

## **Use of Traditional and Natural Medicine in patients with Sacrolumbalgia. Mayari Polyclinic. 2019**

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### **Abstract**

An investigation was carried out with the objective of evaluating the effectiveness of the use of Traditional and Natural Medicine in the treatment of Sacrolumbalgia in patients of the Mayari Polyclinic during the year 2019. A descriptive and retrospective study was carried out with the objective of determining the effectiveness of the use of Traditional and Natural Medicine in the treatment of low back pain in patients of the Mayari Polyclinic during the year 2019. The universe consisted of 160 patients evaluated in the rehabilitation consultation of the Mayari polyclinic and the sample consisted of 50 patients who completed treatment with the different forms of Traditional and Natural Medicine. The variables were studied: age group, gender, occupation, causes of low back pain (traumatic or non-traumatic), types of low back pain according to time of evolution, nutritional assessment, type of treatment, treatment sessions and response to treatment. It was concluded that the male gender, the age group over 60 years, workers, non-traumatic causes and the chronic form of low back pain predominated. Normal weight patients, acupuncture as the type of treatment and patients who received treatment between 6 and 14 sessions prevailed. The effectiveness of Traditional and Natural Medicine as an alternative treatment was demonstrated. It was recommended to increase the use of Natural and Traditional Medicine.

**Keywords:** Low Back Pain, Treatment, Natural.

### **Introduction**

Traditional and natural medicine (MTN) is the set of techniques that applied by themselves, or combined, lead to the same goal: to restore the bioenergetic balance when it has been affected by the invasion of endogenous and exogenous pathogenic agents. It is also known internationally as alternative, energetic and naturalistic, or complementary, it is part of the heritage of universal culture, that is, of concepts and practices that have been inherited from generation to generation[1].

It also brings together a set of preventive, diagnostic, therapeutic and rehabilitative procedures, with scientific endorsement supported by tradition and research, which are incorporated into the National Health System (SNS). Here it is explained, in addition to the use of phytotherapy and apitherapy, the MTN program includes practices from Asian culture with the use of acupuncture, temperature, mechanical stimulation and magnetism; in addition to ozone therapy, flower therapy, medicinal muds, therapeutic exercises and naturalist nutritional guidance[2].

This science does not intend to displace contemporary medicine, but to enrich the therapeutic knowledge of the doctor with an effective and harmless method, and at the same time infuse it with all the humanistic content of the old and current Chinese dialectic. It is

known as a branch of Medicine, rich in traditions, easy to apply and cheap[3].

Herbal medicine has a lot to offer people who come to clinics for treatment, where it has the potential to provide more humane and affordable medical care[4].

Among the branches of natural and traditional medicine are: Homeopathy[5].

**Physical Medicine: Some of the practices included in this group are:**

- Physiotherapy: includes ultrasound, diathermy and other agents of electromagnetic energy.
- Hydrotherapy: can be defined as the use of water in various ways (hot, cold, steam and ice) and applications (foam or bubble baths, showers, jets, hot tubs, poultices, bandages, fomentations, foot baths, among others), to maintain or promote health.
- Therapeutic exercise.
- The massage.
- The mobilization of joints and immobilization techniques[6].
- Diet therapy or dietary treatment: is the basis of natural medicine. More and more people are aware of its properties and consume whole foods and dietary supplements to maintain health and as an adjuvant treatment for diseases[7].
- Acupuncture: It is the name given to the Chinese therapeutic procedure TshenZin, which consists of applying very fine needles to certain points on the skin[7, 8].
- Flower therapy: studies the medicinal properties of flowers and with it a therapeutic proposal[9].
- Phytotherapy: it is the use of plants, or parts of them, for therapeutic purposes, it has been used by animals and man himself since prehistory[10, 11].

For many years humans have used plants to treat skin irritations, wounds, insect bites, and snake bites[12].

Since the 1980s, interest in learning about medicinal plants and their uses has proliferated throughout the world.

In the East and the West, a part of the "renaissance" of herbal medicine is appreciated, under the motivation of deaths caused by adverse drug reactions, since thousands of people died in England and the United States[13,14].

In 1988, the International Conference on the Conservation of Medicinal Plants was held in Thailand, with the presence of the World Health Organization (WHO). As a result, the ChiangMai Declaration was drafted, where a severe warning is made: "save plants to save lives"[15].

