



# Trauma: Nature's Way

Trauma is as old as tissues, or, rather life. It's difficult to wound or traumatise unicellular life. Therefore, a wound is an outcome of the interaction between a harsh environment and a soft multi-cellular pool of protoplasm called a plant or an animal. The net result is a breach in the continuity of a tissue or tissues. That the botanical kingdom is as much prone to the travails of trauma, was generally not conceded until the experiments of Jagdish Chandra Bose, Indian pioneer in the study of the vivacity of plants. Any trauma fractures anatomy, disrupts physiology, threatens life, limb or living and begets pain and pathology. It's a no-pathy land, for no pathy can claim superior knowledge about how Mother Nature treats trauma from within the body of the traumatised.

The more we "progress", the more we injure ourselves. India, leading the world in the business of baby making, has the highest number of road casualties – 300,000 per year, of which 100,000 are fatal and 200,000 are disabling. Add to that the host of other causes and you have a staggering problem. Homoeopathy has made momentous contribution in the field of alleviating pain and calming inflammation and associated infection. Dr Laxminarayan of Hyderabad, whom the Homoeopathic world lost a few years ago, authored a special work on the subject, dealing with the issue from so many angles. (*D Laxminarayanan: Homoeopathic Therapeutics of Traumatic Diseases and their Sequelae, which was reviewed in the NJH a few years ago*). Given the awfully corrosive nature of allopathic analgesics, the need for alternative approaches to combat pain and inflammation following any trauma, is all the more imperative.



**Dr MANU KOTHARI**  
**Dr LOPA MEHTA**  
 Dept of Anatomy  
 Seth G S Medical College  
 Parel, Mumbai - 400 012  
 Tel: 2413 1763 Extn: 2025

The plant/animal body detraumatise itself by the as yet, inscrutable process of wound healing. Starting with Le Comte du Douy, wound healing has been intensively researched upon, to arrive at a very humbling conclusion: Modern medicine, at its electron-microscopic best, knows nothing about wound healing, except that it manages to assert itself, so often, despite modern medicine. Bullough of UK summed up a Listerian Symposium on wound healing on 4 counts:

Firstly we know nothing of how a wound – a mere scratch to near fatal polytrauma – heals.

Secondly, nature has reached its zenith of perfection.

Thirdly, we can do nothing to accelerate it.

Lastly, we do so many things to decelerate wound healing.

We shall conclude this elegy on trauma and its healing by providing a thumb-nail sketch of major landmarks. Like the lovable rascal Mr Dolittle in the movie *My Fair Lady*, every trauma, every wound is "wanting, willing, waiting" to heal. This singular fact is a miracle that is so great, that wound-healing should be the presiding deity of all surgeons who thrive on deliberately traumatising human body. The second major evolution was the outstanding French surgeon Ambroise Pare (1510-1590) who stressed minimal interference, to declare: *Je Le Pensay, et Dieu Le Guarit* meaning, *I dressed him and God healed him*. Then arrived so-called Modern Medicine with its ability to support physiology approximate tissues, replace fluids, combat sepsis, stabilize fractures by external or internal fixation, and follow up with prosthesis, callipers and artificial limbs of amazing lightness and efficiency. The miracle of seeing a Christopher Reeves, paralysed all beyond the neck, leading a creative, peripatetic, preacher's life with a wife to boot, are golden lettered achievements of caring and sharing humanity.

The greatest innovation ever, was by an unknown human, who without a degree from Harvard or Hyderabad,



attempted almost at the beginning of humanity, the *approximation* of traumatised tissues to bridge the gap, and thus cut down on the body's efforts. A surgeon can do without anything except a needle and some suture material.

The Dolittlean urge of the body to heal against all odds, may stem from the subtle body or the *sukshma sharir* that envelops each one of us. The subtle body has the blue print of the entire body, a knowledge that allows it to diagnose and treat any wound anywhere in the

animal's body, from the very moment that the trauma is inflicted to the moment that the healing is complete. Shakespeare voiced it thus: "What wound did ever heal but by degrees?" (Othello, II, iii, 377). Hence, what starts today as a healing act, may be over after years. In nature's scheme of things, *Der hai lekin andher nahin hai*. How strange, how delightful, that there are a million ways to traumatise and a single, unfailing, efficient way to heal! □

## Managing an Injury

Trauma generally refers to Physical or bodily injury. Lately Post Traumatic Stress Disorder (PTSD) is fast becoming a common term and generally refers to effects on the mind after exposure to either physical or psychological trauma.

The dictionary definition of TRAUMA is -

Trauma, in psychiatry, is an unpleasant emotional experience of such intensity that it leaves a lasting impression on the mind. It is now accepted, more so in Homoeopathy, that childhood traumatic experiences very often lead to emotional symptoms later in life. Traumas that occur during adulthood also may have effects that require psychological support/ treatment. Such trauma may be physical like severe injury or illness or psychological-like witnessing mass destruction or sexual molestation.

Commonest traumas seen in practice are as a result of:

- Jerks – sprains and strains
- Falls – bruises, wounds and fractures
- Bumps – hits on the head leading to concussions
- Jumps

Barring bleeding all other form of physical trauma require the same non-pharmacological approach:

The "RICE" method helps control pain and swelling and minimize the side affects of an injury.

- Rest
- Ice
- Compression
- Elevation

How does RICE work?

When any tissue is damaged, fluid accumulates in the injured area, leading to oedema. This oedema limits the range of movement of the joint and contributes to pain if bad enough.

**REST** is essential to keep an injury from getting worse. If patients continue to function the tissue damage may aggravate. This doesn't mean that all activities have to be stopped completely. We must try "relative rest," which means continuing an activity if pain allows, or switching to an activity that doesn't cause pain - like swimming for an ankle sprain. If any activity hurts, advise NOT to do it. It may mean that the patient can do only part of an activity, but this might be better than stopping it completely.

**ICE** or anything cold can effectively decrease pain from an injury. Icing deadens pain and beneficially changes

**Dr CH ASRANI DNB**  
 Sainath Clinic  
 Kalina,  
 Mumbai 400 098  
 Tel.: 26181348  
 email: chasrani@vsnl.com