

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

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## Summary

Therapy with homeopathic medicine in athletic horses provides an alternative for the treatment of sports injuries without side effects. The use of corticoids, butazolidine, 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, "similia 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 groups:

### I. Anterior limbs

- \* sesamoiditis
- \* desmitis
- \* tendinitis
- \* carpal arthritis
- \* scapulo-humeral arthritis

### II. Posterior limbs

- \* sesamoiditis
- \* tarsal arthrosis

### III. Thoracic lumbar

- \* muscular contractures
- \* sacroiliac subluxations

Table 1: Results

Pathology	No. of animals treated	Excellent results	Good results	Poor results
Sesamoiditis anterior	12	10 83.3%	1 8.3%	1 8.3%
Desmitis	20	16 80%	2 10%	2 10%
Tendinitis	24	14 58.3%	8 33.3%	2 8.3%
Carpal arthritis	18	2 11%	14 78%	2 11%
Scapulo-humeral arthritis	28	20 71.4%	6 21.4%	2 7.2%
Sesamoiditis posterior	2	2 100%	-	-
Tarsal arthrosis	20	12 60%	5 25%	3 15%
Muscular contractures	100	96 96%	3 3%	1 1%
Sacroiliac subluxations	20	18 90%	1 5%	1 5%

## 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 race-horses, jumpers, and military horses.

## References

- 1) Briones, Silva, F.: Manual de Medicina Veterinaria Homeopática, Editorial Hochsetter Ltda. Santiago, Chile, 1990.
- 2) MacLeod, G. The Treatment of Horses by Homeopathy. Ed. C.W. Daniel Co, Ltd. Essex, England, 1990.
- 3) Issautar, M.M., Thérapeutique Homeopathique Vétérinaire. Ed. Boiron, S.A., France, 1987.

4) Jouanny, J., Notions Fundamentales de Thérapeutique Homeopathique, Ed. Boiron, S.A, France, 1984.

5) Jouanny, J., Notions Fundamentales de Materia Médica, Ed. Boiron, S.A. France, 1984.

6) Pinto, R., Manual práctico de homeopatía, Ed. Manuel Rojo, Barcelona, 1990.

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

Prototype: *Lycopodium*.

Remedies: Chelidonium, Chenopodium, Hellebor. Nig., Hepar Sulph., Lachesis, Merc. Sulf., Sanguinaria, Taraxacum.

PROTEUS - Nervous System - Stress - Trauma

Prototype: *Natrum Mur.*

Remedies: Ac. Mur., Ammon, Mur., Aurum. Mur., Apis, Baryta Mur., Borax, Conium, Cuprum Met., Calc. Mur., Ferr. Mur., Ignatia, Kali. Mur., Mag. Mur., Secale Corn.

MUTABILE - Alternating Symptoms Prototype: *Pulsatilla*

Remedies: Ferrum Phos., Kali. Sulph.

BACILLUS NO 7 - Mental - Physical Fatigue Prototypes: *Kali Carb., Iodum.*

Remedies: Arsen. Iod., Bromium, Calc. Iod., Ferrum iod., Kali Bich.,

Kali. Brom., Kali. Iod., Kali. Nit., Merc. Iod., Nat. Iod.

GAERTNER - Malnutrition - Childhood Diseases Prototypes: *Phosphorus, Merc. Viv., Silicea.*

Remedies: Calc. Fluor., Calc. Hypophos., Calc. Phos., Calc. Sil., Kali. Phos., Nat. Sil. Fluor., Phytolacca, Pulsatilla, Zinc. Phos., Syphilinum.

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

Remedies: Anacardium, Argent. Nitr., Cadmium Met., Kalmia, Veratrum Alb., Veratrum Viride.

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

Remedies: Ac. Nitr., Antimon. Tart., Arg. Nitr., Bacillinum, Calc. Metal.,

Ferrum Met., Natrum Sulph., Rhus. Tox.

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.

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