



Trauma-My Experiences

WHAT IS TRAUMA?

1. A physical injury or wound caused by external force or violence. It may be self-inflicted. The principal types of trauma involved include falls, sprains, strains, vehicular accidents, burns and drowning.
2. An emotional or psychological shock that may produce, then and later, disordered feelings or behavior latter being called Post Traumatic Stress Disorder.

GROUPS MORE AT RISK:

Children, elderly, those exposed to heavy machinery, those with physical disability or with compromised mental function.

TRAUMATIC PSYCHOSIS : Psychosis resulting from physical injuries or emotional shock.

In homoeopathy there are numerous remedies for internal as well as external use, by which the homoeopathic physician can successfully restore the victim of trauma to the normal state of health rapidly and gently, provided the injuries are not fatal. In cases of fractures the help of the orthopedic surgeon is necessary to set the broken bones and immobilize it, till healing occurs. In cases of cuts, torn out skin, lacerated wounds necessary suturing is a must for early recovery. Cleaning and proper dressing of the wounds prevents sepsis.

Dr Kent has given various remedies under the rubric Injuries in different chapters namely:

Head; Eye; Back; Extremities and Generalities.

Whereas there are many additions in the RADAR Repertory in the above chapters, rubrics for injuries

have also been added in other chapters namely:

Mouth; Bladder; Male Genital Organs and Chest.

The selection of the proper remedy is always done on the basis of the indications or as the symptoms of the individual case demand.

In my practice I have always found homoeopathic remedies work superbly by internal as well as local (external) use of them where needed. Hereunder I give a few cases from my experience.

CASE 1:

Mrs U S aged 45 yrs, first consultation on 2-5-1991. About two months ago she was involved in an accident giving her multiple open¹ fractures in Lt thigh. She was hospitalized for treatment. For near about two months her wound did not heal even after latest antibiotics and the best efforts of the surgeon. Till the wound healed, neither skin grafting nor plaster cast could be applied. So, at this stage she was referred to me. They narrated the case history and asked my help, so that the wound should get dried up soon.

The condition of the patient was as follows:

A foul smelling, serous discharge in copious quantity was seen. So much so that the thick pad of the cotton wool used for dressing used to soak completely within the 24 hours.

Stitching pain in the anus.

Daily fever in the afternoon with chills.

2-5-91 *Hypericum* 10M, one dose, stat.

Silicea 200, 24 hours later. Placebo every six hours.

4-5-91 Discharge much reduced *Silicea* 200 second dose with placebo 6 hourly.

6-5-91 The discharge from the wound had further reduced. Repeat.

10-5-91 The wound had totally dried up. Surgeon could do skin grafting on 10-5-91.

On 16-5-91 The dressing from the grafting was re-



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moved, and to the surprise of the surgeon the graft had taken well.

CASE 2.

Master S. aged 12, date of first consultation 30-1-1995.

History: On 2nd January 1995, the boy, while flying kite, fell from the roof of the first floor - a height of about 10 feet and immediately became unconscious. He was taken to the nearby hospital. As there was no external injury and the boy was unconscious the case was referred to the Neurologist.

CAT Scanning was done and after giving first aid the Neurologist referred the case immediately to a Neurological Research Center and Nursing Home, at Delhi.

The boy was admitted on 3rd Jan. '95 in ICU, did not regain consciousness up to 25th Jan '95. He was discharged from the Center and his father told that whatever was possible had been done. It was also made clear to his father that (1) the child may not survive, (2) if he, somehow survives, he will be either a vegetable or an epileptic.

During his stay at the Nursing Home he had developed breathing difficulty and tracheostomy was performed to ease respiration.

The boy developed a paroxysmal cough with much ropy expectoration through the tube. During this one month's period there was only this much improvement that whenever the boy was coaxed he used to open his mouth, if any eatable was put in his mouth he used to chew it. Now he was being kept at a Nursing Home at Dehra Dun.

