The authors review some anatomical, physiological and diagnostic and therapeutic aspects of pain. Detailed description of the different types of pain is presented: somatic, visceral and neurological. Emphasized is the special nature of cancer pain. Discussed are also the physiological and pathological pain, and the clinical division in acute and chronic pain.

Highlighted are the main criteria for the diagnosis of various types of pain, clarifying the causes of pain syndromes, their origin, nature - acute or chronic pain, its intensity, strength and duration. It is essential to clarify the degree of patients’ tolerance to pain sensations and their psycho-emotional status. The accurate diagnosis of pain syndromes, as well as the nature of the disease, causing them (traumatic, rheumatoid, neurological, musculo-fascial, oncological, surgical disorders, burns and other diseases) is essential for the therapeutic effect of the treatment administered. Reviewed are the main therapeutic agents, drugs and techniques for treatment of various types of pain. The medicinal treatment of pain is based on the use of drugs of the group of opiate and non-opiate analgesics, local anesthetics, sedatives, pregabalin. Considered are also physiotherapeutic methods (eg. radiological), as well as non-traditional techniques such as reflexology, acupuncture, homeopathy and psychotherapy.

Only the joint efforts of various medical professionals, can give good results in the treatment of pain syndromes.

This represent the base for the transition to the holistic approach in the context of “pain” from physician-homeopath’s point of view.

Presented are modern discoveries in the pathogenesis of pain and their relationship to the pathogenesis of certain homeopathic medicines - Arnica.
Presented is a practical scheme for the types of pain from physician-homeopath’s point of view. It allows much easier selection of homeopathic medicine compared with the repertorisation approach.

Keywords: types of pain, pain mechanisms, pain therapy, homeopathy

**NEUROPATHIC PAIN. MODERN ASPECTS OF TREATMENT. THE ROLE OF HOMEOPATHY.**

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Pain syndromes, which arise as a direct consequence of a lesion/disease of the somatosensory system (neuropathic pain) affects 6.9% of the human population. Only 30% of all patients report a satisfactory effect from the medicinal treatment, others have unacceptable adverse effects.

The authors discuss the mechanisms and the classification of pain syndromes and the current indications for treatment together with management algorithms in patients with drug-resistant neuropathic pain in peripheric neural, radicular, spinal and brain lesions. Neurosurgical opportunities for pain treatment include in general anatomic-restoration/relieving techniques neuromodulating and neuroablative methods.

Analyzing the neuropathic pain as a result of structural lesions or dysfunction of the peripheral or central nervous system with varying characteristics and highly individualized appearance in terms of location (local, reflected or radicular) sensations (hyperalgesia, dysesthesia, allodynia), timed modality and emotional/cognitive regulation, the physician homeopath motivates the opportunity for influencing the pain in the context of homeopathy as a holistic method of treatment.

Discussed are some major Are considered as essential medicines of Materia Medica: Hypericum perforatum, Arsenicum album, Causticum, Capsicum annuum, Aurum metallicum, Nitricum acidum and others, in the context of the current concepts of pain management and practical schemes (guidelines) for the homeopathic treatment of diseases with chronic (neuropathic) or mixed type pain.

Keywords: neuropathic pain, modern treatment, management algorithms, homeopathy

**CULTURAL ASPECTS OF THE PAIN**

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Pain is not only a sensation, it is also a perception with cultural dimension, which must be respected. That is why the physician, and especially the clinician homeopath, must make an effort to understand it, as could do a philosopher or an ethnologist. The approach to pain throughout the periods is very interesting, for it shows the influence of philosophical or religious context about the way it can be considered, treated or not. So we will get a general view on Christian Church’s part with their contradictions, as well as Judaism and Islam’s part. We will also see the emergence of scientific thought in the Arabian Muslim world during the ninth and tenth century, and in the sixteenth century Europe with the Renaissance and protestant Reformation, then its great rise during the eighteenth and nineteenth centuries, when breaking free from the religious conception. It is also interesting to glance at the place of pain in the so-called traditional communities, as well as in the Hindu and Buddhist communities.

Philosophy joins literature to refer to pain, as well as painting, sculpture and music, and it is the opportunity of speaking about art-therapy, which finds its place in the approach to pain. To finish with a more specifically homeopathic touch, we will see a very useful classification of pain medicines, created by Michel Guermonprez.

Keywords: pain, philosophy, religion, art, homeopathy
CURRENT PUBLICATIONS ON PAIN AND HOMEOPATHY

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Homeopathy has been used historically to treat illness, presenting with pain. Recent published studies suggest that the pain control by homeopathy plays a role in various fields of medicine as an internal medicine, paediatrics, obstetrics and gynaecology, neurology, orthopaedics, surgery, etc. Pain control by different homeopathic drugs was achieved in patients with migraine, children with otitis media or migraine or peripheral neuronal pain, females with pain during menstrual cycle, etc. Homeopathy as a supportive therapy in cancer involves the pain control.

