

Homeopathy & Injuries

Homeopathic Medicine is beneficial for any type of injury whether from falls, sprains, accidents, sports, fractures or scrapes. Homeopathic Medicine boosts the immune system and heals local tissues, which increases recovery time of injuries. Conventional treatment of surgical procedures, if necessary, along with the use of Homeopathic medicine can speed up the healing process. Injuries such as bruises, blows, sprains, strained tendons, pulled ligaments etc, are regularly treated with Homeopathic medicine.

Most personal injuries happen on impact as a result of a fall or accident which all of us have certainly encountered. **Homeopathic medicine is extremely effective because it works by increasing the body's own healing abilities significantly and the healing time is greatly diminished.** As well, many injuries that we experience have more than one symptom. For example, there may be severe black and blue bruising as well as swelling and stiffness. Homeopathic medicine treats multiple symptoms and because injuries sometimes involve muscle, nerve and bone tissue, it sometimes makes sense to use different medicines to help heal the various tissues involved. When taking homeopathic medicine, the frequency of dosage and the potency (strength) vary according to the seriousness of the injury and its acuteness. Old injuries which have become chronic will be treated differently than recent ones. This is why there are Homeopathic Doctors. Homeopaths take the patient's case, decide what remedy suits them the most and at what potency it should be given. The beauty of these medicines is in the value of the deep tissue and bone healing. As well, Homeopathic medicines are excellent pain killers. The medicines used for acute injuries should be used

in conjunction with conventional treatment methods such as rest, ice packs, compression and elevation of the affected area. This promotes healing and eases pain and discomfort.

Most Homeopaths turn to a medicine called **Arnica Montana** when dealing with acute injuries. Arnica is now beginning to become more publicly well-known just like Echinacea did after a while. Many laboratories and clinical trials support Arnica which comes from the plant Leopard's Bane, and grows wild in the mountains of Switzerland. Arnica can help various muscle, bone, tissue, nerve and shock related injuries. This is one homeopathic "miracle" drug that should be given as soon as possible **immediately after any kind of physical trauma.** Arnica deals with healing inflammations and bruises as well as reducing bleeding into the area. It also can alleviate the symptoms of mental shock that occurs as a result of an accident. All athletes should always have some homeopathic Arnica on them. In fact all mothers should stock Arnica for injuries at home. A child who has had a bad fall should be given Arnica immediately; one dose in the 200ch potency, three pills under the tongue while taking them to emergency. Arnica has become the most often used homeopathic remedy for traumatic injuries. There are many other medicines used by homeopaths for both acute and chronic injuries and each one has its own specific properties and indications.

Please Note: In the case of chronic injury and continued complaints, a full case-taking by a qualified Homeopathic doctor is advisable.