On 30th Jan '95 my help was sought. Apart from the reaction related above, the boy was totally unconscious. He had not had natural bowel movements since the accident. His bowels were emptied with the help of clysters, two or three times during the past one month. The boy was under my care for about one year till he was cured. Hereunder I am giving the milestone of his improvement in brief.

30-1-95 *Kali-bich* 200 one dose followed by *Alumina* 30 six hourly.

31-1-95 His father reported improvement in ropy expectoration. But there is great rattling in his chest. a dose of *Antim-tart* 200 followed by *Alumina* 30, six hourly was prescribed.

1-2-95 In the night of 31-1-95 Though unconscious he passed a very hard stool with much straining in natural manner, first time since he met with the accident.

2-2-95 He passed two, rather loose stools on 1-2-95. Coughing persisted. On the h/o head injury one dose of *Conium* 1M was given, as he was putting his hand frequently on his forehead as if there was pain.

There were definite signs of improvement in his responses by now.

7-2-95 Cough and expectoration is better, had fever. Sputum examination revealed presence of *Pseudomonas* bacteria.

24-2-95 Intermittently the boy used to become constipated (no stool for two, three or more days). But *Alumina* 30 always helped him.

The cause of the cough and the ropy expectoration was the infection due to the tracheal tube, as diagnosed by the ENT specialist. He removed the tube on 12th Feb and the episode of cough and expectoration subsided.

Though consciousness was wanting (he still appeared as unconscious) yet he started to respond to various orders.

Meanwhile he was made to sit in the lap of his father, as he was unable to sit on his own. On making him stand, he stoops and lifts his left limb up.

He had no sight. *Conium* 1M, second dose

30-3-95 Regaining senses slowly. Vision not yet restored but could differentiate between dark and light.

Urination most frequent, day and night.

Sleep less. Occasional jerking in legs, trembling in Rt hand.

Now could stand up but staggers. Twitching in various muscles.

Alimentary functions, normal. *Arnica* 1M one dose



Rhus-tox 30 one dose daily

28-4-95 Sight has improved a lot, but could not identify colors. Has become very talkative, talks irrelevantly, sleeps less.

Urination still frequent, but only while awake.

Hyoscyamus 200 every 3rd day with placebo inter currently six hourly.

26-5-95 Loquacity still persisting.

Staggers while walks, his gait is such as if he is dragged from back while going forward; but now could stand firmly. A painful bulge is noticed at the occiput. Concentration still lacking.

Sight steadily improving, but still unable to distinguish colors.

Arnica 10M [1] dose. *Hyoscyamus* 200 continued [1] dose every 4th day.

8-6-95 Concentration still wanting but on the whole much improved. Feels fear but cannot explain. *Aconite-nap* 1M at long intervals with Placebo.

1-7-95 Now can distinguish colors. Due to the accident, his memory had been badly affected, he is still unable to identify alphabets of Hindi and English both, though he was studying in 7th class before the accident. He was taught the alphabets afresh. Now he feels lameness in his left lower limb on beginning to walk, especially in the morning.

Has become over sensitive to cold. *Lycopodium* 200 at long intervals.

1-8-95 There is over all improvement, even memory is improving, can identify letters better. Sight much better. *Lycopodium* 1M one dose followed by *Ruta* 200 at long interval.

He went on improving in all respects, occasional medicines for acute troubles like coryza, local pains as and when he complained, were given. By the end of 1995 he was almost well, meanwhile *Arnica* high was given at rare interval.

Now the boy is in good health and continuing his studies well.

CASE 3:

Fracture of tibia and fibula. Age 55 years. This is my own case, I happened to meet with an accident in October 1998 in which both my Rt tibia and fibula fractured about 2 inches above the ankle with broken ends of the bones jutting through an open wound.

