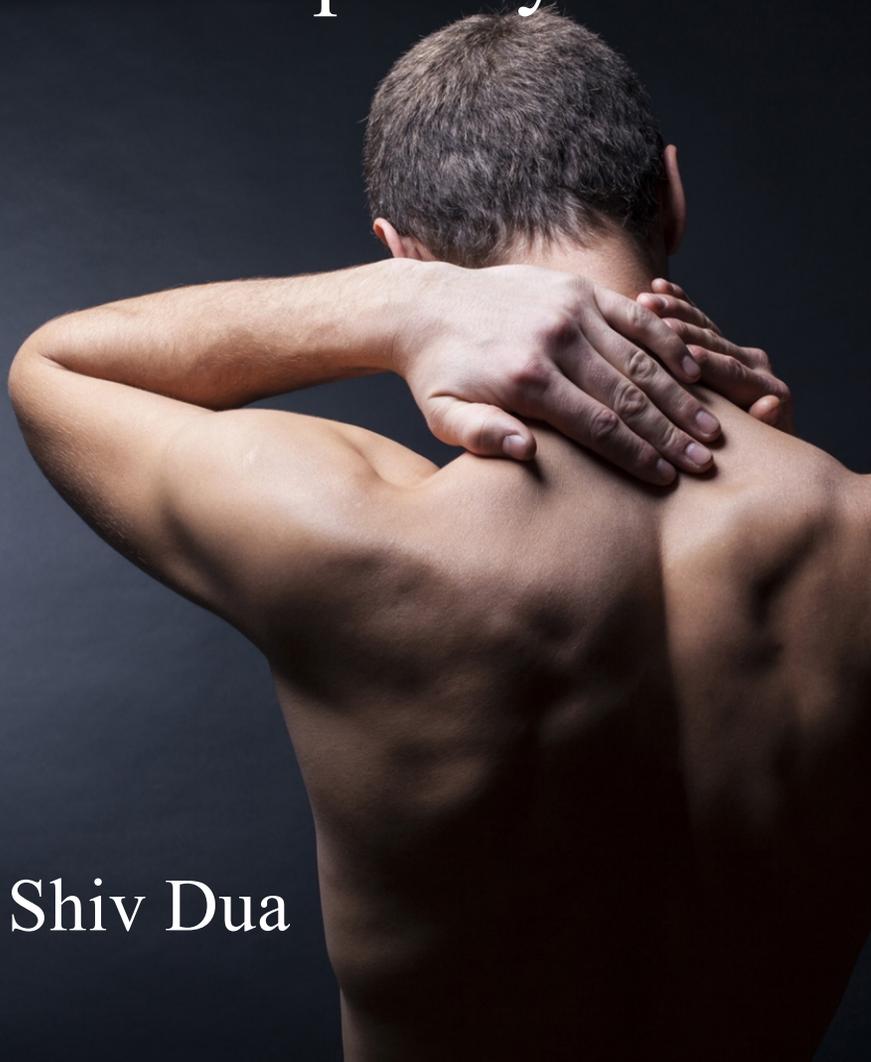


MANAGE and CURE
NECK PAIN
Cervical Spondylosis



Dr. Shiv Dua

MANAGE AND CURE NECK PAIN CERVICAL SPONDYLOSIS

READ INSIDE

Cure And Manipulate Neck Pain
Learn Accurate Neck Exercises
Use Simple Homoeopathic Remedies
Eat Befitting Diet To Fight The Disease
Avoid Disease By Change Of Life Style
Cure By Alternative Therapies And Yoga
Basic Questions Relating To Neck Pain

Dr. Shiv Dua

HEALTH  HARMONY

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Any information given in this book is not intended to be taken as a replacement for medical advice. Any person with a condition requiring medical attention should consult a qualified practitioner or therapist.

**MANAGE AND CURE NECK PAIN
CERVICAL SPONDYLOSIS**

First Edition: 2003

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DEDICATION

THIS BOOK is dedicated to **Geological Survey of India (GSI)** and my retrospect, the jungle and camp life in Drilling Division of this department.

GSI gave me spate of time in serene solitude of my tents to realize actual meaning of life and meditate over social-latitude away from restrictions of social rituals in the society. GSI widened my area of thinking and fetched me academic achievements. It is again GSI, which anchored me to euphoria of literary-guzzle and many of my field-life stories got published in English and Hindi magazines. Even after retirement from service, it is the inspiration and attitudes developed in solitary life of GSI, which enabled me to write four books on Homoeopathy within a span of five years. GSI induced in me a sense of total satisfaction although it did not give me a single promotion in my cadre.

