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Review Article

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A REVIEW ON EFFICACY OF HOMOEOPATHIC REMEDIES IN THE TREATMENT OF VARIOUS INJURIES

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Abstract:

Injury is the general term for any damage to body that may be minor or life threatening caused by either hits, falls, Accidents, chemicals, Weapons etc. Treatment varies according to location and severity of injury. In modern medical science, they used Anti-inflammatory, Analgesic drugs internally and dressing, stitches it required externally to the person suffering from injury.

Homoeopathic treatment not only helps to heal the injury but also the psychological symptoms associated with it. In Homoeopathy, every individual gets unique remedy which suits him.

In Homoeopathy, various remedies are available and are proved to be effective against various types of injuries.

Thus, in this review article, we totally focused upon efficacy of such remedies on various type of injuries.

Methodology:

In this review article, various information is collected from internet, various books in the review of definition, types of injury, signs and symptoms and gist of contemporary text types of Homoeopathy related to various injuries have been documented to understand the efficacy of Homoeopathic remedies in the treatment of various injuries.

Keyword:

Injury, Anti-inflammatory Analgesic, Homoeopathy

Introduction:

Injury is the leading cause of death and disabilities in people of working age. Person is so busy and fast that, one has very less time to be spent on one's own health, family and friends. Due to modern and fast life style, many people will experience various types of injury that can be caused by accidents or acts of violence and may occur at home, work or play, indoors or outdoors.

Definition:

An injury or wound is defined as a solution or disruption of the anatomical continuity of any of the tissue of body.(Dr.C.K.Parikh)⁽¹⁾

Causes:

Anything that can damage the body can cause an injury. It can be accidental or intentional. The numerous causes of injury includes:

- Acts of violence by others
- Bicycle or motor vehicle accidents
- Bite or Sting injuries
- Burns (thermal, chemical or electrical)
- Falls, impacts
- Sports or athletic injuries

(www.helathgrades.com)⁽²⁾

Sign and Symptoms:

It varies depending on type and severity of the injury. It include

- Abrasion (scrapes)
- Hemorrhage
- Bone deformity or other type of deformity
- Burns which may redden skin cause blistering or have a leathery white appearance
- Joint swelling
- Lacerations (Cut)
- Pain
- Reduced mobility
- Tissue swelling with or without discoloration

Risk Factors:

A number of factors increases the risk of developing injuries. It Includes

- Age
- Aggressive or violent behavior
- Alcohol and illicit drug use
- Bone or joint disorders
- Certain medicine that depresses CNS or reduce BP.
- Chronic illnesses
- Decreased sensations
- Dementia and other conditions that affect mental functions
- Poor judgment and vision
- Gait disturbances

Classification of injuries:

Depending on how they are caused, e. g. blunt force, sharp weapon, or fire arm, they are classified as follows:

- 1) Strain and sprains
- 2) Scrapes
- 3) Animal, insect or snake bites
- 4) Cuts and punctured wounds
- 5) Electrical injuries
- 6) Bruises
- 7) Fractures
- 8) Dislocations
- 9) Burns

www.myupchar.com/en/disease/injury⁽³⁾

Homeopathy not only help in healing the various types of injuries but also various psychological symptoms associated with injuries. The effect will be to improve the general sense of wellbeing, to lower degree of disability caused by injury and to improve the mental wellbeing also. Hence an attempt should be made to understand and review on the efficacy of homoeopathic remedies in the treatment of various types of injuries.

Aims and objectives:

Aim: To Assess the effectiveness of various homoeopathic remedies in the treatment of various types of injuries.

Objective: 1) To understand various type of injury, signs and symptoms and risk factors of injury.

2) To review the utility of homoeopathic remedies in the treatment of various types of injuries from available sources.

Homoeopathic Perspective:

Homoeopathy is personalized mode of treatment where every individual will get unique remedy which suit him physically, mentally, socially and spiritually. Homoeopathic remedies stimulates body's innate healing mechanism that not only promote the healing of injury but also relieve the associated symptoms. These remedies can be given to treat minor cuts, wounds, or before and after surgery to get quick recovery and to minimize bad effects of anesthesia, anxiety or shock. Homeopathic remedies are likely to be safe in children, old people and in pregnant woman as it will not get any allergic response or side effects, as being prepared from natural ingredients and given in very minute doses.

