



Review Article

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HERING'S PANORAMIC VIEW ON SYMPTOMS OF CERVICAL SPONDYLOSIS – A COMPENDIUM

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Abstract

Cervical spondylosis is a chronic, progressive deterioration of osseo-cartilaginous components of the cervical spine that most often shows its affect with aging. Symptoms of cervical spondylosis are initially managed with non-surgical treatment options. The symptoms alone by which the disease demands and points to the remedy are the sole means which determine the choice of most appropriate Homoeopathic remedy. Dr. Constantine Hering's Materia Medica is a most authentic and matured materia medica where the recorded symptoms are verified and repeatedly verified by cures.

Keywords - Cervical spondylosis, Hering, Homoeopathy, The Guiding Symptoms of Our Materia Medica.

Abbreviations: Cervical spondylosis (CS), Years lived with disability (YLD), Disability adjusted life years (DALYs), aggravation (<), amelioration (>).

Introduction

Cervical Spondylosis (CS) is a natural age-related disease process that encompasses a large range of progressive degenerative changes that affect all the components of the cervical spine i.e., intervertebral discs, facet joints, joints of Luschka, ligamenta flava, and laminae.¹

Bending the head, neck, and shoulders over cell phones and handheld devices, together with distorted neck positioning when sitting, studying, and watching television, can results in incrementally increased stresses in the cervical spine area. These stresses may lead to early wear, tear and degeneration.² According to the Global Burden of Disease 2015, low back and neck pain remain the leading cause of years lived with disability (YLD) and the 4th leading cause of disability-adjusted life years (DALYs).¹

Clinical Presentation¹

Cervical spondylosis represents as one or more of the following three primary clinical syndromes:

S.No	I. Axial Neck Pain	II. Cervical Radiculopathy	III. Cervical Myelopathy
a.)	Commonly complain of stiffness and pain in the cervical spine that is most severe in the upright position and relieved with bed rest when removing the load from the neck.	Radicular symptoms usually follow a myotomal distribution depending on the nerve root(s) involved and can present as unilateral or bilateral neck pain, arm pain, scapular pain, paresthesia, and arm or hand weakness.	Typically has an insidious onset with or without neck pain (frequently absent).

b.)	Neck motion, especially in hyperextension and side-bending, typically increases the pain.	Pain is exacerbated by head tilt toward the affected side or by hyperextension and side-bending toward the affected side.	Can initially present with hand weakness and clumsiness, resulting in the inability to complete tasks requiring fine motor coordination (e.g., buttoning a shirt, tying shoelaces, picking up small objects).
c.)	In upper and lower cervical spine disease, patients may report radiating pain into the back of the ear or occiput versus radiating pain into the superior trapezius or periscapular musculature, respectively.		Frequent reports of gait instability and unexplained falls.
d.)	Occasionally, patients can present with other atypical symptoms of cervical angina such as jaw pain or chest pain.		Urinary symptoms (i.e., incontinence) are rare and typically appear late in disease progression.

The symptoms alone by which the disease demands and points to the remedy suited to relieve it and moreover, the totality of these its symptoms, must be the principal or sole means, whereby the disease can make known what remedy it requires (§-7).³ “The Guiding Symptoms of Our Materia Medica by Constantine Hering” is a complement to all other works on our materia medica being principally a collection of cured symptoms. A cured symptom only, has never such as intrinsic value as one produced and cured and yet such a one should not be ignored, in the course of time it may be added to the characteristics. The symptoms which are verified by cures and repeatedly verified have been discussed below. The signature of these symptoms are:

I - Symptoms verified by cures

II - Symptoms repeatedly verified

θ -The Greek letter “**theta**” stands between the cured symptom and the pathological condition, or the physiological general state. This by no means excludes the characteristic nature of the symptom in other forms of disease.⁴

Homoeopathic symptoms of medicines of cervical spondylosis

1.) *Aconitum napellus*

I Painful stiff neck, aggravation moving neck; pains down neck to right shoulder.

II Tearing pain in nape of neck.

II Formication in arms, hands and fingers, while writing.

