



# “Evaluating The Efficacy Of Angustura Vera 30 Management Of Pain In A Case Of Cervical Spondylosis: A Case Study Utilizing Visual Analogue Scale”

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**Abstract:** A degenerative disorder that affects the cervical spine, cervical spondylosis frequently results in chronic pain and decreased mobility. Although they relieve symptoms, conventional treatments may have drawbacks, that include side effects. Despite of the fact that Homeopathic medicine Angustura Vera is recommended for musculoskeletal pain, its effectiveness in managing the pain of cervical spondylosis is seldom explored. Utilizing the Visual Analogue Scale (VAS) for objective assessment of pain, this case study assesses how well Angustura Vera 30 works to manage pain associated with cervical spondylosis.

**Index Terms** - Cervical spondylosis, Angustura Vera, Visual Analogue Scale (VAS) , Musculo-skeletal, Pain

## INTRODUCTION

**Cervical spondylosis**, often called neck arthritis, is a common condition that affects the cervical spine as we age. It happens due to the gradual wear and tear of the discs, bones, and soft tissues in the neck. Over time, these changes can lead to stiffness, discomfort, and reduced flexibility, making everyday movements more challenging. While it's a natural part of aging, some people may experience more noticeable symptoms, such as neck pain, headaches, or even nerve-related issues like tingling in the arms. Understanding cervical spondylosis can help in managing its effects and maintaining a good quality of life. <sup>[4]</sup>

**Pathophysiology and Etiology of cervical spondylosis:** Degenerative alterations to the cervical spine over time lead to cervical spondylosis. According to studies, the reduction of disc height caused by intervertebral disc dryness and shrinkage results in facet joint hypertrophy, osteophyte production, and ligamentum flavum thickening. <sup>[1]</sup> These changes result in mechanical instability and potential nerve compression, leading to cervical radiculopathy or myelopathy. <sup>[6]</sup>

**Risk Factors:** Cervical spondylosis develops as a result of multiple risk factors. The most important determinant is age; research indicates that approximately 85% of people over 60 have some form of cervical spondylosis. <sup>[3]</sup> Additional risk factors include obesity, smoking, job hazards (such as repetitive neck movements), genetic susceptibility, and previous neck injuries. <sup>[5]</sup>

## Clinical Manifestations:

Depending upon the intensity of the degeneration and involvement of nerves, the symptoms of cervical spondylosis may vary.

Common symptoms include:

Stiffness and pain in neck, which may radiate to the shoulders and arms <sup>[2]</sup>.

It can also cause muscle weakness and numbness. <sup>[2]</sup>

Cervical myelopathy may develop in severe cases, which is characterized by disturbances in gait, fine motor skills loss. <sup>[7]</sup>

**Diagnosis:**

(X-rays): X-ray shows osteophyte formation, spinal alignment, and disc space constriction.

**Angustura Vera:**

Angustura Vera is a well-known homeopathic remedy which is derived from the bark of Galipea officinalis, a tree native to South America.

Because of its tonic and stimulating qualities, Angustura Vera has long been used in traditional medicine. Dr. Samuel Hahnemann, originally included it in his Materia Medica Pura after realizing its potential for treating illnesses connected to hypersensitivity and neuromuscular problems.<sup>[9]</sup> According to various studies it has a pronounced effect on the musculoskeletal system, digestive functions, and central nervous system.<sup>[8]</sup>

The effectiveness of Angustura Vera in therapeutic use is demonstrated by a number of case studies. After receiving customized homeopathic treatment that contained Angustura Vera, patients with persistent musculoskeletal pain showed a considerable improvement, according to a research by Schmidt.<sup>[10]</sup> Furthermore, Hahnemann's clinical findings highlight its function in reducing neuromuscular hyperactivity.<sup>[9]</sup>

**Data and Sources of Data**

The case is taken from the Out Patient Department of Jawaharlal Nehru Homoeopathic Medical College Hospital.

**Materials and Methods**

A case is taken from the homeopathic OPD on the basis of its symptom similarity with Angustura Vera. The objective pain assessment is done by taking the score on the Visual Analogue Scale.

