

# PAIN MANAGEMENT

## Backache

By Dr. Alta A. Smit

REMEDY	ACTION	DOSAGE
Traumeel	Acute inflammation	1 tablet or 30 drops 3 times daily or 1 oral vial per day
Spascupreel	Spasm	1 tablet 3 times daily or 1 oral vial per day
Discus compositum or Discompeel	Osteochondrosis with radicular symptoms	10 drops 3 times daily or 1 oral vial 1-3 times per week
Colocynthis-Homaccord	Neuralgia (whole spine, but more so lumbar region)	10 drops 3 times daily or 1 oral vial daily
Ranunculus-Homaccord	Neuralgia, thoracic spine	10 drops 3 times daily
Cimicifuga-Homaccord	Neuralgia, cervical spine	10 drops 3 times daily or 1 oral vial per day



## Bursitis or capsulitis

REMEDY	ACTION	DOSAGE
Bryaconeel	Acute pain worse on movement	1 tablet every 15 min (for 8 doses), then 1 tablet 3 times daily
Apis-Homaccord	Inflammatory swelling	10 drops 3 times daily or 1 oral vial per day
Traumeel	Inflammation	1 tablet or 20 drops 3 times daily or 1 oral vial 3-5 times per week
Traumeel ointment	Inflammation	Topical, 3 times daily



## Carpal tunnel syndrome

REMEDY	ACTION	DOSAGE
Traumeel	Acute inflammation	1 tablet or 20 drops 3 times daily or 1 oral vial 3-5 times per week
Zeel Comp.	Chronic inflammation	1 tablet 3 times daily or 1 oral vial 2-3 times per week
Apis-Homaccord	Edema	10 drops 3 times daily or 1 oral vial 2 times per week
Thyreoidea compositum or Funiculus umbilicalis suis-Injeel	Regenerative action on the mesenchyme	1 oral vial 2 times per week



## Cervical headache

REMEDY	ACTION	DOSAGE
Gelsemium-Homaccord	Neuralgic pain of the head	10 drops every 15 min (for 8 doses), then 10 drops 3 times daily or 1 oral vial per day
Spigelon	Headache	1 tablet every 15 min (for 8 doses), then 1 tablet 3 times daily or 1 oral vial per day or 10 drops every 15 min (for 8 doses), then 10 drops 3 times daily
Spascupreel	Spasm	1 tablet 3 times daily or 1 oral vial per day
Aesculus compositum	Circulation	10 drops 3 times daily



### Epicondylitis (Tennis/golfer's elbow)

REMEDY	ACTION	DOSAGE
Traumeel	Acute anti-inflammatory	1 tablet or 20 drops 3 times daily or 1 oral vial 2-3 times per week
Traumeel ointment	Anti-inflammatory	Topical or as a compress, 3 times daily
Ferrum-Homaccord	Specific for epicondylitis and rotator cuff	10 drops 3 times daily or 1 oral vial 3 times per week



### Tendonitis

REMEDY	ACTION	DOSAGE
Traumeel	Acute, anti-inflammatory	1 tablet or 20 drops 3 times daily or 1 oral vial per day
Rhododendroneel	Periarthritic disorders	10 drops 3 times daily, also a massive initial dose of 10 drops every hour (for 10 doses)
Ruta-Injeel	Specific for tendonitis	1 oral vial per day
Kalmia compositum	For enthesopathy in sero-negative arthritis	10 drops 3 times daily or 1 oral vial 3 times per week