2.) *Actea racemosa*

II Head and neck retracted.

II Rheumatic pains in muscles of neck and back; feeling of stiffness and contraction.

I Stiff neck from cold air, pain from moving even hands.

3.) *Angustura*

I Sensation of tremulousness and uneasiness in muscles of neck.

I Pain in cervical vertebrae as if dislocated, when lifting arm.

I Much pain in spine, at nape of neck and sacrum especially, aggravated (<) on pressure.

4.) *Antimonium tartaricum*

I Stiff neck. **θ** Influenza.

I Most violent pain, like dislocation in left arm, as if flesh were torn from bones, from axilla, down to tips of fingers.

θ Rheumatism.

5.) *Apis mellifica*

I Sense of stiffness in neck and back.

θ Cerebro-spinal meningitis.

I Pain in arm increasing, darting, no longer able to raise right arm to head.

θ Rheumatism.

I Perfectly powerless, she could not take hold of anything, had to be fed and nursed. **θ** Spinal disease.

6.) *Arnica montana*

I Great sensibility of cervical vertebrae to pressure.

7.) *Arsenicum album*

I Nape stiff, as if bruised or sprained.

I Paralytic feeling in upper limbs.

θ Pericarditis.

I Tingling in fingers. **θ** Pericarditis.

I Drawing, jerking and tearing from tips of finger into shoulder.

8.) *Baryta carbonica*

I Stinging pains in neck.

I Tension in neck and scapulae.

I Stiffness in nape of neck.

I When lying on arm it goes to sleep.

9.) *Bryonia*

I Painful stiffness of muscles of right side of neck, from touch and on moving head towards shoulders.

I Drawing and stiffness of muscles of right side of neck.

I A pain in nape of neck near occiput like a pain and weakness together, as if head was weak.

10.) *Calcarea ostrearum*

I Stiffness and rigidity at nape of neck: with headache; cramp like up to vertex; in

morning, with coryza; with dysmenorrhoea.

I Swelling and incurvation of vertebrae of neck and back.

I Painful aching of shoulder muscles and arms. **θ** Muscular atrophy.

I Numbness of hands when grasping anything. **θ** Muscular atrophy.

I Upper limbs, especially hands, become cold and tremble. **θ** Hereditary headache.

I Awkwardness of fingers; they feel as if dead. **θ** Chlorosis.

II Easily overstrains himself from lifting, from which neck becomes stiff and rigid, with headache.

11.) *Calcarea phosphorica*

I Rheumatic pain and stiffness of neck, with dullness of head; from slight draught of air.

I Dull pain in arms, first left, then right; from shoulder to fingers; from clavicle down to wrist; < from change of weather.

12.) *Camphora*

I Painful drawing and stiffness on side of neck, when walking in open air.

I Pain in fifth, sixth and seventh cervical vertebrae; aggravation (<) from moving head; amelioration (>) from pressing hand thereon.

13.) *Cantharides*

I Stiffness of neck, with tensive pain on stooping.

I Tearing in cervical muscles.

I Tearing and stitching pains in arms.

I Weakness and trembling of limbs.

14.) *Carbo animalis*

I Violent trembling of hands in morning at breakfast; hands appear as if paralyzed; on grasping anything, fingers become stiff as though they had not sufficient power.

I Numbness of fingers on inside and tips, with stiffness of finger joints; they crack on bending.

15.) *Carbo vegetabilis*

I Tearing in cervical muscles.

I Drawing in nape, up into head, with nausea and rush of water from mouth.

I Lacerating pain in right wrist when trying to grasp an object; could not retain hold on account of paralytic weakness in wrist. **θ** Ganglion.

I Hands: burn; icy cold; tips of fingers covered with cold sweat; numb in morning and when washing; tearing pains in hands and fingers.

I Paralytic weakness of fingers when seizing anything.

16.) *Carduus marianus*

I Sensitiveness of dorsal and cervical vertebrae.

II Drawing pain in muscles covering left radius, alternating with pain in same muscles of right side.

