
BIOLOGICAL THERAPY

JOURNAL OF NATURAL MEDICINE

BT

Report from the Medical Practice

Dr. med. J. John

Traumeel

Traumeel acts antiphlogistically, anti-exudatively and regeneratively.

These properties are based on the individual components which are briefly mentioned below.

Aconitum (monkshood):

- a) analgesic/antineuralgic(anaesthesia dolorosa)
- b) hemostatic, due to
 - attack on the arterial vascular system
 - raising the tone of the vessels
 - reducing the emergence of erythrocytes (by diapedesin)
 - avoiding the formation of erythromas (Doring 1952)
- c) more or less acute conditions

Arnica montana (mountain tobacco):

- a) stimulation of wound healing, open wounds
- b) fractures, dislocations, bruises, hematomas
- c) hemostatic, similarly to aconitum
- d) feelings of utter exhaustion
- e) oversensitivity, especially towards any movement and vibration
- f) restlessness

In summary, the agent for traumas of every type.

Bellis perennis (daisy):

Has similar effects to arnica, in particular

- a) exudative processes, such as bruises, contusions
- b) resorption of edemas and hematomas
- c) myalgic complaints

Calendula (marigold):

- a) similar effects to arnica, in particular, stimulation of wound healing (promotion of granulation)
- b) specifically: badly healing contused wounds

Chamomilla (chamomile):

- a) countering inflammation
- b) analgesic and antispasmodic
- c) antiphlogistic (azulene action)
- d) promoting the healing of wounds and ulcers

Hamamelis (witch hazel):

- a) parenchymatous multiple venous hemorrhages

- b) inhibiting inflammation
- c) analgesic
- d) eliminating venous stases (anti-thrombotic)

Millefolium (milfoil):

Hemostatic, especially in arterial and precapillary as well as arterial-venous (anastomotic) seeping hemorrhages and micro-hemorrhages

Hypericum (St. John's wort):

- a) hemostatic
- b) wound healing agent
- c) conditions after nerve lesion and after concussion of the brain, hypericum = "arnica of the nerves"

Belladonna (deadly nightshade):

- a) congestions of every type with special affinity to the head (arterial hyperemia)
- b) localized reaction phases without softening
- c) Rubor, tumor, calor, dolor symptoms

Echinacea angustifolia (narrow-leaved cone flower):

- a) increasing the body's own defenses
- b) inflammations of every type and localization
- c) septic processes
- d) hyaluronidase inhibiting, antiphlogistic effect
- e) promoting wound healing (proliferative action)

Echinacea purpurea (purple cone flower):

- a) activation of the histiogenic and hematogenic defense in inflammatory processes and general infections
- b) fibroblast stimulating effect

Symphytum (comfrey):

- a) bruises, hematomas, contusions, distortions
- b) causal complaints
- c) stimulating wound healing
- d) stimulating callus formation in bone injuries
- e) site of action at the periosteum

Symphytum is for the bones what arnica is for the soft tissues and hypericum for the nerves.

Hepar sulfuris (liver of sulphur):

- a) inclination to suppurations (furunc-

les, pyoderma, whitlows, phlegmons)

- b) vessel sealing effect
- c) regenerating action on sulfide group containing oxidation-reduction systems (coenzyme A, glutathion etc.)
- d) supporting and improving the oxidation processes and vesicular breathing in the traumatized tissue

Mercurius solubilis:

- a) antisyphilitic action, especially at the start of inflammations
- b) lymph vessel and lymph node swellings
- c) swelling reduction action on edematous conditions; i.e. the pathological sol-condition of the tissue colloids is brought back rapidly into the physiological gel condition by the mercurial compounds

The action of **Traumeel** results from a combination effect (Bürge) of plant and mineral-chemical factors which are characterized by the following properties:

1. Action of mercurialia opposing inflammation and viruses.
2. Raising the tone of the vessels (aconitum, arnica), sealing the vessels (calcium action). Eliminating venous stases and antithrombotic effects (hamamelis) as well as hemostatic action (millefolium), at the same time normalization of the prothrombin level.
3. Supporting and improving vesicular breathing and oxidation processes by calcium sulfide and polysulfide (hepar sulfuris).
4. Stimulating the "system of major defense".
5. Stimulating wound healing and shock control by arnica, calendula, echinacea, symphytum.
6. Analgesic action (aconitum, arnica, chamomilla, hamamelis, hypericum).
7. Hemostatic action (aconitum, arnica, hamamelis (venous), hypericum, millefolium (arterial), calcium sulfide and calcium polysulfide ("vessel sealing")).

Because of the individual homeopathic constituents of **Traumeel**, therapeutic possibilities arise in injuries, strains, contusions, hemorrhages and hemarthrosis, bone fractures. Post operative and post traumatic edema and soft tissue swellings.