When I entered the solitary jungle life of tents, I was only a matriculate. I did my master of arts (M.A.) in English, Honors in Hindi (Parbhakar), Diploma and Degree in Homoeopathy (D.I.Hom. and H.M.D., both from British Institute of Homoeopathy, London) through correspondence, while working as a Driller. My transfers from states to states like Rajasthan, Bihar, Orissa, West Bengal, Manipur, Assam, Madhya Pradesh, and Maharashtra and in countries like Bhutan reverberated me chances to probe inscrutable jungles and know innocent villagers. Although this type of sojourn

filled me up with nostalgia being away from family life yet I managed to conceive it as a parable of service to people. I diverted my time to treat and cure poor villagers, who lived in remote jungles away from facilities of medical-femininities. My kit of homoeopathic medicines always traveled with me in the tents, pitched in jungles, hills and deserts. It is paradoxical that a highly responsible gazette post of driller could snatch time from its routine to deviate to exuberant and jaunty therapy like Homoeopathy.

I feel it my duty to thank the **Director General and all officers of GSI**, a department where I served for 37 years. The officers and the staff encouraged me, helped me and remained with me even during the difficult times when I was their representative (General Secretary of Drilling Officers Association). I like to pay regards to Late shri C. Cheriyan, Ex-Director (Drilling) who was like a teacher to me in my professional and personal etiquettes. His guidance and inspiration remains with me even now.

I am also thankful to my colleagues and friends namely K.P.Duttaborman, R.Krishnan, C.P.Dusad, R.K.Khanna, C.L.Rajendra Kumar, R.L.Gera, N.S.Sodha, Ghansham Lal, S.C.Samanta, Bhopal Datta, Rajinder Singh, O.P.Sharma and H.S.Virk besides all the staff associated with my unit-works in GSI from time to time.

Dr. Shiv Dua

A WORD OF THANKS

I am thankful to **Dr. P.N.Jain** for his dynamic contribution to the cause of homoeopathy through pioneering this great publication house, **M/s B.Jain Publishers**. It is his constituent and continuous tireless effort that this firm is crowning Homoeopathy with a glory. Can anyone imagine the blossoming growth of modern Homoeopathic Medical Colleges and study-courses without garnishing the help of books published by **M/s B. Jain Publishers**.

I must mention the name of **Shri Kuldeep Jain** of **M/s B.Jain Publishers** whose gorgeous wisdom to suggest an appropriate subject for a book on cervical spondylosis inspired me to write this book. Shri Kuldeep possesses an institutional instinct with which he integrates the work of his authors. When I presented the manuscript of my last book on 'Thyroid', he examined it through a brief scanning within a minute and accepted it for publishing without referring it to his team of expert doctors. It is this logistic ability and reliance, which has earned him a noble name in the field of homoeopathic publications.

Dr. Shiv Dua

PREFACE

THERE IS a popular saying in America that death and taxes are unavoidable. So is the case with backache and neck pain. During one's lifetime, these pains are bound to occur, may be temporary but everyone experiences these pains in mild or acute form.

During a meeting with Shri Kuldeep Jain in his chamber, (M/s B.Jain Publishers), it was pointed out by Shri Kuldeep that there is a tremendous increase in the number of patients suffering from cervical spondylosis and there is an urgent necessity for a book to guide the sufferers. They mostly depend upon intake of modern medicines consisting of antibiotics and pain killing agents. Their prolonged use makes the pathogenic infection or bacteria resistant to the drugs besides that they produce side effects. They also interfere with the metabolic process of the body and may produce different diseases or allergic reactions. This was the subject in which I had worked hard and made several experiments during my practice of more than three decades and I decided to write on this most wanted subject of the day.

