

Homeopathic treatments and Sports Medicine

Didier GRANDGEORGE, MD, November 2014

Exercise-Induced Asthma:

ACONITUM FEROX 9CH little sweating, aggravated from 11AM to noon or from 11PM to midnight, quick mind, restless, anxious, death can occur at any time

DIGITALIS 9CH : Palpitations "as if the heart would stop," slow pulse, nausea with odors, everything is an obligation!

Sprains :

RHUS TOXICODENDRON 9CH : Restless at night, aggravated by humidity, aggravated around 3pm or 3am, improved by movements. Tennis Elbow (AGARICUS) ; Movement is salvation (gazelle facing predators)

RUTA GRAVEOLENS 9CH : Sprain with osseous evulsion, significant bruising, affect the flexor tendons, synovial cyst. Sexuality : yes , reproduction : no.

ARNICA 9CH : Bruising predominates, following bruises, following exertion (marathon for example). Remedy of the "boss" (chief); "worth it!"

STRONTIUM CARBONICUM 12CH : chronic sprains, cold feet, edema. Compare with NATRUM CARBONICUM who does not support the sun or milk, and who is always in search for Harmony).

Fractures:

ARNICA 15CH : Always the first remedy and preferably in high dilutions.

SYMPHYTUM 15CH, 30CH. Prevents pseudarthrosis; Often in case of divorce.

CALCAREA PHOSPHORICA 15CH , 30CH : growth, demineralization, hunger in the afternoon, feeling of injustice.

SILICEA 15CH , 30ch : Open fracture, discharge ; additionally an Isopathic of the discharge can be prescribed.

STICTA PULMONARIAE 15ch: insomnia following a fracture.

Muscle Tear

AGARICUS 9CH : Strong mind in a cracking body, poet, writes poetry, sneezes under the sun.

BRYONIA 9CH : strong paralyzing pain, thirst, constipation, refuse to “move his root” to another environment.

ARNICA 9CH : Too much work, intense work.

Crushing Muscles

BELLIS PERENNIS 9CH : The daisy which has a memory of forms, allowing to quickly recover by restoring the muscle. This remedy helps fight against skin aging. Trauma of the pelvis.

Tendonitis

ANACARDIUM ORIENTALE 9CH : Especially on the Achilles tendon. Gastrocnemius muscles. Duality « angel or demon ».

RHUS TOXICODENDRON 9CH : humidity , agitation, « movement saves life»

RUTA GRAVEOLENS 9CH : Manage sexuality, responsibilities....

Dislocations

ALWAYS ARNICA 9CH and RHUS TOXICODENDRON 9CH at first

Hip Dislocation : Belladonna, Bryonia , Calcarea carbonica , Causticum , COLOCYNTHIS , Lycopodium , Pulsatilla , RHUS TOXICODENDRON , Sulfur , THUYA , Zincum metallicum from 9CH to 30CH.

Rotula Dislocation : 9CH GELSEMIUM « the jitters», CANNABIS SATIVA (while climbing stairs)

Ankle Dislocation : 9CH to 30CH : Bryonia , Natrum carbonicum , Nux vomica , Ruta graveolens, Sulfur

Cramps

CUPRUM METALLICUM 9CH à 30CH : afraid not to live up.

LACTICUM ACIDUM 9CH : lactic acid in excess, rheumatic pain, tremor

Cranial Trauma

ARNICA 15CH 30CH 1000K 10000K : resorb hematomas

NATRUM SULFURICUM 15CH 30CH 1000K 10000K: The homeopathic ACTH, resorb edema.

CICUTA VIROSA 30CH 1000K 10000K: Facial trauma, nose trauma, convulsions, eczema of the face.

OPIUM 15CH 30CH 1000K 10000K: coma (stupor) , snoring, Cardiac arrhythmia (wolf parkinson white) , stop breathing, constipation..

LOBELIA INFLATA 9CH : Residual headaches, dizziness.

Injuries of the eyes.

BOTHROPS 9CH_: amaurosis , retinal hemorrhage.

CROTALUS HORRIDUS 15CH : reabsorbs hemorrhage of the vitreous body

COCCUS CACTI 9CH : foreign object into the eye ; does not accept foreigners in his entourage.

CONIUM MACULATUM 9CH 30CH : cataract following a contusion of the eye.

Fracture of the teeth:

ARNICA 9CH 15CH : hematomas

HYPERYCUM 15CH 30CH : nerve root pain

PYROGENIUM 7 CH : To prevent abscess

STAPHYSAGRIA 15CH : gums have been hurt, gums bleeding easily.

Bite of the tongue or cheek 9CH 15CH: Carbo animalis, CAUSTICUM, IGNATIA, NITRICUM ACIDUM

Epistaxis

Put a small piece of paper under the tongue.

