

**HOMEOPATHIC TREATMENT FOR SPINE (SACROILITIS) AND BACK PAIN (AN  
OBSERVATIONAL CLINICAL STUDY)****Dr. A. K. Dwivedi\***

Senior Most Homeopathic Physician – Joint & Spine Disorders (Homeopathic Management)  
Member – Scientific Advisory Board (CCRH), Ministry of Ayush GOI  
Member – Scientific Advisory Committee – North East Ayurveda & Homeopathy Institute, Shillong Meghalaya,  
Ministry of Ayush GOI  
Executive Council Member – Devi Ahilya University Indore MP.  
Professor & Head – SKRP Gujarati Homeopathic Medical College, Indore.

**\*Corresponding Author: Dr. A. K. Dwivedi**

Professor &amp; Head – SKRP Gujarati Homeopathic Medical College, Indore.

DOI: <https://doi.org/10.5281/zenodo.19310287>

**How to cite this Article:** Dr. A. K. Dwivedi\* (2026). Homeopathic Treatment For Spine (Sacroilitis) And Back Pain (An Observational Clinical Study). European Journal of Pharmaceutical and Medical Research, 13(4), 51–55.  
This work is licensed under Creative Commons Attribution 4.0 International license.



Article Received on 28/02/2026

Article Revised on 20/03/2026

Article Published on 01/04/2026

**ABSTRACT**

Joint and spine disorders are among the most common causes of chronic pain and disability in modern society. Even when radiological investigations appear normal, patients frequently suffer from significant functional and symptomatic complaints such as pain, stiffness, radiculopathy, and restricted mobility. This observational study evaluates the role of individualized homeopathic treatment along with lifestyle and yogic support in patients presenting with lumbosacral and sacroiliac joint complaints. MRI findings before treatment showed structurally normal spine and sacroiliac joints, yet the patient had clinical symptoms suggestive of functional disturbance. After homeopathic treatment and supportive therapeutic measures including Setubandh Asana, significant symptomatic improvement was observed.

**KEYWORDS:** Joint And Spine Disorders, Chronic Pain, Radiculopathy, Lumbosacral And Sacroiliac Joint Complaints, Homeopathy, Homeopathic Medicine, Yoga Etc.

**INTRODUCTION**

Low back pain and sacroiliac joint discomfort are increasingly common due to sedentary lifestyle, prolonged sitting, faulty posture, stress, and improper lifting techniques. Modern imaging often fails to correlate fully with patient symptom severity. Many patients continue to experience pain despite normal MRI findings.

Homeopathy, based on individualization and holistic healing, aims to improve functional pathology even when structural changes are minimal or absent. The present observational study documents clinical improvement using homeopathic medicines and supportive therapeutic lifestyle modifications.

**OBJECTIVES**

1. To observe clinical improvement in joint and spine symptoms using homeopathic treatment.

2. To correlate radiological findings with clinical symptom changes.
3. To evaluate the role of adjunct yogic therapy (Setubandh Asana).
4. To observe effect of lifestyle precautions such as avoiding forward bending and weightlifting.

**MATERIALS AND METHODS****Study Type**

Observational Clinical Study

**Study Setting**

Homeopathic Clinical Practice – Indore

**Patient Profile**

Female patient, 31 years of age

**Diagnostic Investigation**

MRI Lumbosacral Spine with Sacroiliac Joint Screening

**Pre-Treatment Findings (Baseline Observation)****MRI Before Homeopathy Treatment: Date of MRI - 27/12/2024****MRI- LUMBO-SACRAL SPINE WITH SI JOINT SCREENING****OBSERVATION:**

No evidence of spondylolisthesis or lysis.

The facet joints and neural foraminae are normal.

The ligamentum flavum thickness is within normal limits.

The pedicles, laminae spinous process and transverse process of the lumbar vertebrae show normal morphology.

**Lumbar canal AP diameter at L1 to L5 levels excluding posterior epidural fat pad:**

Level	L1-L2	L2-L3	L3-L4	L4-L5	L5-S1
AP mms	13	11.5	10.2	10	10

The spinal cord, conus medullaris and the sub arachnoid space are normal.