80% of the world population, more than four billion people, use plants as their main medicinal remedy, according to the World Health

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Organization (WHO)[16].

In Cuba, the Program for the Development of Traditional and Natural Medicine was approved in 1996, and in 2002 an Agreement was adopted that establishes a set of measures for the creation of a National Center for the Development of the MTN, rector of all Program activities in the country[17].

In the province of Holguín in the 2017-2018 period, 4,597,450 patients were treated, distributed among Primary Care, Stomatology and Hospital consultations[18].

At present there are extensive documentations and investigations related to the use of plants to cure various diseases such as sacrolumbalgia, which is why it is decided to carry out this work.

The Scientific Problem is: Will the use of Traditional and Natural Medicine be effective in patients with Sacrolumbalgia?

Hypothesis: The use of Traditional and Natural Medicine is effective in patients with Sacrolumbalgia who attend the Traditional and Natural Medicine consultation at the Mayarí Polyclinic.

### Material and method

General aspects of the study: A descriptive and retrospective study was carried out with the objective of determining the effectiveness of the use of Traditional and Natural Medicine in the treatment of low back pain in patients of the Mayarí Polyclinic during the year 2019.

Definition of the universe and sample of the study: The universe consisted of 160 patients evaluated in the rehabilitation clinic of the Mayarí polyclinic and the sample consisted of 50 patients who completed treatment with the different forms of Traditional and Natural Medicine.

#### Inclusion criteria:

- Patients without mental and physical illnesses that make their treatment difficult.

#### Exit criteria:

- Patients with change of address or death.

#### Method:

Obtaining the information: The information was obtained from the review of the individual cards of each patient from the rehabilitation clinic of the polyclinic.

Main measurement variables: age group, gender, occupation, causes of low back pain (traumatic or non-traumatic), types of low back pain according to time of evolution, nutritional assessment, type of treatment, treatment sessions and response to treatment.

### Analysis and discussion of results

Table 1 shows the distribution of patients with low back pain according to age group and gender, where the group with the highest incidence of patients was over 60 years of age with a total of 29 patients for 58.00% and a predominance of masculine gender over feminine with 70.00%.

This result may be related to the aging process; where bone decalcification and the weakening of ligaments and joints occur, with older adults being more prone to suffering from osteoarticular system diseases; On the other hand, there are a number of patients who, from early stages of life, present entities such as low back pain, which intensifies over the years.

In relation to gender, the predominance of the masculine can be explained if it is kept in mind that men generally carry out daily activities that require more physical effort and therefore greater use of the spine, sometimes without proper protection (use of girdle), and, on the other hand, perform repetitive, violent movements and maintain inappropriate postures.

According to a study conducted by the MsC. Arthur Smith Austin<sup>51</sup> entitled "Efficacy of acupuncture treatment in patients with low back pain of non-neurological cause" of the year 2013 does not coincide with this since it states that the age group most affected by said disease is 15-45 years for a 48.0 % not being so in the present study, however in the Merck Manual it is said that this condition increases with age, reaching 50% in people over 60 years of age.<sup>52</sup>

Graph 1 shows the distribution of patients with low back pain according to occupation, where the most affected group was that of workers with 25 patients for 50.00%.

This is because generally the majority of the working class is the one that is exposed to a long working day carrying out demanding physical activities, in addition, many spend long hours of the day doing work in vicious positions such as standing for a long time, uncomfortable postures and lifting heavy loads without the means of protection thus damaging the joints, ligaments and muscles of the lumbar region.

In a study carried out by Arthur Smith Austin coincides with the present study since the majority of those affected were the workers.<sup>51</sup> Graph 2 represents the distribution of patients according to causes of low back pain corresponding to the Mayarí Polyclinic in 2020. The results are as follows: 92.00% of patients affected in a non-traumatic way predominated, while 8.0% corresponded to the traumatic

**Table 1:** Distribution of patients with low back pain according to age group and gender. Mayarí Polyclinic.2019

Age Group	Gender					
	Female		Masculine		Total	
	No	%	No	%	No	%
30- 35 years	0	0,00	1	2,00	1	2,00
36-40 years	1	2,00	2	4,00	3	6,00
41-45 years	2	4,00	2	4,00	4	8,00
46-50 years	1	2,00	3	6,00	4	8,00
51-55 years	4	8,00	3	6,00	7	14,00
56-59 years	0	0,00	2	4,00	2	4,00
<b>60 years and over</b>	<b>7</b>	<b>14,00</b>	<b>22</b>	<b>44,00</b>	<b>29</b>	<b>58,00</b>
Total	15	30,00	35	70,00	50	100,00

