

# Homeopathic treatments and Sports Medicine

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## 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** : **lomber 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.

**Trama 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 symphis

## **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)