

For Homeopathic Practitioners: **Acute Care for Trauma**

Over thirty years of practicing homeopathy has taught me to give a 1M or higher dose of the appropriate remedy after most neurological injuries. I've found that, after a car accident or significant injury that involves the nervous system, patients generally need much more frequent repetition of the appropriate remedy. It is as though the brain quickly “forgets” the homeopathic remedy and soon needs another dose. For example, a patient in a serious motor vehicle accident with considerable brain injury probably could use *Arnica* 10M or *Papaver* 10M every five to ten minutes on their way to the emergency room. Another patient with a less serious brain injury might benefit from *Arnica* or *Papaver* 10M twice daily for a week. But both kinds of patients must be repeatedly and carefully evaluated and reassessed.

A few days after an acute injury, I often recommend other remedies made from Compositae plants like *Eupatorium perfoliatum* and *Bellis perennis*. People needing these remedies share some or all of these common characteristics: they have the sensation of being injured, hurt or insulted, shocked, burned or scalded. They generally fear being touched, hurt, or approached. One of the Compositae—*Achillea millefolium*—is for people who fall from a height and cough up blood. In the homeopathy chapter I describe how I successfully gave it to my championship diver son. I would consider it for anyone hitting the steering wheel hard, especially if they cough up blood.

Here are some other remedies I've commonly used after injuries and accidents:

Sulphuricum acidum (Sulphuric acid) 200C: For significant blue and yellow bruising and trauma; removes remaining ecchymosis and stiffness after *Arnica* no longer works. The patient usually is warm blooded and quite exhausted.

Phosphoricum acidum (Phosphoric acid) 200C: Patient is exhausted, anxious,

craves juice or carbonated drinks, worried if they ever will get well, thirsty, often depressed with issues about grief.

Bellis perennis 200C: For deep muscle injuries or abdominal or pelvic trauma from seat or lap belt, or after a surgical hip replacement. These patients usually have swelling and sore, bruised pain. This remedy is also helpful for repetitive strain, often better with rubbing.

Conium maculatum 200C: For injury to breast or glands, including the testes. The injured part can have a smoldering feeling of inflammation and can indurate. I give it to patients after breast biopsies or breast injuries from a shoulder harness. The patient can also complain of vertigo.

Ruta graveolens 200C: Bruises to periosteum, and injuries or strain to a joint, tendon, ligament, and/or cartilage. Helpful when the patient slams their shin, tibia, ilia crest, or olecranon (elbow). They usually feel a sharp, burning pain where their bone was bumped. Usually worse with motion, but they feel restless. Worse sitting or when cold. Good for ankle and knee sprains.

Bryonia alba 200C: For sprains, falls, dislocations, injuries to tendons, bones, or muscles; pain of fracture; fever after injury. Patient is much worse after motion. Cutting, stabbing, lacerating, sharp pain. Does not want to be disturbed. Especially helpful in cervical, thoracic, or rib injury where patient can't move because of pain.

Rhus toxicodendron 200C: Injury to extremities, especially the shoulder; worse with rest, better with motion, restless, worse cold and wet.

For a more comprehensive look at treating musculoskeletal problems, including trauma, I recommend Dr. Asa Hershoff's excellent book, *Homeopathy for Musculoskeletal Healing*. And, of course, I recommend Dr. Roger Morrison's superb compendium, *Desktop Companion to Physical Pathology*, from which I took many of these descriptions (with his permission).

For those of you interested in my prescriptions for the patients in this book, I include a brief description of my thinking. Of course, finding the correct remedy is more complex than I indicate in this short description. These are just some highlights of how I made my choices. I also include a few aspects about the remedy, well-known to homeopathic practitioners, but which may be of interest to others who choose to read this section.

