A-Z of Homeopathic Remedies for Sports injuries and associated ailments

Nowadays we are all aware of the importance of good nutrition, exercise and general wellbeing. However, even the fittest may suffer an occasional injury or develop weaknesses. Homeopathy can really help. Keep a small remedy kit with your sports gear at all times and stay in the game!

This remedy list includes common remedies for sports injuries and performance anxiety and can be used to help support your body through whatever life throws at it, but please do consult a qualified homeopath for advice on chronic conditions to enable the homeopath to consider your entire being.

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<th>REMEDY</th>
<th>SYMPTOMS</th>
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<td>ACONITE</td>
<td><strong>Shock and fear</strong> following a sudden and extreme accident (panic may last long after trauma), fear of death. Also big remedy for ailments that come on after exposure to cold – e.g. earache/headache or cough begins after being out in the cold. Giving Aconite immediately (within 48 hours), can effectively minimise sequelae of shock after fright and can nip acute ailments in the bud before they develop into something more long-lasting or before more severe symptoms develop. The person who needs Aconite feels very cold, is anxious and restless and may have a pale, frightened face. After shock, s/he remains fearful and sleep may be disturbed as a result of re-enacting the trauma.</td>
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<td>ALOE VERA GEL</td>
<td><strong>Soothing:</strong> a green-coloured gel (in its pure form). Made from the Aloe Vera Plant. Available in most health shops (see suppliers at end of document). Can be used for burned skin e.g. sun burn, astro turf burns, and also soothes athlete’s foot.</td>
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<td>ANACARDIUM</td>
<td><strong>Anticipatory anxiety:</strong> This is a big performance anxiety remedy – See Anxiety in A-Z of sports ailments. Mental Health: The mind is full of conflict – seems to be two people and cannot decide which one he is. One side is determined to succeed, the other lacks confidence and predicts failure. The Person feels worse for physical or mental exertion (the mind can go completely blank before an exam – recollection comes after the event). General use for muscle pains, tears, cramps, trembling, almost paralysis. Muscles tear easily, although what he suspects for example to be a hamstring tear, turns out to be a cramp. These people are better for eating and for being in the sun.</td>
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<td>ARGENTUM NITRICUM</td>
<td><strong>Anticipatory anxiety:</strong> tremble with nervous excitement. Big Nerves and Anxiety remedy. May need to rush to the loo when nervous about performing or an upcoming event. Cannot urinate for fear of involuntary diarrhoea! This person is impulsive and hurried and very impatient – has to run, will not walk, and has the sense that time passes too slowly. The person is concerned that s/he will let people down and fail. Stiff and tense with nerves, cannot relax. <em>NB. May not show the impulsive side and hurriedness – can keep this hidden.</em> They cannot bear tight spaces – can become panic-stricken – claustrophobia. They are better for company and fresh air Physical: Sore throat with splinter-like pain, which is worse on swallowing.</td>
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<td>ARNICA</td>
<td><strong>Bruised, aching sensation, inflammation, concussion:</strong> No. 1 Trauma remedy – physical and/or mental/emotional shock and trauma. Keynote for its use is the</td>
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fact that the injured or shocked person says ‘I’m alright’ when they are clearly not. The person can become agitated, irritable and quarrelsome and will not want to be touched or approached (for fear of being hurt further). Can be taken internally or used topically in the form of cream or tincture. *Do not use Arnica cream or tincture on open wounds.* Arnica is best given at time of injury and before the skin has discoloured.

Give for broken bones in first instance to assist with swelling and bruising, - See – Bones in A-Z of sports ailments, for remedies to give after the bone has been set.

**ARSENICUM ALBUM**

Physical and Mental Restlessness and Anxiety: This remedy does have some uses in the treatment of physical sports related injuries (see Toes, Hamstring, Ankle in the A-Z of ailments), which are characteristically associated with burning sensations, restlessness and also blackness. They tend to be better by application of heat. It is also the No. 1 remedy to consider for bouts of vomiting and diarrhoea – especially from food poisoning.

