

# The Use of a Complex Homeopathic Preparation in Dentistry

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Of all the reasons for a person's quality of life to deteriorate, relief from pain is the primary reason most people seek medical and/or dental care.

The Bristol-Myers Squibb Company concluded in a 1995 study, titled *The Nuprin Report*, that of a sample of 1,254 persons, 27% reported having dental pain and 73% reported having headaches sometime during the past 12 months. Twelve percent of the respondents sought care from a dentist for their primary care.<sup>1</sup>

The symptom of pain is a very individualized and personal experience. Each individual feels pain in a different way and will react with a different level of suffering. The pain may be acute or chronic. Many dentists are inclined to think of chronic pain as an extension of acute pain, but this is not the case.

Notice the differences between acute and chronic pain in Figure 1:

Many patients are extremely frustrated by the care they have received from dentists and physicians who practice non-biological therapeutics. For many of these individuals the standard fare may be over-the-counter analgesics followed by prescriptions of codeine and tranquilizers if the former are ineffective. Further problems can manifest in side effects or addictions which further alter the quality of life for the individual.

The Heel Company produces and distributes a complex biotherapeutic, anti-inflammatory combination preparation called Traumeel® which has a broad spectrum of action that is extremely useful for dentists treating the chronic and/or acute pain of their patients on a daily basis. It is valuable for use in a generalist's office as well as in any of the practicing specialties.

## Acute Pain

Duration is less than 6 months  
Highly localized  
Sharp feeling  
Usually radiating  
Arises from acute injury  
Autonomic nervous system  
Grimacing facial expressions  
Expects intervention to relieve pain

## Chronic Pain

Duration is more than 6 months  
Poorly localized  
Dull aching  
Diffuse and constant  
Chronic pathology/recovering from disease or injury  
May/may not have autonomic nervous system response  
Listless and exhausted  
Expects intervention to reduce pain

Figure 1.

Traumeel® is considered an extremely safe phytotherapeutic preparation with minimal adverse effects. Any initial worsening of symptoms usually signals that the remedy is working as it is not known as a suppressor of symptoms.

The constituents of Traumeel® include 12 botanical substances and 2 mineral substances. Traumeel® can be used in the form of drops, tablets, ointment, and injection solution. The oral dosage can be combined with the ointment or the injection solution to provide an assemblage of prescriptions. The preparation can be used both in pre-treatment and post-treatment with striking results.

Recently, Traumeel® was described as "a non-steroidal anti-inflammatory drug with a mechanism of action similar to the allopathic versions. However, the mechanism is unlike its allopathic counterpart which inhibits prostoglandin synthesis via the arachidonic acid pathway. Traumeel® is thought to exert its effect via modulation of the release of oxygen free radicals from activated neutrophils and inhibition of release of inflammatory mediators and neuropeptides."<sup>2,3</sup>

My experience with Traumeel® is best illustrated by results with those patients who are suffering from acute pain. However, it can also be a very satisfying form of treatment in the case of patients with chronic complaints of multifaceted nature. The purpose of this paper is to acquaint and familiarize the reader with the practicality, versatility, and effectiveness of Traumeel® in all of its forms in a dental practice.

## Reports from dental practice

### Case 1

An eight year old boy was brought to the office with pain that had persisted for several days, in a lower left second molar. The radiographic showed the presence of deep and extensive decay. The vitality of the pulp was established with the use of the Analytical Scanner.

Before the patient was sedated with nitrous oxide, he was given 10 drops of Traumeel® sublingually. The lower left side was blocked with local anesthetic. Traumeel® Ointment was generously

applied to the patient's lips and the gingival tissues in the area, prior to the application of the rubber dam. Traumeel® was also applied to the under-surface of the pre-punched special heavy rubber dam so it could readily slip over the teeth.

After all decay was removed, it was determined that the mesial pulp horn was exposed due to the caries. After preparation of the tooth was completed, Traumeel® from an ampule was applied for two minutes to exposed connective tissue of the dental pulpal mesenchymal complex and the surrounding dentin. The penetration of the Traumeel® into the dentin seems to minimize post-treatment sensitivity. The purpose is to stimulate the immune system and the greater defense system, to in turn stimulate the activity of the fibroblasts and lay down a physiological ground system.

A compatible temporary cement was used to fill part of the void, followed by composite as the restorative material of choice. Alternately, one might mix a drop or two of Traumeel® with the temporary cement when using a polycarboxylate cement or even leave a small cotton pledget soaked in Traumeel® over the pulpal exposure for an extended period of time until the nature of the pulp can be accurately determined. The cotton pledget is always removed prior to any final restoration.

Traumeel® Injection Solution was injected in the muco buccal fold opposite the tooth worked on and into the Gleditsch point for that tooth. This procedure usually negates the need for any analgesics which have a negative effect on the matrix of the pulpal mesenchyme or on the ground system in general.

Traumeel® Drops were provided. The instructions were to place 10 drops under the tongue 3 times a day (held for 90 seconds prior to swallowing) unless there was pain. If pain recurred, he was to use the drops every half-hour for a couple of days.