**Source:** Patient cards of the municipal rehabilitation consultation. Mayari Polyclinic. 2019

**Table 2:** Distribution of patients with low back pain according to time of evolution. Mayarí Polyclinic.2019.

Time of evolution	No	%
acute	21	42,00
<b>Chronicle</b>	<b>29</b>	<b>58,00</b>
Total	50	100,00

**Source:** Patient cards from the municipal rehabilitation consultation, Mayarí polyclinic. 2019.

**Table 3:** Distribution of patients with low back pain according to nutritional assessment. Mayarí Polyclinic.2019.

Nutritional assessment	No	%
Slim	7	14,00
<b>Normal weight</b>	<b>32</b>	<b>64,00</b>
Overweight	11	22,00
Total	50	100,00

**Source:** Patient cards of the municipal rehabilitation consultation, Mayarí polyclinic, 2020

**Table 4:** Distribution of patients with Sacrolumbalgia according to treatment sessions. Mayarí Polyclinic.

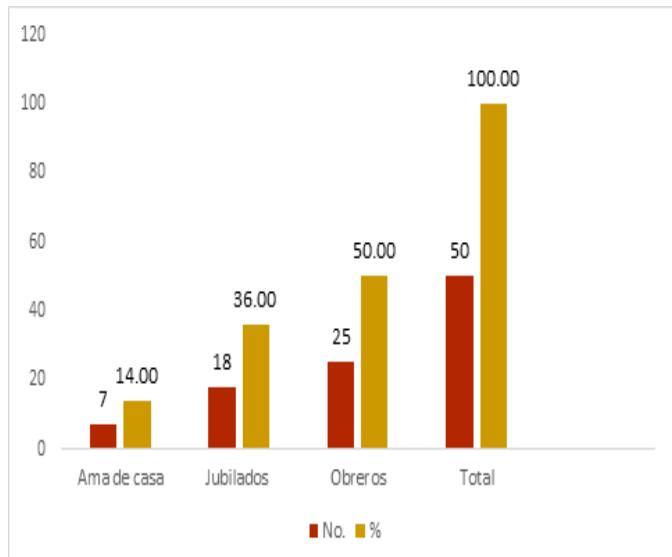
Treatment sessions	No.	%
Less than 5 sessions	20	40,00
<b>Between 6 and 14 sessions</b>	<b>30</b>	<b>60,00</b>
Total	50	100,00

**Source:** Patient cards from the municipal rehabilitation consultation, Mayarí polyclinic. 2019

**Table 5:** Distribution of patients with low back pain according to response to treatment. Mayarí.

Effectiveness	No.	%
<b>Cash</b>	<b>45</b>	<b>90,00</b>
Ineffective	5	10,00
Total	50	100,00

**Source:** Patient cards from the municipal rehabilitation consultation, Mayarí polyclinic. 2019

**Figure 1:** Distribution of patients with low back pain according to occupation. Mayarí Polyclinic.2019.

**Source:** Patient cards from the municipal rehabilitation consultation, Mayarí polyclinic. 2019

Traumatic injury is caused by accidental and violent events that injure a joint or bone, causing organic damage or functional impairment, which makes it necessary to specify pathological injuries in relation to symptoms, prognosis and treatment. Among them you can find bruises, sprains, fractures, dislocations and dislocation fractures. Non-traumatic injuries are those that do not have to do with a violent event. This predominance of patients affected in a non-traumatic way may be related to the fact that the prevalence of sick older adults increases the appearance of the disease due to bone decalcifications and risk factors present at this extreme age of life and not necessarily due to traumatic causes. There are no studies that coincide with this variable.

Table 2 shows the prevalence of patients with chronic low back pain, with a total of 29 patients, which represented 58% of the sample. It is common for many of the osteomyoarticular diseases to become chronic, and specifically low back pain. This can be determined by various factors, among which we can mention: timely and adequate diagnosis, early treatment, full compliance with treatment, the existence or not of associated pathologies that could interfere with an adequate recovery, the type of imposed treatment, maintenance of the causal factor, among others. However, the author considers that regardless of the time of evolution, the important thing is the recovery of the patient, although of course in chronic low back pain the treatment must be more energetic and lasting.

