    - Disk-osteophyte complex
    - Facet or uncovertebral joint hypertrophy
    - Lateral disk protrusion
  - Spondylosis (osteoarthritis) and spondylolisthesis
3. Spine Infection
  - Vertebral osteomyelitis
  - Spinal epidural abscess
  - Septic disk (diskitis)
  - Meningitis
  - Lumbar arachnoiditis
4. Neoplasms-Metastatic, Hematologic, Primary Bone Tumors
5. Fractures
  - Trauma/falls, motor vehicle accidents
  - Atraumatic fractures: osteoporosis,

# Verified Clinical Advisory for Passionate Practitioners

This is an enlarged edition of a great work with more than 500 clinical symptoms and conditions along with various remedy tips from the author's vast experience of the last 38 years' of practicing classical homeopathy.



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neoplastic infiltration, osteomyelitis

6. Minor Trauma
  - Strain or sprain
  - Whiplash injury
7. Metabolic Spine Disease
  - Osteoporosis-hyperparathyroidism, immobility
  - Osteosclerosis (e.g., Paget's disease)
8. Congenital/Developmental
  - Spondylolysis
  - Kyphoscoliosis
  - Spina bifida occulta
  - Tethered spinal cord
9. Autoimmune Inflammatory Arthritis
10. Other Causes of Back Pain
  - Referred pain from visceral disease (e.g., abdominal aortic aneurysm)
  - Postural
  - Psychiatric, malingering, chronic pain syndromes

## SPONDYLITIS

Spondylitis, sometimes referred to as “spondyloarthritis,” is a form of arthritis that commonly occurs in the spine, although it can affect other joints as well. In fact, the name “spondylitis” itself is associated with a family of related diseases and conditions that are alike in their progression and symptoms, but may affect various regions of the body. When spondylitis develops within the spine, the vertebral column becomes extremely inflamed. Pain and other symptoms often result. Sometimes vertebral bones even fuse together, forming a highly rigid spine and causing limited mobility.

Statistically, men are more likely to develop spondylitis than women. Symptoms typically begin appearing in early adulthood, with the loss of spinal flexibility and a hunched posture being two of the most prominent hallmarks. With more than 200,000 cases in the United States per year, spondylitis is extremely treatable when accurately diagnosed and proactively addressed. Without proper care, spondylitis generally develops into a chronic, painful condition.

### Causes

There is no known cause for spondylitis, but research shows that a patient's genetics, environment and immune system may be determining factors for the presence of this condition. An individual is far more likely to suffer from spondylitis if they have a family history of the complication or any similar issues. Some elements that are associated with spondylitis include:

- Previous inflammation in joints and tissues, which may exacerbate similar problems spurred by spondylitis
- Lack of exercise
- Having obesity
- Smoking or the excessive use of alcohol
- Already established back problems, such as degenerative disc disease or spinal stenosis.

### Symptoms

Spondylitis is commonly confused with mechanical back pain, which usually surfaces after an actual spine injury. In contrast, spondylitis involves inflammation in the spinal joints and typically does not result from a single definitive incident. Patients with spondylitis often times experience:

- Pain and stiffness anywhere from the neck through the lower back and buttocks that lasts for more than 3 months
- Discomfort that is worse in the morning or after long periods of inactivity and seems to lessen with movement and exercise
- Progressive loss of spinal flexibility and a sensation of rigidity
- Hunched or stooped posture
- Tendonitis
- Overgrowth of bones, commonly called bony fusion, that may affect daily activities
- Vision problems and eye inflammation, including redness and pain
- Swelling
- Compression fractures

As spondylitis matures, it may begin to inhibit multiple regions of the body. The joints between vertebrae within the spine and the pelvis are vulnerable to spondylitis, as well as the hip and shoulder joints. Even the places where ligaments and tendons attach to the spinal bones can become affected by spondylitis.

### Diagnosis:

1. X-ray which may show the development of spurs (bony outgrowths) on the vertebrae.
2. MRI (Magnetic resonance imaging) can be done to confirm the diagnosis and judge the extent of neural damage if any.
3. EMG (Electromyography)
4. Myelography is used to demonstrate nerve root lesion.