Examples: A large group of published clinical studies supported the effectiveness of homeopathy in treatment of patients with migraine. Fifty-nine (59) physicians trained in the prescription of homeopathic medicines and 168 children from France, Poland, Brazil, Bulgaria, Italy, Tunisia, Morocco, Spain, Hungary, Mexico, Rumania and Suisse, aged 5-15 years, with definite or probable migraine, diagnosed using International Headache Society 2004 criteria, were the subjects in the large study. The frequency, severity, and duration of migraine attacks decreased significantly after homeopathic treatments.

The effectiveness of the homeopathic remedy, Ruta graveolens, in the treatment of pain in plantar fasciitis was published by Clark J, Percivall A, 2000. In a prospective observational study the 2 methods of treating acute paediatric otitis media were compared. Group A received treatment with homeopathic single remedies (Aconitum napellus, Apis mellifica, Belladonna, Capsicum annuum, Chamomilla vulgaris, Kalium bichromicum, Lachesis mutus, Lycopodium clavatum, Mercurius solubilis, Okoubaka, Pulsatilla, Silicea), whereas group B received non-homeopathic treatments. The effectiveness of homeopathic treatment was determined.

Observational, prospective study to describe the homeopathic management of premenstrual syndrome (PMS) by a group of French physicians (Danno K., et al. 2013) demonstrated that Folliculinum (87%) was the most frequently prescribed homeopathic medicine followed by Lachesis mutus (52.2%).

The effect of Symphytum 5CH on the postoperative pain and swelling after placement of a titanium dental implant (Mazzocchi A., Montanaro F., 2012) were determined. 100 implants in 57 patients (28 males, 29 females) were treated with ketoprofen alone; 100 implants in 60 patients (14 males, 46 females) with ketoprofen and Symphytum officinale. The group treated with ketoprofen and Symphytum officinale appeared to have better response in terms of both pain and swelling. Adding Symphytum officinale 5CH to conventional analgesia may reduce pain and swelling after minor dental implant surgery. In summary, the lecture will present various examples of homeopathic treatment of pain in medicine.

Key words: pain, studies, homeopathy

DYSMENORRHEA AND POSSIBILITIES OF HOMEOPATHY

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Dysmenorrhea represents a significant social and economic problem. A systematic study of WHO shows, that between 16,8% and 81% of women are affected by it (frequency varies by study population).

Dysmenorrhea is primary and secondary. Primary dysmenorrhea occurs in the first 6-12 months after menarche and usually is not associated with organic problem. The determining pathogenetic mechanism are elevated prostaglandin levels.

Secondary dysmenorrhea occurs most commonly above the age of 25 years and is associated with underlying organ pathology: endometriosis, pelvic inflammation and others. It is subject to further diagnostics and requires a complex therapeutic approach.

Conventional treatment of dysmenorrhea includes non-steroidal anti-
inflammatory drugs and combined oral contraceptives.

The personal experience of the physicians-homeopaths and the published results form the prospective observational study with a follow-up period of 2 years prove the beneficial effect of appropriately selected homeopathic treatment for dysmenorrhea.

The successful homeopathic approach requires administration of homeopathic medicines with effects on the symptoms (Magnesia phosphorica, Colocynthis, Viburnum opulus, etc.), the pathogenesis (Secale cornutum, Folliculinum, Caulophyllum thalictroides, etc.) and the patient’s terrain (Calcarea phosphorica, Actaea racemosa, Lachesis mutus etc.).

Keywords: dysmenorrhea, homeopathy.

MASTODYNIA AND HOMEOPATHIC TREATMENT

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Mastalgia stands for the pain symptom of the breasts. It may be due to some processes in the gland (mastitis, trauma with subsequent hematoma and fatty necrosis, ruptured cyst, sclerosing adenosis, cancer, etc.).

Mastodynia is bilateral pain and breast tenderness. It is cyclical and is dependent on the hormonal status.

In mastopathy growth of the connective tissue is observed, which results in small nodules and indurations. One of the most common symptoms of mastopathy is the pain.

Homeopathy represents an an efficient method for the treatment of mastodynia, the medicines being selected after detailed diagnostics and on individual basis.

Presented are clinical studies, which evaluate the effect of the homeopathic medicines in cases of mastodynia. Reviewed are some of the most commonly used homeopathic medicines for pain in the breasts in premenstrual syndrome (Folliculinum, Lachesis mutus), for relieving the breasts pain form increased lactation after birth or after interruption of late pregnancy (Apis mellifica, Bryonia alba) etc.

Keywords: mastodynia, homeopathy, estrogens, galactostasis.

HOMEOPATHIC THERAPY IN POST-ZOSTER NEURALGIA

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Herpes zoster and varicella are caused by the varicella-zoster virus. Varicella is a primary infection, after which the virus is persistent in the sensory ganglia. Herpes zoster is a consequence of the reactivation of latent virus.

In the noncomplicated cases the recovery is complete in 2-3 weeks in children and younger patients, and in 3-4 weeks - in adults. The thoracic (53%), cervical (C2, C3, C4 20%), trigeminal (15%) and lumbosacral (11%) dermatomes are most commonly affected.