17.) *Causticum*

II Stiffness and pain in neck and throat, with pain in occiput, muscles felt as if bound, could scarcely move head.

II Dull drawing and tearing in arms and hands.

II Paralysis of upper extremities. Paralytic feeling in right hand.

II Sensation of fullness in hands when grasping anything.

I Painful numbness of thumb and index finger, appeared as if they were larger, especially when touching something, impedes free use of hands.

18.) *Cepa (Allium cepa)*

I Intense pain in cervical spine.

θ Influenza.

I Trembling of right hand, he can hardly write.

19.) *Chamomilla*

I Fingers become cold and are inclined to "go to sleep", while sitting.

II Arms immediately go to sleep, if she grasps anything firmly; she is obliged to let them sink down.

20.) *Chelidonium majus*

I Stiffness of neck: on moving head; with painfulness on deep breathing; with cracking of vertebrae on moving neck.

I Sharp, shooting pain in left side of neck and across temple and over eye; liver sore to touch, with nausea.

21.) *Chininum sulfuricum*

I Every day at about 4 pm violent pain in lateral muscles of neck, which appears to him to be swollen and contracted, his head is giddy and heavy, and he wants to lie down. **θ** Periodical cervical neuralgia.

II Sensitiveness of last cervical and first dorsal vertebrae to pressure.

22.) *Cicuta virosa*

II Tension or cramp in muscles of neck; if he turns head, he can not easily turn it back again.

II Pain in nape, spasmodic drawing of head backward, with tremor of hand.

II Frequent involuntary jerking and stitches in arms and fingers. **θ** Epilepsy.

I Sensation of heaviness in arm when raising it, accompanied by stitches in shoulder, so violent that patient must desist; he dare not move the fingers even; occurs more frequently in left arm.

23.) *Cina*

I Cramp like, drawing pains in arms and hands.

I Weakness of hands; he can hold nothing with it.

24.) *Cinchona officinalis*

I Shooting pains in nape of neck, which becomes, in a measure, stiff, with constrictive pain in skin over left occiput.

I Hands tremble (when writing).

I Numbness in right arm. **θ** Prosopalgia.

25.) *Clematis erecta*

I Pressing or drawing in muscles of arms and hands.

26.) *Cocculus*

I Stiffness of cervical muscles and great weakness. **θ** Spinal irritation.

I Sensation as of very fine, delicate wires or fibres pulling and continually in motion, down both arms from elbow to hand.

II Weakness of cervical muscles, with heaviness of head.

II Numbness and paralytic feeling in arms. Now one hand and again the other is numb as if asleep.

27.) *Colchicum autumnale*

II Paralytic pain in arms, so violent that he cannot hold the slightest thing firmly.

I Torticollis.

I Rheumatic pains in neck and back.

28.) *Colocynthis*

I Feeling of stiffness in muscles of nape, when moving head; drawing in nape.

I Violent tensive drawing in left cervical muscles, < on motion.

I Pressure in left side of nape, < from turning.

I Pain in shoulder blades and back, extending into neck, with tension.

I Great tenderness on pressure over posterior spinous processes of all cervical

and first four dorsal vertebrae; pressure on spinous processes of first three cervical vertebrae < or brings on neuralgic attack. **θ** Neuralgia of face.

I Tearing drawing in left arm, down to finger joints.

29.) *Cuprum metallicum*

I Paralysis of muscles of back up to neck; also of the limbs; lower limbs oedematous, but retain sensibility.

I Hyperaesthesia and great sensitiveness of spinal column from sixth cervical vertebra to small of back, slightest touch intolerable; tearing, jerking pains in limbs.

I Drawing sensation in left arm, arm drawn involuntarily close to body; formication and tearing in right hand.

θ Epilepsy.

I Frequent falling asleep of the hands, oppression of chest, and palpitation.

θ Spinal irritation.

I Can hold nothing in hand, the objects fall to the ground.

30.) *Digitalis purpurea*

II Heaviness or paralytic weakness of left arm.

II The fingers “go to sleep” frequently and easily.

31.) *Drosera rotundifolia*

I Neck stiff and painful on motion.