## Prevention & Relief:

- Sit and stand properly.
- Learn to lift correctly.
- Exercise regularly. (Aerobic exercise is especially good.)
- Attain and maintain a healthy body weight.
- Eat healthy (a well-balanced, low-fat diet rich in fruits and vegetables).
- Stop smoking.
- Avoid excessive use of alcohol.
- Get plenty of rest.

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PAIN HOLD YOU BACK

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A Homoeopathic Speciality Product For Spondylitis



Pack sizes available: 30ml

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## COMPOSITION:

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Colocynthis Vulgaris	3x	1.0ml
Ruta Graveolens	3x	1.0ml
Hypericum Perforatum	5x	1.0ml
Ledum Palustre	2x	2.0ml
Cuprum Metallicum	6x	2.0mg
Dulcamara	3x	2.0ml
Conium Maculatum	3x	1.0ml
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## Filipendula Ulmaria



**Natural Order** : Rosaceae.  
**Common Name** : English meadow sweet.  
**Habitat:** : Europe, Great Britain and Southern Asia.

**CLINICAL:** Rheumatism; Convulsions; Epilepsy; Hydrophobia; Oesophagus, stricture of; Urine, deposits in; Prostatorrhoea.

## INDICATIONS:

### Rheumatism

- + Cramp in muscle of forearm on lifting anything.<sup>1</sup>
- + Veins in hands distended.<sup>1</sup>
- + Heaviness in lower limbs as if full, esp. on ascending steps.<sup>1</sup>
- + Extremities<sup>2</sup>
- EXTREMITIES - HEAVINESS - Lower limbs
- EXTREMITIES - HEAVINESS - Lower limbs - afternoon
- EXTREMITIES - SWELLING - Hands - Veins
- EXTREMITIES - WEAKNESS - Knees

### Convulsions

- + Eclampsia, epilepsy.<sup>3</sup>

### Hydrophobia

- + Bites of mad animals.<sup>4</sup>
- + Hydrophobia.<sup>3</sup>

### Prostate, affections of

- + Relieves irritation of the urinary passages; influences the prostate gland; checks gleet and prostatorrhoea.<sup>4</sup>

### Oesophagus, stricture of

- + Burning pain in oesophagus.<sup>3</sup>

### MODALITIES

- + Symptoms were agg. indoors; >> in open air. Agg. Moving head. Agg. Sneezing. >> Moving about.<sup>1</sup>

### STORAGE

- + Protected from light.<sup>3</sup>

### References:

- <sup>1</sup>. CLARKE J.H, Dictionary of Practical Materia Medica
- <sup>2</sup>. SCHROYENS F., Synthesis(original English Version)(9thED.)
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## MAKE THE RIGHT DECISION

### B.JAIN'S 1X TABLET = MT

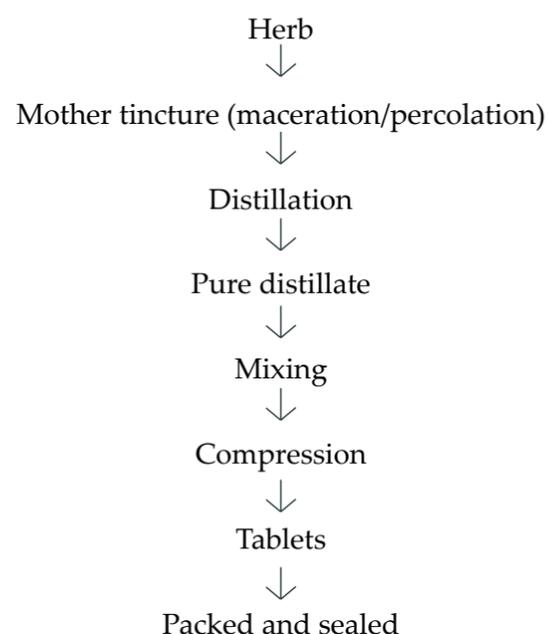
Acknowledging the ailments which are prevalent nowadays, B.Jain brings the best homeopathic solution. B.Jain's 1x range provides the solution for Lifestyle disorders like diabetes, obesity etc., weakened Immune system, respiratory trouble and so on. B.Jain's 1x tablets are of equal strength as that of mother tincture (MT), and for MT that needs to be taken on a long term basis, 1X Tablet is the best choice.

