



Homoeopathy in Sport Injuries

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ABSTRACT:

SPORTS play a great role in our life as it keeps us healthy, wealthy and active. We can have a healthy mind only when we have a healthy body. Great achievements come our way when we maintain our physical and mental well-being.

Being involved in sports activities benefits a person in many ways:

- Strengthening immune system
- Inculcating sportsmanship
- Improving mental power

While it's very beneficial for kids to be involved in sports, any type of physical activity can increase the risk of injury. Everything from sprains and strains to fractures and concussions can occur during practice and games.

Keywords: Sports, Injury, Homoeopathy

Introduction:

Sports medicine is the science of understanding how these injuries can be avoided, recognised when they do occur, and then treated appropriately.

Sports medicine has been defined as the scope of medical practice that focuses on:

1. Prevention, diagnosis, treatment and management of injuries that occur during physical activity.
2. Promotion and implementation of regular physical activity in the prevention, treatment and rehabilitation of Chronic diseases of Lifestyle.

Types of sport injuries:

Injuries caused during to sports may be of 3 types:

- Acute extrinsic injury : eg- wounds, bruises and fractures.
- Acute Intrinsic Injuries: eg- tendon ruptures, avulsion fractures and ligament injuries.
- Chronic Injuries : eg-inflammation of the Achilles tendon and stress fractures.

Ways to Prevent Sports Injuries:

Take time off to rest regularly.

Wear the right, sport-specific protective gear.

Strengthen muscles.

Increase flexibility.

Use the proper technique and form.

Do not play through pain.

Medication when complaints persists.

Some of the Homoeopathic Sports medicines are as follows:

ARNICA MONTANA: this is the remedy of first importance in all kinds of injuries, traumatic or bruised. Arnica cures hæmorrhages of many kinds. A muscular tonic. Worse, least touch; motion; rest; wine; damp cold. Better, lying down, or with head low.

CALENDULA: It is a great homoeopathic antiseptic. Injury caused by Clean cut injury, Surgical cuts, Lacerated wounds, Suppurating wounds. It prevents suppuration, promotes healthy granulation of tissues & rapid healing. It is excellent Haemostatic.

RHUS TOXICODENDRON: ailments from strains, over lifting. Hot, painful swelling of joints. Pains tearing in tendons, ligaments, and fasciæ. Better motion. Soreness of condyles of bones. The cold fresh air is not tolerated; it makes the skin painful. Numbness and formication, after overwork and exposure. Tenderness about knee-joint.

RUTA: complaints from straining flexor tendons especially. Tendency to the formation of deposits in the periosteum, tendons, and joints, especially wrist. Overstrain of ocular muscles. Sprains. Lameness after sprains. Injured "bruised" bones. Fractures & Dislocations. Hamstrings feel shortened. Tendons sore. Aching pain in tendo-achilles. Tennis Elbow.

SYMPHYTUM: It is considered to be orthopaedic specific medicine. It is of great use in wounds penetrating to perineum and bones, and in non-union of fractures; It facilitates union of fractured bone by favouring production of Callus. Pain in the eye after a blow of an obtuse body. For traumatic injuries of the eyes no remedy equals this.

BELLIS PERENNIS: First remedy in injuries to the deeper tissues, after major surgical work. It acts upon the muscular fibers of the blood-vessels. Much muscular soreness. Lameness, as if sprained. Venous congestion, due to mechanical causes. Results of injuries to nerves with intense soreness and intolerance of cold bathing. It is indicated when sprain has been removed but the pain remains.

HYPERICUM: A great remedy for injuries to nerves, especially of fingers, toes and nails. Crushed fingers, especially tips. Excessive painfulness is a guiding symptom to its use. Prevents lockjaw. Puncture wounds. Relieves pain after operations. Quite supersedes the use of morphia after operations (helmuth). Spasms after every injury.

LEDUM PALUSTRE: Easy spraining of ankle. For puncture wounds, produced by sharp-pointed instruments or bites particularly if the wounded parts are cold.

BOVISTA: Swelling of the foot after sprains.

CALCAREA PHOSPHORICUM: It is especially indicated in bone disease non-union of fractured bones. It has a special affinity where bones form sutures or symphyses, and all its symptoms are worse from any change of weather. It help to unite bones quickly.

DULCAMARA: Sprain of neck, lying on affected side.

RANUNCULUS BULBOSUS: Various kinds of pains and soreness, as if bruised in sternum, ribs, intercostal spaces. Muscular pain along the lower margin of the shoulder-blade; burning in small spots from sedentary employment. Worse, open air, motion, contact, atmospheric changes, wet, stormy weather, evening.

NATRUM SULPHURICUM: It is specific medicine for injuries to the head. Ill-effects of falls and injuries to the head, and mental troubles arising there from. changing posture.

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