Homeopathic treatments and Sports Medicine
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Exercise-Induced Asthma:
ACONITUM FEROX 9CH little sweating, aggravated from 11AM to noon or from 11PM to midnight, quick mind, restless, anxious, death can occur at any time
DIGITALIS 9CH: Palpitations "as if the heart would stop," slow pulse, nausea with odors, everything is an obligation!

Sprains:
RHUS TOXICODENDRON 9CH: Restless at night, aggravated by humidity, aggravated around 3pm or 3am, improved by movements. Tennis Elbow (AGARICUS); Movement is salvation (gazelle facing predators)
RUTA GRAVEOLENS 9CH: Sprain with osseous evulsion, significant bruising, affect the flexor tendons, synovial cyst. Sexuality: yes, reproduction: no.
ARNICA 9CH: Bruising predominates, following bruises, following exertion (marathon for example). Remedy of the “boss” (chief); “worth it!”
STRONTIUM CARBONICUM 12CH: chronic sprains, cold feet, edema. Compare with NATRUM CARBONICUM who does not support the sun or milk, and who is always in search for Harmony).

Fractures:
ARNICA 15CH: Always the first remedy and preferably in high dilutions.
SYMPHYTUM 15CH, 30CH. Prevents pseudarthrosis; Often in case of divorce.
CALCAREA PHOSPHORICA 15CH, 30CH: growth, demineralization, hunger in the afternoon, feeling of injustice.
SILICEA 15CH, 30ch: Open fracture, discharge; additionally an Isopathic of the discharge can be prescribed.
STICTA PULMONARIAE 15ch: insomnia following a fracture.

Muscle Tear
AGARICUS 9CH: Strong mind in a cracking body, poet, writes poetry, sneezes nuder the sun.
**BRYONIA 9CH**: strong paralyzing pain, thirst, constipation, refuse to “move his root” to another environment.

**ARNICA 9CH**: Too much work, intense work.

### Crushing Muscles

**BELLIS PERENNIS 9CH**: The daisy which has a memory of forms, allowing to quickly recover by restoring the muscle. This remedy helps fight against skin aging. Trauma of the pelvis.

### Tendonitis

**ANACARDIUM ORIENTALE 9CH**: Especially on the Achilles tendon. Gastrocnemius muscles. Duality « angel or demon ».

**RHUS TOXICODENDRON 9CH**: humidity, agitation, « movement saves life»

**RUTA GRAVEOLENS 9CH**: Manage sexuality, responsibilities....

### Dislocations

**ALWAYS ARNICA 9CH and RHUS TOXICODENDRON 9CH at first**

**Hip Dislocation**: Belladonna, Bryonia, Calcarea carbonica, Causticum, COLOCYNTHIS, Lycopodium, Pulsatilla, RHUS TOXICODENDRON, Sulfur, THUYA, Zincum metallicum from 9CH to 30CH.

**Rotula Dislocation**: 9CH GESELIUM « the jitters», CANNABIS SATIVA (while climbing stairs)

**Ankle Dislocation**: 9CH to 30CH: Bryonia, Natrum carbonicum, Nux vomica, Ruta graveolens, Sulfur

### Cramps

**CUPRUM METALLICUM 9CH à 30CH**: afraid not to live up.

**LACTICUM ACIDUM 9CH**: lactic acid in excess, rheumatic pain, tremor

### Cranial Trauma

**ARNICA 15CH 30CH 1000K 10000K**: resorb hematomas

**NATRUM SULFURICUM 15CH 30CH 1000K 10000K**: The homeopathic ACTH, resorb edema.

**CICUTA VIROSA 30CH 1000K 10000K**: Facial trauma, nose trauma, convulsions, eczema of the face.
OPIUM 15CH 30CH 1000K 10000K: coma (stupor), snoring, Cardiac arrhythmia (wolf parkinson white), stop breathing, constipation.

LOBELIA INFLATA 9CH: Residual headaches, dizziness.

**Injuries of the eyes.**

BOTHROPS 9CH: amaurosis, retinal hemorrhage.

CROTALUS HORRIDUS 15CH: reabsorbs hemorrhage of the vitreous body

COCCUS CACTI 9CH: foreign object into the eye; does not accept foreigners in his entourage.

CONIUM MACULATUM 9CH 30CH: cataract following a contusion of the eye.

**Fracture of the teeth:**

ARNICA 9CH 15CH: hematomas

HYPERYCUM 15CH 30CH: nerve root pain

PYROGENIUM 7 CH: To prevent abscess

STAPHYSAGRIA 15CH: gums have been hurt, gums bleeding easily.

**Bite of the tongue or cheek 9CH 15CH:** Carbo animalis, CAUSTICUM, IGNATIA, NITRICUM ACIDUM

**Epistaxis**

Put a small piece of paper under the tongue.