SEPIA | The Story of a Mysterious Illness (ch. 2)

I gave Sam *Sepia* after taking an extensive homeopathic history. *Sepia* is the ink from a cuttlefish. Cuttlefish, like the people who need it, are very active and

mobile. It's classically known (although the term is very sexist) as the “washer-women” remedy, for women who are worn out by their enormous responsibilities of work and family. They are people who are warm and tough, generally very athletic, live for their exercise, and are initially better from exercise, but once exhausted can no longer do what they love. It is also a remedy for someone like my student in the previous chapter—women who are very affected by their pregnancy. Though I don't mention it in Sam's story, her symptoms had improved with her pregnancy, and then six weeks after delivery had returned much more dramatically.

ARNICA MONTANA, ACONITUM NAPELLUS | Treating the Nervous System (ch. 5); Healing the Brain (ch. 22)

I gave Stephanie (ch. 5) *Arnica montana* and *Aconitum napellus* after her devastating car accident, as I did with Phillip (ch. 22). I use these remedies with most of my patients after trauma. Arnica is an alpine plant in the daisy family. It can be extremely helpful for trauma to blood vessels and nerves. I discuss it in more detail in chapter 27. *Arnica* can be invaluable for any physical trauma, especially brain injury. I routinely recommend my patients use it before and after surgery.

Aconitum is a poison. In myth, it is the poison spilling out from the mouth of Cerberus, the watchdog of hell. It can be a great remedy for injury shock and the terrifying emotions evoked by trauma. I also discuss it in the chapter on homeopathy. *Aconitum* can treat the violent sudden panic attacks that shake up the nervous system after trauma.

COLOCYNTHIS | Healing Back Pain (ch. 12)

I gave Felipe homeopathic *Colocynth*. *Colocynth* can be a great remedy for sciatica and herniated discs. Generally, the patient's pain is worse with the least motion and better when lying on their painful side. It can help nerve and digestive problems. Like Felipe, the people needing it are generally better bent forward. They are often restless with the pain, which can be cutting, pinching, cramping, gnawing, and then followed by numbness. Though people needing it are generally sympathetic, they often have an irritable streak.

PAPAVER | Restoring Motion to the Chest (ch. 15)

Papaver is also known as opium. In 4000 B.C. it was known as the plant “of joy.” Banned during the Inquisition, opium is an exogenous endorphin that decreases pain. Of course, the remedy I use has been so diluted there is no

opium left in it. This remedy is often helpful not just to diminish pain, but also to treat the terror of a traumatic event like Emily's car accident. After *Arnica*, it is one of the most effective remedies for treating brain injury. I gave it to Emily because of her nightmares, trauma, and constipation.

CONIUM MACULATUM (ch. 15)

Conium maculatum can be an excellent remedy for breast trauma. *Conium* is from the hemlock plant, the poison used to kill Socrates. It is a remedy for trauma to or problems with glands, especially the mammae. People who need it typically have vertigo. I often recommend patients take it after a breast biopsy or prostate surgery.

NAJA TRIPUDIANS | The Skull: The Brain's Formidable Protector (ch. 19)

I gave Julie homeopathic *Naja tripudians*, which is made from cobra venom. Snake venoms are often very effective in treating severe headaches. They are also very helpful in treating the vascular and neurological effects of trauma. I picked *Naja* because Julie was shy, very responsible, and had a strong sense of duty to her family, all characteristics particular to this remedy. People needing *Naja* are also vulnerable to heart problems. Not everyone taking the medications Julie was on would have had cardiac arrhythmias. Recently when I reviewed this case for the book, I saw something in the literature I had not previously been aware of. This remedy is also for pain "as from a blow on the occiput or neck." Her injury was to her occiput.

CROCUS SATIVUS (ch. 19)

I gave Peggy, who lost her hearing, *Crocus sativus*. *Crocus sativus* is saffron. It is for people who develop deafness after a head injury. The person needing this remedy tends to have a cheerful personality and a laughing nature. Peggy was cheerful and laughing during her visit with me, despite facing the loss of her hearing.