

Exploring the Efficacy of Homeopathy in Managing Sports Injuries

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- Regular Physical Exercise is integral to the body staying healthy. However, stressing the human body beyond its limits may lead to injury.

Sports medicine is the science of understanding how these injuries can be avoided, recognised when they do occur, and then treated appropriately. Sports injuries are, in principle, the same as other injuries. The major difference can be in the expectation of the patients.

Sports medicine has been defined as the scope of medical practice that focuses on:

1. Prevention, diagnosis treatment and rehabilitation of injuries that occur during physical activity
2. Prevention, diagnosis, and management of medical conditions that occur during or after physical activity
3. Promotion and implementation of regular physical activity in the prevention, treatment and rehabilitation of chronic diseases of lifestyle.

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- Injuries can be classified into 3 broad groups:

1. Acute Extrinsic Injuries

They are those which arise from a direct external blow. These are commonly wounds, bruises and fractures.

2. Acute Intrinsic Injuries

They are result from failure of a patient's structures as a result of excessive loading.

Examples

are tendon ruptures, avulsion fractures and ligament injuries.

3. Chronic Injuries

They are those with an insidious or unknown onset, commonly inflammation or failure secondary to repetitive loading. Examples are inflammation of the Achilles tendon and stress fractures.

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- Tendons can become weak and/or painful as a result of physical damage or as a result of inflammation of the tendon sheath around them (peritendonitis). Tendon injury is either due to overload (the strength of the tendon being exceeded by the force applied) or to overuse (where there is repetitive low-level load to the tendon) leading to fatigue and failure. In this case, the patient may present with inflammation rather than rupture. **Overuse Injuries**
Overuse injury can be precipitated in a tendon by: Internal factors:
 - Decreased oxygen
 - supply Decreased
 - nutrition Hormonal
 - changes Chronic
 - inflammation Ageing

- External factors:

A change in the environment (new running surface), or worn out equipment (old running shoes), may both bring about an overuse injury as can excessive training when the patient is not fit enough to tolerate it.

In younger patients, the weakest area of a tendon is the apophyseal attachment. In adults, the musculotendinous junction is more liable to injury.

In adolescents, the common sites of injury are tendon insertions. Examples are the anterior superior iliac spine (origin of sartorius), the anterior inferior iliac spine (rectus femoris), the lesser trochanter of the femur (iliopsoas) and the ischial tuberosity (hamstrings)

- **Muscle Injuries**

Muscle injuries can be classified into:

- Sprain
- Partial tear
- Complete tear or re-tear (if there has been previous injury)

Most will heal spontaneously but may leave a painless defect in the muscle belly.

Ligaments

Ligament injuries are acute intrinsic injuries and can be graded according to their severity.

Ligament injuries graded according to severity.

- **Grade Description**

- 1 – Normal ligament.
- 2 – No increase in joint laxity but there is tenderness around the injured ligament.
- 3 – Partial disruption of the ligament fibres with increased joint laxity, and a soft end point.
- 4 – Complete disruption of the ligament. There is a marked increase in joint laxity with no end point clinically.

Note:

- Difficult to assess in the acute phase
- Use the opposite side for comparison
- Surgical repair may be needed for complete disruption

Bursae

Bursae are found between the joints and overlying tissues or muscles and tendons and are small fluid-filled endothelium-lined Sacks. They decrease frictional forces between structures but can become inflamed. The most commonly affected sites are over the first metatarsal phalangeal joint (bunion), in front of the patella (housemaid's knee) and behind the elbow (olecranon bursa). They can become inflamed or even infected. If they fail to settle with appropriate treatment then they can be surgically excised.

- **Bone Fractures and Stress Fractures**

True fractures can be encountered in any sport, but the fracture type found more commonly in sportsmen and women is a stress fracture. This is caused by multiple repetitions of moderate loads. Clinically, these lesions give poorly localised pain, which is worse on exercise. They are more common in runners, especially women who may have reduced bone density. The most common sites for stress fractures are the metatarsals and the tibia.

Treatment of Injuries

In the acute phases of a sports injury price describes the treatment plan:

- protect
- rest
- ice
- compression
- elevation

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- **Some of the Homoeopathic Sports medicines are as follows:**

ARNICA MONTANA: this is the remedy of first importance in all kinds of injuries, traumatic or bruised. It is mostly suited to cases, when any injury, however remote seems to have caused the present trouble. It is suited to persons who are extremely sensitive to mechanical injuries, and who feel the effects of them long after; persons easily made train-sick or sea-sick. Patients complain that the bed is hard no matter how soft it may be. Allied to wounds are haemorrhages, and arnica causes and cures haemorrhages of many kinds: dilatation and rupture of small blood-vessels. It is especially suited to cases when any injury, however remote, seems to have caused the present trouble. After traumatic injuries, overuse of any organ, strains. A muscular tonic. Traumatism of grief, remorse or sudden realization of financial loss. Limbs and body ache as if beaten; joints as if sprained. Bed feels too hard. Marked effect on the blood. Affects the venous system inducing stasis. Ecchymosis and haemorrhages. Relaxed blood vessels, black and blue spots. Tendency to haemorrhage. Worse, least touch; motion; rest; wine; damp cold. Better, lying down, or with head low.

