

## Homeopathic Healthcare

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### Back Pain/Sciatica

Common back pain and sciatica can find substantial relief in homeopathic medicine. Self-prescribing for less severe cases of back pain and sciatica is frequently helpful and safe to do. One note of caution, though — in sciatica, if there is increasing numbness or weakness of the legs, one should arrange to see an orthopedic surgeon or neurosurgeon. Very useful in addition to homeopathy is good physical therapy; eg, massage, craniosacral therapy, osteopathy, and chiropractic. Once an acute back problem is relieved, regular physical/back exercise can be essential to maintaining good back health. Below is a listing of several common homeopathic remedies for back pain/sciatica, with their symptomatic indications.

#### Homeopathic Remedies

Dosage: For acute back disorders and sciatica try taking one dose of 30C potency of the indicated remedy from those below every 3-4 hours until improvement is noted. Once definite improvement is established stop taking the remedy; repeat in the event of a relapse. If one remedy does not bring relief within two three days, try another.

**Belladonna** (deadly nightshade): Sudden onset of low back pain or sciatica. Severe pain precludes any movement. Pain in the coccyx (tailbone) after long sitting — can't rise from a seat. The right side is affected most often.

The pain is worse from: motion, jarring; also coughing, during the menses, standing, lying on the back, pressure, and sitting long.

**Calcarea carbonica** (calcium carbonate): Low back pain from slight exertion, especially lifting. Weak feeling in the back. Osteoarthritis of the spine.

The pain is worse from: cold, damp weather; lifting, exerting, ascending.

It is better from: heat, resting, and lying down.

**Kali carbonicum** (potassium carbonate): Low back pain and sciatica, more on the right side. Back and sciatic pains are worse at night, especially between 3-5 a.m., driving the patient out of bed. The pains extend into the buttocks, down the leg to the foot (sole).

Worse: cold, drafts, eating, lying on the painful side, during the menses, during pregnancy, motion, walking  
Better: pressure, sitting forward, after passing flatus

**Kali iodatum** (potassium iodide): Severe sciatica with disability, more often affecting the left side; the pain may extend down both legs.

Worse: lying, especially on the painful side; at night, from warmth, becoming heated, pressure, sitting, and standing.

Better: open air, sitting, motion, walking, flexing the leg.

**Nux vomica** (poison-nut): Severe sciatica extending down the leg, with anger and sensitivity to the external environment (such as, noise, light, touch, cold, smells, etc.).

Worse: night; morning, getting worse the longer he stays in bed; turning in bed; cold, standing, motion, straining at stool; lifting any weight; after anger.

Better: heat, pressure, lying

**Rhus toxicodendron** (poison ivy): Sciatica and back pain with stiffness. This remedy is commonly employed after an injury. Restlessness with the pain; a change of position temporarily relieves the discomfort. The patient has to get up, move, stretch. The left side is more affected.

Worse: morning on waking, being still, cold; cold, damp weather; getting wet, first motion, after any lifting.  
Better: heat, hot bathing, motion, lying on something hard, bending backwards.

**Tellurium** (tellurium - the metal): Severe pains in the sacrum extending down the sciatic nerve, often to the thigh. The right side is most commonly affected.

Worse: coughing, sneezing, straining at stool, laughing

Better: standing, during urination

**Aesculus** (horse chestnut): This is the number one remedy for sacroiliac pain (it may be associated with hemorrhoids).

Worse: rising from a seat — he can barely rise; stooping, on waking, after a large stool.

**Arnica** (leopard's bane): Back pain following blows or injuries.

Worse: cold; cold, damp; touch or jarring.

**Bellis perennis** (daisy): Injuries to the back and coccyx (also Hypericum).

**Bryonia** (wild hops): Severe back pain and sciatica requiring the patient to cease all movement and lie flat in bed.

Worse: motion, even the slightest; jarring, cold, sitting, walking, turning in bed, stooping

Better: lying on the painful side, being still, heat, pressure.

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