Mental Health: For anxiety in response to expectations of others. Fear they cannot live upto others’ expectations (may lead to depression). A person requiring Arsenicum ‘constitutionally’, is very susceptible to the cold (a ‘chilly’ type), fastidious about routine (insecurity) and tend to be perfectionists. They can become very agitated over health in particular and will tend to insist on second opinions. They are reassured by having somebody with them when they are in an anxious state or feeling unwell. Their reaction to the injury can appear disproportionate to the actual injury and they fear that they will not recover. Characteristically, they are very thirsty, but drink only in small sips.

**BELLIS PERENNIS**

Deep internal bruising (useful after surgery). For bruises to soft tissues. Sore, bruised muscles. Injuries to male and female genitalia and for blows to breasts - to prevent future problems with scar tissue. Abdominal bruising. May be useful when Arnica does not seem to have worked. Pains may be throbbing, aching or squeezing – so unbearable they drive you to distraction. To differentiate from Arnica, the person needing Bellis, does not say they are well, when they are not (as Arnica does), but will tell you they are injured and will ask for help. Ice treatment relieves their pain and the pains may feel better for continued motion.

Falls onto coccyx (see also Hypericum)

**BRYONIA**

Pains are much worse for even slightest exertion for all complaints and injuries when the least movement is painful: broken ribs, stress fractures, foot pains, osteoarthritis, ankle sprains, knee conditions, after knee surgery, shoulder injuries, carpal tunnel syndrome, may all be helped by this remedy if the symptoms fit. Symptoms are characteristically better from hard pressure or for lying on the injured part, for being bandaged and for application of heat. Stitching-type pains are typical. Intense pain and fatigue, makes the person in need of Bryonia, want to lie in one position and not move a finger or talk to anyone. Bryonia migraines may make the person want to lie in a darkened room.

Mental/emotional: the person needing Bryonia, will be understandably grumpy and irritable, because of the pain – like a bear with a thorn in his paw! They will not want company. They are thirsty and may ask for drinks, although
they may not drink them – because of the pain of exertion!

| **CALC CARB** | Lack of Endurance, Lingering weakness  The person needing Calc Carb is sluggish, slumps and avoids exertion (not your typical athlete!). They may have disappointing performances or are not fulfilling their potential (due to the general lack of initiative, lax musculature or chronic injury). These people sweat easily about the neck and head and have a characteristic craving for boiled eggs! Physical injuries and complaints often follow on from exertion in cold and damp weather conditions especially after getting heated in a person needing Calc Carb. This remedy has an affinity with the inguinal glands (groin) and could be effective if infection is a suspected cause of the pain (see GP for diagnosis). Also useful for: ailments from overlifting, strains, injuries to lower spine, cramping pains in back and joints, weak, frequently spraining ankles (the remedy, prescribed ‘constitutionally’ by a homeopath, should help minimise the tendency to spraining) and for slow mending bones after a fracture – among other things. Can be used to treat warts. Calc Carb is usually prescribed by a homeopath based on an overall symptom picture – ie, physical, mental and emotional, rather than being given as a first aid remedy. |
| **CALC FLOUR &** | For Bone and Bony conditions  Calc Flour is a ‘Schussler tissue salt’ – available from homeopathic remedy suppliers and pharmacists. It is made from Flouride of Lime, which occurs worldwide in nature and is found in the surface of bones, the enamel of teeth and in elastic tissue in the body. It is especially related to bone and bony conditions, and is used for tooth decay and for relaxing elastic tissue and glands and also for dispersing bony growths. In addition to the above, it’s sphere of action ranges from treating calcification and ossification in ligaments and tendons, to worn out, flabby, lax muscles, and general stiffness. Calc Flour may be needed if Rhus Tox seems not to have worked (see Rhus Tox). |
| **CALC PHOS** | Growing pains (gives essential nutrition through growth spurts). For Bones which are slow to mend – can be given after Symphytum (see below). Also useful for cramping and aching numbness. Symptoms are worse for damp, cold weather. |
| **CALENDULA** | Cuts and bloody wounds  Calendula or Hypericum tinctures added to water or applied to gauze have antiseptic properties and promote rapid healing. Both are available as a cream, which can be applied directly, after thorough cleaning, to the cut or injured part. See also Ledum, where there is risk of infection in a puncture wound. |
| **CAUSTICUM** | Burns and Scolds, Cramps, Worry, Grief or Sorrow  For first aid purposes, this remedy is most likely to be employed for treating burns or to alleviate cramps and stiffness in joints, which can become rheumatic and deformed. It has a wide sphere of action on the mental and emotional planes too (see mental/emotional below) and is most often prescribed by professional homeopaths on the basis of the overall symptom picture. Physical: Burns, anywhere, that itch painfully. Limbs: Dislocations, sensations of or actual paralysis. Frozen shoulder, with difficulty raising arm above the head. Weak ankles, tearing rheumatic pain in joint. Pains are typically |


