

Homeopathic Healthcare
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Fractures

No, I am not about to tell you that homeopathy can supplant the need to splint a fracture; so you will still have to visit the orthopedic surgeon for proper alignment and immobilization of a fracture. But what homeopathy can do is reduce the pain, swelling and bruising associated with a fracture; homeopathy also can frequently address the problem of non-union of a fracture — failure of the broken bone to knit.

The following remedies (and others) are useful when a bone has been broken. Dosages vary depending upon the condition being treated and will be listed below.

First-line Remedies for the Immediate Post-Fracture Period

Aconite (monkshood): This remedy is indicated almost immediately after the fracture if fright and shock are prominent. Dosage: 30C or 200C every 15-30 minutes until the fear has abated.

Arnica (leopard's bane): Arnica is the routine first-line remedy for fractures (and other injuries) and is best taken within the first few hours of the injury. It will often act to reduce swelling and bruising, and may reduce pain. The pain is of a sore, bruised quality and the patient cannot find a comfortable position. There will be fear of having the injured part touched or even approached. Dosage: 30C or 200C every 3-4 hours for 2-3 days (unless another remedy is better indicated).

Remedies for the Pain of Fractures

Dosage: Any remedy taken to reduce the pain of fractures should be taken in the 30C potency and repeated as needed every three to four hours until the pain has reduced; if no effect is noted within 12 hours, try another remedy.

Bryonia (wild hops): In Bryonia fractures the pain is more severe than Arnica will relieve. Sharp or stitching pain worse from the least movement of the injured part; also worse from heat (e.g., a heating pad). Gentle pressure, splinting, and cold applications bring some relief. Rib fractures especially indicate Bryonia; the exquisitely sharp pain made worse by all but the most shallow of breaths is a perfect match with the symptomatology of this remedy.

Eupatorium perfoliatum (boneset): This is one of our more common influenza remedies, the principle indication being pain in the back and legs as if the bones are broken. Interestingly, this remedy can bring considerable relief when the bones are actually broken — a severe, deep aching in the fractured bone, worse from motion.

Hypericum (St. John's wort): The homeopathic usefulness of St. John's wort extends well beyond that of the botanical medicine's effects upon depression; this remedy is of utility for the pain of fractures in nerve-rich areas; such as, crushed fingertips or toes, spinal fractures, and compound fractures. Severe nerve pains, often extending upward from the injured area.

Lachesis (bushmaster snake venom): Less frequently indicated than Hypericum, Lachesis is also indicated when the fracture pain extends up the limb. Crushing injuries (e.g., the fingers) with purple or blue-black discoloration and severe pains made worse from any heat may be met with this remedy.

Ruta (rue or herb-of-grace): Ruta reduces the pain incurred in fractures or bruising of bones near the surface (shin, skull, kneecap). It may help chronic pain well after a fracture has healed. Cold and damp aggravate the pain, as will initial motion; sustained movement may bring some relief (as in Rhus toxicodendron).

Bone Repair Remedies

Symphytum (comfrey): Comfrey is the first remedy to give to promote new bone growth after fractures, and can be used routinely in the absence of more pressing indications. Symphytum is also often effective for delayed non-union of fractures and for painful fractures, even after they have healed. The dosage of Symphytum for the routine promotion of fracture healing is either one dose a day of 200C for three days or one dose of 30C weekly for a month or, if low potency is preferred, 6C or 6X 2-3 times a day for a month. Symphytum should not be taken until the fracture has been set.

Calcarea phosphorica (calcium phosphate): Calcarea phosphorica (and Calcarea carbonica) can accelerate the healing of old fractures. The injured area typically experiences pain during cold weather. Dosage: One dose of 200C for three days.

Both of the above bone repair remedies may be repeated over the duration of convalescence if and when any pain or discomfort associated with the fracture returns.

The routinely recommended sequencing of homeopathic remedies for a fracture is as follows: Arnica immediately after the injury, Eupatorium perfoliatum if there is any deep aching subsequently (or another pain remedy), then Symphytum after the fracture has been set. If the healing of the broken bone is delayed, Calcarea phosphorica is the first remedy to consider.

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