

Biological pain relief medicine for the locomotor system

Report on a symposium in Baden-Baden, Germany, October 28, 2006

Baden-Baden. Naturopathic therapies for musculoskeletal disorders and pain can either complement allopathic medicine or offer effective alternatives, according to studies and empirical reports presented by physicians in sports medicine and other fields at a symposium during Medical Week in Baden-Baden. The subject of the continuing education session, organized by the International Society for Homeopathy and Homotoxicology and the Society of Biological Medicine, was "Sport and Quality of Life: Biological Pain Relief Medicine for the Locomotor System."

Homeopathy: Effective Arthritis Therapy

Non-steroidal anti-inflammatory drugs (NSAIDs) have proven inadequate in treating degenerative joint disorders, says Dr. Dietrich Göthel. According to this physician and pharmacist from Bergisch Gladbach, an effective arthritis therapy should do more than manage pain. It should also prevent the progression of typical pathologies (such as cartilage destruction), arresting both resorption of cartilage remnants by the synovial fluid and (ultimately) the synthesis of catabolic cytokines. NSAIDs do not do this. According to Göthel, homeopathic combination preparations such as Traumeel and Zeel can fulfill these requirements. They can either replace or complement NSAIDs and have potential as disease-modifying osteoarthritic drugs. Multiple studies have already confirmed Traumeel's anti-inflammatory effects and Zeel's efficacy in treating mild to moderate osteoarthritis. In addition, both homeopathic medications offer excellent tolerability.

Stimulation of Cartilage Matrix

Positive effects on the cartilage matrix were investigated by Dr. Rolf Gebhardt, head of Leipzig University's Institute for Biochemistry. *In vitro* studies have already confirmed the cartilage-stimulating effects of Traumeel. In his report, Gebhardt explained how Traumeel promotes extracellular matrix formation by chondrocytes and stimulates synthesis of various matrix components. In further *in vitro* experiments with liver cells, Gebhardt also demonstrated that the homeopathic combination preparation Lymphomyosot has toxin-neutralizing effects.

Increased Loading Due to Environmental Toxins

The burden of environmental toxins on human bodies is constantly increasing. Mark Schauss, president of Carbon Based Corporation (USA), develops evaluation procedures for laboratory tests. He reports that slightly less than 36 billion kilograms of toxins are released each year throughout the world. Some of these have negative effects on human health even in microgram doses, and studies have shown that many of them accumulate in the body. Effects of toxin loading can include disruption of the citric acid cycle and reduction in the resting metabolic rate. Schauss sees this as a possible reason for recent global increase in obesity. In his view, modern analytical procedures for measuring toxin loading and effective detoxification therapies such as those offered by homeopathy are of crucial importance to the field of medicine.

Traumeel Effective in Tendinopathies

Dr. Alejandro Orizola (Chile) presented the results of a controlled, double-blind, randomized clinical study of the efficacy of Traumeel ointment in treating acute non-traumatic tendon damage in top athletes. Out of a total of 252 athletes involved in the study, 89 were treated with Traumeel and 87 with diclofenac ointment, while the remainder received a placebo. Check-ups after 21 days of treatment revealed that therapy with either diclofenac or Traumeel produced significantly greater improvements in both ultrasound findings and subjective symptoms than placebo. In most of the criteria evaluated, the homeopathic medication proved superior to the allopathic product. As a result, the athletes in the Traumeel group were able to resume training after 20+ days, while the diclofenac group required slightly less than 25 days on average.

Athletes Request Homeopathic Medications

Dr. Bernd Wolfarth (a senior internist at the Munich Technical University Clinic) and Dr. Johann Kees (from the Lake Constance area) also presented lectures on the role of homeopathic combination preparations in health care for top athletes. Wolfarth, who is also the physician for the



German national biathlon team, emphasized that the athletes themselves often express a desire for homeopathic treatment options. Doping safety is a major consideration, of course. Homeopathic combinations also played a role at the Olympic winter games in Turino. For example, multiple medalist Michael Greis' successful rhinitis treatment included Engystol N, Wolfarth said.

Doping Safety a Big Plus

Dr. Kees, who is also a team physician for the VfB Friedrichshafen volleyball team, emphasized that in addition to the efficacy of homeopathic combinations, their doping safety is a big plus in competitive sports. Kees stated that prevention and treatment of infections are a major part of his work as a team physician, while acute injuries are of secondary importance. Kees often uses higher doses of homeopathic combination preparations, especially for preventing infections. In addition to Engystol and Gripp-Heel, his list of basic medications includes Traumeel, an inflammation regulating drug with positive effects on the immune system. Traumeel reduces microscopic tissue lesions that develop as a result of practice and competition. The athlete's immune system, relieved of the burden of dealing with multiple injuries, is then better able to devote itself to its usual job of warding off infection, said Kees.

A New Area of Application for Traumeel

Dr. Michal Amit-Kohn of the Orthopedic Department of Shaare Zedek Medical Center in Jerusalem pointed out that the homeopathic combination Traumeel might find a new use in treating post-operative pain. She presented a clinical pilot study of 19 patients who underwent surgical hallux valgus (bunions) correction. In addition to standard pain therapy, the patients received injections of Traumeel into the surgical site. Some of the patients also took Traumeel tablets for two weeks after surgery. The control group did not receive Traumeel in either form.

The study showed that the Traumeel group not only experienced significantly less pain than patients receiving only conventional treatment but also used lower doses of analgesics. A trend was also evident in favor of reduced frequency of infections in the Traumeel group. Taking additional oral Traumeel (tablets) did not produce further reduction in symptoms. Dr. Amit-Kohn emphasized that additional studies will be needed to verify the results of this pilot study.

Guatemalan Receives Hans-Heinrich Reckeweg Prize

For the first time this year, the winners of the annual Hans-Heinrich Reckeweg Prize for outstanding research in the field of homeopathy and homotoxicology had the opportunity to present their work during the symposium. The prize has been awarded annually since 1995.

This year's main prize of 10,000 euros went to the physician Dr. Sonia Patricia Gaitán Juárez de Cuyún of Antigua Guatemala. In a comparative study of newborns, she demonstrated that prophylactic administration of the homeopathic medication *Echinacea compositum* significantly reduced the risk of sepsis. Dr. Isabel Forner-Cordero, MD, of Valencia, Spain, was awarded the 5,000 euro advancement prize for a research paper on her successful use of therapy with the homeopathic combination preparation Lymphomyosot in post-mastectomy lymphedema.