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An Observational clinical study: Lifestyle modification-based integrative homoeopathic approach in the management of Cervical and Lumbar Spondylitis Disorders

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Abstract

The modern lifestyle, characterized by prolonged screen exposure, sedentary work patterns, poor posture, and reduced physical activity, has led to a significant rise in musculoskeletal disorders, particularly cervical spondylitis, lumbar spondylitis, low backache, and intervertebral disc-related conditions. This observational clinical study evaluates the role of lifestyle modification combined with an integrative homoeopathic approach in the management of such disorders. A total of 192 patients (male and female) presenting with cervical and lumbar spine-related complaints were observed over a defined period. The intervention focused on postural correction, structured physical activity, specific yogic asanas (Setubandh Asana and Bhujangasana), ergonomic counselling, and individualized homoeopathic management. Outcomes were assessed based on pain reduction, functional improvement, mobility, and reduction in dependence on symptomatic medication. The findings suggest that simple, sustainable lifestyle modifications, when combined with homoeopathy, can significantly improve quality of life and functional outcomes in patients with spondylitis disorders.

Keywords: Lifestyle Modification, Cervical Spondylitis, Lumbar Spondylitis, Backache, Slip Disc, Homoeopathy, Yoga, Posture, Sedentary Lifestyle

Introduction

The rapid digitalization of work and communication has profoundly altered human posture and physical activity patterns. Excessive use of mobile phones, tablets, laptops, and desktop computers, often with improper ergonomics, has resulted in a rising prevalence of cervical spondylitis, neck pain, shoulder stiffness, and cervicogenic headaches. Similarly, lumbar spondylitis, chronic backache, and disc-related disorders are increasingly observed due to prolonged sitting, incorrect sitting posture, lack of core muscle engagement, and physical inactivity. From a physiological and biochemical perspective, reduced mobility leads to impaired circulation, muscular imbalance, joint stiffness, and degenerative changes. These factors collectively contribute to chronic pain syndromes and functional disability.

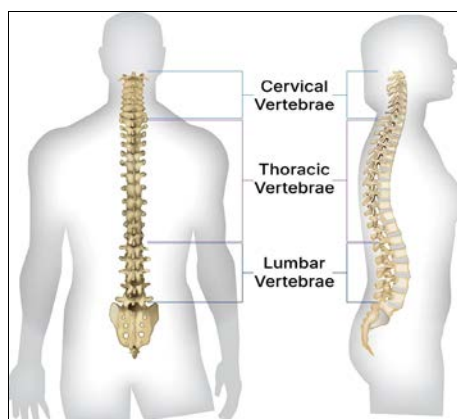


Fig 1: Representative Images of Cervical and Lumbar

Homoeopathy, when practiced with scientific discipline and supported by lifestyle correction, offers a holistic approach aimed not merely at symptom control but at functional restoration and long-term well-being.

Objectives of the Study

- To evaluate the impact of lifestyle modification on cervical and lumbar spondylitis disorders.
- To assess functional improvement with an integrative homoeopathic approach.
- To study the role of specific yogic asanas in reducing pain and improving mobility.
- To observe changes in patients' dependence on symptomatic medication.

Materials and Methods

• Study Design

Observational clinical study

• Study Population

- a) **Total patients:** 192
- b) **Gender:** Male and Female
- c) **Age group:** Adult population presenting with cervical or lumbar spine complaints

• Inclusion Criteria

- a) Cervical spondylitis

- b) Lumbar spondylitis
- c) Chronic neck pain and low backache
- d) Early disc-related complaints
- e) Sedentary lifestyle or prolonged screen exposure

• Exclusion Criteria

- a) Acute trauma
- b) Severe neurological deficit requiring emergency intervention
- c) Advanced surgical cases

• Intervention Protocol

1. Lifestyle Modification

- a) Postural awareness during mobile and computer use
- b) Ergonomic correction for workplace and home
- c) Limiting continuous screen time
- d) Encouraging regular movement breaks

2. Physical Activity Guidance

- a) Avoidance of prolonged static sitting
- b) Gentle daily mobility exercises
- c) Gradual incorporation of core-strengthening movements

3. Yogic Asanas

- **Setubandh Asana:** For spinal flexibility, lumbar strengthening, and posture correction

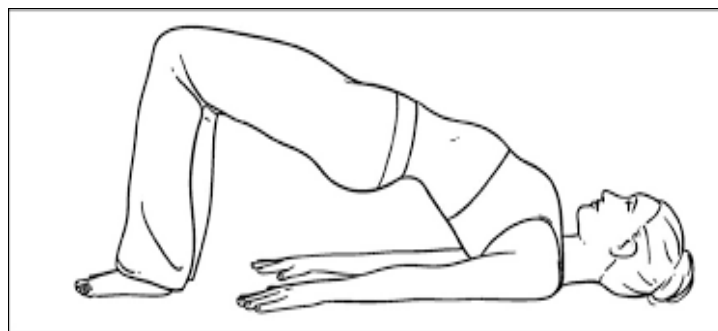


Fig 2: Representative Image of Setubandh Asana

- **Bhujangasana-** for spinal extension, core activation, and relief from lumbar stiffness