The post-zoster neuralgia is due to injury of the peripheral nerves by the herpes zoster virus. Typically the neuralgia involves the dermatome, which corresponds to the area, affected by the herpes zoster. Usually it develops in the stage of the crusts, but sometimes it starts in the absence of herpes zoster (zoster sine herpete).

For post-herpetic neuralgia recommended are antidepressants (amitriptylin, nortriptylin), anticonvulsants (sodium valporate, clonazepam, carbamazepine). Carbapentin also is successfully used as a painkiller.

Sometimes the post-herpetic neuralgia lasts for months regardless of the treatment, and significantly impairs the quality of life of the patients.

The homeopathic treatment can quickly and definitively affect both usual post-zoster neuralgia and neuralgic pain without apparent herpes zoster.

An algorithm for homeopathic treatment of post-zoster neuralgia is presented. The major medicines are Arsenicum album, Causticum, Kalmia
latifolia, Mezereum, Phosphorus, Prunus spinosa, Rannunculus bulbosus, Vaccinotoxinum. The algorithm is illustrated with clinical cases.

**Keywords:** pain syndrome, herpes zoster, neuralgia, homeopathy

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**PAIN DUE TO ABSTINENCE FROM DRUG ADDICTION - THE ROLE OF HOMEOPATHY**

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The drugs are one of the biggest challenges that our dynamic century inherited form the development of human civilization.

The homeopathic treatment of the pain, associated with drug addiction is an innovative approach to the problem. The homeopathic medicines affect this addiction and the pain symptoms at physical and emotional-mental level in the context of withdrawal and overdose of the drug during its use.

The presentations focus on the problem from two aspects:

Pain and modern treatment strategies form the psychiatrist’s point of view

Homeopathic treatment of pain due to drug addiction

These therapeutic methods expand the possibilities of modern medicine for treatment of pain symptoms and the motivation for continued treatment of drug dependence.

In the presentation for the homeopathic therapy the most commonly used drugs are presented: Nux vomica 15CH, Staphysagria 30CH, Magnesia phosphorica 9 CH, Colocynthis 15CH, Hypericum perforatum 15 CH etc.

**Keywords:** abstinence syndrome, painful symptoms of withdrawal, homeopathy

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**PATHOLOGY OF THE ARTERIES, AFFECTED BY ATHEROSCLEROSIS. THE ADJUVANT HOMEOPATHIC TREATMENT IN PATIENTS WITH COMPENSATED STAGE OF CHRONIC ARTERIAL INSUFFICIENCY OF THE EXTREMITIES.**

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Arterial pathology depends on the size of atherosclerotic plaques, which are formed on one hand by the cholesterol and on the other hand - by the elements of the blood. The small plaques, attached to the walls of blood vessels, remain “silent”, but the large plaques, depending on their location, lead to either myocardial infarction, either a chain of symptoms, beginning with claudicatio intermittent and ending with a loss of the lower limb or part thereof.

Reviewed are the homeopathic medicines, which have some relation to the prevention of arterial vascular pathology, as well as those, affecting the vascular tone, the regeneration of ischemic tissues, the immune reactivity.

Evaluated are five patients with chronic arterial insufficiency of the extremities, subjected to conventional non-surgical treatment and adjuvant homeopathic therapy with Secale cornutum, Cuprum metallicum and Arsenicum album. The dynamic follow-up - Doppler-ultrasound of the peripheral arterial pressure. ABI / index /, as well as repeated immunological screening show a significant positive response after adding the homeopathic treatment.

**Keywords:** atherosclerosis, arterial vascular pathology, homeopathy
HOMEOPATHIC APPROACH FOR THE PELVIC CHRONIC PAIN INDUCED BY ENDOMETRIOSIS

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Endometriosis is a frequent gynaecological disease. One quarter of the patients with pelvic chronic pain have specific endometriosis lesions. The corresponding social and economic burden is due mainly to the impact on female infertility and also to the symptoms, one of them - the pain could be very disturbing.

We present our experience with two cases, in which the homeopathic approach improved the evolution, mainly of the premenstrual pain. The use of different remedies, from which Actea racemosa was very specific, besides some other remedies close to the reactional chronic type, improved consequently the therapeutic answer.

The majority of endometriosis cases are characterized besides the premenstrual pain by a specific neuro- and psychological specific pattern. Homeopathy can block the pain feedback (generated by the ectopic endometrial implants). Through the clinical homeopathy, we found similarities between symptoms and remedies, but also we search for a pharmacological connection between the pharmacokinetics of the active principles of the remedies and different pathological findings of the disease. In both cases we used Actea racemosa, 15 CH, a remedy with an antiestrogenic action that is frequently used for its effects on the endometrium. Both of women had the specific endometriosis lesions and the guiding symptom was underlined by the menstrual aggravation. Beside this we associated in one case, Thuya occidentalis, 15 CH, and in the other one Sepia officinalis, 15CH, choices guided by the presence of different pathologies associated and by the chronic evolution of the disease in these two patients.