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- **CALENDULA:** It is a great homoeopathic antiseptic. Injury caused by Clean cut injury, Surgical cuts, Lacerated wounds, Suppurating wounds. It prevents suppuration, promotes healthy granulation of tissues & rapid healing. It is excellent Haemostatic.

RHUS TOXICODENDRON: ailments from strains, over lifting. Hot, painful swelling of joints. Pains tearing in tendons, ligaments, and fasci . Better motion. Soreness of condyles of bones. The cold fresh air is not tolerated; it makes the skin painful. Numbness and formication, after overwork and exposure. Tenderness about knee-joint.

RUTA: complaints from straining flexor tendons especially. Tendency to the formation of deposits in the periosteum, tendons, and about joints, especially wrist. Overstrain of ocular muscles. Sprains. Lameness after sprains. Injured “bruised” bones. Fractures & Dislocations. Hamstrings feel shortened. Tendons sore. Aching pain in tendo-achilles. Tennis Elbow.

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- **SYMPHYTUM:** It is considered to be orthopaedic specific medicine. It is of great use in wounds penetrating to perineum and bones, and in non-union of fractures; It facilitates union of fractured bone by favouring production of Callus. Pain in eye after a blow of an obtuse body. For traumatic injuries of the eyes no remedy equals this.
- BELLIS PERENNIS:** First remedy in injuries to the deeper tissues, after major surgical work. It acts upon the muscular fibers of the blood-vessels. Much muscular soreness. Lameness, as if sprained. Venous congestion, due to mechanical causes. Results of injuries to nerves with intense soreness and intolerance of cold bathing. It is indicated when sprain has been removed but the pain remains.
- HYPERICUM:** A great remedy for injuries to nerves, especially of fingers, toes and nails. Crushed fingers, especially tips. Excessive painfulness is a guiding symptom to its use. Prevents lockjaw. Punctured wounds. Relieves pain after operations. Quite supersedes the use of morphia after operations (helmuth). Spasms after every injury.
- LEDUM PALUSTRE:** Easy spraining of ankle. . For punctured wounds, produced by sharp-pointed instruments or bites particularly if the wounded parts are cold.
- BOVISTA:** Swelling of the foot after sprains.
- CALCAREA PHOSPHORICUM:** It is especially indicated in bone disease non-union of fractured bones. It has a special affinity where bones form sutures or symphyses, and all its symptoms are worse from any change of weather. It helps to unite bones quickly.

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- INJURIES (traumatisms) – *Acet. ac.*, *Acon.*, *Angust.*, *Arn.*, *Bellis*, *Bufo*, *Calend.*, *Cic.*, *Crot. t.*, *Euphras.*, *Glon.*, *Ham.*, *Hyper.*, *Led.*, *Mag. c.*, *Millef.*, *Nat. s.*, *Physost.*, *Rhus t.*, *Ruta*, *Stront. c.*, *Sul. ac.*, *Verb.*
Bruises
Contusions – *Acet. ac.*, *Arn.*, *Bellis*, *Con.*, *Echin.*, *Euphras.*, *Ham.*, *Hyper.*, *Led.*, *Rhus t.*, *Ruta*, *Sul. ac.*,
Symphyt., *Verb.*
Bone [of] – *Arn.*, *Calc. p.*, *Ruta*, *Symphyt.*
Breast [of] – *Bellis*, *Con.*
Eye [of] – *Acon.*, *Arn.*, *Ham.*, *Led.*, *Symphyt.*
Parts, rich in sentient nerves [of] – *Bellis*, *Hyper.*
Persistence of ecchymosis [with] – *Arn.*, *Led.*, *Sul ac.*
Sprains, strains – *Acet. ac.*, *Acon.*, *Agn.*, *Arn.*, *Bell.*, *Bellis*, *Calc. c.*, *Calc. fl.*, *Calend.*, *Carbo an.*,
Formica, *Hyper.*, *Millef.*, *Nux v.*, *Rhod.*, *Rhus t.*, *Ruta*, *Stront.*, *Symphyt.*

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