tearing, rheumatic and raw. Cracking in the joints, cramps in foot and calf, electric-shock type pains in the legs with restlessness, sensation of contraction in the Achilles heal. Sensation of or actual contraction anywhere in the body. Stiff neck, unable to move head, cramps in lumbar region and buttocks. Pains are made much worse by cold applications and much worse in the morning in bed (long lying) but are better in a warm bed at night.

Causticum is also a good remedy for the treatment of warts – especially warts found around the fingernails.

Mental/emotional: A team player. Anxious and depressed. Sensitive and guilty about being injured – feels he has let down the team. Mentally tired and worried about the future. Very sensitive to the feelings of others. Highly sympathetic – inclined to take up causes. Will ask others about their problems rather than have his own dealt with. Overworked and exhausted from caring for others.

**CHINA**

Abdominal pain and Exhaustion after loss of fluids. This is a marvellous remedy for diarrhoea which comes on especially after eating contaminated fruit, fish or meat or from beer. The person becomes drained from the loss of body fluids (may also apply after heavy menstruation). Typically the diarrhoea is painless, but is preceded by flatulent bloating and painful colic. It is usually accompanied by drenching cold sweats and followed by terrible weakness.

China is needed when colic pains feel better for bending double.

Mental/emotional: Due to exhaustion, may become apathetic, depressed and averse to training, playing or exertion – ‘indifferent’. Touchy, irritable and sensitive.

**CUPRUM**

Cramps and Spasms: muscles feel knotted up. For violent cramps in the calves at night in bed, or after very strenuous, prolonged physical activity and exertion. Pains are intense, relieved by stretching and made worse by movement or touch.

**EUPHRASIA**

Eye Symptoms. Euphrasia is a homeopathic remedy which can be used both internally and applied externally in the form of a tincture, in an eye bath. It can help relieve pain and soreness of an injured eye, such as black eyes and it can also be used in conditions such as conjunctivitis where there is discharge from the eye, soreness and profuse and acrid watering of the eye.

**GELSEMIUM**

Performance Anxiety/Exhaustion/Stress. For acute anxiety, which causes a person to seize up mentally and physically. The person most in need of Gelsemium, typically suffers from anxiety about upcoming events or performances such as an exam or sports performance - the condition that is commonly called ‘Stage Fright’. They can become profoundly nervous, trembling at the knees – literally ‘weak at the knees’ or ‘paralysed with fear’ or may appear apathetic or indifferent to disguise their fear. The person slows down (compare anticipatory anxiety response of Arg Nit who ‘speed up’ and become hurried) and there may even be a loss of skills because of muscle tension. Gelsemium is also a remedy for people who develop physical symptoms after hearing bad news.