From a homeopathic point of view the individualization of the case is mandatory in order to obtain an improved therapeutic answer. By this way we discovered the patients that can be suitable for a homeopathic approach inside their gestational desires, symptoms and clinical findings. Actea racemosa is an important remedy suitable for the menstrual aggravated pain because its compounds have a specific antiestrogenic action. The homeopathy method and the allopathic medicine blend in a unique way of thinking to improve the management of this disease.

Key words: endometriosis, homeopathy

A COMPLEX THERAPEUTIC APPROACH - HOMEOPATHIC, ALLOPATHIC AND SURGICAL - IN A ABSCESSED PNEUMONIA AND PURULENT PLEURITIS WITH GEMMELA MORBILLORUM IN A 3-YEAR-OLD CHILD, IN THE SETTING OF AN EMERGENCY RESPIRATORY DEPARTMENT OF A PEDIATRIC HOSPITAL

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The authors present the case of 3 years and 8 months old girl, seen at the Clinical Emergency Paediatric Hospital “Grigore Alexandrescu”, Bucharest for an eloquent clinical and radiographic symptomatology of an abscessed right pneumonia associated with pleurisy, most probably of staphylococcic or pneumococcic ethiology. Initial therapeutic approach was conventional – antibiotics and surgery (pleural puncture and drain for 12 days). After unfavourable evolution of the case and the inefficiency of the 12 days drain, association of an homeopathic treatment was considered, together with the conventional one, aimed at creating a fistula, through which the abscess could drain toward a bronchus and get evacuated by a vomit or toward the pleura and thus be evacuated by the already present a drainage. The therapeutic choice was: Bryonia alba 9 CH and Hepar sulphur 9 CH. In 24 hours from the beginning of the homeopathic treatment the evolution improved, a fistula of the pulmonary abscess was formed towards the pleura and the pus flew...
through the drainage. The smell of pus was offensive. Gemmela Morbillorum was isolated in the laboratory. Particular in this case was:

The pleural drain was efficient only after the beginning of homeopathic treatment.

Gemmela Morbillorum is a germ very seldom met in paediatric pulmonary pathology.

Key words: purulent pleuritis, complex allopathic and homeopathic approach

CAUSTIC CONTACT DERMATITIS BY EXPOSURE TO FLUORHYDRIC ACID, THE MOST PAINFUL ORTHOERGIC DERMATITIS, A HOMEOPATHIC APPROACH

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Fluorine and its compounds are used in many various workplaces. By its corrosive effect, fluorhydric acid causes caustic contact dermatitis, which is very painful and sometimes with delayed effect.

The objective of this work is to make an occupational pathogenesis of Fluoricum acidum and to experiment a new therapeutical approach, homeopathy, in the treatment of caustic contact dermatitis caused by this acid and of their residual hypertrophic scars.

40 employees working in the industry of glass, occupationally exposed to concentrated solutions of fluorhydric acid (exposed group), and other 32 employees in the same company but with no exposure to harmful chemicals (control group) were examined (anamnesis, clinical examination, biological investigations). The data were compared with those described in classical pathogenesis of Fluoricum acidum, for statistical interpretation using the «t» test (Student test). Further on, caustic contact dermatitis produced by accidental cutaneous contacts with fluorhydric acid were treated by an ointment containing mother-tinctures of Calendula officinalis, Bryonia alba, Symphytum officinalis, Echinacea purpurea, and the homeopathic medicines of constitutional type. For treatment of residual hypertrophic scars, we additionally used two symptomatic medicines, Thuya occidentalis and Graphites, in two successive dilutions, 9 and 15CH.

The occupational and the classical pathogenesis of Fluoricum acidum contain several common clinical signs, in this respect the difference between the exposed group and the control one being statistically significant (p<0.001) and more evident in the workers with a duration of exposure over 10 years. In the exposed group, non-specific immunological disorders (increase of the level of circulating immune complexes) and even autoimmune phenomena (high levels of antinuclear antibody, rheumatoid factor and cryoglobulins) were also present. Concerning the caustic contact dermatitis, the initial clinical aspect (a central, thick, dry and brown eschar, surrounded by an inflammatory halo) improved. The local pain, also, decreased progressively after the treatment with the previously described ointment and homeopathic medicines of constitutional type. The hypertrophic scars had a favourable evolution, being almost healed after 2 months of treatment.

Data from the literature about general mechanisms of action of toxic substances, especially those relating to fluorine, confirmed our observations by studies on laboratory animals and clinical studies. The intensity of the symptoms of occupational pathogenesis was diminished in comparison with the classical pathogenesis because in industrial environment the use of specific means of protection fades direct toxic aggression. The effect of combined homeopathic treatment, by internal and external way, was favourable in both superficial burns caused by cutaneous contact with fluorhydric acid and the associated pain.