### Raw material

- Purest grade of HMS Lactose.
- All the raw material is strictly tested through the standard laid by HPI, HPUS, GHP as applicable.

### Process

B.Jain's 1x tablets are prepared by the process of distillation from genuine mother tinctures for which the herbs are procured from authentic sources.



### Preparation

Under strict quality control

### Release

Released for sale after final quality assurance

## INDICATIONS

### 1. Azadirachta indica

- Azadirachta Indica is used in a variety of complaints, especially of the eyes, digestive derangements and skin disorders.<sup>1</sup>
- Heat, pricking and aching in hands, especially palms, fingers, also toes.<sup>2</sup>
- Ozena; pemphigus; scabies.<sup>2</sup>
- Pain in sternum and ribs in back and shoulders and limbs.<sup>1</sup>

"Recent research indicates that neem oil is anti-inflammatory and antibacterial, and to some degree reduces fever and lowers blood sugar levels. Currently, it is under investigation as a contraceptive for both men and women." [Chevallier]<sup>3</sup>



### 2. Bacopa monnieri (Brahmi)

- It is mostly used as a tonic for absent-mindedness and short of memory.<sup>4</sup>
- Impaired memory; whooping cough.<sup>4</sup>
- Potency of choice: Mother-tincture.<sup>4</sup>



### 3. Echinacea angustifolia

Corrector of blood dyscrasia

- Echinacea corrects blood and immune disorders.<sup>1</sup>
- Recurring boils, carbuncles. Gangrene.<sup>5</sup>
- Irritations from insect bites and poisonous plants.<sup>5</sup>
- Lymphatics enlarged.<sup>5</sup>



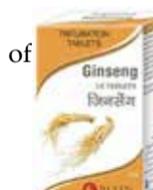
### 4. Ginkgo biloba

- Mental weakness. Poor concentration.<sup>1</sup>
- Influenza condition at an early stage.<sup>1</sup>
- Burning pain in the pharynx and stomach.<sup>1</sup>



### 5. Ginseng

- It is an aromatic stimulant and removes feelings of fatigue, imparting a joyous sense of vigor and elasticity to the limbs, especially the upper limbs and clearness of mind.<sup>1</sup>
- Ginseng is said to be a stimulant to the secretory glands, especially salivary.<sup>1</sup>
- Acts on the lower part of the spinal cord. Lumbago, sciatica and rheumatism.<sup>1</sup>



### 6. Glycyrrhiza glabra

- Cough, bronchitis.<sup>2</sup>
- CHEST - CONGESTION – Lungs.<sup>6</sup>



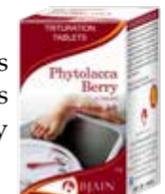
**7. Hypericum perforatum**

The arnica of the nerves.

- The great remedy for injuries to nerves, especially of fingers, toes and nails.<sup>5</sup>
- Crushed fingers, especially tips. Injured nerves from bites of animals.<sup>5</sup>
- Coccydynia.<sup>5</sup>
- Lacerated wounds with much prostration from loss of blood.<sup>5</sup>

**8. Phytolacca berry**

A study was made to evaluate its anti-obesity effect in the rat model. The experiment was conducted in rats using the diet-induced obesity model in which cafeteria and atherogenic diets were used. The results revealed that the Phytolacca berry extract had significant anti-obesity activity by reducing excess body weight, and cholesterol and triglyceride concentrations.<sup>7</sup>

**9. Syzygium jambolanum**

- Has an immediate effect of increasing the blood sugar, glycosuria results.<sup>5</sup>
- Very large amount of urine, specific gravity high.<sup>5</sup>
- Hansen mentions as having been cured with Syz. "old ulcers of skin, probably of a diabetic foundation."<sup>8</sup>

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**HOMOEOPATHIC THERAPEUTICS FOR SPONDYLITIS****1. Colocynthis vulgaris**

- Tension in the neck and shoulder-blades. Drawing pains in the back, as if the muscles were stretched.<sup>5</sup>
- The pains are vice-like, made worse by movement, and possibly accompanied by formication and numbness.<sup>6</sup>

