



Back Remedies

Choose the remedy that is most like the symptoms you have.

Homeopathic remedies are best taken at least 30 minutes before or after food or drink and are absorbed into the body via the mucous membranes of the mouth. If no relief is gained within 6 doses of a remedy, then you may need another remedy, or medical help.

Aesculus

Pelvic and hip region

Sacro iliac pain

The pain is worse from rising can scarcely rise.

The pain is also worse from stooping, walking, or passing a large stool

Also for back pain postpartum

Bellis Perennis

Coccyx pain or elbow pain

Pain is felt on the Left side, and is worse for heat or warmth of bed

The pain is better for cool weather, cool bathing, and cool wind

Also a remedy for muscular soreness – joints sore

Hedra Helix

Muscular and articular rheumatism and pains

Sacral pains

The pain is worse for movement, but better for massage and is also better in the afternoon and evening

Symptoms often occur on the left side of the body and move to the right. The pain is also felt in the elbow, Left hand and fingers,

Thymus gland

Arthritis and osteo arthritis

Iridium

Weakness, spinal paresis

Left girth tension, with dull pain in the gluteal region

The Left hip joint feels dislocated

Plumbum

Paralysis of lower legs or arms, the patient drags feet.

Thigh pain, is paroxysmal pain or numbness

The pain is worse at night, and worse for motion

The pain is better for rubbing, and hard pressure

Strychnine Nitricum

Spondylitis

Weakness of hindquarters (thighs and legs)

This remedy is supposed to stimulate lower pr of spinal cord

It has been used to stimulate nerve impulses and lumbar region

Agaracus

Stiff tight back and spine

Twitches and spasms in the back

Sore to touch, sore on stooping

Back pain is worse sitting, worse for cold applications, and for twisting

The back pain is better for warmth, walking or continued motion

Ant Tartaricum.

Violent pain in sacro-lumbar region

Slightest effort to move can cause retching and cold clammy sweat

Twitching of muscles, limbs tremulous

Sensation of heavy weight on coccyx dragging downward all the time

The pain is worse in the evening, worse lying down at night, worse for warmth and damp cold

The pain is better for sitting erect

Tellurium

Sacral or sciatic pain

Weak legs in the morning

7th cervical to 5th dorsal pain

Pain extends to the shoulder

Lumber pain Right sided.

Pain is worse for cough, jarring, sneezing

Pain is worse for stool or trying to pass a bowel motion

The pain is also worse for touch, motion, and worse lying on the painful side

The pain is better for standing and better during urination

Hekla lava

Left sacroiliac region

Pain Left elbow

Pain muscles and neck

Pain is worse for 1st movement, and worse for sitting, and pressure

The pain is better for prolonged movement.

Harpagophytum

Muscular pain, tendonitis pain

Articular pain

Polyarthritic pains

Right sided pain

Pain is worse for change of weather

The pain is also worse in the morning

The pain is better solitude (not being around people).

The Brown Recluse Spider Proving.

Same pain in left lower back but seem to run down my sciatica nerve running right down to the back of my knee.

Low left lumbar region of back, sore aching pain better good posture better stretching OS

Back pain agg for last hour, left side, left sacro iliac joint region significant nagging pain no real amelioration.

Left hip, sacro iliac pain

Possibly better walking.

Pain is worse moving my back in different directions.

Pain. Pain that is burning downwards from the muscle behind the ear to the scapula, and across the shoulder to the collar bone, Right side. Can't turn my head to the right. Really locked up. Can't think of anything I did to cause the neck pain. Wanted to stretch it out.

Woke up at about 6:00 am because I had a horrible low back ache. It woke me up. My kids have been sleeping in my bed with me lately so we're not all getting the best sleeps. Pain was a nagging pain. I just laid there in bed and felt I'm going to have to get crutches or something. But when I got up and moved around it was better. Worse sitting, better walking. My neck was out on the left, just like it was on the right a week ago.