According to the study by José A. De Osa, there is a correspondence with the current study where he states that once he suffers from low back pain, he will suffer for life since it will depend on the cause that originated it and the efficacy of the treatment, he cites that "if it is a structural mechanical problem can recur" [53].

According to the study carried out by Pino, he disagrees with the present study, since acute low back pain is more frequent than chronic pain.54 Rodríguez Navarro's study also coincides with Pino, with acute pain predominating over chronic pain [55].

Table 3 shows the distribution of patients with low back pain according to

nutritional assessment, where it was evidenced that most of the patients were of normal weight (32 patients for 64%).

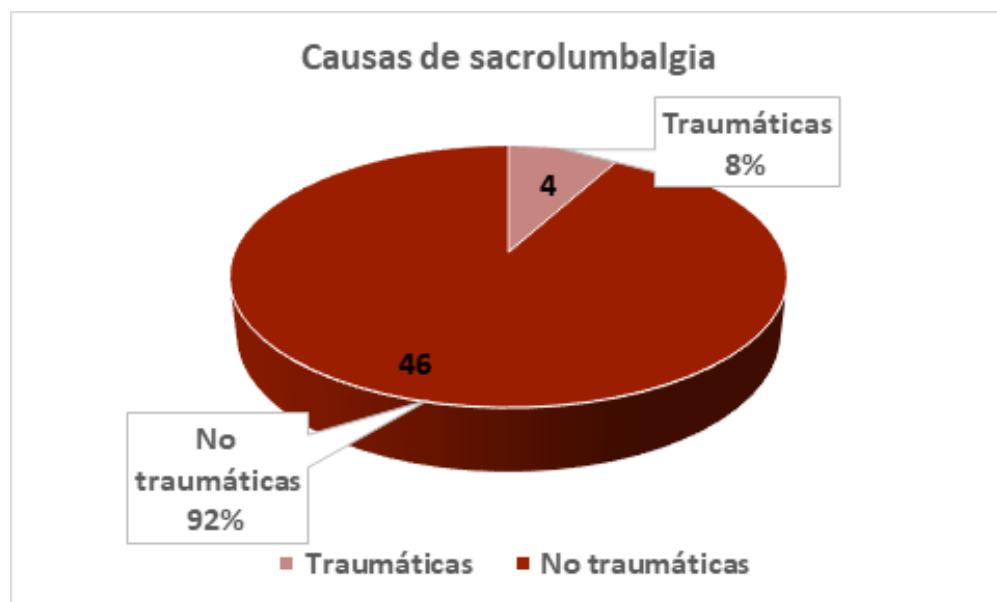
This result is striking and it should be noted that it is contradictory, if one takes into account that the higher the nutritional assessment, the greater the physical load received by the spine, so overweight patients should have prevailed. For which the author considers that the result found responds to the characteristics of the sample studied.

Despite the search carried out, no studies were found that addressed this variable.

As shown in graph 3, acupuncture predominated as the technique that most predominated was acupuncture with a total of 50 patients for 35.46%, then Magnotherapy followed with 32 patients, which represents 22.70%.

