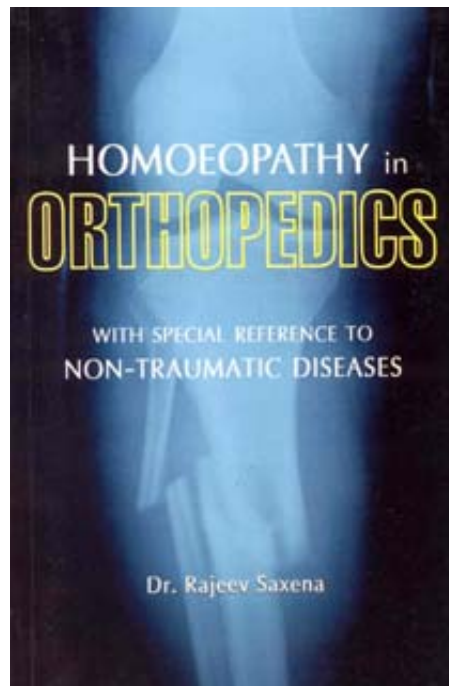


Rajeev Saxena

Homoeopathy in Orthopedics

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ORTHOPEDICS : AN INTRODUCTION

Remember that:

Dr. George Royal has recommended the following medicines for orthopedic diseases:

1. Osteogenesis imperfecta—Calc-p., Calc., Calc-f., Sil., Symph.
2. Rachitis — Calc., Calc-p., Sil., Nux-v., Chin., Kali-i.
3. Chondrodystrophy — Sil., Calc-p.
4. Acute periostitis — Arn., Echi.
5. Acute osteomyelitis — Arn., Echi., Merc., Hep., Sil.
6. Arthritis deformans — Colch., Bry., Benz-ac., Rhus-t., Am-p., Calc-p., Pic-ac., Fl-ac.

In the Indian system of medicine i.e. in ayurveda, we find instances of ayurvedic orthopedic practice. Illustrations of skeletal injuries, bone disorders and other joint disease find place in our ancient system of medicine.

In modern medical science, Nicholas Andry, a French physician has been credited for using the term, orthopedics, i.e. the very word, which denotes the disorders and diseases of the skeleton, bones, joints and cartilages. The word orthopedics is made by two root words - ortho = straight, and pedics = child. Previously, the science of orthopedics was restricted to correcting

deformities in children, but with the advancement of knowledge in anatomy, physiology and diagnostic techniques, a full fledged branch of like disorders has developed in the name of orthopedics. In modern medicinal system, this science achieved a more important status during and after the world wars of the twentieth century.

It is important to note here that the discovery of X-rays by Roentgen, usage of plaster of paris by Albert Mathysen, the newer modalities of treatment like improved methods of internal fixation, the AO systems, the interlocking nail system, Ilizarov method, etc. have made orthopedic science highly specialized.

In routine terms, orthopedics is thought to be a sophisticated science of surgery, but actually, it uses, medicines as well.

Homoeopathy has got a very workable, pleasing and helpful role in treating cases of orthopedic disorders. Fractures and surgery are also helped by homoeopathy. Homoeopathic medicines perform their responsibilities very well after surgery and fracture management. This is a proved fact. Other systemic orthopedic diseases are well cured by homoeopathy.

Any orthopedic problem is seen from the following angles :

1. Gait i.e. the style or way of walking.
2. General physical examination.
3. Clinical examination.
4. Pathological investigations.

The above four points are the basics of any orthopedic practice. The same is true for homoeopathy. We as homoeopaths, should never forget the importance of patho-physiological states of the patient. The routine examination of orthopedic cases, as is done in modern medical system, stands equally important for homoeopathy.

The clinical diagnosis of orthopedic diseases depends mostly upon the following features :

1. The history.
2. Inspection.
3. Radiographic examination.
4. Special investigation.
5. General examination of the body as a whole.

Apart from the above points, when orthopedic care comes before a homoeopath, the homoeopathic physician not only inquires about the above points but also takes a close view of the following characteristics :

1. Miasmatic status of the patient.
2. Individualized symptoms of the patient.
3. Causation.
4. General symptomatology of the vital force of the patient.

