



HOMEOPATHY IN RELATION TO ORTHOPEDICS

Essay

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By

Khalid Hassan Mohammed

M.B.,B.Ch.

Faculty of Medicine – Ain Shams University

Supervised by

ASSISTANT PROF. AHMED HASSAN YOUSRY

Assistant Professor of Orthopedic Surgery

Faculty of Medicine - Ain Shams University

DR. ASHRAF MOHAMMAD ELSEDDAWY

Lecturer of Orthopedic Surgery

Faculty of Medicine - Ain Shams University

**Faculty of Medicine
Ain Shams University**

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قَالُوا سُبْحَانَكَ لَا عِلْمَ كُنَّا إِلَّا مَا عَلَّمْتَنَا
إِنَّكَ أَنْتَ الْعَلِيمُ الْحَكِيمُ

اللَّهُ
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LIST OF ABBREVIATIONS

AA	Arachidonic Acid
ADR	Adverse Drug Reaction
AEs	Adverse Effects
AIOT	Association medecine Italiana di OmoToxicologia
BMPs	Bone Morphogenetic Proteins
CAM	Complementary Alternative Medecine
CNS	Central Nervous System
COx	Cyclo-Oxygenase
CRP	C-Reactive Protein
FDA	Food drug admenistration
FGF1	Fibroblast Growth Factor 1
HMM	Homeopathic Materia Medica
IGE	Immunoglobulin E
IL	Inter Leukin
MMPs	Matrix Metallo-Proteinases
NSAIDs	Non Steroidal Anti Inflammatory Drugs
OA	Osteo-Artheritis
OTC	Over The Counter
Pgs	Prostaglandins
PL	Phospho-Lipid
PNEI	Psycho-Neuro-Endocrine- Immunology
PRM	Physiology Regulating Medecine
ROS	Reactive Oxegen Species
TGF	Tissue Growth Factor
TH1	T-helper 1 lymphocyte cell type
TNF	Tumer Necrosis Factor
VEGF	Vascular Endothelial Growth Factor

INTRODUCTION TO HOMEOPATHY

The wide and growing use of complementary medicines implies a perceived deficiency in conventional medical treatment, paralleled by increasing patient dissatisfaction with conventional medicine (drug side-effects). Patients are also more likely to turn to complementary therapy if they suffer from chronic illness or psychological symptoms which may be difficult to treat using conventional approach. (*Jacobs J. et al., 1998, White P. 2000, Simpson N. et al 2001*).

Homeopathy(also spelled homoeopathy or homœopathy) is a form of alternative medicine, first proposed by German physician *Samuel Hahnemann* in 1796, that claims to treat patients with highly diluted preparations.(**Edward c. et al., 1894**).

Homeopathy is one of the most widespread and most controversial forms of CAM(Complementary Alternative Medicine). A reasonable amount of clinical research has been done on homeopathy (though the quality of the research varies substantially) and the efficacy of many homeopathic remedies remains unclear. (*Klijnen J. et al., 1991, Ernest E.2001*).

What is Homeopathy?

Homeopathy is derived from the Greek words for “like” and “suffering.” The guiding principle “likes cure likes” has its origins in ancient Egyptian medicine as well as in Hippocratic medicine of the ancient Greeks, but the practice of homeopathy was codified by Samuel Hahnemann, a 17th-century German medical doctor. Disillusioned with the medical practices of his day, which included bloodletting, purging, cathartics, and cuppin. *(Paul Bergquist 2007).*

Hahnemann decided to experiment with medicinal substances on himself. He started with quinine, an herbal medicine known at the time to cure malaria: This was the first proving of a homeopathic medicine, and Hahnemann formulate "**the Law of Similars**", which states that a remedy can cure a disease if it produces similar symptoms in a healthy person. *(Paul Bergquist 2007).*

Hahnemann also found that symptoms caused by poisoning by a drug were often the same as the symptoms of the disease cured by that drug. *(Paul Bergquist 2007).*

Hahnemann and his followers went on to prove hundreds of plant, mineral, animal, and disease substances. These symptoms were collected and catalogued in **the Homeopathic Materia**

Medica, which today includes more than 2000 remedies. Each remedy has a full profile of mental, emotional, and physical pathologic symptoms. Homeopathic remedies are compiled in the Homeopathic Pharmacopeia of the United States, which is recognized by the U.S. Food and Drug Administration (FDA). (*Paul Bergquist 2007*).

Modern homeopaths have proposed that water has a memory that allows homeopathic preparations to work without any of the original substance; however, there are no verified observations or scientifically plausible physical mechanisms for such a phenomenon. (*John Maddox,1988*).

AIM OF THE WORK

- 1- Introducing homeopathy as a new line of treatment for some orthopedic diseases.
- 2- Complementary relation between homeopathic treatment and conventional treatment in orthopedic surgery.

HOMEOPATHY IN GENERAL

Why Homeopathy?