ARNICA 9CH: following hit or stroke

FERRUM PHOSPHORICUM 9CH: red face, low-grade fever

IPECA 9CH: cough, nausea

CHINA 7CH: weakness, epistaxis lasting, anemia

VIPERA REDI 7CH: varicosities, collector (of things)

CROCUS SATIVUS 7 CH: epistaxis in hot weather, blackish filaments

**Trauma of the vertebral spine**

MEZEREUM 15CH: whiplash trauma of the cervical spine, loss of reference
CINA 15CH: Following lumbar puncture, epidural, worms, alcoholism

HYPERICUM 15CH: lombar spine, displacement coccyx. In French Hypericum = millepertuis: mille portes (1000 gates) should find the sacral door.

IGNATIA 15CH: Spinal cord injury; heartbreak

**Chest Injury**

Fracture of Ribs: KALMIA LATIFOLIA 9CH problem with the spouse.

Trauma of the heart: CACTUS 12CH like a clamp around the heart; the “others” lock me

Trauma of Breasts: BELLIS PERENNIS 7CH in acute situation, CONIUM MACULATUM 15CH for chronic situations

**Pneumothorax:**

ACONIT 9CH Vital emergency

**Trauma of Pelvis:**

ARNICA 9 CH, hematomas

HYPERICUM 15CH nerve pain

BELLIS PERENNIS 9CH: crushing, tearing

STAPHYSAGRIA 15CH: trauma genitals, FRUSTRATION, suppressed anger (ex décallotage)

SYMPHYTUM 9CH: lesions of the pubic symphis

**Trauma of shoulders**

CAUSTICUM 15CH: brachial plexus paralysis (The sword of Damocles)

FERRUM METALLICUM 15CH 30CH: chronic shoulder pain, voluntary dictator

CALCAREA PHOSPHORICA 15CH: chronic shoulder pain for a patient with gentleness suffering of injustice.

**Elbow Injury**
TENNIS ELBOW 9CH 12CH 15CH : ARNICA, RHUS TOXICODENDRON, AGARICUS MUSCARIUS (strong mind and body creaking), AMBRA GRISA (invaded by negative spirit of people who surround)

PRONATION PAINFUL : CUPRUM METALLICUM 15CH (I don’t feel able to...) PLUMBUM METALLICUM 15CH (I cannot face these constraints)

**Trauma of fingers**

HYPERICUM 15CH : crushed or torn fingers. In French Hypericum = millepertuis : mille portes (1000 gates) should find the sacral door.

Amputation Stump : SYMPHYTUM 15-30CH, HYPERICUM 15-30CH

Sprain Thumb : KREOSOTUM 15CH left thumb; fear of rape.

**Knee Injury**

ARGENTUM METALLICUM 9CH 15CH 30CH : damage to cartilage, menisci (life is a bed of roses: it must absorb shocks)

IODUM 15 30CH : infringement of the cruciate ligaments; find transcendence.

RUTA GRAVEOLENS 9CH : infringement of the tendon; moderate his sexuality

CALCAREA PHOSPHORICA 15CH : weak knees after an accident

MEDORRHINUM 15CH : chronic knee pain, anticipatory anxiety

AGARICUS MUSCARIUS 9CH : sickness OSGOOD SCHLATTER; Strong mind in a cracking body

**Athlete Foot:**

Wash with CALENDULA Soap

SILICEA 15CH 30CH : Offensive odor, mycosis between fingers, shy in public

PSORINUM 30CH : mycosis, sensitive to cold, fear to be abandoned

LYCOPODIUM 15CH : sweating feet; want to be the first

NITRICUM ACIDUM 15CH : perspire of the feet, rigid, do not forgive

**Blisters**

CAUSTICUM 9CH : Fear that something bad will happen

**Sea Sick**
CONIUM MACULATUM 9CH: authoritarian, meticulous, like the occult
NATRUM MURIATICUM 9CH: secret
TABACUM 9CH: pallor, seeking fresh air
COCCULUS 9CH: headache; wants to steer the boat
NUX VOMICA 15CH: nausea, meticulous, sensitive to the cold

**Anxiety of anticipation before the competitions**

MEDORRHINUM 15CH: sleeping on your stomach, gnawing his nails, worse in the mountain
LYCOPODIIUM 15CH: wants to be first but lack of confidence in him, anger, gas
SILICEA 15 30 CH: afraid to appear in public, sweating hands and feet
IGNATIA 15CH: fear of disappointing, lump in the throat, alternating with laughter tears
GELSEMIUM 15CH: panic, cannot remember anything
AMBRA GRISEA 15CH: oppression if it is too crowded

**Never succeeded**

AMMONIUM CARBONICUM 15CH 30CH: anger for the father
ASARUM EUROPEANUM 15CH 30CH: my father is not my real father; child from a gamete donation.
AURUM METALLICUM 9CH 12CH 15CH: daredevil, authoritarian, depressive background
CANTHARIS 15CH: breakdown after the efforts
MURIATICUM ACIDUM 15CH: lost his mother too early, acid reflux
NATRUM CARBONICUM 15CH: lost in harmony, fear the sun
NATRUM SULFURICUM 15CH: do not support humidity; following cranial trauma, bipolar.
NUX VOMICA 9CH 15CH 30CH: meticulous, drugged nervous (doping)