



## Enhancing Sports Injury Recovery and Prevention through Homoeopathy

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### ABSTRACT:

This article includes the advantage of homoeopathy in sports injury and its management. In recent years, sports have been developing in a great pace, the competition between athletes is becoming more and more fierce. Long and heavy training load of athletes lead to an increase of the incidence of sports injury. According to a study performed at [Stanford University](http://Stanford University), 21% of the injuries observed in elite college athletes caused the athlete to miss at least one day of sport, and approximately 77% of these injuries involved the knee, lower leg, ankle, or foot.

Keywords: Sports medicine, ergogenic aids, supplement,compression,unprejudiced.

### Introduction:

Sport participation confers various benefits in children and adolescents, such as self-esteem, confidence, team play, fitness, agility and strength but participation in sports entails a risk of various types of injury. There are many advantages of sports on health like decreasing the risk of obesity, cardiovascular disease, hypertension, diabetes and improving physical fitness. Athletic injuries have been a major area of interest in the field of sports and clinical medicine. There is a lot of data and interviews where different sportsperson came forward and mentioned about how they have been impressed by the action of homoeopathy in their injuries and other problems and since then they are using it regularly.

#### *What is sports medicine?*

Sports medicine is a branch of medical science that deals with the treatment of injuries related to sports and games.

#### **Management:**

General management-

**Rest-** Limit activities that involve using the injured area for at least a day or two in mild injury.

**Ice-** Apply an ice pack to the injured area for 20 minutes at a time, four to eight times a day. Use a cold pack, ice bag, or plastic bag filled with crushed ice and wrapped in a towel, to avoid cold injury and frostbite, do not apply the ice for more than 20 minutes. (Note: Do not use heat immediately after an injury, this tends to increase internal bleeding or swelling. Heat can be used later to relieve muscle tension and promote relaxation.)

**Compression-** Keeping pressure on the injured area may help reduce swelling. An elastic bandage works well, but do not wrap it so tightly that it cuts off the circulation.

**Elevation-** If possible, keep the injured ankle, knee, elbow, or wrist elevated on a pillow, above the level of the heart, to help decrease swelling. If pain and restricted movement is a problem, physiotherapy could be very helpful.

1. Prevention is always better:
2. Warm up before game.
3. Correct technique and equipment.
4. Drink enough water and stay hydrated.



## 5. Calm yourself down.

### Sports nutrition:

This field encompasses a wide range of disciplines, concentrating on the scientific principles and practical applications of optimal nutrition in relation to physical activity, particularly examining how the body utilizes nutrients during competitive sports. Key components of sports nutrition include hydration, evaluation of energy requirements, analysis of weight and body composition, strategies for weight management, meal timing, and the incorporation of ergogenic aids. The process of sweating during physical exertion leads to the depletion of water and sodium, underscoring the significance of hydration in sports nutrition, which involves maintaining adequate fluid levels in the body.

For the majority of athletes, a suitable dietary intake is at least 2,000 calories per day, with 55% to 65% derived from carbohydrates, 15% to 20% from protein, and 20% to 30% from fats. There is no single food or supplement that can significantly boost athletic performance. Instead, the cumulative advantages of healthy practices—such as consuming nutritious foods, staying well-hydrated, ensuring sufficient rest, and steering clear of drugs and harmful substances—contribute to enhanced athletic performance.

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## Homoeopathic Approach

An impartial observer, regardless of their level of astuteness, recognizes nothing in each individual ailment beyond the observable changes in the physical and mental state of the patient, which can be detected through the senses. In essence, the unbiased observer identifies only the departures from the previous healthy condition of the currently ill individual, which are experienced by the patient, noted by those in their vicinity, and assessed by the medical practitioner (*Aphorism 1 and footnote, Organon of Medicine by Dr. Samuel Hahnemann*).

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## Homoeopathic medicines

- **Gelsemium sempervirens** is recommended for individuals experiencing heightened anxiety prior to a competition or tournament.
- **Arnica montana** is suggested for use in cases of accidents, as all incidents involve a certain degree of impact.
- For treating wounds, it is advisable to apply a dressing made from **Calendula** mother tincture diluted with distilled water, and to administer **Calendula** 200 every six hours. Additionally, a dressing with gauze soaked in **Hamamelis** lotion can also prove beneficial.
- In the case of wounds and contusions, a firm dressing with **Calendula** diluted in a tablespoon of water can effectively halt bleeding, promote healing, and prevent infection.
- For bruises affecting soft tissues, with or without discoloration, **Amica** 30 or 200 should be taken in three globules every thirty minutes until the pain subsides.
- For contusions involving hard tissues, such as bones, **Ruta 200** is recommended, with one or two doses taken one hour apart. (Dr. P Schmidt)
- If an insect or small foreign object enters the eye, **Coccus cacti** can facilitate rapid removal or significantly alleviate the conjunctival reaction.

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## Boxers Injuries

- Bruises of ecchymosis in soft parts and injury leading to nasal haemorrhages- **Arnica montana**
- Fracture of bones of hand and finger- **Symphytum**; but if there is crushing of finger with severe pain **Hypericum** is the medicine.
- For black eye i.e., strong ecchymosis >by application of cold water **Ledum pal** is the medicine; other medicines could be **Symphytum** due to punch on eyes or even **Arnica** can be given in higher potency.
- Contusion of head- **Arnica** soon after contusion; if violent blow and you suspect of contusion then think **Natrum sulph**; in contusion with convulsions **Cicuta** is the medicine.
- Contusion of the base of spine one can think about **Hypericum**.

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## Soccer Injury

- **Rhus tox** for overstraining, bad effects of overstraining and spraining are **Calcarea** and **Nux vomica**.
- Old sprains that bring after-effects like intermittent pain, swelling and other disturbing symptoms then **Strontium carbonicum** can be thought. It is chosen remedy in all grave shock after abdominal surgery.
- For muscular ecchymosis while kicking- **Arnica** or **Rhus tox** but if both doesn't work think about **conium maculatum** but if conium is not giving proper result give **Bellis perennis**.

- (Dr. P Schmidt) **Bellis perennis** works very well in the blow on breast of women; conium maculatum do works very well for glandular injury (Dr. H C Allen).
- For cramps in the calf or any other parts especially after forced exertion **Cuprum metallicum** can be given. (Roger A. Schmidt, M.D., recommended **Calcarea carb.**, as being almost specific for charley horse)
- Suppurating wound- dressing with **Calendula** and think of **Pyrogenium** orally.
- Sunstroke- **Glonoine** or **Belladonna**.

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