

Homeopathic Healthcare
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Tendonitis/Bursitis

Though not always, tendonitis and bursitis are usually the result of overuse of the affected part or injury. Poor structural mechanics and poor conditioning often contribute and should be addressed to facilitate a recovery free of relapse. While conventional anti-inflammatory drugs can be quite effective in providing relief of acute symptoms, they may cause side-effects. Correct homeopathic treatment can be equal, if not superior to conventional drug treatment in quickly reducing inflammation without unwanted side effects.

In addition to homeopathic treatment, nutritional supplements can be of help for acute tendonitis, specifically: pancreatic enzymes - 2-3 tablets three times a day (dosage will vary depending on strength of enzymes and response) or bromelain (pineapple enzyme) - 500 mg three to four times a day; high dose vitamin C - e.g., 500 mg every 2-3 waking hours (unless stomach upset or diarrhea results, in which case reduce the dosage), and bioflavonoids - 500 mg three to four times a day. This regimen can be tried for several days to two weeks.

Homeopathic Remedies

Dosage: Take one dose of 30C every six hours until relief is obtained. If improvement is not forthcoming within 2-3 days, try another remedy.

Bryonia (wild hops): Bryonia corresponds to sharp, stitching pains with acute inflammation of the tendon. The pain is worse from the slightest motion of the affected part, and better from heat, rest, pressure

Rhus toxicodendron (poison ivy): There is pain and stiffness from overuse. The discomfort is worse if the part still too long, from first motion, and from cold exposure. Complaints are made better from continued motion (feels compelled to move and stretch the part) and warmth.

Ruta (rue): Inflammation of tendons from overuse; sprains which fail to heal. There is marked stiffness of the joint. Ruta is commonly required for carpenters and laborers. The pains are better from heat.

Causticum: Tendonitis with stiffness and a marked sense of contraction of the tendons. Pains are made worse from exposure to cold winds.

Phytolacca (pokeroor): Phytolacca is indicated when the inflammation is located at the site of the attachment of tendon to bone. Pains are worse from heat and better from cold applications.

Sanguinaria canadensis (bloodroot): This remedy is a specific for bursitis and tendonitis of the shoulder, especially the right shoulder. The pain is worse from raising th arm, turning in bed, and at night. It is better from swinging arm loosely back and forth

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