



**PRE AND POST SURGICAL SUPPORT OF HOMEOPATHIC MEDICINE IN VARIOUS
CONDITIONS: A REVIEW**

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ABSTRACT

Surgery in medical science can be defined as the art of treating various lesions of the body by performing certain operations. Health is the physical, mental and emotional well being of a person. Whereas disease is a state of disturbed harmonious relationship between body and its metabolism. *Homeopathy* is a science based on scientific and artistic approaches along with some principles. It is noticed that many cases usually does not require surgery if treated properly at early stages. *Homeopathy* emphasizes on treating diseases by eliminating the root cause so that further complications can be prevented. *Homeopathic* medicines work on the principle of similarity. *Homeopathy* always try to treat the ailment with medicines so that surgery can be prevented. Many *Homeopathic* medicines have proved their healing and therapeutic power by treating several conditions. In many cases, surgery is not avoidable so the integration of *Homeopathic* medicines with surgical care can be more effective and will be a ray of hope for the patients.

KEYWORDS: *Homeopathy*, Surgery, Health, Disease, Medicine.

INTRODUCTION

Homeopathy has been classified as an alternative medicine system. It is developed by the Dr Hahnemann. It is a distinctive medical science practiced in many countries and is playing an important role in improving the health status of living beings. It is used as a first line of treatment in most of the cases due to its healing properties. *Homeopathy* can cure even some of the severe illnesses whose treatment is not available in conventional medical science. Its main focus is to balance the physical, mental, behavioural and spiritual wellness.

Homeopathy is based on the principle of “*Similia similibus curantur*” which means the principle of similarity. According to this, medicines can be given for a particular disorder possessing similar manifestations, thus stimulating various reactions against the illness. *Homeopathic* medicines works on the concept of drug dynamisation in which neuro- endocrinal- reticulo-endothelial axis is stimulated through ultra-dilute dilution of the drug. This helps in stimulating molecular mechanism which can enhance the physiologic functioning of the body and can be used to cure various diseases.

Concepts of Homeopathy

- ❖ Body tries to regain its normal physiologic equilibrium when it is exposed to any infection or disease.
- ❖ Ability to recover from the disease depend on the inherent capacity of the body to achieve homeostasis.
- ❖ Normal health is controlled by the regulating mechanism of the body known as homeostasis.
- ❖ Various types of substances can provoke physiological response into the body and can be noticed in the form of various reactions.
- ❖ Some substances possess therapeutic properties and are able to induce certain reactions and symptoms in the body after proper preparation.
- ❖ Diseases affect the body on the psyche and *Soma* levels. They produce physical, mental and emotional imbalances in the form of various symptoms.

DISCUSSION

Homeopathy has always respected the role of surgery in curing certain ailments. According to the *Homeopathy*, sometimes even after the surgery many problems can still persist. Thus in *Homeopathy*, medicinal treatment is preferred in the first attempt. Many cases have shown surprisingly good result and the need for the surgery

ends. But if there is need of the surgery, *Homeopathic* remedies can reduce the pre and post operative complications and discomfort. They are proved as a savior in many cases not only in pre-surgery but also in post operative problems. They can induce healing which can help in the speedy recovery of the patient. There is large range of medicine available which can be beneficial for the patient. Although it is advised to avoid intake of food and drink before the surgery but as such no problem is reported yet regarding the intake of *Homeopathic* medicines before surgery. *Homeopathic* medicines do not cause any side effect and are thus considered harmless.

Homeopathic principles and laws are always considered before prescribing any medicine and its principle work on the concept of totality of characteristic symptoms. *Homeopathy* is that branch of medical science which gives importance to the symptoms expressed by any ailment. According to the laws of *Homeopathy*, selection of the medicine, its dosage and potency should be done on the individualized basis. Although some remedies are present which are specific for an illness and are proven highly effective in other patients also. These remedies have specific action on some specific body organs as well as on some specific symptoms. This principle of specificity can be used for the post operative remedies but still, one should consider some factors like age, gender, dosage also before prescribing medicines.

Pre-operative Homeopathic remedies

Remedies for fear of surgery

Abnocardium

It is prescribed when the person is sweating excessively because of anxiety and fear.

Arsenicum Alb

When patient is feeling weak, thirsty, exhausted and is extremely fearful about the upcoming surgery.

Aconite Nap

It is suggested to the person who is scared of the operation. But this medicine is contraindicated in patients with cardiac and neuromuscular diseases. So physician should observe the patient carefully before prescribing any remedy to the patient.

Aurum Mur Nat

Some patients are so weak and scared that they have tendency to refuse for the surgery. Thus this remedy is suggested for such anxious patients.

Glonoine

It is used to lower the increased blood pressure in the patient due to the feeling of fear and nervousness before the surgery.

Phosphorous

It is suggested to give one or two hours before the operation. It help to prevent the condition of shock while

abdominal surgery and peristalsis after the surgery. It is found to be good for the children before the surgery.

Gelsemium

Some patients experience frequent bowel and bladder motions in the excited and anxious state. Thus to prevent such conditions, this remedy is prescribed.