There was another primary reason why I liked the subject to be explored. You may not believe it but explanation here is essential. People belonging to North West Frontier Province of

Pakistan (NWFP) and especially hailing from Dera Ismail Khan know that “DUA” clans are blessed with certain healing powers and Dua’s are supposed to be good doctors, so thought the people of D.I.Khan. It was in this belief that people suffering from neck pain and backache used to visit Dua’s houses in the early morning, before sunrise, *to get a pat or pushing-touch. This act on the part of a Dua family used to cure the pains of the sufferers.*

When my father shifted to Amritsar in Punjab after partition of India, this tradition was kept alive because people there knew about these blessings imparted on Dua’s. They used to throng our house not only for this but also for taking homoeopathic pills from my father who practiced Homoeopathy on charity. I was about eight years of age and I was ordered by my father to do the job of pushing on his behalf. I remember to have pushed or patted people suffering from neck pains or back pains hundreds of time. Along with the pushing act, I was told by my father to secretly recite ‘Gayatri Mantra’ and salute the name of my grandfather, who was a renowned Saint of his time. This worked well. Even today, those who believe in this aspect of blessings, come to our residence. I also advise them to take homoeopathic medicines from my chamber at Arya Samaj Hospital, Sector 19, Faridabad. Only faith does not cure.

So, the subject was fascinating to me and here is a book written on my experience and clues from literature. It will be of value if someone gets or inducts relief to patients after reading this book.

Dr. Shiv Dua

INTRODUCTION

WHEN WE think about the subject of this book, cervical spondylosis, we must remember that it is one of the innumerable diseases, a human body can have. Our body is an amazing living machine, which cannot be devised or manufactured by humans. In our majestic structure, it is the head, which contains the body's control and communication through our brains. The head may not be moving much but brains cannot remain silent in its activities. It goes on directing the torso, thorax, abdomen, hands and feet to prove that the body is living. All our systems have to cooperate under the control of brain. Brain, a pinkish gray organ with cheese like consistency weighing about three pounds, is such a wonderful tool in the body, which has not been fully probed about its exact functioning modes. Physiologically, it has the same structure in every one and still it works differently in each body, so far its output is concerned. With the same structure of brain, someone becomes a priest and the other a robber; some one is savior and the other a killer. What is it that makes such a difference? Is this trend inherent or cultivated or acquired from the environmental social set-up, which develops a tendency or an attitude? Is it due to the congenital effects developed in the brain? How is it that someone has tendency to commit suicide and the other is afraid

of even a slight pinch on his skin? It is a dilemma still now when the medical science boasts of many achievements. How big is a brain, which makes a person change over-night. Well, it is about two percent of the total body weight and yet it consumes about twenty five percent of total energy, a body possesses. Such consumption of energy is through billions of nerve cells and trillions of nerve connections.

Why did I start from the brain in this introduction of the book? It is from here that our nervous system functions and makes link with the neck and spinal cord. It is the spine, collar-bone, shoulder blade and rib cage, which concern our subject of cervical. Cervical means relating to the neck or a cervix and cervical spondylosis is inflammation of the cervical vertebrae. Vertebra is the bony segment of the spinal column. Why should there be inflammation of the cervical vertebra? This is very important question but we do not have a rational looking answer to this. It is in the same way as stated above in the case of mysterious behavior of mind or brain. The modern upgraded knowledge of human body links this question with the modern style of living of people, especially urban. The people in big cities have a very fast life so far their working is concerned but they lead a sedentary style of living utilizing maximum of mechanical gadgets and minimum of body effort. They sit hours after hours before the computers and TV screens or conduct continuous type of studies, lowering the neck and making least of movements of neck for a longer time. These people do not believe in open-air exercises or have no time to spare for this.

During my spell of leading life in villages and jungles for more than three decades, while working in Geological Survey of India, I have seen very few cases of cervical spondylosis. These cases also had a background of city dwelling with abundant

sedentary profession. Leaving aside the cases of accidents and traumas, I have not seen villagers wearing neck collars to straighten their necks. As a matter of fact, we, the 'educated' class people belonging to middle or higher groups of society, have not adopted the correct style of living. We are religiously following the use of latest electronic or mechanical gadgets denoting the advancement of science and technology but forgetting the old values of life where body exercise and physical work was of much importance.

I beg your pardon, if I am wrong, but it is a fact that cervical spondylosis is the invention of modern 'educated' lot, which believes in less of physical work and more of mental work. It is very common to see people working for more than 8 hours on the desk or before a computer or drive vehicles continuously for many hours. It is these people who will be found making complaint of the disease. It is not that all those who work in the above fashion suffer from spondylosis. It is those who ignore the rules of maintaining good health through physical exercise in a proper fashion. We have examples of towering personalities like Gandhi ji, Nehru, Lincoln, Churchill and many others who worked for more than 16 hours a day but never had this trouble. They had talented qualities of work associated with regular habit of physical exercise.