Physical: Gelsemium is a big flu remedy – and a person with anticipatory anxiety, may develop flu-like symptoms, but are reluctant to give in and rest and will insist on trying to play or work. Flu can come on suddenly after
exertion, exhaustion or stress and they may tremble and stutter and cannot collect their thoughts.

| GRAPHITES | Ingrowing Toenails, Athlete's foot, Skin conditions | Typically used for skin complaints such as eczema, which ooze honey-like substances that crusts over, Graphites can be used topically as a cream or internally as a homeopathic remedy. Ingrowing toenails in need of Graphites are typically thick, and rough with cold, wet feet, feet chafed by sweat (See also Silica to compare with other ingrowing toenail and athlete’s foot remedies). Graphites can be used for athlete’s foot, where the folds between the toes become raw and moist and have the honey-like crust described above. |
| HYPERICUM | Accidents/injuries to nerves | No 1 first aid remedy for nerve trauma. Damage or injury to any part of the body which is nerve-rich, such as blows or injuries to the coccyx, can be excruciatingly painful (think of a stubbed toe or fingers slammed in doors – ouch!). Also injuries to the genitals. Shooting pains are typical and may extend upwards. Pains are worse for jarring or motion and better for rubbing or application of pressure. Hypericum can be taken internally as a homeopathic remedy or applied topically as a cream or tincture. For bites, cuts and wounds, see also Calendula |
| LEDUM | Black eyes/puncture wounds | – Also, bites, stings, and lacerated wounds (ie torn by jagged instrument) – to prevent infection. Injured part will be puffed up, become numb and sensitive to touch and may feel cold but is better for cool bathing and worse for heat. Also used for ankle which sprain easily and frequently and for torn meniscus (knee cartilage) with bruising and swelling. For Black eyes, Ledum follows Arnica well. |
| Lycopodium | Lack of Confidence, Anticipatory Anxiety, Flatulence and Indigestion | Physicals: Flatulence and diarrhoea, bloating with wind, burning pains, acid pain in the stomach. Nervous indigestion before a match or performance and eats only little. Appetite disappears after only a few mouthfuls. Sweet tooth. Better for warm drinks and food. Physical Symptoms are usually right-sided. Mental/Emotional: Dread for new things. Believe they cannot do it (lack of self confidence – expects failure), but when adrenalin kicks in they perform well. May come across as over-confident. Lacks confidence in rehabilitation after injury. |
| MAG PHOS | Cramps and Spasms | Used for relieving muscle spasms, and cramps. For stiffness and cramps in the back at night that are worse for touch. Convulsions and neuralgic spasmodic pains and ailments which come on suddenly e.g. when an athlete or dancer reaches the end of a long, exhausting tournament or season and, after relaxing, suddenly develops a prolapsed disc. Mental/emotional: always talking about their injuries or pains. |
| NAT SULPH | Ailments after Head Injury | It is essential that all head injuries be assessed in hospital to allow for prompt surgical intervention if there are signs of intracranial bleeding. Natrum Sulph is an important remedy for long lasting and persisting symptoms following a head injury. Where Arnica was given, but symptoms |
Persist. Typical symptoms are dizziness with nausea and vomiting. Confusion and irritability that was not present prior to the injury. Oversensitive to noise and music. Headaches described as crushing, nauseating, throbbing or violent after head injury. Drowsiness and strange sensation in the brain, as if brain is loose. Feeling as if head is in a vice. Headaches are better lying in a dark room.

Mental/Emotional: Depressed, weary of life. Worse for concentration on mental work

**NUX VOM**

*Hangover remedy* – will feel irritable, impatient and argumentative with poor concentration. Feels very chilly, is oversensitive to stimulation (noise, light, touch) and strong odours. To avoid hangovers, take Nux Vomica before going to bed and first thing in the morning and drink a glass of water at about same time.

Mental/Emotional: This is a highly ambitious type, determined to succeed and can over-work ('workaholic'). Can have a irritable and argumentative and somewhat aggressive nature and dislikes being asked questions. Have a tendency to use stimulants such as coffee to keep going. Excited and stimulated by even the smallest success in sport. Enjoys a drink and good food too much – self-indulgent. Impulsive, critical, fussy and demanding, ignore the rules. Treats injury as a sign of courage.