Prior to the patient exiting the office, Traumeel® Ointment was generously applied to the outside of the face around the temporomandibular joints, inside

the mouth, and around the tooth which anchored the rubber dam clamp.

After four days pain was absent except for an occasional brief period. After 14 months, the tooth was asymptomatic and vital.

### Case 2

A 38 year old woman came into the office with much discomfort in numerous craniomandibular and cervical muscles (bilaterally) as well as the region around the temporomandibular joints. This pain had persisted for nearly four weeks. She felt the pain had started after a rather lengthy dental appointment where she was subjected to a variety of complex procedures. It was determined to use Traumeel® for injection into a variety of trigger points.<sup>4</sup>

To eliminate pain from the temporomandibular joint, "bleeps" were made in the following acupuncture points:

- Li 4
- Si 19
- TW 21
- GB 2
- St 6 & 7

Secondary points, if needed, are:

- St 44 & 7
- GB 34
- Si 3
- TW 5

To potentiate the use of Traumeel® Injection Solution, a local anesthetic such as procaine is combined in a 1:1 mixture which works rather remarkably. The mixture was placed in a syringe with a 28 gauge needle. Small "bleeps" of the mixture were introduced into the cervical segments to eliminate the pain, bilaterally starting from the hairline 2 cm from the mid-line and approximately 1 cm vertically to the trapezius muscles. Intra-oral myofascial trigger points were injected in both the pterygoid and masseter muscles.

The Traumeel® and procaine mixture (1/4 cc) was also injected into the Gleditsch points for each tooth that had received dental turbine therapy at her

last dental appointment.

She was given Traumeel® Ointment and Traumeel® Tablets. The instructions were to apply the ointment to the afflicted areas every four hours in addition to taking one tablet under the tongue 6-8 times a day for two days and then reducing the tablets to 4-6 times a day until the pain disappeared. She reported a week later that the pain was nearly gone and she had actually forgotten about the discomfort with which she had dealt for nearly a month prior to taking the homeopathic preparation. If the pain had not dissipated as quickly as it did, the patient could have been injected twice a week to enhance her comfort level.

Injectable Traumeel®, in cases such as this, may be used in a variety of applications:

- injected into myofascial trigger points located in the muscles to provide neuromuscular reactions
- injected into acupuncture points to provide energetic reactions
- injected into segments for segmental reactions
- injected into the Very points (Gleditsch's intra-oral tooth acupuncture points)

### Case 3

Traumeel® is extremely useful as a pre-surgery adjunct with other preparations to facilitate wound healing and to promote post-operative comfort. The following case is illustrative:

A 48 year old woman was scheduled a week prior to having an infected root canal-filled tooth surgically removed. She wanted to know if there were any homeopathic preparations that could be used to minimize pain and promote healing prior to the surgical appointment. Traumeel® Ointment and Traumeel® Tablets were prescribed. The ointment was used twice a day as a topical remedy (to minimize the inflammatory process) beginning two days prior to her appointment. For the existing inflammatory process, she was to use the tablets, 1 every 6 hours, starting two days

prior to her appointment. After the surgery she used the Traumeel® sublingual drops every 20-30 minutes for two days (10 drops), followed by the drops at 4 to 6 hour intervals until she felt comfortable. (Traumeel® Drops seem to be more effective for post-traumatic conditions than the tablets.) She used the ointment until the surgical area and her muscles were comfortable.

### Conclusion

Traumeel® is an extremely versatile preparation for treating inflammatory processes in dental patients, whether they suffer from acute or chronic conditions. However, the action and the results with acute conditions are certainly faster and more predictable.

We stress the use of a combination of

Traumeel® Ointment as a rub-in for traumatic injuries to the soft tissues, both intra- and extra-oral. In my experience, the use of tablets is mainly for the inflammatory process, while the drops are best suited for the post-traumatic injuries. Drops from the ampules may be used for patients who do not wish to ingest the alcohol contained in oral drops as well as to soothe the freshly cut and exposed dentin. It also may be used as an obtundent in certain cements used to seat dental crowns and bridges. Traumeel® Injection Solution is quite remarkable in eliminating joint or muscle pain, as well as tooth pain.

### References

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### Homeopathic Nasal Spray

Ingredients: 100 g cont.: *Luffa operculata* 4X, *Luffa operculata* 12X, *Luffa operculata* 30X, *Galphimia glauca* 4X, *Galphimia glauca* 12X, *Galphimia glauca* 30X 10 g each; *Histaminum* 12X, *Histaminum* 30X, *Histaminum* 200X, *Sulphur* 12X, *Sulphur* 30X, *Sulphur* 200X 5 g each. Isotonic saline solution ad 100 g. Preservative: Benzalkonium chloride 0.01 g. Dosage: Unless otherwise directed by a homeopathic practitioner, adults and children 6 years and over: 1 to 2 sprays into each nostril 3 to 5 times daily. Children aged 2-6 receive 1/2 the adult dosage.

Package size: One-way metered dose pump spray of 0.65 fl.oz. (20 ml/20.07 g) net contents.

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