Homeopathy is misunderstood today, how is it possible that homeopathic remedies containing infinitesimal amounts of active medicine can cure illness? Proponents of homeopathy believe that the use of micro doses stimulates human defense and homeostatic self-regulatory mechanisms to resolve illness. Cure is possible in many acute and chronic diseases, some of which have little or no chance of cure in regular medicine. Despite a relative lack of scientific data to support its theory, homeopathy has been used safely and effectively by millions of people worldwide for more than two centuries.

(Paul Bergquist 2007).

How Are Homeopathic Remedies Prepared?

Because many remedies are toxic in their crude form, Hahnemann attenuated the remedies by serial **dilution and succussion**—a process whereby the solution is struck on pad a given number of times between dilutions. This process eliminated almost all of the side effects of the crude substance.

(Paul Bergquist 2007).

Homeopathic dilutions can be prepared in different strengths: Decimal scales (X) when one part of the concentrated tincture is diluted with 9 parts of solvent; hundredths scales (C) when one part of the concentrated solution is diluted with 99 parts of solvent. There are also other dilution scales whose preparation is particularly complex. (*Lucilla Ricottini,2008*).

A 12C potency, for example, is prepared by diluting 1 drop of the crude tincture in 99 drops of alcohol or water solution, succussing it, then taking a drop of that diluted solution and diluting it in another 99 drops of alcohol /water solution; this process is repeated twelve times to reach the 12C, or 12 centesimal potency. The decimal (X or D) potencies are diluted 1:9, and are considered less potent. (*Paul Bergquist 2007*).

Beyond a 12C or 24X dilution, **Avogadro's rule** designates that not one single molecule of the original substance should remain in solution. Yet paradoxically, in clinical practice, the higher the number of dilutions and successions, the more active the remedy. (*Paul Bergquist 2007*).

French scientist Jacques Benveniste and colleagues (*Benveniste J. et al.,1988*) were able to demonstrate mast cell degranulation by a homeopathic dilution of immunoglobulin E (Ig.E) antibodies in a laboratory setting, even at very high

dilutions in which not a single molecule of IgE remained in the solution. Their study, published in the scientific journal *Nature*, was rejected by the scientific community. However, the study was repeated 10 years later in a rigorous pan-European trial published in 1999, which again demonstrated statistically significant results showing activity of hyper dilute solutions. (*Belon P. et al.,1999*).

(Table 1) lists the common homeopathic potencies and their usual dosing methods.

Table 1. Common Homeopathic Potencies (*Paul Bergquist 2007*)

Common Potencies	Serial Cycles (of dilution and succussion)	Usual Dosing Method
6X	1:10 dilution 6 cycles	3-5 pellets q5min-h for acute illness
12X	1:10 dilution 12 cycles	3-5 pellets q15min-2h for acute illness
30X	1:10 dilution 30 cycles	3-5 pellets q1h-q8h for sub acute illness
6C	1:100 dilution 6 cycles	3-5 pellets q5min-qh for acute illness
12C	1:100 dilution 12 cycles	3-5 pellets qid in acute case, or 5 pellets qd in chronic use
30C	1:100 dilution 30 cycles	3-5 pellets tid in acute case, or qd x 10d in sub acute case
200C	1:100 dilution 200 cycles	5 pellets qh or qd in very acute case, 10 pellets once in chronic case
1M	1:100 dilution 1000 cycles	5 pellets qh in severe acute case, 10 pellets once in chronic case
10M	1:100 dilution 10000 cycles	3-5 pellets q5min-qh for acute illness case, 10 pellets once in chronic case
50M	1:100 dilution 50000 cycles	5 pellets qd in severe acute case, 10 pellets once in chronic case
CM	1:100 dilution 100000 cycles	5 pellets qd in severe acute case, 10 pellets once in chronic case

Does Homeopathic Remedies Work?

The exact mechanism by which homeopathic remedies work is unknown. The clinical success of homeopathy is often attributed to the placebo effect. Reilly and associates (*Reilly DT. et al., 1985, Taylor MA. et al., 1986, Campbell J. et al., 1994, Liewellyn-Jones et al., 2000*) conducted four double-blinded placebo-controlled trials of homeopathy in the treatment of allergies and found that homeopathy was significantly more effective than placebo. These researchers concluded that either homeopathy works or the clinical trial is flawed. Over the past 30 years, more than 190 controlled and 115 randomized trials of homeopathy have been performed. Several groups have conducted comprehensive meta-analyses of the entire body of data, results of which again suggest that homeopathy is more than a placebo-based approach. (*Kleijnen J. et al., 1991, Lide K. et al., 1997*) Biophysical changes have been observed in solutions exposed to electromagnetic signals of a variety of substances.

Benveniste (*Benveniste J. 2000*) was able to demonstrate delayed coagulation of plasma when it was mixed with water previously exposed to the digital signal of heparin.