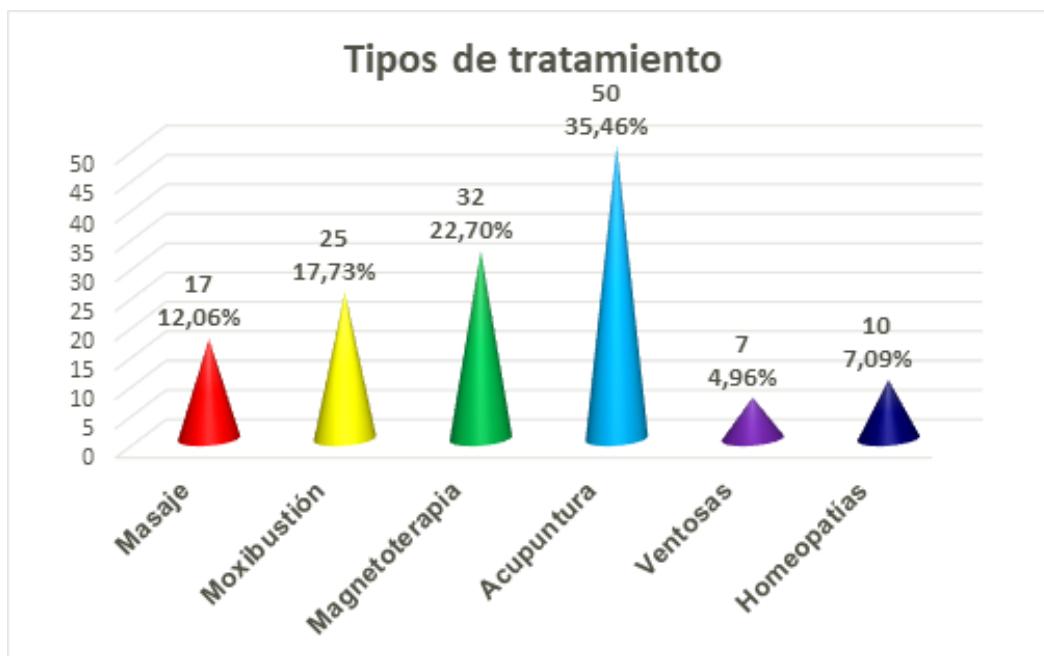
Acupuncture is one of the techniques of Natural and Traditional Medicine most used in the treatment of Sacrolumbalgia since its use has been demonstrated to be resolute since it achieves a rapid recovery, reduces treatment time and achieves reincorporation into daily activities in the shortest possible time. In addition to being free of significant side effects, it alleviates, improves or cures many health problems; it is also economical and easy to apply by people trained for such purposes.

In the study carried out by Carlos Abiague-Nicot entitled "Acupuncture analgesia for sacrolumbalgia with bamboo suction cups" in 2011, there is correspondence with the current study, demonstrating that acupuncture analgesia was satisfactory with 74.60% of the patients, in the same express that all types of treatment may have side or adverse effects; however, acupuncture is less invasive to the body and, therefore, causes fewer unwanted reactions. This procedure is economical, effective and safe, as it relieves pain and allows patients



**Figure 2:** Distribution of patients according to causes of low back pain. Mayarí Polyclinic. 2019.

**Source:** Patient cards from the municipal rehabilitation consultation, Mayarí polyclinic. 2019.



**Figure 3:** Distribution of patients with low back pain according to types of treatment. Mayarí Polyclinic. 2019.

**Source:** Patient cards from the municipal rehabilitation consultation, Mayarí polyclinic. 2019.

to regain walking with the minimum of complications.

Table 4 shows the distribution of patients with sacrolumbalgia according to treatment sessions which showed that patients improved between 6 and 14 sessions for 60.00%.

This result is related to the fact that as the number of sessions progresses, the analgesic effect of acupuncture accumulates, achieving an improvement in the patient's clinical picture. In addition, it is necessary to remember that most of the patients presented chronic low back pain and therefore required a longer treatment time.

Authors such as Arthur Smith Austin in a study conducted obtained results similar with this investigation in terms of the disappearance of symptoms (between the 5th and 6th session)[51].

However, in the study carried out by Bioleidis Zúñiga Monier et al. belonging to the General Teaching Hospital "Dr. Juan Bruno Zayas Alfonso" of Santiago de Cuba regarding the effectiveness of the treatment, it is stated that this was more evident from the third session. 21Not coinciding with the present study.

When analyzing the effectiveness variable in Table 5, it is observed that 45 patients (90%) responded effectively to the treatment received.

Treatment with MTN offers a wide range of therapeutic possibilities that are less harmful and detrimental to the body and more efficient from an economic point of view, due to the savings in medicines. They are less aggressive for the body, they do not have the chemical ingredients that drugs have, which considerably reduces the chances of suffering side effects. It is capable of improving those severe effects produced by those drugs that are responsible for reducing the quality of life of the patient. patient.

According to a study carried out by MsC. Soini Gonzalez Gamez Entitled "Therapeutic efficacy of acupuncture in patients with Sacro-lumbalgia, the efficacy of acupuncture treatment is demonstrated. Mena Pérez obtained similar results in her research, as she observed that patients treated with acupuncture improved faster and in less time than those who ingested medicines.

## Conclusions

The male gender, the age group over 60 years, workers, non-traumatic causes and the chronic form of low back pain predominated. Normal weight patients, acupuncture as the type of treatment and patients who received treatment between 6 and 14 sessions prevailed. The effectiveness of Traditional and Natural Medicine as an alternative treatment was demonstrated.

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