The tragedy of our life is that **we are unable to do a thing we know to be right**. We know physical exercise is essential but we do not follow this. Not only this, when we know that certain postures of body while studying, too much of stooping for longer time, too long sitting before the computer etc. are some of the reasons for this disease, **we are unable to desist from doing this wrong**. It is the human nature that we know we should lead a moral life and yet we commit sinful acts. We know habit of smoking leads to disastrous diseases and still we

cling to it. We consult doctors in case of any problem as a consequence of this habit but would not leave the habit.

This book is written to benefit both common mass and the students of homoeopathy or even practitioners. I have tried my best to see that complicated medical terms are not used and if unavoidable to do so, the meaning of the term has been defined. It is not the anatomy or physiology of the neck glands or spine, the common man is interested in. The interest of the people is to know the remedial measures, the medicines, the exercises, the living style improvement, the diet changes and the right corrected suggestions of manipulative measures. All possible help has been taken from alternative therapies without any biased feeling for a single therapy because the objective is to benefit and absolute benefit to relieve the patient of this most common disease of the cities.

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HOMOEOPATHY & OSTEOPATHY

IN 1828, when Dr. S. Hahnemann, founder of Homoeopathy, wrote a book 'Chronic Diseases', it opened a new chapter in the world of medicine. Exactly during this year, another genius Dr. Andrew Tailer Still was born in US. Hahnemann had taken a different path to heal the community of ills, which was not very much liked by the doctors of the times. Dr. Still also made a history by opening a new theory to a world of obstinate traditional medicine. *Still founded a manipulative therapy called osteopathy.* This man had a rare vision and perseverance for doing something new. He was a strong and sturdy man like Hahnemann with brains full of intelligence and knowledge. His theory of osteopathy says that the body possesses the power for self-healing and self-maintenance. When doctors of his era believed in giving opium and whisky to eliminate pains, he went against this stream. Osteopathy relieves the patients of pain and aches by putting into use the art and science of manipulations. Fingers do these manipulations by pressure, by slow and soft touching and finding exact nerves and bone to manipulate them to their actual position. This therapy is not new to Indians. There is a reference of this type of therapy in Ayurveda. 'Sushruta Samhita' the ancient book written by Sushruta, the student of Dhanvantri has written about 'Asthi

chikitsa' (Bones treatment). Manipulation is one of the oldest techniques used for healing ills of the body. Even today in our villages, towns and cities, we have bonesetters or 'Pehlwans' (wrestlers doing this job of bone setting through massages, bandaging, oil applications and exact manipulations). It is nothing but 'finger surgery' of our 'Pehlwans' although this has been made outdated by the advance methods propagated by Dr. Still.

One must remember that Hippocrates, the pioneer of medicine, was the one who introduced manipulation of joints, bones and spine of patients. He was actually practicing this therapy on his patients. Today the medical world does not recognize this sort of therapy called osteopathy although it is in vogue in the US and Britain. If I am not wrong, there is a London College of Osteopathy in London, which imparts training and course of 14 months to post graduate students of medicine. Moreover, there are six colleges of osteopathy in USA.

During the times when Hahnemann and Still were busy finding new concepts, we must acknowledge that this was the era when a lot more was contributed to the advancement of medical science. Pasteur was making studies on 'germ' theory, Lister was working on theory of antiseptics and Virchow conducting experiments on the theory of physiology. It was during the end of nineteenth century and beginning of twentieth century that use of Diphtheria antitoxins, X-ray machine and Blood pressure reading instrument were invented.

It is also amazing to think that both Hahnemann and Still had somewhat similar ideas. They both believed that the body is a complete unit and it not possible for one part of the unit to be sick without affecting other parts of the body. Both of them believed in the treatment of the body as a whole and that body's

self-mechanism (Hahnemann's vital force) should be recognized and normalized (says Still).

“Man is a wonderful creation of God. It is a self sufficient and self-maintaining machine. This machine would run smoothly and look after itself”, says Still.

“The power of nature frequently accomplishes wonderful, quick and beautiful cures. Serious illnesses often get better of themselves. Also in chronic affections, this marvelous power of healing asserts itself”, says Hahnemann (Life of Hahnemann by Rosa W. Hobhouse published by M/s B.Jain Publishers).