Consider for any injury, such as groin strain, where the personality type fits the above picture.

**PETROLEUM**

*Skin conditions – deep cracks* Useful for conditions such as athletes foot and eczema, where other remedies have not worked. Typically, there are deep cracks in the skin.

**PHOSPHOROUS**

*Bleeding* For use where bleeding is profuse, bright red (including heavy menstruation) and restarts easily. If Arnica does not stop the bleeding. For wounds, nosebleeds and bleeding after tooth extraction. Other uses in sports: Tendinitis of shoulder, tearing pain in the shoulder – especially the left side. Shin splints, stiff joints. May often be appropriate for young dancers with very flexible joints.

Mental/emotional: A very affectionate and sensitive person who cares much for others and needs company. Very impressionable.

**RESCUE REMEDY**

Very useful for first aid box for immediate relief of anxiety, while necessary treatment is being applied.

**RHUS TOX**

*Joint pain, strains and fractures and rheumatic conditions.* No1 remedy for use in sprains, strains and stiffness resulting from injury. Pains are affected by damp, or wet weather and while it is painful on first movement, pains are much better for continued movement. There may be great physical and mental restlessness. Major remedy for ailments or injuries from overuse.

Mental/emotional: Very restless, cannot sit still or rest in any one position. Cannot lie in bed and gets up to pace about restlessly. Mentally exhausted from lack of sleep.

**RUTA:**

*Ligaments and tendon injury* Ruta is a homeopathic remedy that has a special affinity with ligaments and tendons and should be used when you suspect
strain, damage or inflammation in a ligament or tendon anywhere in the body. It is especially useful where the pain is the result of overuse of the part and where there is pain from the slightest physical exertion. It can be used to aid recovery after operations. Also for pains in bones or bruises to the coverings of bones (e.g., shins). Injured parts feel stiff and sore and worse for movement.

SILICA

Foot Conditions and Splinters For use in athlete’s foot for cracks between the toes that can become very sore, with very smelly feet – the odour eats through socks! Also for ingrowing toenails for yellowy, distorted nails and offensive foot sweat. Icy cold and sweaty feet (compare with Graphites).
Silica is also useful in aiding the expulsion of splinters!

SYMPHYTUM:

Fractures, Falls, Blows, Injuries Symphytum has uses in fractures, especially those that are slow and difficult to heal, and also for torn muscles, tendons and ligaments – it promotes fusion. For broken bones, it should not to be given until the bone has been set in place. Also useful for black eyes, for sore, bruised pain after a blow. For any injury that is slow to unite or fuse e.g. torn Achilles tendon, Meniscus and collateral ligament tears.

THUJA

Veruccas and Warts This remedy is readily available in health shops and pharmacists, mainly because of its use in the treatment of warts. It is a deep acting remedy however, and should ideally be prescribed by a qualified homeopath, based on the whole person – there are several different remedies for treatment of warts.

URTICA URENS

Blisters, Burns, Sore lips Generally used as a cream, Urtica can be applied to the skin to soothe burning, stinging blisters, for minor burns and sore, sunburned lips.

Where to buy homeopathic remedies and creams:

- Buxton and Grant, 176 Whiteladies Rd, Clifton, Bristol, BS8 2XU
  www.buxtonandgrantpharmacy.co.uk
- Larry’s Homeopathics, www.larrywheeler.co.uk
- Neal’s Yard Remedies, 126 Whiteladies Road, Clifton, Bristol, BS8 2RP
  www.nealsyardremedies.com
- Wild Oats, Natural Foods, 9-11 Lower Redland Road, Bristol, BS6 6TB
- Cotham Hill Post Office and Pharmacy, 3-5 Cotham Hill, Bristol, Avon BS6 6LD

Online suppliers for remedies, tinctures and creams:

- Helios Pharmacy www.helios.co.uk
- Nelsons Homeopathic Pharmacy www.nelsonshomeopathy.com
- Ainsworths www.ainsworths.com