I Fingers spasmodically contracted, rigid in grasping.

32.) *Dulcamara*

I Neck stiff, back painful, loins lame, after taking cold.

I Pain in nape, as if head had been lying in an uncomfortable position.

33.) *Eupatorium perfoliatum*

I Beating pain in neck and occiput; > after rising.

II Aching pain and soreness, as from having been beaten in arms, above and below elbows.

II Soreness and aching in arms and forearms; painful soreness in both wrists, as if broken or dislocated.

34.) *Ferrum*

I Neck sore as if bruised; stiff.

I Neck and shoulder painful when lying on right side.

I Paralytic tearing pain from shoulder joint into upper arm(left); he cannot raise arm; slow movement improves it gradually.

I Right arm lame.

35.) *Fluoricum acidum*

I Pain in third cervical vertebra. Rigidity of nape.

I Pain from nape of neck, extending through centre of head to forehead.

I Numbness and powerlessness of hands.

36.) *Gelsemium*

II Pains in neck like those of cerebro-spinal congestion.

II Pain in neck and under left shoulder blade.

I The muscles of the neck feel bruised.

I Vertebra prominens and cervical vertebrae sensitive to pressure.

θ Neuralgic headache.

37.) *Glonoinum*

I The neck feels weak and tired, cannot support the head.

I When lying down sensation as if neck were grasped.

I Sensitiveness and pain in occiput, upper back and upper chest, coming on a few months after violent jarring from being thrown from a carriage.

I Severe neuralgic pain in lower part of cervical region of spine and right arm.

I Arms: nervous, uneasy; heavy, as if circulation was checked; numbness, heaviness following throbbing; restlessness, weakness, want of circulation.

I Numbness and sensation of weariness of left arm, so that it requires great effort to raise the arm, stiffness of middle joints of fingers.

38.) *Graphites*

I Pain in nape of neck.

I Tearing in left shoulder joint, on moving arm.

I Arms feel “asleep”.

I Left hand numb and dead, with formication extending up arm.

39.) *Guaiaicum*

I Pain from head to neck.

I Frequent stitches on left side of nape, extending from scapula to occiput.

I Aching in nape of neck, right and left of vertebrae.

I Stiff neck due to cold, muscles of shoulders and spine affected.

I Excessive stiffness of one side of neck, from neck extending to small of back, < when moving.

I Rheumatic stiffness of whole left side of back, from nape down to sacrum, with intolerable pain on slightest motion, not noticed on touch or during rest.

40.) *Hamamelis virginica*

I Sore pain down cervical vertebrae.

I Bruised feeling in upper arms and shoulders, < from motion.

41.) *Helleborus*

I Neck rigid, in spotted fever. Cervical muscles stiff as far as occiput.

I Severe pain down neck, in left side of face and in teeth.

42.) *Hydrastis canadensis*

I Muscles of neck feel sore.

I Pain from head to shoulders, with aching in both, more the left.

43.) *Hypericum perforatum*

I Cervical vertebrae very sensitive to touch.

I After a fall: slightest motion of arms or of neck extorts cries; cervical vertebrae very sensitive to touch; headache; desire for warm drinks; asthmatic spells, or spells of short, hacking cough.

44.) *Ignatia*

II Stiffness of nape of neck. **θ** Diphtheria.

I After anxiety sudden stroke as if right shoulder had been paralyzed by a stroke of lightning, which extended through whole arm, extending to tips of thumb, index and middle fingers; use of arm completely lost, can hardly raise it; sensation as if arm did not belong to her; on touching objects it seems as if they were covered with fine felt. **θ** Hysterical paraplegia.

I Numb feeling of arms at night, in bed, with it a sensation as if something living were running in arm.

45.) *Kali bichromicum*

I Stiffness of nape of neck on bending head.

I Stabbing from 3rd cervical to 5th dorsal vertebra, striking forward through chest to sternum, < on motion; inability to straighten spine after stooping.

46.) *Kali carbonicum*

I Back of neck stiff; shooting pains through chest; uvula elongated.

