Asa Hershoff
Homeopathy for Musculoskeletal Healing

Reading excerpt
Homeopathy for Musculoskeletal Healing
of Asa Hershoff
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KEYNOTES

> Inflammation of joints & bursa with stitching pains. IRRITABILITY.
> Migraine; bursting, hammering, with red face, hot head.
> < MOTION, stooping, touch, hot room > REST, pressure, local heat.

MUSCULOSKELETAL SYMPTOMS

• STITCHING, sharp, cutting. Tearing, drawing.
• Onset can be gradual (arthritis) or sudden (injuries or fracture).
• Neck- Stiffness, tension in nape.
• Thorax-. Stitches from scapulae and spine through to heart.
• Low Back: Tearing, drawing pains in lumbar and sacral spine
  < bending, sitting up, turning. As if beaten. Must walk or sit bent over.

Associated

• HOT, RED, SWOLLEN and shiny, or pale red and puffy.
• Lies or sits perfectly still, dreading any motion whatsoever.
• Irritability. Sore and sensitive to touch.
• Constipation: hard, dry stools. Heartburn, indigestion, heaviness.

Modalities

< SLIGHTEST MOTION: Stooping, exertion, jarring, rising up, turning,
  walking, stretching, raising the leg, coughing, deep breath, sneezing,
  straining, motion of the head, eyes, ascending, rising up.
< TOUCH. Eating. When constipated. Left side.
< Becoming HOT or hot room, from cold weather to warm. Chilling.
< In cold, wet weather, cold wind, COLD BATHING, weather changes.
< MORNING, on waking; 3 a.m. or 9 p.m. (late evening).
> IMMOBILIZATION: Lying or lying on painful side (except headache).
> PRESSURE, tight bandaging, bracing the area. REST, quiet.
> Heat to inflamed areas, though better cool in general. Perspiring.
> Cool open air. Overcast or damp weather. Closing eyes.

Psychological

• IRRITABILITY and anger < if disturbed. Seeks quiet and solitude.
• Worries about business. Fear of poverty, the future, change.
BRYONIA ALBA

HEADACHE SYMPTOMS
• Starts in morning on first moving eyes. Gradually increases till p.m.
• BURSTING, SPLITTING, sharp, stitching. Hammering inside.
• HEAVY HEAD. Crushing weight. Pressing in or bursting out.
• Back of head (occiput), FRONTAL, into cheeks or eye. Right or left.
• Spreads to the whole body from the occiput or temples.
• On stooping, feels as if contents of head would come out.
• Causes. Anger, fright, contradiction, overeating, constipation, liver congestion, cold air, chilling, cold drinks when overheated, coffee.

Modalities as before, plus the following:
> Stooping, coughing, after eating, light, noise, motion of eyes. SUN.
> Lying with the head low, WRAPPING UP HEAD. Closing the eyes.
> HEAT or warm applications (though head is HOT).
• Temple pain < lying on it. Occiput pain > lying on it.

Associated
• Thirst for large quantities. Dryness of lips, mouth, throat.
• White or yellow coated tongue, bitter taste. Constipation or diarrhea.
• Vertigo: Dizzy or faint on rising.
• Head HOT, red face, but body cold. Nosebleeds, rushes of blood to head.
• Scalp sore and sensitive.

DOSAGE
Potency
• 6, 12, or 30. Low potencies in gout, rheumatism, inflammation.

Repetition
• Short-acting, Bryonia bears frequent repetition during acute stages or symptoms. Otherwise, one to three times daily.

CLINICAL CONDITIONS
• Arthritis (acute) • Bursitis • Dislocations • Fibrositis, fibromyalgia
• Fractures (pain) • Knee synovitis • Low back pain • Migraine (acute)
• Myalgia • Myositis • Rheumatoid conditions • Sciatica
• Sprains • Strains • Subluxations • Synovitis • Tendonitis
• Tension headache • Torticollis • Trauma (if Arnica fails to help).
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