Homoeopathy encourages non-surgical interventions by medications as only in unavoidable circumstance, to fasten healing process. The integration of homoeopathic medicines with surgical care uses the best of both world to create comprehensive and more effective health care. In cases of injuries, fractures severe wound (Mechanical causes), surgical treatment is necessary to the extent that the part injured required mechanical aid.

Aphorism 186 of organon of medicine, the book of doctrine of homoeopathy, written by Dr.Hahnemann, describes the homoeopathic approach on injuries and surgical conditions:

“Those so called local maladies which have been produced a short time previously, solely by external lesion, still appear at first sight to deserve the name of local disease.... The treatment of such diseases is relegated to surgery: but this is right only in so far as the affected part require mechanical aid, where by the external obstacle to cure, which can only be expected to take place by the agency of the vital force, may be removed by mechanical means, e g. by the reduction of dislocations, by needles and bandages to bring together the lips of wound, by the mechanical pressure to still the flow of blood from open arteries, by the extraction of foreign bodies that have penetrated into living parts, by making an opening into the cavity of body in order to remove an irritating substance or to procure the evacuation of effusions or collection of the fluids by bringing

into opposition the broken extremities of fractured bone and retaining them in exact contact by an appropriate bandage, etc.”⁽⁴⁾

He further states that, “But when in such injuries, living organism requires as it always does, active dynamic aid to put it in a position to accomplish the work of healing e.g. When the violent fever resulting from extensive contusion, lacerated muscle, and tendons requires to be removed by medicine given internally, or when the external pain scalded or burnt part need to be homoeopathically subdued, then the service of dynamic physician and his helpful homeopathy come into requisition.”⁽⁵⁾

The Homoeopathic remedies can be given to treat minor cut and wounds or before and after surgery to achieve quick recovery and counter any hazardous effects of anesthesia, anxiety or shock. Injuries whether minor or severe can be painful and disabling. Conventional treatment depends on the severity of injury and surgery remains the only options for severe injury.

Homoeopathic remedies are considered to be safe as compared to conventional treatment being producing no side effects, Allergies, or addictions even with long continued treatment.

Homoeopathic Medicines for injury:

1. Arnica Montana: Concealed injury to soft parts.
2. Bellisperennis: Injuries to deeper tissues after major surgical work, traumatic neurosis
3. CalendulaOfficinalis: Lacerated injury
4. Hamamelisvirginica: Capillary injury
5. RhusToxicodendron: Sprained injury
6. LedumPalustre: Punctured Injury
7. HypericumPeforatum: nerve injury
8. Symphytumofficinale: Bone injury
9. Conium: Gland injury
10. Allium Cepa: Rubbing injury
11. Cantharis: Burn injury
12. Staphysagria: Incised injury/clear cut wound
13. Ruta: sprain, strain or rupture of tendons

1. Arnica Montana:

- Common name : Leopard’s Bane

- This remedy is best suited to treat traumatic injury, strains and overuse of any organs.
- It is king of traumatic injuries.
- Bruised and sore feeling in the body
- Intense sensitiveness due to excessive pain
- It is applicable in the bad effects of sprain, Strain, bruises, concussion, contusion and other mechanical injuries with lacerations of the soft parts.
- Early application of Arnica retards suppuration
- Soreness in aims arms and legs due to over exertion
< In cold and damp conditions, on moving or touching the affected part

>lying down or keeps head low

2. Bellies Perenis:

- Common name : Daisy
- It is effective remedy for bruises and contusion in the breasts and sprain and strain in body.
- It is useful in bruises and injuries of superficial muscles and deeper tissues due to mechanical causes.
- Its action is chiefly centered in muscular fiber of the blood vessel.
- Fluid filled wounds on the skin
- Sore muscles
- Joint pain
- Sprain in the arms and legs, the joint feels as if an elastic band is wrapped around it.
- < An exposer to cold winds and on lying a left in warm bed.

3. Calendula officinalis:

- Common name : Marie gold
- It is useful in incised and lacerated wound. This remedy retards suppuration and assist in quickening primary union along incised surface.
- It is especially suited to cases where there has been loss of soft parts
- Bloody and serous infiltration of cellular tissue meets in calendula a ready help.