Thus we see that a homoeopathic orthopedician has to do much more than his counterpart of allopathic medicine. It is absolutely sure, that in orthopedic cases, where surgery is not required, homoeopathy has a vast curing potential equal or more than any other systems of medicine.

Mostly, orthopedic disorders are detected in the conditions given below. Since these conditions involve orthopedic problems, any homoeopathic orthopedic medicine, will deal with these disorders.

1. Deformities

- Congenital.
- Acquired.

2. Bone affections

- Infection.
- Tumors.
- Other local affections.

- Skeletal affections.

3. Joint affections

- Internal derangement.
- Arthritis.
- Dislocation and subluxation.
- Other mechanical derangements.

4. Soft tissue affections

- Tumors of soft tissues.
- Inflammatory lesions.

5. Neurological disorders

- Cerebral palsy.
- Poliomyelitis.
- Peripheral nerve lesions.
- Others.

6. Injury

Another workable scheme of studying orthopedic problems lies in following plan :

- Fractures and injuries of upper and lower limbs including spinal and nerve injury (the injuries of shoulder, elbow, arm, wrist, hands, hip, thigh, leg bones, knee, ankle, foot, pelvis, spine and nerve injury come in this category).
- Regional orthopedic conditions (torticollis, frozen shoulder, scoliosis, contractures, painful heels).
- Disorders of hand.
- Congenital disorders and injuries.

Non-traumatic skeletal diseases include :

- (a) Infection.
- (b) Tumors.
- (c) Tuberculosis.

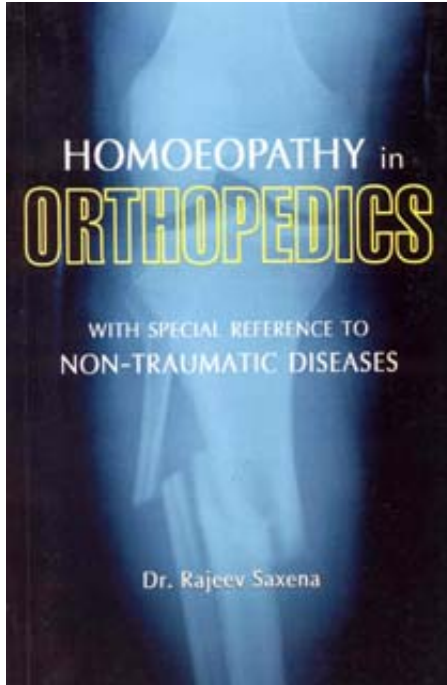
- (d) Neuro-muscular disorders.
- (e) Metabolic disorders.
- (f) Congenital and developmental disorders.
- (g) Disorders of joints,
- (h) Rheumatism.

In this work the latter scheme has been followed as homoeopathy has very special role in non-traumatic skeletal diseases. Skeletal injuries, fractures and congenital disorders can be treated by homoeopathy, but after the surgical procedure; but in non-traumatic disorders, where there is deformity, degeneration of bones, etc., homoeopathy has a very specialized utility and applicability.

Any homoeopathic orthopedician can deal with the case in its totality. The orthopedic surgeon is mainly concerned with diseases and injuries to the trunk and limbs. He is not so concerned with joint and skull or facial bone disorder. When such type of problems appear, a neurosurgeon, a dental surgeon or a concerning physician are required. However, a homoeopathic orthopedician is concerned with the whole body. He or she is to deal with trunk and limbs as well as joints, bones, muscles, tendons, ligaments, bursae, nerves blood vessels, skull and jaws. Muscular problems, which are involved or associated, sometimes, with skeletal or orthopedic problems or disorders can be corrected and treated by the same homoeopathic orthopedician. This is because, like the modern medicinal system i.e. allopathy, the homoeopathic system doesn't make segments or compartments of the human body. At the same time homoeopathic physicians or orthopedicians take a holistic approach and aim at curing the whole body. The same medicine may be helpful or curative to orthopedic as well as muscular disorders or orthopedic and nervous disorders, or all three.

The concept of vital force, symptomatology of the distorted vital force and the philosophy of similia form

the basis of this unique approach; however the conditions requiring special surgical or emergency provisions are handed over to allopathic surgeons, orthopedicians, etc. for prompt need fulfilling, by homoeopaths open heartedly.



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