In reference with our subject, if we examine other systems of medicines, it is more tilting towards the non-medicine side than induction of medicines for neck pains. We have therapies like Acupuncture, Acupressure, Osteopathy, Chiropractic, Reiki, Naturopathy, Hydrotherapy, Hypnotism, Yoga, Meditation, Physiotherapy and Homoeopathy. All these systems believe in no medicines or little medicines. I have not much of experience in other therapies but Homoeopathy and natural healing via exercise or manipulation or Yoga, as someone would like to state, are certainly beneficial to remove neck pains.

It will, therefore, be very much beneficial if the wisdom and intelligence of both the therapies, Homoeopathy and Osteopathy are applied, the neck pain or pains in the back can be eliminated in no time. But this is only well said than done. It is very difficult to find a person who should be well conversant with both the therapies, especially, when Osteopathy is not even known in many parts of the world.

Dr. Krishan Murari Modi, a qualified graduate of medicines and osteopathy from London, writer of a wonderful book on osteopathy, is a well-known osteopath of India. In his book,

‘Cure, Aches and Pains through Osteopathy’ he claims to have cured many patients by osteopathy. According to him, the spine, the birthplace of all pains, is like a “Sitar” (musical instrument). It has to be handled very carefully to produce positive notes and tunes dear to the ears. Sitar cannot be learnt overnight. It needs practice and one has to master it before displaying the art. It is true that the art of manipulation cannot be learnt from books.

‘It is the part of the therapy mentioned in orthopedic text books’, says Dr. Modi, ‘Very few practitioners try to use them under general anesthesia and many do not use them at all. Few of them frankly admit, “As we do not know how to manipulate we do not use them in our practice, neither we teach them to our students”. Osteopaths have the same legal status as medical practitioners in America. America is its birthplace and there are six osteopathic medical colleges in US where four years of medical course and one year internship is prescribed. In America only qualified osteopaths can practice whereas in Britain, any professional can practice osteopathy.

What can be, then, alternative when one doctor expert in both osteopathy and homoeopathy is not available. Even people do not believe that such a person would be definitely curing the disease. The simple course adopted by the patients is to consult the nearest orthopedic consultant or the nearest physician and get the treatment. Going to a ‘bone-setter’ or a ‘Pehalwan’ is a matter of the past. Now whenever someone meets an accident and breaks the bone, the procedure is well known. No one goes to a ‘bone-setter’ to fix the same. One can see his broken bone on x-ray film before the treatment and after plastering or operations, the bone can be again seen fixed. In the case of a neck pain or pain in the back, nothing can be done when x-ray etc.

show regular correct features of the spine and no deformity. What can a doctor prescribe except pain killing medicines and some local applicants or hot bandage to soothe the muscles. It is here that the patient is drawn towards alternative therapies like acupuncture, homoeopathy etc. Yoga is always given the last preference because of the physical strains (so called) one has to undergo and the time taken for conducting the exercises. Yes, I have seen that homoeopathy clicks a number of times giving relief to the patient but again after some time, the patient is back to square one. It is here that the blame goes to the therapy used. There is no reason why a therapy should fail, be it any therapy. It is the other side. The patient has not tried to follow the instructions of the doctor in regards to change of life style, the sitting posture and other directions given. The sitting, lying, weight lifting and work-seat postures are very important. If those are defied with and wrong postures are continued, the neck pain or the backache can return.

It is not the nature of therapy or the treatment, which is curing the patient of the neck pain but it is the right measures adopted after the first treatment becomes successful. We are talking of osteopathy and homoeopathy here to cure neck pain. Let us leave this topic and come to the exact subject of neck pain. To understand its disease process and pathology, its nature and complications, we have to know something about the structure of neck and connected organs.

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CAUSATION FACTOR OR HOMOEOPATHIC ETIOLOGY *IN* NECK PAIN

STUART CLOSE in his book, 'The Genius of Homoeopathy', has defined the causation factor in diseases.