I Stiffness in left nape and down left inner scapula, < after waking up and after laughing.

I Neck feels large, clothing tight; congestion.

I Weakness in arms, mornings; arms feel numb, cold, go to sleep when lain on.

II Cramping of fingers while sewing.

47.) *Kalmia latifolia*

I Muscles of neck sore to touch and on moving them.

I Pains from neck down arm to little and 4th finger; neck tender to touch; pains paroxysmal, < in early part of night, and attended by stiffness; marked slowness of pulse, 48 beats per minute. **θ** Neuralgia.

48.) *Lac defloratum*

I Hard, pressive pain at 4th cervical vertebra; chills creeping along back between scapulae.

49.) *Lachesis*

II Stiff neck, moves jaw with difficulty; tearing from nape of neck up either side, to top of head.

I Stiffness of nape of neck, with catarrh.

I From cervical vertebrae down to lumbar, whole right side of back, width of 3 or 4 inches, much swollen, elastic, painless to pressure; dull pains intolerable after exertion, has to lie down

in a kind of tetanic state. **θ** Infiltration of cellular tissue.

I Left hand and arm numb while pain and redness in foot disappeared; pain and redness returned to foot, and hand and arm were well. **θ** Rheumatism complicated with epilepsy.

50.) *Lachnanthes tinctoria*

II Stiffness, wry neck.

II Torticollis; neck stiff; head drawn to one side; pain in nape as if dislocated, when turning neck or bending head backward. **θ** Diphtheria, scarlet fever, etc.

I Right side of neck stiff, head drawn to right side.

51.) *Laurocerasus*

I Pressure in nape of neck, particularly in open air, compelling him to bend head forward.

52.) *Lycopodium*

II Stiffness of left side of neck, head drawn to left side. **θ** Torticollis.

I Tensive pain and stiffness in nape of neck and shoulders.

I Hands feel numb, dull tingling as if they had been asleep; sensation of heaviness and feeling of enlargement of hands; almost everything, even hot things, feel cold to touch; when writing or driving, the pen or reins drop from hands unnoticed; no loss of motor power.

θ Anaesthesia of hands.

I Weakness of arms when at work, and conversely they feel powerless, yet he can work.

53.) *Magnesia carbonica*

I Stiffness in neck.

I Much pain in head and right shoulder; she can scarcely raise right arm.

I Rheumatic pain in shoulders (at night), with tingling down to fingers; pain prevents least movement.

54.) *Magnesia phosphorica*

I Pains in nape of neck very sharp, shooting, boring, shifting and remittent.

55.) *Mancinella*

I Painful stiffness of neck, especially after sleep, could scarcely move neck.

I Hands as if too thick, "asleep", heavy and clumsy.

56.) *Mercurius*

I Rheumatic stiffness and swelling of neck.

I Involuntary trembling of hands; could not carry a glass of water to mouth without spilling it; could take neither food nor drink, but had to be fed like a child.

57.) *Mezereum*

I Pain and stiffness of nape and external cervical muscles.

I Stiff pain in right side of nape of neck, and throat, mostly on motion.

I Paralysis of flexors of fingers; finger ends powerless, cannot hold anything. Hands “go to sleep”.

58.) *Natrum carbonicum*

I Stiffness of neck. Cracking of cervical vertebrae on moving head.

I Has to stretch arms, with anxiety.

I Twitches and twitching sensation in arms and fingers on taking hold of anything.

59.) *Natrum muriaticum*

I Stitches in neck and back of head. Painful stiffness of neck.

I Numbness of arms and hands > from rubbing.

60.) *Natrum sulphuricum*

I No strength in hands; flexors pain when grasping anything.

I Hands tremble on awaking; later, when writing.

61.) *Nitric acid*

II Stitches in and between scapulae; neck stiff.

I Neck stiff and sore from least cold.

62.) *Nux moschata*

I Drawing pain in muscles of neck from draft of damp air.

63.) *Nux vomica*

II Neck stiff, with heaviness; from cold.

II Shoulders pain as if bruised; paralytic heaviness with weak arms.