### Sports injury

REMEDY	ACTION	DOSAGE
Traumeel	Acute anti-inflammatory	1 oral vial 2 times per day for 5 days in a row, THEN 1 tablet 3 times daily or 20 drops 3 times daily
Zeel Comp.	Subacute anti-inflammatory	1 oral vial 2 times per day for 5 days in a row, THEN 1 tablet 3 times daily
Lymphomyosot or Lyphosot	Swelling	20 drops 3 times daily or 1 oral vial per day or 1 tablet 3 times daily
Traumeel and Zeel Comp. ointment	Topical anti-inflammatory	Topical or as a compress 3-5 times per day (Zeel at night)
Apis-Homaccord	Severe swelling with inflammation	10 drops every 15 minutes (for 8 doses), then 3 times daily or 1 oral vial per day, then 3 times per week
Hypericum-Injeel	Blunt trauma with neuralgia	1 oral vial per day
Calendula ointment	Open wounds (Note: do not apply Traumeel on open wounds)	Topical as a compress/bandage 1 time daily



### Osteoarthritis

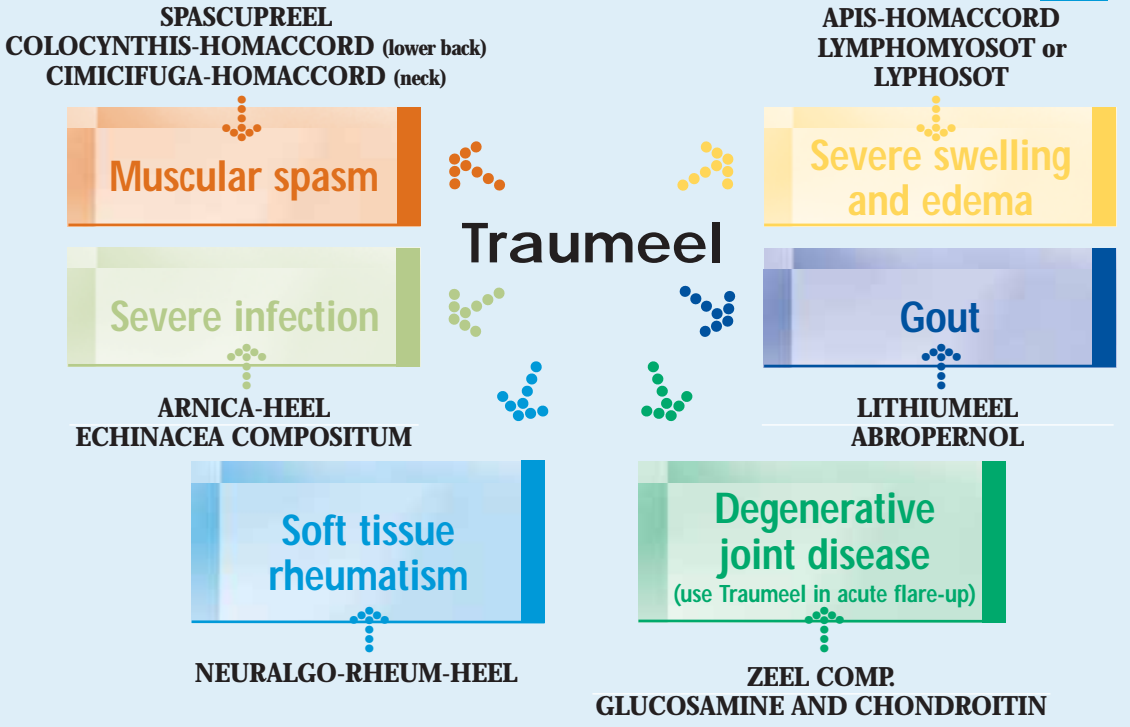
REMEDY	ACTION	DOSAGE
Zeel Comp.	Chronic/subacute inflammation	1 tablet 3 times daily or 1 oral vial 2-3 times per week
Traumeel	During periods of flare-up	1 tablet or 20 drops 3 times daily or 1 oral vial per day
Zeel Comp. ointment	Topical	Topical 2-3 times per day around inflamed joint
Colnadul or Rhododendroneel	Worsening in wet weather	10 drops 3 times daily
Discus compositum or Discompeel	In case of spondylosis	10 drops 3 times daily or 1 oral vial 2-3 times per week



# SUMMARY FOR TREATING PAIN



## Traumeel Possible combinations



## Zeel Possible combinations