He states, " The science of logic has an important relation to medicine in the matter of assigning the causes of disease, upon which, as far as possible, treatment is based. If treatment is to be governed to any extent by the idea of removing or counteracting the effects of the cause of the disease, it follows that success will depend upon correct conclusions as to what constitutes the cause or causes. Many, if not most, of the mistakes and failures in medical treatment are due to the failure to comprehend and correctly apply the principle of logic known as the

Law of Causation. Every one is quite ready to agree that every effect must have a cause. But investigation shows that very few seem to know, or, if they know, make use of their knowledge of the fact, that every effect has a number of causes, all of which must be taken into consideration if correct conclusions are to be formed.”

He further gives reference of a scientist, Mill, on system of Logic, “The theory of induction is based upon the notion of cause. The truth that every fact, which has a beginning, has a cause and is coextensive with human experience. The recognition of this truth and its formation into a law, from which other laws are derived, is a generalization from the observed facts of nature, upon which all true science is based.”

What Stuart Close has described on the law of causation is not a new phenomenon but development of Hahnemannian philosophy. As a matter of fact, other renowned homoeopaths of the era during and after Hahnemann not only followed his doctrine but also polished it, reviewed it and presented in such a manner so that it is clear to the next generation of homoeopaths. There are different interpretations from different scholars but the theme and contents remained the same.

Any disease including neck pain has to be effect of some cause. Without a cause, no one gets angry. Without fire around, there is no smoke. So, there has to be relation between the effect and cause. It cannot be said that the effect will be soon or immediate after the cause has occurred. This may be at a later stage. You must have noticed that old injuries healed with orthodox system of medicines sometimes emit pains after a very long time when even the injury has been forgotten. From individual to individual it varies. In Homoeopathy the causation

has been considered to be very important clue for selection of a right remedy. Although every doctor belonging to any branch of medicine first enquires about the cause of ailments yet keen interest is taken in Homoeopathy to stress upon the cause of the ailment. It may be noted that the allopathic system of medicine claims the cause of disease to be effect of bacteria, viruses, parasites and other micro -organism. The biochemistry suggests the cause to be imbalance of body fluids, disturbance in metabolism and variations in cellular products. The Ayurveda believes that there is imbalance of Vata, Pitta or Kuff in the body as the cause of diseases.

It is not always true that the patient tells the cause. Actually he or she wants to know the cause of disease, if the disease is of chronic nature. Every patient is curious to know about the nature of disease and the cause of the disease. It is but natural. It depends upon the doctor from whom the patient enquires about the cause. If the patient is with the dentist, he will tell a headache to be on account of dental caries or toothache. If the patient is with ENT specialist, he will tell a headache to be due to ear, nose or throat problems. Similarly a heart specialist or a lungs specialist will narrate the causes of headache relating to their field of specialty. Homoeopaths are not trained as specialist of particular organs of body and they deal the person as a whole. For them the body is a unit without any compartmental treatment.

Homoeopathy does not abide by above reasons. It goes by the actual causes, be they are **exciting cause, maintaining cause or fundamental cause** as noted from the narration of the patient. What are these exciting, maintaining or fundamental causes? Let us have a look.

- If a patient of cervical spondylosis says that he got drenched in rain, the remedy is selected basing this drenching as a main cause. *This will be under exciting cause category.* Drenching is an external stimuli here.
- If the patient comes and reports that he gets the neck pain due to his professional reasons, say working on computers etc., this is *maintaining cause*.
- If the patient reports that his neck pain is from a long time and that it never ceases completely, there may be some organic reason or internal derangement. This is *fundamental cause*.

In all the above causes, the level of vital force is involved and the remedy has to base upon totality of symptoms including causes. There has to be a state of harmony of the vital force with the cause. If the doctors remove the external cause or the reaction of stimuli without looking into the internal derangements, the disease may return. This also means that the disease has taken its root deep inside the body. Take the example of allergic Asthma. If the cause is not only external stimuli or allergy, there may come some skin rashes or eczema, or there may be discharges etc. This can also be said suppression. What does this mean? It shows that the medicines given have suppressed the primary disease because it had no capacity to reach the internal derangements. If this type of suppression occurs, *it means the disease is of chronic nature*.

MATERIA MEDICA OF CAUSATION

Here is a study of some medicines, which can be considered

if the causation symptoms agree with the symptoms of the disease.

ABROTANUM

If the neck pain is of rheumatic nature and it has occurred after sudden checking of diarrhea by some medicines or checking of any type of secretions.

ACONITE

If the cause is exposure to dry cold wind, north or west winds, experiencing chill after perspiring or suppression of sweat and from any type of anger or shock.