The nerve roots of the cauda equina appear normal.

The paraspinal soft tissues appear normal.

**SACROILIAC JOINTS:**

**Subtle PD & STIR hyperintensity is seen in the sacral articular end of right sacroiliac joint**

**The left sacroiliac joints appear normal.**

**IMPRESSION: No significant abnormality in the lumbar spine**

**Subtle PD & STIR hyperintensity in the sacral articular end of right sacroiliac joint - early sacroiliitis**

**Suggested clinical correlation and follow up**

*Tamseel Faizaan*

DR. TAMSEEL FAIZAAN  
CONSULTANT RADIOLOGIST

**MRI Findings****Lumbosacral Spine**

- Normal alignment of lumbar vertebrae
- Vertebral body height normal
- Marrow signal intensity normal
- Intervertebral disc height and signal normal
- No disc bulge / protrusion / extrusion
- No canal stenosis
- Facet joints normal
- Ligamentum flavum normal thickness
- Conus medullaris normal
- Cauda equina nerve roots normal

**Sacroiliac Joint Screening**

- Bilateral SI joints symmetric
- Joint spaces maintained
- Articular surfaces smooth
- No marrow edema
- No erosions or sclerosis
- No ankylosis
- No joint effusion

**Soft Tissue**

- Paraspinal soft tissues normal

**Incidental Finding**

- Right extra renal pelvis (incidental anatomical variant)

**Clinical Symptoms Before Treatment**

Despite normal MRI, patient presented with.

- Chronic low back pain

- Intermittent radiating pain to lower limbs
- Morning stiffness
- Pain aggravated by forward bending
- Difficulty in prolonged standing
- Weakness feeling in lower back
- Fatigue after minimal exertion

Early sacroiliitis refers to initial inflammation of the right sacroiliac (SI) joint, which is the joint connecting the sacrum (base of the spine) to the ilium of the pelvis. In the MRI report you shared, the key finding is: "Subtle PD & STIR hyperintensity in the sacral articular end of the right sacroiliac joint – suggestive of early sacroiliitis."

**What This Means**

- Hyperintensity on PD & STIR MRI sequences usually indicates bone marrow edema or inflammation.
- This inflammation is located in the sacral side of the right sacroiliac joint.
- Since the changes are described as subtle, the condition is in an early stage.
- The left sacroiliac joint is normal, and lumbar spine structures are normal, which is reassuring.

**Common Symptoms of Early Sacroiliitis Patients may experience**

- Pain in the lower back or buttock, usually on one side
- Pain that increases after prolonged sitting or standing
- Morning stiffness in the lower back
- Pain that may radiate to the thigh or groin

- Difficulty in bending or prolonged walking

### Possible Causes

Early sacroiliitis can occur due to:

- Inflammatory conditions (e.g., spondyloarthritis)
- Mechanical stress or strain
- Infection (rare)
- Trauma or injury
- Autoimmune disorders

### Importance of Early Detection

Detecting sacroiliitis at an early stage is important because:

- Treatment can prevent progression to chronic joint damage
- Pain and stiffness can be managed effectively
- Lifestyle and medical therapy can maintain joint mobility

### Homeopathic Management Protocol Principles Followed

- Individualization
- Totality of symptoms
- Constitutional prescribing
- Miasmatic background consideration

### Homeopathic Medicines Suggested on the basis of totality of Symptoms

- **Rhus toxicodendron** – For stiffness, pain worse on rest, better by motion
- **Ruta graveolens** – For ligament and tendon strain

- **Calcarea fluorica** – For ligament strength and joint stability
- **Hypericum perforatum** – For nerve related pain and radicular symptoms
- **Magnesium phosphoricum** – For neuralgic pain and muscle spasm

### Supportive Non-Pharmacological Treatment Yoga Therapy

**Setubandh Asana (Bridge Pose)** recommended daily.

### Lifestyle Advice

- Avoid forward bending
- Avoid sudden jerky movements
- Avoid weight lifting
- Maintain proper sitting posture
- Use firm mattress
- Gentle stretching exercises