Key words: caustic contact dermatitis, pain, homeopathy
Intestinal colics are the most common cause of abdominal pain in infants. This problem provokes anxiety in the parents and is the reason for frequent visits to the pediatrician. The pain occurs in the first days or weeks of the baby’s life and disappears between the third and fifth month. The episodes of inconsolable crying of the baby are most often triggered by functional disorders of the immature digestive system, leading to painful intestinal cramps.

The etiology of the intestinal colics is not yet well known, and their frequency depends on multiple factors (including diet of the nursing mother, nursing technique, etc.). Hypersensitive children are more often affected by this problem.

The therapy for the colics meets some difficulties, having in mind the vast number of conditions, which can be associated with this symptom. The medicines available in the pharmacies not always show the same efficacy, and some of them are not approved for use in infants.

The author reviews the possibilities for treatment of colics with homeopathic monopreparations and lists criteria for selection of medicines in newborns and infants. Detailed are Lycopodium clavatum, Ignatia amara, Colocynthis, Argentum nitricum etc.

**Keywords:** infants, colics, homeopathy

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**USE OF HOMEOPATHIC MEDICINES IN THE TREATMENT OF POSTTRAUMATIC PAIN AND IN THE PREPARATION FOR MEDICAL INTERVENTIONS**

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Presented are:

Homeopathic treatment of injuries of the eye: Ledum palustre, Symphytum officinale, Arnica montana.

Homeopathic treatment of sports injuries: fractures (Arnica montana), pain resulting from damage to the periosteum (Symphytum officinale), injuries to tendons and ligaments - an acute and postoperative (Ruta graveolens, Rhus toxicodendron, Bryonia alba), pain due to articular exudate and posttraumatic joint inflammation (Bryonia alba) - data from the practice of the author.

Homeopathic treatment of the postoperative disorders, which are due to involvement of sensory nerves (Hypericum perforatum) - data from the practice of the author.

Homeopathic treatment of posttraumatic cephalalgia (Arnica montana, Natrum sulfuricum)

Role of Arnica montana in preparation for surgery and delivery.

**Keywords:** posttraumatic pain, preparation for surgery, homeopathy
HEADACHES AND MIGRAINES IN CHILDREN AND ADOLESCENTS AND HOMEOPATHY

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Headaches and migraines are disorders, which are typically associated with adulthood. The facts is that 20% of the children, of them 4% in preschool age, suffer from various forms of headache. 5% of children with headaches have migraine. The authors present an approach to a child with headache by a physician-homeopath in collaboration with a pediatrician.

Discussed is the role of homeopathy in the treatment of primary headache, with emphasis on its important advantages over conventional therapy, mainly because of the absence of adverse reactions. Discussion are the rules for selection of a homoeopathic medicament according to the type of headache and personalized approach to each patient, for more than fifty homeopathic products. The choice of homeopathy depends on the clinical presentation of headache. If accompanied by nausea and vomiting, the leading symptomatic medicine is Iris versicolor, and the remedy for the terrain - Nux vomica. Very often the headache in adolescence is accompanied by congestive signs, which are controlled with Sanguinaria canadensis, Belladonna or Secale cornutum. In these cases the remedies for the terrain are from the psoro-tuberculinic group - Sulfur, Lachesis mutus etc. With puberty the migraine relapses change their genesis and most commonly are based on hormonal and psycho-emotional disorders, which are controlled with Ignatia amara, Cyclamen europaeum, Sepia officinalis etc.

Presented is a case of a 13 year old girl with a history of headaches and abnormal EEG for four years, treated with conventional and non-conventional medicines and methods without effect. The relapses are now under control by alternating Aconitum napellus, Belladonna and Ignatia amara, while between the relapses different medicines for the terrain have been consecutively used over the last 2 years.

Keywords: headache, migraine, homeopathy

CLINICAL CASE OF MIGRAINE HEADACHE

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The authors present a clinical case of a 32-year-old woman with severe migraine headaches since 10 years, treated with analgesics and sedatives with limited effect. The following homeopathic treatment is applied: Lachesis mutus 15 CH, Kalmia latifolia 9 CH, Iris versicolor 9 CH, Spigelia anthelmia 15 CH, which leads to the relief of the symptom.

Keywords: migraine, homeopathic treatment

POSSIBILITIES FOR HOMEOPATHIC TREATMENT IN PHARYNGEAL AND TONSILLAR PAIN

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Sore throat is a common reasons for seeking medical care. It can be acute or chronic. The most common cause of acute pharyngeal pain are the inflammatory diseases of the tonsils and pharyngeal mucosa, caused by viruses and bacteria. In these cases, in addition to the pain, other signs of inflammation such as redness, swelling and fever are present. The acute pharyngeal pain may be have neurological causes, due to the complex and rich innervation of the throat. Pharyngeal pain can be caused by some toxic substances with corrosive properties, which may be inhaled or ingested.
The chronic pharyngeal pain usually is due to chronic pharyngitis. It can be of variable intensity and characteristics. The accurate diagnosis and determination of the cause of the pharyngeal and tonsillar pain is a prerequisite for its adequate treatment.