- It is intensely soothing and antiseptics it restores vitality of injured parts and acts as impregnable barrier to infections and germs.
- It prevents suppuration and brings on healing with wonderful promptitude.
- It is suitable to all cases of injury where the skin is broken and where the soft part have been lacerated
- After surgical operations, it promotes healthy granulations and a best gangrene.
- It can be used both internally and externally and it is excellent hemostatic
- Skin wounds with raised edges and proud flesh
- Large red patches on skin due to infections
- <Damp and cloudy weather

4. HamamelisVirginica:

- Common name : Witch hazel
- It is given to those who experience bruising pain in the affected parts
- It helps to treat traumatic wounds, contusions, scalds and wounds that bleed profusely.
- Profuse bleeding from nose
- Piles with profuse bleeding and soreness
- Sore ulcers on skin
- Varicose veins pains
- Sore muscles and joints
- Skin burns
- Ecchymosis
- Phlebitis
- <Moist and warm air

5. RhusToxicodendron:

- It is best suited to people who experience tearing pain that feels like the tissue is being torn into two.
- It provides relief from strains, contusions, sprain, and traumatic injuries

- It is useful in erysipelas also play an important role in traumatic lesion attacking the cellular fibre or articular tissue and in effect of straining over lifting.
- It has marked action on ligaments of joints
- Inflammation of fibrous tissues like tendons, ligaments, Apo neurosis due to over exertion or exposer.
- Swelling and pain in joints
- Stiffness and paralysis of limb
- Swollen lymph nodes
- Burning skin eruptions that tend to form scales
- <During cold and rainy season, while sleeping and taking rest and on lying on the Right side or back
- >By warm application on rubbing the attached area, on stretching out the limb.

6. LedumPalustre:

- Common Name : Marsh-Tea
- It is best suited for people who lack body heat
- It is useful to treat puncture wound due to bites or sharp pointed objects especially if the wounded area feels cold to touch
- Prolonged discoloration of skin after injuries
- Crepitus (Cracking in joints) worse by lying in warm bed
- Swollen ankles
- Lacerating (deep/gashing)wounds
- Slit and puncture wounds
- Ecchymosis
- Shooting pain in limbs, especially in small joints
- <At night, warmth of bed
- >Cold condition, by putting one's feet in cold water.

7. Hypericum:

- Common Name : St.Johns wart
- This remedy is used for treating puncture wounds, bruise and injured nerves.

- It reduces the anxiety and depression following injuries and operations.
- It is useful when nerves are injured along with soft parts as in treading on nails, needles, pins, splinters and in bites of insects and animals
- There is intolerable pain due to damage to nerve
- Twitching and jerking of muscles
- Injury to coccyx due to fall
- Hair loss at the site of injury
- Bruised sensation in joints
- Its usefulness is more confined to injuries of parts rich in sentient nerves.

8. Symphytumofficinale :

- Common Name : Comfrey bone
- It is best suited for the treatment of nonunion fractures.
- It is also helps to treat strains, bruises in eyes, sprains, lacerated wound, contusions and wounds that penetrate the bones and periosteum.
- This is often used as local application over sores and ulcers as a dressing to expedite healing
- It is useful for mechanical injury due to blow with blunt instrument
- It is especially useful in the injuries of flat bones
- It is useful in irritable stump after amputation
- It is useful in cases of injury to soft part and periosteum and bony tissues
- Tendon and ligament injuries
- Inflammation of bones with swelling and redness
- Bones sensitive and prone to fracture

9. Conium :

- Common Name : Poison Hemlock
- It is used in induration of gland such as mammae, testicles, etc. caused by contusion or bruises.
- It is useful in cases specially when hardness becomes intense

- Infiltration in deep seated disease in the region of ulcer, in the gland in the region of inflamed part and along the course of lymphatic
- <Seeing moving objects exertion sexual abuse, pressure, jar, night
- >By motion, walking, on sitting down, better in sun.