ACTAEA RACEMOSA

If fright, anxiety or mental strain, exertion and child bearing are the reasons, this remedy is useful. If menses are delayed or suppressed and if the cause is rheumatism due to excessive use of typewriter or computer or sewing machine, this medicine is quite effective.

AGARICUS

This remedy can be used when there is nervous weakness after consumption of alcohol, if the pain has occurred before a thunderstorm and after eating or after coitus.

AESCULUS

When the aching started from walking or long standing or after eating, this can be used.

ANACARDIUM

After a hot water bath, if the neck pain has been experienced, this remedy is useful.

ARNICA

If the neck pain is due to bad effects of mechanical injury or too much of exertion, retention of urine after labor and due to taking liquors, this remedy has no equal.

ASARUM EUROPAEUM

When even the linen collar of the shirt causes irritation on the neck skin and sounds of others are felt penetrating, this remedy is useful.

AMMONIUM CARB

If the patient is leading sedentary life, gets the pain after smelling strong odors or after a bath, this remedy can be used.

BAPTISIA

When the patient gets the pain due to exposure to humid heat or fog, this remedy is of use.

BELLADONA

Diseases from drafts of cold air and hair cut are the reasons for giving this remedy.

BRYONIA

Complaints from disappointment, mortification and anger and when the neck pain has started in hot season after cold days, this remedy is useful. Also when the pain is the outcome of suppressed discharges and menses or after the diarrhea during hot season, this remedy is beneficial.

CALCAREA CARBONICA

Neck pain due to defective assimilation and imperfect ossification is one reason while the other reason is when the patient has been standing in cold damp places of work or doing work in cold water.

CAUSTICUM

When the pain is due to long lasting grief and sorrow, say a death of relative, or when there is loss of sleep, the patient is having night watching, experiencing sudden emotions of fear,

anger or joy, after whooping cough and disturbed functional activity of brain or spinal cord or exhausting diseases and feeling of never been well since an attack of burns, this remedy is of immense use.

CHELIDONIUM

When the cause of pain is some malignant ulcer beneath neck or the patient suffers from liver or lung disease as well and the change of climate brings the pain, this remedy is of benefit.

COCCULUS

Cocculus is a wonderful remedy when the neck pain is due to riding in a carriage, rail, car or boat or patient is a drunkard or has loss of sleep due to night watching and the cause is bad effect of grief and anger.

COLOCYNTH

Anger with indignation, disappointment, pains after diarrhea and suppressed menses are the reasons for giving this medicine.

CONIUM

If the neck pain is the result of a blow or fall, after the suppression of menses when the patient has put hands in cold water and bad effects of sexual desires or excessive indulgence in sex.

DULCAMARA

Neck pain from sudden change in weather, catarrhal rheumatism due to exposure to cold, damp rainy weather, after malaria or rheumatic fever and bad effects of abuse of mercury are some of the reasons for giving this remedy.

GELSEMIUM

When the pain is due to nervous affection as the result of onanism in both sexes, bad effect of fear, fright, flashing or exciting news and sudden onset of emotions, the remedy is useful.

IGNATIA

This remedy is very useful when the pains are due to continued grief, mental and physical exhaustion, anger and disappointed love, when the patient is constipated and habitual smoker or chews tobacco.

KALI CARB

When the pain is due to exposure to sun heat and loss of vital fluids from the body and the patient is anemic, this remedy is of good use.

KALMIA

When the patient has to work that involves leaning forward

or looking down continuously and gets the neck pain, this remedy can be used.

LYCOPodium

If the patients get the pain in neck after drinking liquor, after a bout of anger, disappointment, anger, fright, mental exertion, over lifting heavy weights, over eating, indulges in excessive sex, suffers from some deep seated disease, constipation since puberty or when away from home or when the patient eats too much of bread, onions, smokes and chews tobacco and as a result gets the neck pain, this remedy is of great use.

MAGNESIA PHOS

When the pain is due to uncovering and cold air, cold bathing, cold water washing, over study and mental strain, Magnesia phos is the answer.

MEDORRHINUM

When the neck pain is due to rheumatic and spinal cord derangements and there are some cysts or other growths in the body, this remedy can be used as intercurrent.

NUX VOMICA

When the cervical pain is for want of exercise and the patient has sedentary habits. Result of grief and anger, mental ex-