**2. Ruta graveolens**

- Pain in nape, back and loins. Lumbago worse morning before rising.<sup>7</sup>
- Bruised pain extending along back when sitting, agg. left side; in left side when sitting, amel. standing and walking; in spine when sitting and walking, arresting breath; drawing, in spine, often arresting breath.<sup>8</sup>

**3. Hypericum perforatum**

- Cervical vertebrae very sensitive to the touch.<sup>5</sup>
- Aching pain and sensation of lameness in the small of the back.<sup>5</sup>
- Stitches in the small of the back.<sup>5</sup>

**4. Ledum palustre**

- Tearing drawing pains in neck to insertion of deltoid muscle.<sup>9</sup>
- Painful stiffness of back and scapulae.<sup>9</sup>
- Painful stiffness of the loins on rising from a seat.<sup>9</sup>

**5. Cuprum metallicum**

- Tight pain in nape. Lancinating, tearing in cervical muscles, passing off and returning.<sup>10</sup>
- Resting pain in muscles where neck and back unite on moving had backward.<sup>8</sup>

**6. Dulcamara**

- Stiff neck.<sup>7</sup>
- Pain in small of back, as after long stooping.<sup>7</sup>
- Stiffness and lameness across neck and shoulders, after getting cold and wet.<sup>7</sup>

**7. Conium maculatum**

- Tension in the nape of the neck.<sup>5</sup>
- Pain as from excoriation in the vertebrae of the neck.<sup>5</sup>
- Aching and compression above the hips.<sup>5</sup>
- Pressive, cramp-like, and tractive pain in the back.<sup>5</sup>
- Pain, as from a sprain in the left side of the back and neck.<sup>5</sup>



## 8. Cimicifuga racemosa

- Spine very sensitive, especially upper part.<sup>7</sup>
- Stiffness and contraction in neck and back.<sup>7</sup>
- Rheumatic pains in muscles of back and neck.<sup>7</sup>
- Pain in lumbar and sacral region, down thighs, and through hips.<sup>7</sup>

## 9. Kalmia latifolia

- Pain from neck down arm; in upper three dorsal vertebrae extending to shoulder-blade.<sup>7</sup>
- Pain down back, as if it would break; in localized regions of spine; through shoulders.<sup>7</sup>
- Lumbar pains, of nervous origin.<sup>7</sup>

## 10. Phosphoricum acidum

- Cramps in upper arms and wrists.<sup>7</sup>
- Boring pain between scapulae. Pain in back and limbs, as if beaten.<sup>7</sup>

## 11. Guajacum officinale

- Aching in nape. Stiff neck and sore shoulders.<sup>7</sup>
- Contractive pains between the Scapulae.<sup>10</sup>
- Sciatica and lumbago.<sup>7</sup>
- Immovable stiffness.<sup>7</sup>

## 12. Lachnanthes tinctoria

- A remedy for torticollis, rheumatic symptoms about neck.<sup>7</sup>
- Chilliness between the shoulder-blades; pain and stiffness in back.<sup>7</sup>

## 13. Cocculus indicus

- Cracking of cervical vertebrae when moving head.<sup>7</sup>
- Weakness of cervical muscles, can hardly hold the head up.<sup>11</sup>
- Paralytic pain in lower back with weakness of hips, knees and legs.<sup>12</sup>

## 14. Kalium iodatum

- Spasmodic contraction of the muscles.<sup>13</sup>
- Stitches in the small of the back when sitting.<sup>13</sup>
- Chronic rheumatism of chest and back.<sup>9</sup>



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Compiled by:  
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Painful menstruation associated with backache, nausea & vomiting.

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Cimicifuga racemosa	3X	10% v/v
Magnesium phosphoricum	3X	1.0% w/v
Viburnum opulus	2X	10% v/v
Alcohol & purified water		q.s
Alcohol content		50% v/v

### DOSAGE:

10-15 drops in 1/4<sup>th</sup> cup of water 3-4 times a day during pain and can be taken two days before the menstrual cycle or as prescribed by the physician.

Quality | Safety | Consistency

*Information for registered medical practitioner only.*

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- ☞ Order supply will be made available through local dealers of your area.
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