10. Canthariders:

- Common Name : Spanish fly
- Applied in burns or in skin lesion when vesicles are numerous and affected parts look burnt.
- Hearing recommended that, the injured parts should be bathed constantly with the solution of cantharis (PP 237 Mohanty) ⁽⁶⁾
- Itching vesicles which burns when rubbed
- Tendency to gangrene, sunburn, burn, scald with rawness and smarting pain relieved by cold application
- <Touch, heat
- >Cold application, rubbing

11. Staphysagria :

- Common Name : Larkspur
- It should be thought of in mechanical injuries from sharp cutting instruments and in clean incised wound such as knife, glass, etc.
- For shock after big surgical operations
- It is very serviceable in any kind of injury to the cornea. Hering mentions a case of laceration of cornea with prolapse of iris in which staph effected a cure. He also advises its application in incised wound of cornea as an operation for contract. (PP 986, Mohanty).
- <Emotion-chagrin, vexation, indignation, onanism,touch
- >Warmth, rest, coitions

12. Ruta :

- Common Name : Rue
- It is useful to injuries of periosteum and fibrous tissue
- Great pain and soreness as after fall or a blow
- It is useful in sprains, strain or rupture of tendons, wounds of joints,synovitis the result of injuries,in mechanical injuries to tarsals or carpal joints

- All complains of Ruta are brought on from overstraining or overexertion of parts
- It is often suits to troubles from injury where flesh is thin over the bone
- <Over exertion, colder, sitting
- >Lying on back, warmth, motion, rubbing

13. Allium Cepa :

- Common Name : Red Onion
- It is useful in neuralgic pains like a fine thread, following the amputations or injuries to nerves
- Also useful in traumatic chronic neuritis
- It is also useful in case of Rubbing injury
- <Warm room, in evening
- >In open air, in cold room.

Discussion:

It is because of such remedies that we are able to dispense with knife in many instances when knife seems inevitable and it is on account of marvelous effect of these remedies that the belief has gained ground that in homoeopathy knife is superfluous.

In cases of injury, Arnica should be thought of when soft parts are involved. It is suited more to tumefaction of other tissues. It is useful in the injuries of muscles, fractures of bones, contusion of periosteum and in subcutaneous and external hemorrhage due to mechanical injuries, contusion of the soft parts.

Calendula is to be thought of when the injury causes a torn or ragged wound with loss of substance. It removes the inflammatory condition of the parts and favours healthy granulations. Hypercom is useful when the nerves have been injured with other soft parts. It relieve the pain and promotes healing. It follows Arnica in concussion of Spine. It is splendid remedy for punctured wound with extreme sensitiveness of the affected parts. When any parts of our body or limb gets smashed and in spinal concussion as is caused by fall on coccyx and also in laceration attended with intolerable pain which shows involvement of nerve tissues.

Staphysagria is the remedy for smooth, clean, cut such as are made by surgeon's knife hence it is called for in symptoms which are traceable to surgical operations. Ledum is useful after Arnica when arnica fails to relieve the soreness. It is a great remedy in fractured wound and in injuries

inflicted with sharp instruments. It gives cold sensation around the injured part. It is useful for punctured wounds caused by bites of animals and insects leaving long lasting discoloration

Symphytum is a proper remedy for bone injuries. It may also be administered in case of irritable stump after amputation and also for irritability of the bone at the point of fracture. It facilitates union of fractured bone by favoring Production of callus. Allium cepa is a remedy for violent burning, stinging pain in stump after operation. Rhus tox is preferably used in the injuries where ligaments of the joints are affected. It affects the fibrous tissue markedly joints, tendon, sheath, aponeurosis, etc. producing pain and stiffness.

Ruta is useful where complains arises from straining especially the flexor tendons. It is useful for injured bruised bones with feeling of intense lassitude, weakness and despair. Bellis per is useful in injuries to deeper tissues after major surgical work. It is also useful for pelvic traumatism and auto traumatism. It is excellent remedy for sprain and bruises. Exudation, swelling, stasis come within the range of this remedy. Burnet's says truthfully that, Bellis is a remedy for old laborers especially gardeners.⁽⁷⁾

Hamamelis is used for capillary injury with bruised soreness of the affected part. Conium is used in the induration of gland such as mammae, testicle, etc. caused by contusion or bruises where hardness of gland becomes intense.

Conclusion:

Injuries, whether minor or major can be painful and responsible for disabilities. In conventional treatment, surgery remains the only options for severe injuries. Homeopathic medicine can be used effectively as a standalone therapy or along with conventional treatment to heal various injuries and various psychological factors associated with the injury with as minimal disability to injured person as possible.

So there is definite the role of homoeopathic remedies in treatment of various types of injuries.

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