Sulphur

It is a potent medicine suggested before the surgery. It can be given in one or two doses before the surgery. It will reduce the toxic effects of anesthetic solution, will prevent from the state of shock during operation, and will provide a healthy wound site. If the patient is experiencing diarrhea before and after the surgery, *Sulphur* can be prescribed.

Pulsatilia

It is suggested for the female who cry before the operation.

Rhus Tox

It is the best medicine which can be given to prevent the sepsis condition.

Homeopathic remedies for post-operative conditions

Drug for controlling bleeding

Bleeding is the most often post operative complication seen. Various remedies can be used to control post operative bleeding such as:

Arnica 30

It is the primary medication which is prescribed before and after surgery. It stops excessive bleeding, prevent shock state, inflammation; reduces pain and swelling.

Phosphorous

It is prescribed where *Arnica* is not effective. It prevent the risk of hemorrhage after surgery.

Sabina

It is used to stop profuse bleeding in uterus after delivery or abortion.

Arsenic album

It is used to stop excessive burning sensation and bleeding after surgery. Excessive bleeding can cause anxiety, weakness and make person lethargic.

Cinchona

It is prescribed to patients suffering from weakness after surgery because of the excessive fluid loss. This can be given for several weeks and months depending on the fluid lost.

Wound Infection

Hepar sulphur

It is an effective medicine to remove the various foreign objects which get stuck in the tissues during surgery. It is contraindicated in the cases of stitches. It can be used in

cases of burning sensation in wound and in hypersensitivity problems.

Calendula and Hypericum

This can be applied on the site of the wound to prevent as well as treat the infection. They help in promoting healing. They can be applied one or two times in a day.

Tissue trauma

Application of *Calendula* can be helpful in healing. Topical application of *Hammelis* one or two times a day is effective in patients having enlarged capillaries, varicose veins and hemorrhagic tendency.

Nausea and Vomiting

Bismuthum is prescribed after abdominal surgery to prevent post operative vomiting as soon as water reaches the stomach. *Nux Vomica* 30 and *Ipecac* are also good remedies to prevent vomiting. *Phosphorous* 30 is used to treat nausea and headache after surgery.

Post operative pain

Aconitum and *Coffea* are suggested when there is intense pain which cannot be tolerated. *Berberis vulgar* can be prescribed after surgery of lumbar region. *Allium Cepa* is

a remedy which provides relief from burning, tearing, and violent sensations caused after surgery. *Bellis perennis* and *Staphysagria* are helpful after abdominal surgeries to prevent peritonitis and neurological pain.

Gas and Constipation

China can be prescribed when experiencing diarrhea, there is large accumulation of faeces in the body and patient is facing difficulty in the expulsion. *Raphanus* 6 or 30 is used to provide relief from painful accumulation of gas and feeling of constipation without the urge for passing of stools. *Raphanus* 30 is indicated mostly in abdominal surgeries. *Carbo-veg* 30 and *Cinchona* 30 are useful against distension and accumulation of gas.

Swelling and stiffness

Rhus toxicodendron is used to provide relief from stiffness and soreness after surgery. It is mostly used after tonsillectomy, appendectomy, teeth extraction etc. *Arnica* is used to stop soreness and to promote the healing of damaged tissues.

Some other post operative complications and their remedies are mentioned in **figure 1**.

Side effects of Anesthesia	Bedsore	Thrombosis	Collapse
<ul style="list-style-type: none"> • <i>Carbo-veg</i> • <i>Nux moschata</i> • <i>Aceticum acidum</i> • <i>Amylenium nitrosum</i> etc. 	<ul style="list-style-type: none"> • <i>Arnica</i> • <i>Acid flour</i> • <i>China</i> • <i>Hydrastis</i> • <i>Calendula</i> etc. 	<ul style="list-style-type: none"> • <i>Apis</i> • <i>Arsenic album</i> • <i>Kalimur</i> etc. 	<ul style="list-style-type: none"> • <i>Strontium carb</i> • <i>Carbo-veg</i> etc.

Figure 1: Post operative complications and their remedies.

CONCLUSION

Homeopathy is a branch of science which provides a lot of help in treating various diseases. But just like other branches, it also has some limitations. Some diseases cannot be cured by simple medication and thus require surgeries. *Homeopathy* has a wide range of medicines which can be used before and after the surgeries to tackle various problems. Prior to surgery many patients feel anxiety, depression, fear and thus some medicines like *Phosphorous*, *Sulphur*, *Pulsatilia*, *Arsenic album*, *Aconite* etc are used to cure such problems. After operations, several complications arise such as septic fever, vomiting, nausea, diarrhea, bedsore, shock, gastric problems etc. *Homeopathy* provides ample of remedies such as *Arnica*, *Sabina*, *Calendula*, *Raphanus* 6, *Aconitum*, *Carbo-veg*, *Cinchona* 30, *Rhus tox* etc. Thus *Homeopathic* medicines can be used to enhance speedy recovery, healing and to suppress the various complications after surgery.

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