Inflammatory processes and degenerative processes connected with inflammations at different organs and tissues, particularly of the supporting and locomotor system (tendoginitis, styloiditis, epicondylitis, bursitis, periarticular fibrositis, arthrosis), inter-vertebral disk lesions and other degenerative diseases of the spine with corresponding vertebragenic complaints, concussion of the brain (in conjunction with cocculus compositum).

Acute and chronic inflammation of the middle ear (oral, parenteral as well as local instillation of the drops), sinusitis.

Suppurative inflammations such as sudoriparous abscesses, furuncles, carbuncles, puerperal mastitis.

Periodontosis (parenteral, oral, local infiltration in the mucous membrane of the mouth).

Ulcer of the leg (ointment, oral and/or parenteral).

Eczema, neurodermatitis, lichen planus, intertrigo.

In an expert opinion on **Traumeel** according to the German pharmaceutical law, 24, para. 1, No. 3 (= clinical opinion), which is based on the assessment and critical analysis of the following parameters:

I. if the preparation is effective in the stated areas of application,

II. if the preparation can be tolerated,

III. if
a) contraindications or
b) no side effects exist,

IV. if the intended dosage is expedient, it could be ascertained:

- appropriate effectiveness of

Traumeel exists in the stated areas of application,

- the compatibility of **Traumeel** is outstanding,
- a) contraindications and
b) side effects of **Traumeel** do not exist,
- the prescribed dosage of **Traumeel** is expedient.

These findings are based on an accurately documented number of cases of patients treated with **Traumeel** by physicians of different specialization in clinic, in-patient and out-patient visits and practice, including specialists in orthopedics, surgery, oral surgery and general medicine as well as internists, pediatricians and dentists, with patients ranging from a one week old infant to an eighty four year old.

The main areas of application resulted especially for **Traumeel**, namely traumatology and accident surgery including concussion of the brain, publications having been made by

- T. Kunt, "Traumatic hemarthrosis and hydrarthrosis",
- Casper and Foerstel "Fresh traumatic soft tissue swellings",
- H. Mergen, "Soft tissue residual swellings a few weeks after the accident or after plaster cast removal",
- G. Geiger, "Soft tissue contusions and fractures, acute concussion of the brain"
- T. Kunt, "Acute concussion of the brain"

Many clinical pictures from the orthopedic sector concerning arthroses in different joints have been made from the view of the clinician, the orthopedic specialist and also the general practitioner.

Publications have also been made concerning treatment with **Traumeel** of different irritation conditions of the connective tissue close to the joints such as painful shoulder stiffness, periarticular fibrositis, epicondylitis, tendovaginitis, achillodynia and periarticular calcifying joint lesions. Also, degenerative changes in the spine such

as osteochondrosis, spondylosis, osteoarthrosis and spondylarthrosis as treated with **Traumeel ampules** and **Traumeel ointment**. Further, on the use of **Traumeel ointment** in inflammatory, suppurative processes in the joint area such as prepatellar bursitis and bursitis of the elbow. Also on longterm therapy with intramuscular administration of **Traumeel ampules** in cases of osteomyelitic chronic fistulous suppurations.

Several editorials on the use of **Traumeel** in orthopedics have been published including a summarizing review in *Extracta Orthopaedica*.

Professor Dr. med. A. Rost has reported in detail on the pre-operative and post-operative application of **Traumeel** in dental medicine.

H. Cordier has reported on the application of **Traumeel** (drops, tablets) after injuries, such as lacerations, abrasions, cuts etc. and E. Hochmann has reported on the application of **Traumeel** (ointment, drops, ampules) in skiing traumatology.

The following notes are of further significance regarding **Traumeel ointment**:

1. The good compatibility of **Traumeel** ointment also emerges in particular from the publications of the pediatrician S. Stahlin, from which the outstanding compatibility of this ointment becomes evident even in the infant of 1-2 weeks and in very small children (195 patients with intertrigo and erythema papulosum posterosivum).
2. It could be demonstrated in a clinical examination series that with **Traumeel ointment** not only post-operative swelling conditions (e.g. after arthrotomies) and contused injuries such as hematomas and distortions but also open wounds (post-operative wound dehiscences) can be treated. This finding is particularly important, since indeed according to experience, in sports medicine and in military medicine as well, frequently both types of injury, a contused and an open

trauma, are present simultaneously at the same part of the body.

3. A delay in wound healing due to Traumeel ointment because of a possible proliferation inhibiting effect was not seen in the above strict series of tests.

This outcome was expected because of the composition of the preparation, since **Traumeel ointment** contains no adrenocortical steroids

with their known proliferation inhibiting properties.

4. A pro-infectious action, which has to be covered up again by antibiotics prophylactically or therapeutically is also known because of the freedom from adrenocortical steroids of **Traumeel ointment**, which is of significance especially with regard to the treatment of open wounds exposed to a risk of infection.

Address of the author:

Dr. med. Johannes John
Buchenweg 25
7570 Baden-Baden
Germany