

Homeopathic Healthcare
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Tooth Pain

A 34 year-old woman consulted me one day several years ago asking if homeopathy could provide some relief for her tooth abscess. Her dental appointment was a couple of weeks hence and she was in considerable pain. The abscess involved a left upper premolar tooth. The area was tender to touch. The only peculiarity available to guide to a suitable homeopathic remedy was the extension of the pain — it radiated from the tooth to her cheek bone. With this paucity of information, I prescribed a few doses Causticum 30C. Within two days the woman was happy to report that all her pain had vanished. Two weeks later, after her dental appointment, we were both pleasantly surprised to learn that her abscess had disappeared as well!

Homeopathy can be both an alternative and a boon to the dentist. Dental pain from microfractures, abscesses, cavities, and neuralgia can find significant relief from the indicated homeopathic remedy. Occasionally the effect of the homeopathic remedy can eliminate the need for dental work; more often, it can provide welcome, drug-free relief until proper dental work can be completed. Furthermore, constitutional homeopathic prescribing can prevent dental decay in children otherwise prone to frequent cavities.

Below are descriptions of several of the more commonly indicated remedies for toothache. Once you have selected the remedy, take one dose of 30C or 200C potency every 4-6 hours until relief is obtained. If there has been no relief within 24 hours, try another remedy.

Homeopathic Remedies

Bryonia (wild hops) - For pain from cavities, injuries, and childhood dentition. The pains are stitching and are made worse by movement, at times even movement of distant parts of the body. Being still, lying on the painful side, and pressure on the tooth bring some relief. Warmth can also aggravate. The pain may extend from one tooth to another.

Chamomilla (chamomile) - For pain from cavities, during childhood dentition, microfractures in healthy teeth. The pains are severe and provoke great irritability; often they occur at night. The side of the face affected may be swollen and sensitive to touch. Cold air, coffee, warm food or drinks aggravate the pain. Cold drinks may relieve or aggravate the pain. Chamomilla is the principle remedy for teething pain in children. These kids will shriek in pain, demand to be carried, complain when touched, and be full of never-ending capricious demands for first one thing, then another; one cheek may be red and hot while the other is pale and cool.

Another teething remedy, among several, is **Antimonium crudum** (antimony). When in the throes of teething, these children behave much as do Chamomilla children - irritable, averse to being touched, and averse to even being looked at. Pains are worse at night, worse touching the tooth with the tongue. There may be a telltale white coating on the tongue. (Ant-c teeth are so sensitive that dental procedures are seldom tolerated.)

Coffea (coffee) - Dental neuralgias are the primary cause of Coffea pain, though cavities and microfractures may account for pains as well. The pains are severe, the patient excited and beside himself. Holding ice cold water in the mouth can bring relief. Hot food and drink accentuate the pain.

Hepar sulphuris (calcium sulfide) - Dental abscesses are a principle cause of pain. The pains are sharp and intense. Cold air, drafts, drinks, touch, biting, and chewing markedly aggravate the pain. Warm applications relieve. The tooth pain may extend to the ear.

Mercurius (mercury) - Often indicated for infections and deteriorating fillings. Accompanying the discomfort is salivation and offensive breath. There is often a metallic taste in the mouth. The pains - frequently throbbing - tend to be worse at night, from both heat and cold. Rubbing the face near the affected area (which may be swollen) can help. The dental pain may extend to the face.

Staphysagria (stavesacre) - Dental cavities are the most common reason for pain in this remedy. Constitutional Staphysagria children suffer recurrent cavities (black teeth, inflamed gums). Pains may be sharp, throbbing, tearing. Pains are aggravated at night, on biting, from cold drinks and cold air, from touch, and after becoming angry. Warmth and external pressure may help.

Arnica (leopard's bane) - Sore teeth after extractions, fillings, injuries, any dental procedure. The teeth are sensitive to touch.

Nux vomica (poison nut) - This is another remedy useful for tooth pain after having a cavity filled or simply for cavities. The pain is intense and there is marked irritability. The associated cheek may be swollen and sore. The pains are worse from cold, mental exertion, reading, anger, thinking of the pain. Pains are better from warmth.

Magnesia phosphorica (magnesium phosphate) - The intense nerve-related dental pain of this remedy is alleviated by very warm, even scalding hot applications and drinks.

While there are many other homeopathic remedies for toothache, the above will cover the majority of cases.

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