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TEXT NECK: A MODERN CELL PHONE DISEASE - REPORTORIAL UNDERSTANDING

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Abstract

There is an incredible hick in using Cell Phones, especially in the situation that arises due to the Pandemic of COVID 19, the availability of high-speed Data, and use of it for online routine functioning ranging from various Bill payments to UAID authentication. These circumstances increased the incidence of a condition called as **TEXT Neck: A Modern Cell Phone Disease**. Persistent stress, modern living style, and situation of LOCKDOWN and POST LOCK DOWN leads to continuous ONLINE WORK situation, especially in corporate professionals, students, etc. is estimated to be the root cause of as many as 80% of cases of a new sect of disease named as **TEXT Neck: A Modern Cell Phone Disease**. Homoeopathy – A Holistic Science offers an immense scope to treat 'the sick' individuals based on the principle of Totality of Symptoms along with Regimen. The doctrine of Individualization is the key to get success in Homoeopathic treatment. This article is an attempt to observe the Repertorial Understanding for the selection of Homoeopathic Remedy for the treatment of **TEXT Neck: A Modern Cell Phone Disease** with principles of Regimen.

Keywords: Text Neck: A Modern Cell Phone Disease, Online Work, Smartphone, Individualization, Similimum, Regimen.

Introduction

The situation arises due to the Pandemic of COVID-19 & Post COVID-19, the lifestyle has changed tremendously. There is stress which has developed because of competition and the tendency to use Smartphones rather for Online work than groundwork we can say to handle the Overdose of Physical working than online work from home leads to an increased incidence of the use of Cell Phones. The situation arises due to Lockdown & Post Lock Down situation secondary to Pandemic of COVID 19 all office work, and study of the students & even common Citizens of all classes leads to overuse of ONLINE work, study & daily routine work and ultimately results in overuse of Cell Phones.

School education in the time of COVID is heavily dependent on mobile phones, with 80 – 90 % of older students in Central Government Schools saying they use mobiles rather than laptops to access digital schooling during the pandemic.[1]

In KVs, 84% of students use mobiles, 19% use laptops for learning, thus 88% were dependent on mobile phones.[1]

Indians' dependence on smartphones for productivity rose 120% during April-May when compared to levels before the coronavirus outbreak. Content creation and sharing, and collaboration accounted for most of the work-related activity on smartphones, a CyberMedia Research (CMR) survey titled, Mobile Industry Consumer Insights (MICI), said.[2]

The use of A Modern Cell Phone is becoming a part of Modern life. The situation arising from COVID-19 Pandemic LOCKDOWN & Post LOCKDOWN is making the situation graver than ever. All over the world the use of Cell Phones during Traveling, Office Meetings, During Dinner – Dating, During Marriage Reception, During Work from Home, Online Education, and online routine functioning ranging from various Bill payments to UAID authentication, etc.,makes Cell Phone as a Third Partner in Relationship.

This circumstance increased the incidence of a condition like Putting the neck and upper limb in uncomfortable positions for a prolonged period of time, which can lead to strains and overuse injuries, this causes pain in the neck, upper back, shoulder, and upper limbs as well as numbness and tingling in hands and fingers.[3]

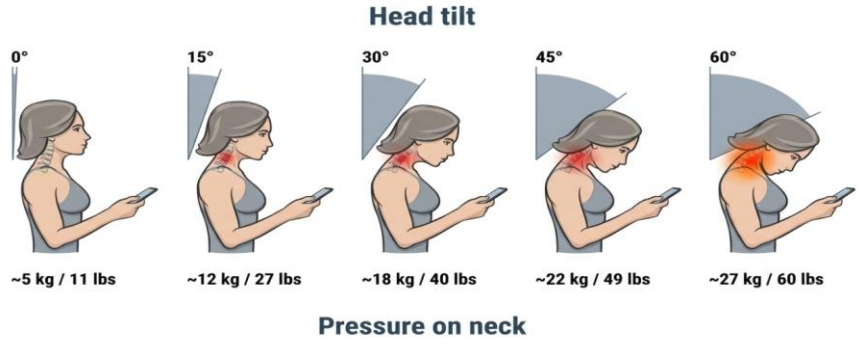

Figure 1: Head Tilt and Pressure on the Neck

Commonly Associated Conditions with Repeated Overuse of Smartphones. [3]

Anatomical Region	Primary Mechanism	Associated Clinical Conditions
Cervical Spine	Postural / Mechanical	Cervicalgia (Text Neck), early cervical spondylosis
Shoulder	Postural	Myofascial shoulder pain, Thoracic Outlet Syndrome
Neck, Shoulder & Thorax	Chronic Strain	Secondary fibromyalgia
Elbow	Sustained Flexion	Cubital Tunnel Syndrome ("Cell phone elbow")
Wrist	Repetitive Overuse	De Quervain's tenosynovitis ("Texting thumb" / "WhatsAppitis"), extensor tendinitis, Carpal Tunnel Syndrome
Thumb & Hand	Repetitive Overuse	Extensor pollicis longus tendinitis/rupture ("Swiper's thumb"), myofascial strain of the adductor pollicis, first dorsal interosseous, and extensor digitorum communis, weakened grip and pinch strength
Lumbar Spine	Postural / Mechanical	Mechanical low backache

The overuse of cell phones leads to poor posture and neck pain, ultimately resulting in Text Neck. "Text Neck" is the term used to describe neck pain caused by inappropriate neck posture or sustained flexion of the cervical spine while looking down at a smartphone.