Materia Medica includes numerous medicines with painful sore throat in their pathogenesis. The choice of the symptomatic treatment is individual and complies with the cross of Hering: appearance of the buccal mucosa, sensations of the patient, tendency to suppuration or not, body temperature curve, regional lymphadenopathy, modalities, accompanying signs, general condition of the patient etc.

The most commonly used homeopathic medicines in pharyngeal and/or tonsillar pain are: Phytolacca decandra, Belladonna, Stramonium, Mercurius solubilis, Mercurius corrosivus, Lachesis mutus, Ailanthus glandulosa, Pyrogenium and Hepar sulfuris calcareum.

Keywords: inflammation, pain, pharyngitis, tonsillitis, homeopathy

HOMEOPATHIC APPROACH TO RECURRENT ABDOMINAL PAIN IN CHILDHOOD

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The abdominal pain in children is a frequent and alarming symptom. The profound understanding of its causes are a prerequisite for its correct decryption.

It is crucial to know the characteristics of the abdominal pain: localization, irradiation, severity, combination with other symptoms, psycho-emotional state of the patient.

A mandatory prerequisite is to exclude acute abdomen.

Our experience shows the application and the role of the homeopathic approach to children with abdominal pain.

In the past the abdominal pain was a worshipped myth. Nowadays it is a reality and a challenge, which finds its solutions in the development of diagnostic and therapeutic algorithm of behavior, part of which is the use of homeopathic medicines.

The most commonly prescribed medications are Baptisia tinctoria, Colocynthis, Magnesia phosphorica, Arsenicum album in 9-15 CH. Of interest are the indications for Ignatia amara and Cina in pediatric patients.

Keywords: abdominal pain, pediatric patients, homeopathy

HOMEOPATHY, CIRCADIAN RHYTHMS AND PAIN

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 Chronotherapy study the relationship between internal and external modulation of the rhythms and provides recommendations for adapting the timing of drug usage to a certain daily, monthly and yearly rhythmical cycles of the illness. The day and night cycle is an external key factor controlling the time genes in the suprachiasmatic nucleus in the hypothalamus, also known as „biological clock“. The rotation of day and night synchronizes the changes in circadian rhythms in the functions of human organs and systems. Circadian rhythms are identified in pharmacokinetics and pharmacodynamics of some conventional medications, as well in various physiological and pathological conditions, including the symptoms of pain. Based on factual experience in homeopathy, circadian rhythms in the pathogenesis can be found in more than 60 homeopathic medications. Half of them control different kinds of strength, character and duration of pain.

In accordance with the rhythm of worsening or improvement, homeopathic medicinal products are systematized by the activities in the light-dark cycle: in the morning (Nux vomica), before lunch (Ignatia
amara, Natrum muriaticum,), afternoon (Chelidonium majus, Lycopodium clavatum), evening (Chamomilla vulgaris), at night (Aconitum napellus, Kalium carbonicum, Arsenicum album).

Systematics of homeopathic medicines with weekly (Iris versicolor), seasonal (Dulcamara, Arsenicum album, Silicea, Psorinum) and those whose activity depends on the phases of the moon (Cina) are created. There are recommendations for rational dosage regime of usage of the homeopathic medicines, consistent with the circadian rhythms in pain symptoms in various conditions of diseases.

**Key words:** pain, circadian rhythms, homeopathy

### HOMEOPATHY AND CERVICOBRACHIAL NEURALGIA

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According to the statistics, every third person suffers from cervicobrachial neuralgia. Increasingly, it is called “diseases of civilization”.

The cervicobrachial syndrome includes symptoms that involve the neck, the shoulders and irradiate along the entire arm.

They may be signs of impaired circulation in the cervical spine, which present with severe headache and tinnitus.

The diagnosis is based on medical history, clinical examination and special tests (X-ray, CT or MRI). In some cases electromyography is useful, which may evaluate the attainment of muscle and nerve fibers.

The medicines usually prescribed to these patients include analgesics (for the pain), sedatives (for relaxation of the muscular tissue and adequate physiotherapeutic procedures.

The clinical practice shows that there is only temporary effect of the treatment applied. The longterm administration of these medicines leads to gastrointestinal complains in the patients, while the longterm physiotherapy leads to cases with increased vertigo and rise of the blood pressure.

The homeopathy is the treatment of first choice, which gives excellent results, improves the blood circulation, relaxes the muscles and relieves permanently the pain, without side effects.

The most commonly used homeopathic medicines are Actaea racemosa, Lachnantes tinctoria, Phytolacca decandra, Natrum sulfurium, Arnica montana, Hypericum perforatum, Phosphorus in 5-9-15 CH.

The author presents a brief summary of the medicines together with own clinical cases.

**Keywords:** cervicobrachial neuralgia, homeopathy

### HOMEOPATHIC TREATMENT OF TRIGEMINAL NEURALGIA - POSSIBILITIES AND LIMITATIONS

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The author presents two clinical cases from her practice:

A 65-year old female patient with psycho-emotional trauma. She became ill in 2001 with trigeminal neuralgia. Until 2010 she was treated with allopathic medicines with inadequate effect. In 2011 therapy with Natrum muriaticum, China rubra and Mezereum was conducted. For the following 8 months she had no pain. Later a relapse developed, which was not controlled by several homeopathic medicines.