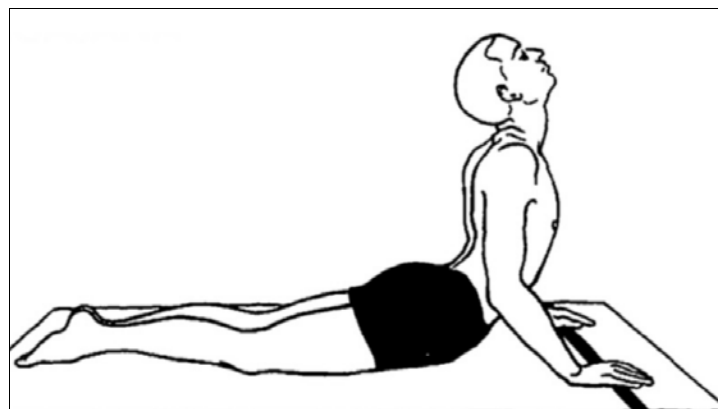


Fig 3: Representative Image of Bhujang Asana

These asanas were taught with precautions and individualized modifications.

4. Homoeopathic Management

- a) Individualized homoeopathic prescriptions based on totality of symptoms
- b) Emphasis on constitutional approach rather than symptomatic suppression

Indication of commonly used Homeopathy Cervical & Lumber Spondylitis

1. *Rhus Toxicodendron*

Indications

- Marked stiffness and pain on first movement
- Pain relieved by continued motion
- Aggravation from rest, cold, damp weather
- Neck and low-back pain with muscle spasm
- Useful in cervical spondylitis with radiating pain to shoulders and arms

2. *Bryonia Alba*

Indications

- Severe pain aggravated by slightest movement
- Patient prefers to lie still
- Pain better by firm pressure and rest
- Dryness of joints and muscles
- Acute flare-ups of lumbar or cervical spondylitis

3. *Kalmia Latifolia*

Indications

- Sharp, shooting, neuralgic pains
- Pain radiates from neck to arms or from back to legs
- Numbness and tingling in upper limbs
- Cervical spondylitis with nerve root involvement

4. *Calcarea Fluorica*

Indications

- Chronic degenerative changes of spine
- Osteophyte formation (bony outgrowths)
- Hard, enlarged joints
- Worse in cold, better by warmth
- Long-standing lumbar and cervical spondylosis

5. *Ruta Graveolens*

Indications

- Pain due to overuse, strain, or injury
- Deep-seated aching pain in spine
- Stiffness worse in the morning
- Sensation of bruised soreness
- Effective in ligament and periosteal involvement

6. *Guaiacum Officinale*

Indications

- Severe stiffness of neck and back
- Difficulty in turning the head
- Pain worse from heat, better by cold
- Cervical spondylitis with muscular rigidity

7. *Magnesia Phosphorica*

Indications

- Cramping, spasmodic pains
- Pain relieved by warmth and pressure
- Radiating pain along nerves
- Useful in cervical and lumbar spondylitis with muscle spasm

8. *Silicea*

Indications

- Chronic spinal problems with weak connective tissue
- Sensitivity to cold air
- Slow recovery after injury

- Cervical pain with stiffness and weakness
- Helpful in chronic, relapsing cases

9. *Belladonna*

Indications

- Sudden onset of intense pain and stiffness
- Heat, redness, and throbbing pain
- Pain aggravated by motion and jarring
- Acute inflammatory stage of cervical spondylitis

10. *Hypericum Perforatum*

Indications

- Nerve-rich area pain
- Shooting, electric-like pain
- Spinal pain following trauma or compression
- Cervical spondylitis with nerve irritation

Assessment Parameters

- Pain intensity (subjective reporting)
- Range of motion
- Functional ability in daily activities
- Postural comfort
- Reduction in frequency of pain episodes
- Reduced dependency on analgesics or muscle relaxants

Results

- Most patients reported significant reduction in pain and stiffness
- Improved spinal mobility and posture awareness were observed
- Enhanced functional capacity in routine activities
- Many patients were able to maintain comfort without regular use of conventional pain medications, relying instead on lifestyle correction and guided exercises
- Long-term follow-up indicated better compliance and sustained improvement among patients who adopted lifestyle changes consistently

Discussion

The findings reinforce the understanding that cervical and lumbar spondylitis disorders are largely lifestyle-induced degenerative-functional conditions rather than purely structural diseases. Prolonged non-physiological postures, combined with inactivity, accelerate musculoskeletal stress. Homoeopathy, when integrated with corrective lifestyle measures, appears to support physiological balance, pain modulation, and tissue adaptability. Yogic asanas such as Setubandh Asana and Bhujangasana play a vital role in restoring spinal mechanics and strengthening supportive musculature.

This integrative approach aligns with preventive and promotive healthcare principles, reducing chronic dependency on medication and enhancing patient autonomy.

Conclusion

This observational study highlights that simple lifestyle modifications, ergonomic correction, structured physical activity, and selected yogic practices, when combined with an integrative homoeopathic approach, can lead to meaningful improvement in patients suffering from cervical and lumbar spondylitis disorders.

Adoption of such holistic strategies can contribute significantly to musculoskeletal health in the modern digital

era and should be encouraged as a core component of long-term management.

Acknowledgement

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Author Declaration

This study is based on clinical observation and experience. Ethical standards and patient consent were maintained. No conflict of interest is declared.

Biography:

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