Homeopathy in Sports Medicine - its Application in an Equine Veterinary Clinic

by J. Figueroa Díaz and F. Gómez-Trapadea
Reprinted from Biomedicina Veterinaria, January 1995

Summary

Therapy with homeopathic medicine in athletic horses provides an alternative for the treatment of sports injuries without side effects. The use of corticoids, butazoldine, and other drugs may be problematic because of doping controls.

The results we have obtained during three years illustrate that this old and new medicine has to be included in our treatment plans for different types of injuries in sports horses.

Introduction

Homeopathy is the therapeutic method based on the Law of Similars, "simillia similibus curentur," whose goal is to cure illnesses by using dilute natural substances.

Homeopathic pharmacology is based on pharmaceutical experimentation on healthy animals and persons, which assigns a specific symptomatology to each experimental substance and its corresponding therapeutic application based on the Law of Similars.

Homeopathy offers a therapy for recovery from sports injuries without doping effects or side effects such as gastritis or renal and hepatic intoxications. Homeopathy enhances regulation of the biological equilibrium without long periods of recuperation but without eliminating the need for parallel chemotherapy or antibiotic therapy.

Through the years we have been eliminating from our practice the use of anti-inflammatory drugs such as steroids, to the point where we rarely if ever now use them.

Materials and methods

The animals treated were previously examined during the past three years and were diagnosed with radiological techniques, EKG's, extension tests, flexion, abduction, adduction, before and following exercise.

The homeopathic preparations we used for this study were the following:

- Traumeel injectable solution
- Zeel injectable solution

We classified the injuries into the following groups:

I. Anterior limbs
   * sesamoiditis
   * desmitis
   * tendinitis
   * carpal arthritis
   * scapulo-humeral arthritis

II. Posterior limbs
   * sesamoiditis
   * tarsal arthritis

III. Thoracic lumbar
   * muscular contractures
   * sacroiliac subluxations

<table>
<thead>
<tr>
<th>Pathology</th>
<th>No. of animals treated</th>
<th>Excellent results</th>
<th>Good results</th>
<th>Poor results</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sesamoiditis anterior</td>
<td>12</td>
<td>10/91.6%</td>
<td>1/8.4%</td>
<td>1/0.8%</td>
</tr>
<tr>
<td>Desmitis</td>
<td>20</td>
<td>15/75%</td>
<td>2/10%</td>
<td>2/10%</td>
</tr>
<tr>
<td>Tendinitis</td>
<td>24</td>
<td>14/58.3%</td>
<td>8/33.3%</td>
<td>2/8.3%</td>
</tr>
<tr>
<td>Carpal arthritis</td>
<td>18</td>
<td>2/11%</td>
<td>14/78%</td>
<td>2/11%</td>
</tr>
<tr>
<td>Scapulo-humeral arthritis</td>
<td>28</td>
<td>20/71.4%</td>
<td>6/21.4%</td>
<td>2/7.2%</td>
</tr>
<tr>
<td>Sesamoiditis posterior</td>
<td>2</td>
<td>2/100%</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Tarsal arthritis</td>
<td>20</td>
<td>12/60%</td>
<td>5/25%</td>
<td>3/15%</td>
</tr>
<tr>
<td>Muscular contractures</td>
<td>100</td>
<td>96/96%</td>
<td>3/3%</td>
<td>1/1%</td>
</tr>
<tr>
<td>Sacroiliac subluxations</td>
<td>20</td>
<td>18/90%</td>
<td>1/5%</td>
<td>1/5%</td>
</tr>
</tbody>
</table>

Table 1: Results
Conclusions

The application of the treatments varied from one animal to another but provided favorable results in 72 hours in the majority of cases. Nevertheless the duration of such treatments lasted as long as necessary and in most cases led to recovery in the horses.

In this study we used a homeopathic treatment known as homotoxicology which is based on combinations of homeopathic substances and is not an individualized treatment based on signs and symptoms of the patient.

At no time did we eliminate the use of allopathic therapies parallel to the homeopathic.

We confirm that homeopathy is a valid alternative in the treatment of various sports pathologies among racehorses, jumpers, and military horses.

References


The Bowel Nosodes - (cont’d from p. 128)

Prototype: Lycopodium.


PROTEUS - Nervous System - Stress - Trauma

Prototype: Natrum Mur.


MUTABLE - Alternating Symptoms Prototype: Pulsatilla


DYSENTERY CO - Nervous Tension (Anticipatory) Prototype: Arsenicum Album.


SYCOTIC CO - Irritability (Mucous Membranes) Prototype: Thuja Occ.


FAECALIS Prototype: Sepia.

The full materia medica of each of the bowel nosodes is too extensive to reproduce in this abbreviated article. This material may be obtained from: The British Institute of Homeopathy - Diploma Course, from which this article was summarized.

Address of the author:
W. John Diamond, M.D.
Triad Medical Center
4600 Kietzke Lane, M-242
Reno, NV 89502