For four days I was under the care of an orthopedic surgeon. During that period I took whatever medicines he prescribed. He also asked me to take homoeopathic medicines. On the fourth day he discharged me from the hospital. After that I did not take any painkillers or antibiotics, though I felt severe pain at the site of fracture for about 15 days, which used to increase in the night and as such I passed many nights in agony. I started taking homoeopathic medicines. I did not keep a record of my own but as I remember I took medicines such as *Symphytum* 30 and later 200, *Arnica* 200, *Ruta-g* 200 and *Sulphuricum-acidum* 30 and 200 singularly as the symptoms demanded.

The orthopedic surgeon told me while putting the plaster cast, that such kind of fracture is generally bad. But, within three months my leg became perfectly well. I do not feel any kind of trouble at the site of the fracture since then.

CASE 4:

About 16years ago, a 5yr old boy, fell down the stone steps. One of his upper incisors knocked against the steps. Half of it was broken and rest of the tooth was pressed into the gum with bleeding. His father brought him to me. *Arnica* 200 was given. Pain and bleeding stopped within a short period. Within two days the remaining tooth resumed its normal position and within few days the child was well. The half broken tooth still reminds of the accident. Otherwise the tooth is firm in its socket.

I have found *Aconite* a very efficacious remedy for recent injuries of the eyes and also for pain after extraction of the teeth.

I happen to see the miraculous effect of *Silicea* in



expelling foreign bodies in two cases where fish-bone got struck at different times in the throats of two girls about eight years old. Both instances occurred in the evening. There was much stitching pain. *Silicea* 30 relieved the pain within half an hour. What happened of the bone is a mystery, because there was no trace of the bone by next morning.

Now I will quote two cases of mental trauma from my records.

CASE 1:

About six years ago a 13 yr old maid was brought to me (the dates are lost in my daily Register). She had been suffering from fever for about a month. The fever used to come in the evening. It was not high fever. Other symptoms were:

Loss of appetite. Much agitation and fear.

On enquiry it was found that about a month ago an old man died in the evening, in the house where she was employed. She had to stay there for the night, while the dead body was lying in the house. From the very next day she got the fever. I asked her if she was frightened. Her reply was affirmative.

Aconite 200 alone cured her within a few days.

CASE 2:

Mrs. T... age 36 years. First consultation on 13-7-1993.

For about a year she was suffering from the following symptoms:

Pain in left side of neck, shoulder and scapula, an unusual numbing pain.

A pulsating sensation in the whole head. Pain in the forehead. The pain often used to extend downwards up to the breasts, with a sensation of heaviness and tenderness in them. Sensation of heat in the palms of the hands and the soles of the feet.

Menses scanty with dark clots. Long standing leucorrhoea, yellowish, thick, bland, used to continue throughout the month. Loss of appetite. Urination

most frequent. Vertigo.

Melancholic, temperament peevish. During the past one year her complexion had become dark.

The whole trouble started after fright. Her husband was Captain in the army. One day some of the soldiers of his unit were traveling in a truck from Chakrata (a hill station) to Dehra Dun, the truck met with an accident on the way and fell into a deep hill side. Some of the soldiers died on the spot and others were seriously injured. Being wife of the Captain she went to the hospital where the injured were admitted and the bodies of the dead were kept.

She wanted to console the injured. She also saw the mutilated bodies of the dead soldiers. She was deeply affected and got frightened. The trouble started after this incident and went on increasing in spite of the best medical help for one year. ? *Aconite* 1M – one dose followed by *Pulsatilla* 30 (few doses).

By 12-8-1993 she was well in all respects, requiring a few doses of *Aconite* 1M with placebo inter-currently.

The above cases are some examples out of very numerous different cases of trauma I have met during my practice of about forty years and have treated successfully with homoeopathic remedies- of bruises, burns, fractures, etc. and mental shock too. Such experience creates confidence in the efficacy of the infinitely small doses of homoeopathic remedies and the law of cure invented by Hahnemann.

¹ Fracture with open wound

“Joy is a net of love by which you can catch souls.”

- Mother Teresa -