A 75-year-old female patient with the same disorder had significant improvement by Pulsatilla and Arsenicum album. After 2 years - the symptoms relapsed. She started allopathic treatment.

**Keywords:** trigeminal neuralgia, homeopathy

### JOINT PAIN. HOMEOPATHIC TREATMENT

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The cold and wet weather provokes joint pain. Homeopathy relieves pain, reduces morning stiffness, slowed the development of osteoarthritis.

Prescription of homeopathic treatment is according to the course of the disease. Important is the nature and location of joint pain. Clarifying the pain sets out the approach to homeopathic treatment - Rhus toxicodendron,
Bryonia alba, Actaea racemosa, Natrum sulphuricum, Radium bromatum, Kalium carbonicum, Staphisagria etc.

Recommended dietary hygiene, mobility measures and other approaches - physical therapy, acupuncture, apitherapy, phyto-patches, yoga. The results show a positive effect on pain in joint diseases of different types - gonarthrosis, coxarthrosis and others.

Presentation of a clinical case of 75 years old female with marked pain syndrome and clinically proven gonarthrosis. Treatment with NSAIDs, analgesics, CS with a temporary improvement, but twice complicated with bleeding gastric ulcer.

Suggested homeopathic treatment: Chamomilla vulgaris 15CH, Sulfur 15CH, Rhus toxicodendron 15CH, Radium bromatum and Kalium carbonicum - 15CH.

**Key words**: joint pain, gonarthrosis, homeopathy

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**EVALUATION OF THE SPASMOLYTIC PROPERTIES OF CUPRUM METALLICUM, MAGNESIA PHOSPHORICA AND COLOCYNTHIS IN ISOLATED ANIMAL ORGANS**

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The homeopathic medicines Cuprum metallicum, Magnesia phosphorica and Colocynthis share common elements in their pathogenesis and therapeutic indications with regard to the spastic pain disorders of the gastrointestinal tract, respiratory system, and striated muscles with some differences in the modalities for each of them.

Evaluated is the spasmyloytic effect of the homeopathic medicines on the spontaneous and modeled function of isolated organs from white rats by using a special equipment. The most pronounced effect on the modeled spasticity has Cuprum metallicum, followed by Colocynthis and Magnesia phosphorica. Our results suggest an effect on the cholinergic receptors in the examined organs.

**Keywords**: spasmyloytic activity, homeopathic medicines

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**POSTER SESSION**

**THUYA OCCIDENTALIS AND VALACYCLOVIR, AN EFFICIENT ASSOCIATION IN HERPES ZOSTER: A CASE REPORT**

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Herpes zoster (HZ) is an acute dermatomal infection associated with reactivation of varicella-zoster virus and is characterized by unilateral pain and a vesicular or bullous eruption limited to a dermatome(s) innervated by a corresponding sensory ganglion. The major morbidity is postherpetic neuralgia.

The objective of this work is to demonstrate the role of the homeopathic medicine of constitutional type in prevention and treatment of postherpetic neuralgia, the importance of laboratory examinations in the detection of risk factors in HZ, but, in the same time, the indispensability of a well chosen antiviral therapy in this infection of skin.

Concerning the antiviral therapy, recent studies demonstrated that valacyclovir for 7 or 14 days significantly accelerated the resolution of herpes zoster-associated pain (p = 0.001 and p = 0.03, respectively) compared with acyclovir.

The authors present a case of a 33 years old man illustrating the favourable effect of homeopathic treatment in one of the most painful skin diseases and the efficiency of its association with major allopathic medicines.

**Key words**: herpes zoster, pain, homeopathy
OSTEOPOROSIS AND PAIN SYNDROME. APPROACHES TO BEHAVIOR PAIN SYNDROME IN OSTEOPOROSIS. CLINICAL CASE.

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Osteoporosis is a progressive systemic disease with a decrease in bone mass (density) and the quality of bone, and increased bone fragility fractures. Characterized by pain at the affected bones.

Presentation of a clinical case. It is about a woman in 65 with early menopause and clinically proven (T score -2) and allopathic treated osteoporosa Occasion to visit a specialist of clinical homeopathy is pain syndrome from the musculoskeletal system. Deteriorating from moisture.

Suggested homeopathic treatment: Chamomilla vulgaris 15CH, Nux vomica 9CH (нужна), Rhus toxicodendron 15CH, Arnica montana 15CH, Pulsatilla 15CH, Cocculus indicus 9CH, Silicea 15CH, Osteocynesine tabl., Thuya occidentalis 30 CH.

