A Prospective Observational Study to Evaluate The Effectiveness of Individualized Homoeopathic Medicines in Chronic Lumbago

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Dr. Stuti Rastogi [1], Dr. Yogeshwari Gupta[2]
[1]SRF, CCRH, New Delhi
[2]Prof, Ph.D. (Hom), Former Dean Homoeopathy Rajasthan Ayurved University, Jodhpur;
Principal & HOD Materia Medica, Swasthya Kalyan Homoeopathic Medical College & Research Centre, Jaipur, Rajasthan, India
Email ID – principalskhmc@gmail.com
Corresponding Author :
Dr. Stuti Rastogi
SRF, CCRH, New Delhi
Mobile No-8178073498
Email-stutirastogi5@gmail.com

Abstract

Background: In today's world, lumbago is one of the most prevalent and debilitating diseases. It is a disease condition, which is statistically recorded to seek medical attention second only to common cold. It mainly affects muscles, nerves and bones of the back in between the bottom fold of the buttocks and lower edge of the ribs. Globally, lumbago has been ranked 13th in disability adjusted life-years in the year 2010. Non-steroidal anti-inflammatory drugs (NSAIDs) and paracetamol both significantly lessen the pain. However, they shouldn't be used for an extended time duration. Lumbago is extremely hard to manage and there is still no cure. Surgery is advised as the last measure although it is usually unnecessary and rarely succeeds in offering long term relief.

The objective of the study was to assess the role of individualized homoeopathic medicines in the cases of chronic lumbago by using oswestry disability index. Study Design is Prospective Observational Study.