**CASE REPORT:**

|                                |                            |
|--------------------------------|----------------------------|
| <b>DATE:</b> 15/02/2024        | <b>AGE/SEX:</b> 45/M       |
| <b>NAME:</b> Mr. M. R.         | <b>NATIONALITY:</b> Indian |
| <b>RELIGION:</b> Hindu         | <b>OCCUPATION:</b> Worker  |
| <b>MARITAL STATUS:</b> Married | <b>DIET:</b> Veg.          |
| <b>FAMILY SIZE:</b> 05 Members | <b>ADDRESS:</b> Kawat      |

**PRESENTING COMPLAINTS:**

| <b>Complaints duration</b>                                                                                  | <b>with Location &amp; Extension</b>        | <b>Sensations &amp; Character Pathology</b>                                                                                 | <b>Modalities</b>                      | <b>Concomitants</b> |
|-------------------------------------------------------------------------------------------------------------|---------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|----------------------------------------|---------------------|
| Pain in neck with Stiffness of the neck muscles, Since 6-8 months<br>Also C/O Restriction of neck movements | Nape of Neck, occ. extending to upper limbs | Pain+++ , occ. Tingling radiating down the upper limbs+<br><br>Stiffness neck muscles++<br>Restrictions of neck ++<br>Pain+ | Aggravation- on pressure++, at night++ | No Concomitant      |
| Headache, Since 3-4 months                                                                                  | Occipital Head                              |                                                                                                                             | Aggravation- in morning+               |                     |

**HISTORY OF PRESENT ILLNESS:**

**ODP:** Prior to 6-8 months, the patient was in good health. He has been complaining of pain in neck with Stiffness the neck muscles, which restrict the neck movements, occ. Tingling Pain radiating down the upper limbs, aggravated on pressure & at night;

**TREATMENT TAKEN SO FAR:** No treatment taken

**ASSOCIATED COMPLAINTS:** No Associated Complaints

**FAMILY HISTORY:**

Father- Healthy- Alive                      Mother- Healthy- Alive  
 Brother- Healthy-Alive                      Sister- Healthy- Alive  
 Son- Healthy- Alive

**PERSONAL HISTORY:**

Appetite: Regular, 2 times a day                      Desire: Not Specific  
 Aversion: Not Specific                      Perspiration: Moderate, No stains on clothes, Non offensive  
 Thirst: 2-3 liters/day                      Habits/addiction: No addiction  
 Bowel: Regular, D/N: 1/0,                      Urination: D/N: 5/1  
 Sleep: Sound, 7-8 hours/day, Thermal reaction: CHILLY  
 Refreshing Sleep

|                      | SUMMER              | MONSOON     | WINTER      |
|----------------------|---------------------|-------------|-------------|
| <b>FAN</b>           | <b>YES</b>          | <b>NO</b>   | <b>NO</b>   |
| <b>COVERING</b>      | <b>YES, PARTIAL</b> | <b>YES</b>  | <b>YES</b>  |
| <b>BATHING</b>       | <b>LUKE WARM</b>    | <b>WARM</b> | <b>WARM</b> |
| <b>SEASON PREFER</b> | <b>YES</b>          | <b>NO</b>   | <b>NO</b>   |

**PHYSICAL EXAMINATION:**

General Examinations:

Level of Consciousness: Conscious, Oriented

Gait: Steady

General appearance (expression, look, decubitus etc): lean, thin

General built and nutrition: Poor

Intelligence and education level: Uneducated

Pulse: 74/min.

BP: 118/82 mm-hg

Temp: 98.4° F

RR: 20/Min.

Anaemia/Jaundice/Cyanosis/Odema/Lymphadenopathy (Cervical, axillary, inguinal etc.): No icterus, no paleness, no oedema, no cyanosis, no enlarged lymph nodes

**SYSTEMIC EXAMINATION/LOCAL EXAMINATION:**

RS: Air entry bilateral equal

CVS: Heart sounds S1S2 heard, No murmur sound

GIT: per abdomen soft

GUT: NAD

LM: restricted movement of neck, tenderness over nape of neck

CNS: All reflexes normal

**LOCAL EXAMINATION:**

Restricted movement of neck, tenderness over nape of neck

**VISUAL ANALOG SCALE (VAS) SCORE: 06/10****DIFFERENTIAL DIAGNOSIS:**

Cervical Spondylosis (?)  
 Cervical sprain & strain  
 Cervical Disc Disease

**LABORATORY INVESTIGATIONS & FINDINGS:****X-RAY OF CERVICAL SPINE- AP & LATERAL VIEW:**

- Mild straightening of Cervical lordosis likely due to paraspinal muscle spasm,
- Marginal Osteophytes
- Disc space narrowing at C5- C6 & C6-C7 levels,
- Rest Normal,
- Visualized soft tissue grossly appear normal,
- No e/o bony Cervical ribs,

**IMPRESSION:** Changes of Cervical Spondylosis.

**FINAL DIAGNOSIS: CERVICAL SPONDYLOSIS****ANALYSIS OF SYMPTOMS:**

Pain+++ in neck with rigidity of the neck muscles++, Since 6-8 months (Physical Particular)  
 Restriction of neck movements++ (Physical Particular)  
 Occ. Neck Pain radiating down to upper limbs +, (Physical Particular)  
 <: on pressure++, at night++ (Physical Particular)  
 Headache <- in morning+, since 3-4 months (Physical Particular)  
 Chilly (Physical General)

