

Homeopathic Healthcare

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Carpal Tunnel Syndrome

Carpal tunnel syndrome, caused by compression of the median nerve at the wrist, can cause pain, tingling and numbness of the wrist, hand and fingers, typically the thumb, index, middle and ring fingers. It occurs frequently as a result of repetitive movements of the wrist, such as from keyboarding, painting, carpentry, etc.; it also can occur during pregnancy and as a result of hypothyroidism. Many cases of both chronic and acute carpal tunnel syndrome can be helped with homeopathic treatment. Chronic cases require the attention of a professional homeopath. Acute cases, however, can often be helped by the properly self-administered homeopathic remedy. Following is a description of the symptomatic indications of a few of the more common remedies for this condition. For acute flare-ups I recommend that one take a 30C potency of the indicated remedy three times a day for two to three days. If some relief has not been forthcoming by then, another remedy should be tried.

Homeopathic Remedies

Calcarea phosphorica: Soreness, cramping, pain in the wrist, which is made worse by moving or using the wrist. Cold, damp weather, especially snowy weather, aggravates. Exposure to cold and drafts also aggravates the wrist pain. There may be a sensation of weakness about the wrist.

Causticum: The right wrist is most often involved when this remedy is indicated. A sprained feeling, weakness and stiffness of the wrist is characteristic. Numbness and paralytic weakness, often coupled with contraction of the flexor tendons of the finger (palm). Cold and cold, dry weather aggravates. Warmth and dampness ameliorates. Cramping of the hand when writing is typical.

Guaiacum: Left-sided carpal tunnel syndrome. Tearing, burning pain; shooting pain from the elbow to the wrist. The muscles of the hand feel too short, causing the sufferer to stretch the hand. Heat aggravates while a cold cloth or ice pack provides relief.

Rhus toxicodendron: Overuse injuries are the common cause of Rhus-tox carpal tunnel syndrome. The wrist is stiff and achy. The patient has the desire to continuously move and stretch the wrist, which brings some relief. The wrist is especially painful on beginning motion. Cold, damp weather aggravates. Hot applications, hot bathing ameliorates.

Ruta: Sore, bruised, sprained feeling with stiffness of the wrist after injuries. Shooting pains and numbness and tingling of the hands after use. Lifting objects is especially aggravating. Cold, damp weather aggravates. Restless. Motion and rest can aggravate. Warmth ameliorates.

Viola odorata: Carpal tunnel syndrome of the right wrist, especially in women. Motions, such as those involved in playing the violin, are a common causation. The pain in the wrist may extend to involve the shoulder. Motion aggravates.

Actea spicata: Tingling pain of the wrist and marked tenderness. Unable to move the wrist at all. Very sensitive to touch. Weakness.

Bellis perennis: Strain from repetitive motions. Soreness and swelling of the wrist. Pain like a band around the wrist. Touch aggravates. Moving and rubbing the wrist ameliorates.

Nutritional Recommendations:

A number of nutrients can be of benefit in carpal tunnel syndrome, most especially B vitamins: B complex, 100 mg three times a day, with additional B-1, 50 mg three times a day, and B-6, 100 mg twice a day, for twelve weeks is the recommended dosage. Also potentially helpful are Coenzyme Q10, lecithin, and zinc.

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