Text Neck: Signs and Symptoms

- Chronic headache
- Soreness in the neck
- Tightness across the shoulder
- Stiffness across the shoulder
- Pain in the neck, back, shoulder, arm, hand, wrist, and elbow
- Changes in posture

Because Text Neck arises from a *Causa Occasionalis*, the exciting and maintaining causes must be removed by following good practice guidelines for the appropriate use of smartphones.[3]

It is important to observe some good practices [3]while using smartphones to avoid medical problems.

Recommended Ergonomic Practices (Do)	Habits to Avoid (Don't)
Raise the phone closer to eye level and support the forearms.	Avoid sitting for prolonged periods with the head bent forward.
Hold the smartphone with both hands and switch hands frequently.	Avoid sustained, acute elbow flexion.
Type using both thumbs while keeping the wrists neutral and straight.	Avoid high-speed texting or marathon browsing sessions.
Use mobile devices while seated rather than while walking.	Never use a smartphone while driving.
Limit continuous sessions to 15–20 minutes with regular stretching breaks.	Avoid electronic devices before bedtime to prevent circadian disruption and insomnia.

Experts now believe that the relationship between sleep disorders and the overuse of cell phones is significant. While mindfulness exercises may help calm the brain and promote a better night's sleep, using electronic devices before bedtime remains a major cause of insomnia.

Keeping this in mind, Homoeopathy offers immense scope to treat sick individuals. The study of proper medicine and pathology is necessary to understand the changes that have taken place in the tissues or organs. Along with this, an Indisposition[18]—which may later turn into recurrent Acute Miasms[6]—requires a Similimum to prevent its progression and precipitation into stigmata[18], the internal dyscrasia that can result from recurrent suppressive treatments under non-rational modes of medicine.

We have attempted to provide a succinct resume of the symptomatology in the form of rarely used homoeopathic rubrics for clinical drug suggestions, offering an opportunity for experimentation and future clinical verification to discover their distinctive uses and enlarge our armamentarium. While we are aware of differing opinions regarding the further introduction of remedies—especially those that may seem obsolete or illusory to some—it is not for the compiler to omit information about any substance that has received clinical endorsement from a reliable source.

Following are some of the guiding rubrics from various repertories as ready references for selecting the Similimum[19] based on the individuality of a given case of disease[6]:

Repertory Source	Chapter / Section	Rubric	Key Indicated Remedies
Allen (K.B. / T.F.)	Neck; Shoulder	*Neck: Soreness*; *Shoulder: Stiffness*	*Cimicifuga, Gelsemium, Rhus tox., Causticum*
Boericke's Repertory	Locomotor System; Head	*Shoulders, scapulae: Pains: Stiffness*; *Headache (cephalalgia), Type: Chronic*	*Rhus tox., Cimicifuga, Bryonia, Calcarea phos., Silicea*
Boenninghausen's TPB	Upper Extremities; Head	*Stiffness: Joints: Shoulder*; *Head, Internal: Chronic headaches*	*Rhus tox., Sulphur, Lycopodium, Pulsatilla, Sepia*
Complete Repertory	Back; Head	*Back: Pain: Cervical region, extending to shoulders*; *Head: Pain: Chronic*	*Cimicifuga, Gelsemium, Paris quadrifolia, Lachnanthes, Natrum mur.*
Gentry's Concordance	Throat; Neck & Back; Head	*Muscles: Rheumatic soreness of muscles of neck*; *Bruised: Stiffness in small of back, with pain as if bruised when sitting still, better moving about*; *Chronic headache over right eye, with nausea*	*Rhus tox., Arnica, Cimicifuga, Sanguinaria, Iris versicolor*
Kent's Repertory	Extremities; Head	*Stiffness: Shoulder*; *Pain, headache in general: Chronic*	*Rhus tox., Causticum, Ledum, Calcarea carb., Natrum mur.*
Knerr's Repertory	Upper Limbs; Neck & Back; Inner Head	*Shoulders: Stiffness: Across*; *Neck: Soreness*; *Headache: Chronic*	*Cimicifuga, Rhus tox., Lachnanthes, Gelsemium, Belladonna*
Lippe's Repertory	Upper Extremities; Head	*Rigidity, stiffness: Shoulders*; *Chronic headache*	*Rhus tox., Causticum, Nux vomica, Sepia*
Ward's *Sensations As If*	Draught; Beaten	*Stiffness in muscles of left side of neck and top of left shoulder as if from a draught*; *Soreness of back, especially back of neck, as if beaten*	*Calcarea phos., Cimicifuga, Arnica, Ruta, Rhus tox.*

By permutations and combinations of these rubrics through repertorial understanding—along with other individualistic[19] symptoms—a physician is able to treat the sick[18] rather than the disease, based on the *Totality of Symptoms*[20] of *Status Morbi*[6].

Thus, a proper understanding of repertorial rubrics helps in the selection of the *Similimum* for **Text Neck: A Modern Cell Phone Disease**.

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