**EVALUATION OF SYMPTOMS:**

Chilly  
 Pain+++ in neck with rigidity of the neck muscles++, Since 6-8 months  
 Restriction of neck movements++  
 Occ. Neck Pain radiating down to upper limbs +,  
 <: on pressure++, at night++  
 Headache <- in morning+, since 3-4 months

**TOTALITY OF SYMPTOMS:**

Chilly  
 Pain+++ in neck with rigidity of the neck muscles++, Since 6-8 months  
 Restriction of neck movements++  
 <: on pressure++, at night++  
 Occ. Neck Pain radiating down to upper limbs +,  
 Headache <- in morning+, since 3-4 months

**SELECTION OF REMEDY: ANGUSTURA VERA****SELECTION OF POTENCY AND DOSAGE: LOW**

ANGUSTURA VERA 30 BD (4-0-4-0), FOR 15 DAYS

**GENERAL MANAGEMENT:**

Applying ice or heat to your neck for 15 minutes several times a day can help ease sore neck muscles

**FOLLOW UP:**

| Date       | Complaint                                                                                                                                                                                                       | Prescription                                      |
|------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------|
| 29/02/2024 | Pain in neck muscles present,<br>restricted movement of neck,<br>Rigidity of neck muscles reduced.<br>< on pressure, < at night<br>Headache still present, < at morning<br>Vitality stable<br><br>VAS SCORE: 6  | ANGUSTURA VERA<br>30 BD (4-0-4-0), FOR<br>15 DAYS |
| 15/03/2024 | restricted movement of neck,<br>Moderate pain in neck muscles,<br>Rigidity of neck muscles present,<br>< on pressure, < at night<br>Headache still present, < at morning<br>Vitality stable<br><br>VAS SCORE: 5 | ANGUSTURA VERA<br>30 BD (4-0-4-0), FOR<br>15 DAYS |
| 30/03/2024 | Mild Pain in neck muscles,<br>restricted movement of neck,<br>Rigidity of neck muscles reduced.<br>< on pressure, < at night<br>Headache Reduced, < at morning<br>Vitality stable<br><br>VAS SCORE: 4           | ANGUSTURA VERA<br>30 BD (4-0-4-0), FOR<br>15 DAYS |
| 15/04/2024 | Pain in neck muscles reduced,<br>No restricted movement of neck,<br>Rigidity of neck muscles reduced.<br>< on pressure, < at night<br>No Headache<br>Vitality stable<br><br>VAS SCORE: 3                        | ANGUSTURA VERA<br>30 BD (4-0-4-0), FOR<br>15 DAYS |
| 30/04/2024 | Least Pain in neck muscles,<br>No Rigidity of neck muscles<br>No Headache<br>Vitality stable<br><br>VAS SCORE: 1                                                                                                | ANGUSTURA VERA<br>30 BD (4-0-4-0), FOR<br>15 DAYS |
| 15/05/2024 | No Pain in neck muscles,<br>Pt. feels better<br>Vitality stable<br><br>VAS SCORE: 0                                                                                                                             | ANGUSTURA VERA<br>30 BD (4-0-4-0), FOR<br>15 DAYS |

**RESULTS AND DISCUSSION****Results**

The patient, with cervical spondylosis, initially reported a Visual Analog Scale (VAS) pain score of 6/10, indicating moderate discomfort and functional limitation. After the administration of Angustura Vera, a significant improvement was observed. By the end of the treatment period, the patient's VAS score had reduced to 0/10, indicating complete relief from pain. Along with pain reduction, the patient also experienced improved neck mobility and a marked reduction in associated symptoms such as stiffness and discomfort.

## Discussion

Cervical spondylosis is a progressive degenerative condition that often leads to chronic pain and stiffness. Conventional treatments focus on pain management and mobility improvement, but they may not always provide long-term relief. In this case, the use of Angustura Vera, a homeopathic remedy, resulted in a complete resolution of pain as indicated by the VAS score improvement from 6/10 to 0/10.

Angustura Vera is traditionally known for its effectiveness in musculoskeletal conditions, particularly where stiffness, neuralgic pain, and sensitivity are prominent symptoms. The remarkable improvement in this case suggests that the remedy may have played a role in addressing the underlying inflammatory and degenerative changes associated with cervical spondylosis. While further studies and controlled trials are necessary to establish its broader efficacy, this case highlights the potential of homeopathic intervention as an alternative or complementary approach to conventional treatments.

## Conclusion

This case study demonstrates the successful use of Angustura Vera in managing the pain of cervical spondylosis, resulting in complete pain relief and functional improvement. The VAS score reduction from 6/10 to 0/10 suggests significant therapeutic benefits, supporting the potential of homeopathy in musculoskeletal disorders. Further clinical research is warranted to explore its broader applications and establish evidence-based guidelines for its use in cervical spondylosis.

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