

Homeopathic Healthcare
Concussion
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Both acute concussions and post-concussion syndromes (which can include such symptoms as headache, dizziness, difficulty concentrating, amnesia, apathy, depression, etc.) can benefit from homeopathic medicine. In many instances, homeopathy can effect seemingly miraculous changes in patients with chronic post-traumatic brain damage and can often speedily reverse the effects of acute concussions. Of course, the use of homeopathy should by no means be used as justification for bypassing standard medical protocols for diagnosing and treating cerebral concussions/head injury.

Self or family home treatment of concussion should be reserved for relatively simple cases after medical evaluation. More complicated or long-standing cases remain the province of the homeopathic professional. The listing of remedies and their indications below is primarily solely for educational purposes.

Homeopathic Remedies

Arnica: This is the first and major remedy for concussion. Usually bruising or a hematoma accompanies the concussion. The striking peculiarity of this remedy, if the patient is conscious, is that the afflicted will profess that he is well and needs no care; he may recoil from efforts to examine him or touch him. He may be sleepy, going in and out of stupor. If asked a question, he will answer correctly, then go back to sleep. His face may be hot while the rest of the body is cold. Patients with chronic after-effects of head injury needing Arnica are often spacey and seem disconnected, almost as if they aren't quite in their bodies.

Opium: Opium (of the homeopathic variety, please!) is a potent remedy for the stupor or coma following head injury. The breathing tends to be rattling or snoring. Pupils are constricted. The face is bloated and flushed. Reflexes may be almost absent.

Hypericum: Convulsions may soon follow a head injury in St. John's Wort. Chronic mental changes and headaches can persist after the injury. This is a major remedy for the effects of spinal contusions.

Aconite: The principle indication of Aconite after head injury is an acute fear of death.

Natrum sulphuricum: This remedy is principally for the after-effects of concussions. While several symptoms typical of post-traumatic brain damage may be seen in this remedy [cognitive — thinking, concentration, memory — changes, dizziness, convulsions, tinnitus], the personality changes are most characteristic of Natrum sulphuricum — irritability, confusion, and especially depression, even suicidal thoughts.

Helleborus: This is the principle remedy for chronic mental dullness, slowness and confusion after head injury. The patient seems stupified, answering questions slowly, if at all. His awareness of his mental limitations may be frightening to him.

Cicuta virosa: Childish, at times imbecilic behavior after a concussion is noted in this important remedy. Convulsions and dizziness are common consequences as well.

*Dr. Guess is a family physician and has practiced classical homeopathic medicine since 1978. He maintains a private family practice in Crozet, Virginia, near Charlottesville. He is the past editor of the American Journal of Homeopathic Medicine (a professional homeopathic medical journal) and Vice-President of the American Board of Homeotherapeutics (a national homeopathic specialty board).
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