I Cervico-brachial neuralgia, neck stiff, < in morning and after eating and from touch.

I Rheumatism of muscles of neck, with or without tearing, drawing pains; head generally drawn to one side and moved with great difficulty.

I Drawing in arms, extending from shoulder to finger, with sensation as if arm were asleep; loss of motion of arm, especially at night.

64.) *Paris quadrifolia*

I Nape of neck weary, as from a heavy load; neck feels stiff and swollen if turned around.

I Dull pain in nape of neck, increasing at times in acuteness, with numbness, heat and weight; > from rest and in open air; < from exertion.

65.) *Petroleum*

I Heaviness or very painful distressing drawing in nape of neck, extending to occiput.

I Stiff neck; it cracks when moved.

66.) *Phosphorus*

I Stiffness in nape of neck.

I Paralytic drawing in muscles of shoulder and upper arm.

I Arms weak, can hardly move them, they tremble, become numb.

67.) *Phytolacca*

I Stiff neck; < on right side and in bed, after midnight.

I Rheumatic affection of shoulder and arms, especially in syphilitic subjects; pains fly like electric shocks from one part to another, < at night and in damp weather.

68.) *Platinum*

I Tense numb sensation in nape close to occiput, as if tightly bound; cramp in posterior muscles of neck; tensive numb feeling, close to occiput, as if tied together.

69.) *Pulsatilla*

I Stiffness and pressive pain in left side of cervical muscles.

I In nape of neck: rheumatic, drawing, tensive pain; drawing fine sticking also between scapulae and in back. Heaviness in arms from shoulders to fingers, numb feeling.

I Arm painful even while at rest, as if humerus were beaten in middle; pain extended down into thumb so that she cannot use it.

70.) *Rhododendron*

I Stiffness of nape of neck; tearing pains in nape of neck, extending thence gradually half-way down back; < at night and in bed, so that she must rise.

I Sensation of weakness and formication in arms, as if they were asleep, < from heat of bed, exposure to cold and stormy weather.

71.) *Rhus toxicodendron*

II Stiff neck with painful tension when moving; of rheumatic origin; from a draft.

I Tearing and burning in shoulder, arm lame, < in cold, wet weather, in bed, and at rest.

I When grasping anything, feeling as if pins were pricking tips and palmar surfaces of first phalanges of fingers.

72.) *Ruta graveolens*

I Rheumatic pains in nape of neck, shoulders and arms.

73.) *Sepia*

I Stiffness in small of back and neck.

I Lameness and falling asleep of arms and fingers.

74.) *Silica*

I Stiffness: of nape of neck; of one side of neck, cannot turn head on account of pain; of nape of neck, with headache.

I Rheumatism of lower cervical vertebrae; violent tearing pain between scapulae.

I Right arm and wrist weak; cannot raise anything heavy.

75.) *Spigelia*

I Rheumatism of nape of neck with painful numbness; < lying on back.

76.) *Stannum*

I The arms easily becomes fatigued from moderate exercise, so that everything he holds is allowed to fall. Weakness and trembling of hands.

77.) *Stramonium*

I Pain in cervical and upper dorsal vertebrae.

78.) *Sulphur*

I Stiffness of neck; in nape, with paralytic sprained pain; with cracking of vertebrae on bending head backward.

I Stitches: in nape of neck, on stooping; in cervical muscles; beneath scapulae, which take away breath, and do not permit stooping; in scapulae.

79.) *Valeriana*

I In muscles of left arm from shoulder to fingers, a very painful drawing mixed with single stitches; a sort of tearing.

80.) *Zincum*

I Nape of neck feels weary and tired from writing or any exertion.

I Stiffness and pain in cervical and upper dorsal muscles, in morning.

I Weakness and trembling of hands while writing.

Conclusion and Discussion

Although cervical spondylosis has many different ways of management in conventional and alternative sciences, but this article has motive to explore those remedies whose symptoms have been verified and repeatedly verified by cures; by Dr. Constantine Hering in his magnum opus to ensure that they can be used tactfully, on the basis of symptom similarity.

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