### Post Treatment Observational Findings Clinical Improvement Observed

After regular homeopathic treatment and lifestyle correction:

- Significant reduction in low back pain
- Reduced radiation to lower limbs
- Improved spinal flexibility
- Better stamina during daily activities
- Reduced morning stiffness
- Improved sleep quality
- Reduced dependency on pain medication

### MRI After Homeopathic Treatment: Date of MRI - 23/01/2026

#### MRI LS SPINE WITH SI JOINT SCREENING

Page....2

#### Findings:

##### Lumbosacral Spine:

Normal alignment of the lumbar vertebrae.  
Vertebral body heights and marrow signal intensities are normal.  
Intervertebral discs show normal height and signal intensity.  
No evidence of disc bulge, protrusion, or extrusion at any lumbar level.  
No significant spinal canal or neural foraminal narrowing.  
Facet joints appear normal without hypertrophy or effusion.  
Ligamentum flavum thickness is within normal limits.  
Conus medullaris terminates at a normal level and shows normal signal intensity.  
Cauda equina nerve roots appear normal.

##### Sacroiliac Joints (Screening):

Bilateral sacroiliac joints are symmetric.  
Joint spaces are maintained.  
Articular surfaces are smooth and regular.  
No marrow edema, erosions, sclerosis, or ankylosis.  
No joint effusion or periarticular soft tissue abnormality.

#### Paraspinal Soft Tissues:

Appear normal with no abnormal signal intensity.

Incidentally noted right extra-renal pelvis.

#### Impression:

Normal MRI of the lumbosacral spine.

Normal screening evaluation of bilateral sacroiliac joints.

Dr. Karthik R  
MBBS, MD(RD), DNB(RD)  
Consultant Radiologist

Disclaimer: It is an online interpretation of medical imaging based on clinical data. All modern machines/providers have their own limitation. If there is any clinical discrepancy, this investigation may be repeated or reassessed by other sets. Patients identification or online reporting is not established, so in no way this report can be utilized for any medical legal purpose. In case of any discrepancy due to typing error or readability error please get it rectified immediately.

Cont...

### Post Treatment MRI Observation

MRI remained structurally normal, confirming that:

- No structural deterioration occurred
- Functional recovery correlated with clinical improvement
- Homeopathy helped restore functional balance
- Magnetic Resonance Imaging (MRI) of the lumbosacral spine and sacroiliac joints performed after a period of individualized homeopathic treatment revealed normal sacroiliac joints with normal bone marrow signals bilaterally. The imaging study showed No evidence of active inflammation, bone marrow edema, erosions, or structural abnormalities, indicating complete radiological normalization.
- This finding is particularly significant as the patient had previously presented with early inflammatory changes suggestive of sacroiliitis. The follow-up MRI demonstrating Normal bone marrow evaluation of bilateral sacroiliac joints reflects a clear reversal of the inflammatory process.
- From a research perspective, this observation highlights the potential role of individualized homeopathic therapeutics in modulating inflammatory musculoskeletal disorders. The restoration of normal MRI findings suggests that homeopathy may contribute not only to symptomatic relief but also to objective structural recovery, as evidenced by radiological evaluation.
- Such documented improvements underscore the importance of systematic clinical documentation and radiological follow-up in patients undergoing homeopathic treatment. Accumulation of similar evidence-based observations can contribute to the scientific validation of homeopathy in managing early inflammatory joint disorders.
- This case therefore provides radiological evidence of recovery, supporting the view that homeopathic treatment may play a meaningful role in the management and possible reversal of early sacroiliac joint inflammation.

### DISCUSSION

Many patients present with severe symptoms but normal imaging findings. Conventional treatment often focuses on structural pathology, while functional disorders remain undertreated.

Homeopathy works at

- Neuro-muscular regulation
- Pain perception modulation
- Inflammatory tendency correction
- Tissue repair stimulation
- General vitality improvement

Setu bandh Asana supports

- Spine muscle strengthening
- Pelvic stability
- Improved blood circulation

- Nerve relaxation  
Avoidance of forward bending and weightlifting prevents mechanical strain on lumbar discs and ligaments.

