

Back Pain

From a western medicine perspective back pain is caused by:

Mechanical- Problems Disc breakdown, Spasms, Tense muscles, Ruptured discs

Injuries - sprains, fractures, accidents, and falls

Back pain can also occur with some conditions and diseases, such as: Scoliosis, Spondylolisthesis, Arthritis, Spinal stenosis, Pregnancy, Kidney stones, Infections, Endometriosis, Fibromyalgia,

Other possible causes of back pain are infections, tumors, or stress.

In Asian or Oriental medicine we do not usually consider the back pain the root of the problem. Certainly it is the main symptom if it is due to an injury. However, much of the time, back pain is a symptom of other problems. In this medicine we have very effective treatments to reduce the pain and we work to get to the root cause of the problem so that the pain does not return. For example the western diagnosis of Ruptured discs is often said to be the cause of back pain. You need to ask yourself "Why is did my disc get ruptured?" Certainly you need to treat the ruptured disc but if you do not want it to rupture again you may need to get to root cause.

In Asian Medicine which is a natural medicine the root cause of back pain may be one of the following.

Qi stagnation

Qi is pronounced "Chee" this energy that circulates throughout your body. In this medicine, Qi stagnation can be caused by cold or damp. This can result in a mechanical problem such as a muscle spasm or pinched nerve.

We treat this condition with acupuncture, herbs, exercise and lifestyle changes. Acupuncture and herbs can be used both to relieve the immediate pain and the long term root cause. Exercise such as stretching and strengthening along with lifestyle changes are more often targeted at the root cause of the pain.

Blood Stagnation

There are two main causes of blood stagnation; one is trauma. This could a sport's injury an automobile accident. The treatment principle is the same as the Qi stagnation. We just get the blood moving and the pain goes away. We may also choose to use some herbs to dispel the blood stasis.

The other cause of blood stagnation is when long term Qi stagnation turns into blood stagnation. The Qi is said to move the blood. Should the Qi remain stagnant for long enough, then the local body fluids that are supposed to be flowing begin to stagnate as well. In this case there may be symptoms of emotional stress. If this goes on over a long period of time the body can begin to manifest that stagnation in the form of lumps, tumors, sharp pains or other blood circulation problems.

Damp Heat

This pathology can cause radiating pain that actually circles the lower back down into the groin area. This kind of symptom may suggest some problems that might include an infection or inflammation of an internal organ. Herbal formulas are often used to treat this condition.

Kidney Pathology

Kidney pathologies run the gambit from stones, to a deficiency of Yin or Yang in the body. Yin deficiency includes lower backache that is a long-term problem, six months minimum with no history of trauma. It just started hurting one day and never went away. Other symptoms of Yin deficiency include hot flashes, night sweats, tinnitus, irritability, restlessness and the feeling that your hands and feet are too hot. Acupuncture treatments are consistent with stimulating the kidney functions and herbal medicines such as Liu Wei Di Huang Wan are employed to treat the root cause of the pain.

A deficiency of Kidney Yang could also give rise to lower back pain. Other symptoms of Kidney Yang deficiency would be early morning diarrhea, cold hands and feet, lack of energy, pale face, hearing loss, feeling cold all the time, frequent urination, low libido.

In either case, this medicine seeks to strengthen the kidneys to take away the lower back pain.