ARNICA 9CH : following hit or stroke

FERRUM PHOSPHORICUM 9CH : red face, low-grade fever

IPECA 9CH : cough, nausea

CHINA 7CH : weakness, epistaxis lasting, anemia

VIPERA REDI 7CH : varicosities , collector (of things)

CROCUS SATIVUS 7 CH : epistaxis in hot weather, blackish filaments

Trauma of the vertebral spine

MEZEREUM 15CH : whiplash trauma of the cervical spine, loss of reference

CINA 15CH : Following lumbar puncture, epidural, worms, alcoholism

HYPERICUM 15CH : **lombard spine**, displacement coccyx. In French Hypericum = millepertuis : mille portes (1000 gates) should find the sacral door.

IGNATIA 15CH : Spinal cord injury; heartbreak

Chest Injury

Fracture of Ribs: KALMIA LATIFOLIA 9CH problem with the spouse.

Trauma of the heart: CACTUS 12CH like a clamp around the heart; the “others” lock me

Trauma of Breasts: BELLIS PERENNIS 7CH in acute situation, **CONIUM MACULATUM 15CH** for chronic situations

Pneumothorax:

ACONIT 9CH Vital emergency

Trauma of Pelvis:

ARNICA 9 CH , hematomas

HYPERICUM 15CH nerve pain

BELLIS PERENNIS 9CH : crushing, tearing

STAPHYSAGRIA 15CH : trauma genitals, FRUSTRATION, suppressed anger (**ex décallotage**)

SYMPHYTUM 9CH : lesions of the pubic symphysis

Trauma of shoulders

CAUSTICUM 15CH : brachial plexus paralysis (The sword of Damocles)

FERRUM METALLICUM 15CH 30CH : chronic shoulder pain, voluntary dictator

CALCAREA PHOSPHORICA 15CH : chronic shoulder pain for a patient with gentleness suffering of injustice.

Elbow Injury

TENNIS ELBOW 9CH 12CH 15CH : ARNICA , RHUS TOXICODENDRON , AGARICUS MUSCARIUS (strong mind and body creaking) , **AMBRA GRISEA** (invaded by negative spirit of people who surround)

PRONATION PAINFUL : CUPRUM METALLICUM 15CH (I don't feel able to...) **PLUMBUM METALLICUM 15CH** (I cannot face these constraints)

Trauma of fingers

HYPERICUM 15CH : crushed or torn fingers . In French Hypericum = millepertuis : mille portes (1000 gates) should find the sacral door.

Amputation Stump : SYMPHYTUM 15- 30CH , HYPERICUM 15-30CH

Sprain Thumb : KREOSOTUM 15CH left thumb; fear of rape.

Knee Injury

ARGENTUM METALLICUM 9CH 15CH 30CH : damage to cartilage, menisci (life is a bed of roses: it must absorb shocks)

IODUM 15 30CH : infringement of the cruciate ligaments; find transcendence.

RUTA GRAVEOLENS 9CH : infringement of the tendon; moderate his sexuality

CALCAREA PHOSPHORICA 15CH : weak knees after an accident

MEDORRHINUM 15CH : chronic knee pain, anticipatory anxiety

AGARICUS MUSCARIUS 9CH : sickness OSGOOD SCHLATTER; Strong mind in a cracking body

Athlete Foot:

Wash with **CALENDULA Soap**

SILICEA 15CH 30CH : Offensive odor , mycosis between fingers, shy in public

PSORINUM 30CH : mycosis , sensitive to cold , fear to be abandoned

LYCOPODIUM 15CH : sweating feet; want to be the first

NITRICUM ACIDUM 15CH : perspire of the feet, rigid, do not forgive

Blisters

CAUSTICUM 9CH : Fear that something bad will happen

Sea Sick

CONIUM MACULATUM 9CH : authoritarian, meticulous, like the occult

NATRUM MURIATICUM 9CH : secret

TABACUM 9CH : pallor, seeking fresh air

COCCULUS 9CH : headache; wants to steer the boat

NUX VOMICA 15CH : nausea, meticulous, sensitive to the cold

Anxiety of anticipation before the competitions

MEDORRHINUM 15CH : sleeping on your stomach, gnawing his nails, worse in the mountain

LYCOPODIUM 15CH : wants to be first but lack of confidence in him, anger, gas

SILICEA 15 30 CH : afraid to appear in public, sweating hands and feet

IGNATIA 15CH : fear of disappointing, lump in the throat, alternating with laughter tears

GELSEMIUM 15CH : panic, cannot remember anything

AMBRA GRISEA 15ch : oppression if it is too crowded

Never succeeded

AMMONIUM CARBONICUM 15CH 30CH : anger for the father

ASARUM EUROPEANUM 15CH 30CH : my father is not my real father; child from a gamete donation.

AURUM METALLICUM 9CH 12CH 15CH: daredevil, authoritarian, depressive background

CANTHARIS 15CH : breakdown after the efforts

MURIATICUM ACIDUM 15CH : lost his mother too early, acid reflux

NATRUM CARBONICUM 15CH : lost in harmony, fear the sun

NATRUM SULFURICUM 15CH : do not support humidity; following cranial trauma, bipolar.

NUX VOMICA 9CH 15CH 30CH : meticulous, drugged nervous (doping)