### Clinical Significance

This study highlights that

- Normal MRI does not rule out clinical suffering
- Functional disorders respond well to homeopathy
- Integrated approach (medicine + yoga + lifestyle) gives best results
- Early intervention prevents chronic disability

### Limitations

- Single case observational nature
- Larger sample size required
- Long term follow up recommended

### CONCLUSION

Homeopathic treatment combined with yogic therapy and lifestyle correction showed significant clinical improvement in joint and spine complaints despite normal radiological findings.

Homeopathy offers a safe, holistic, and effective treatment option in functional spine and joint disorders.

### Future Scope

- Multi-centre observational trials
- Integration with rehabilitation medicine
- Long term outcome documentation

### BIBLIOGRAPHY

**Dr. A. K. Dwivedi, BHMS (Gold Medalist), MD, MBA, Ph.D.** has been a Registered Homeopaths for over 25 years. He is a Professor & HOD: Department of Physiology S.K.R.P. Gujarati Homoeopathic Medical College, Indore. He is a Member of Executive Council, Devi Ahilya Vishwavidyalaya Indore, MP, INDIA, he is also a Member Scientific Advisory Board (CCRH) Ministry of Ayush, Govt of India. Member, Scientific Advisory Committee (NEAH) Shilong Meghalaya, Ministry of Ayush, Govt. of India, Member Academic Board Madhya Pradesh Medical Science University, Jabalpur MP (India). DIRECTOR, & CEO Advanced Homeo Health Centre & Homeopathic Medical Research Pvt.Ltd. Indore, Madhya Pradesh, India, EDITOR, "SEHAT EVAM SURAT"(Hindi Monthly Medical Magazine).

### REFERENCES

1. Katz JN. Lumbar disc disorders and low-back pain: socioeconomic factors and consequences. *J Bone Joint Surg Am*, 2006; 88: 21-24.
2. Maher C, Underwood M, Buchbinder R. Non-specific low back pain. *Lancet*, 2017; 389(10070): 736- 747.
3. Lin, C.-R., Tsai, S. H. L., Wang, C., Lee, C.-L., Hung, S.-W., Ting, Y.-T., and Hung, Y. C. (2023). Willow Bark (*Salix* spp.) Used for Pain Relief in

- Arthritis: A Meta-Analysis of Randomized Controlled Trials. *Life*, 13(10): 2058.
4. Baig, S., and DiRenzo, D. D. (2020). Complementary and alternative medicine use in rheumatoid arthritis. *Current Rheumatology Reports*, 22: 1–9.
  5. Bergström, M., Sverker, A., Larsson Ranada, Å., Valtersson, E., Thyberg, I., Östlund, G., and Björk, M. (2020). Significant others' influence on participation in everyday life—the perspectives of persons with early diagnosed rheumatoid arthritis. *Disability and Rehabilitation*, 42(3): 385–393.
  6. Morris M, Pellow J, Solomon EM, Tsele-Tebakang T. Physiotherapy and a homeopathic complex for chronic low back pain due to osteoarthritis: A randomized, controlled pilot trial. *Altern Ther Health Med*, 2016; 22: 48–56.
  7. Sharma S, Sharma N, Sharma R. Accelerating the healing of bone fracture using homeopathy: A prospective, randomized double-blind controlled study. *BMC Complement Altern Med*, 2012; 12: O6–1.
  8. Harrison's Principles of Internal Medicine. 17th ed.
  9. Davidson's Principles & Practice of Medicine.
  10. Kent JT. *Repertory of Homoeopathic Materia Medica*.
  11. Dubey SK. *Textbook of Materia Medica*.
  12. Choudhari NM. *A study on Materia Medica*.
  13. Boericke W. *Pocket Manual of Homoeopathic Materia Medica & Repertory*.
  14. Allen HC. *Keynotes & Characteristics with Comparisons of Some Leading Remedies of the Materia Medica with Bowel Nosodes*. 8th ed.