Key words: pain syndrome, osteoporosis, homeopathy

HOMEOPATHIC PAIN RELIEF IN PATIENTS WITH MUSCLE CRAMPS AND PLEXITIS

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Presented is clinical case of a 70-year-old female patient with painful cramps in the lower legs. The homeopathic treatment included Calcarea carbonica 30 CH, Natrum sulfuricum 15 CH, Gnaphalium polycephalum 9 CH, Graphites 9 CH, Causticum 15 CH.

Presented is a clinical case of a 38-year-old female patient with back pain at plexitis and myositis, who was treated with muscle relaxants, analgesics and combined vitamins with no evident relief.

The homeopathic treatment included: Dulcamara 9 CH, Arsenicum album 15 CH, Antimonium crudum 9 CH, Argentum nitricum and Spigelia 15 CH 9 CH. In 3 weeks it led to marked improvement with complete relief of the back pain. The therapy continued with maintenance doses Dulcamara 9 CH and Argentum nitricum 15 CH.

Key words: plexitis, myositis, homeopathic treatment

THE EFFECT OF THE TREATMENT WITH SILICEA IN DIFFERENT HOMEOPATHIC DILUTIONS ON THE EVACUATION OF FOREIGN BODIES IN RATS

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The aim of the study was to evaluate the effect of the homeopathic treatment with homeopathic dilutions of Silicea versus placebo on the evacuation of foreign bodies.

We studied 5 groups of male rats in which a glass ball was implanted under the cervical skin. One group was treated with placebo and the other groups got respectively homeopathic Silicea 5 CH, 9 CH, 15 CH и 30 CH, by oral means daily. Some of the rats treated with Silicea 9 CH showed a delimitation of the ball under the skin, then a fistula developed, through which the glass ball was spontaneously evacuated. None of the rats from the placebo group presented the delimitation or expulsion of the glass ball. The results with the other dilutions showed to be insignificant.

The statistics show the significant difference of reaction under Silicea 9 CH treatment versus placebo.

Key words: evacuation of foreign bodies, homeopathy
FIBROMYALGIA - „MYSTERIOUS AND UNKNOWN“.
HOMEOPATHIC TREATMENT

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Presented are the modern concepts for this still “mysterious and unknown” pathology. This syndrome is characterized by chronic pain, tension and fatigue of the muscles, the tendons and the joints without underlying inflammation.

In the conventional medicine, this disease is subject of rheumatology and usually is treated in psychiatry. In the homeopathic literature (Germonprez) the diagnostics and the treatment of fibromyalgia are listed in the section “Psychiatry”. The reason for this apparent misunderstanding is the varying co-morbidity: sleep disorders, chronic fatigue, irritability, depression, concomitant “bizarre somatic pathology”.

The significant incidence and predominant involvement of women (80%) in their active years, the significantly impaired quality of life and the narrow therapeutic effect of the non-conventional medicines, depicts the important role of homeopathy in the treatment of this disease.

The author reviews this pathology called “mysterious and unknown” in the light of the holistic features of the homeopathic method.

Emphasized are the main types of homeopathic medicines, corresponding to both the pain and the accompanying symptoms: Actea racemosa, Kalium bichromicum, Kalium iodatum, Ruta graveolens, Hypericum perforatum, Kalium phosphoricum, Phosphoricum acidum etc.

The clinical cases give evidence for the effectiveness of the homeopathic treatment for this disorder.

Keywords: fibromyalgia, homeopathy

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PRESCRIPTION IMPROVEMENT BY TWO KEY APPROACHES

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Every homeopathic remedy has two roots:
1 – Psychical
2 – Biochemical

Understanding of this bi-polarity simplifies the homeopathic prescription.
Effective therapy – correct adjustment of the “biocomputer”.

Interconnection of the mind and body through the neurotransmitters is bidirectional.

Ad 1.: Basal chronic stress and urgent emotional disorder act from above – primarily they disturb the central axis. Psychosomatic illnesses produce various cases of psychical and functional changes and consequential body symptoms. Specific illnesses tend to have their energoinformatic patterns, which are modified by the patient’s individuality and by his/her previous burdens. The remedy should be selected on the characteristics of the emotional disorder, the constitution is subordinate. Three cases are presented. The homeopathic medicines administered in these cases are: Muriaticum acidum, Aconitum napellus and Ignatia amara.

Ad 2.: Particular pathophysiologic mechanism (e.g. lactic acidosis) acts from below.
If it exceeds certain limit, it can influence the whole system. The effect of the “metabolic” homeopathic medicine resembles a key in the lock. Until we do not “unlock”, the system is unable to return to its physiological limits. This can lead even to secondary psychical changes. The pathophysiological resemblance is primary – the patient’s constitution is subordinate. Three cases are presented. The administrated homeopathic medicines in these cases are: Natrum phosphoricum and Nux vomica.
TREATMENT OF PAIN AND INFLAMMATION IN CASE OF ACUTE INFLAMMATORY RESPIRATORY DISEASES AND OTITIS IN CHILDREN AND ADULTS

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Presented is the analgesic and anti-inflammatory effect of the homeopathic medicines in the treatment of infections of the upper respiratory tract (throat, larynx, sinuses) and ear. Detailed are the homeopathic medicines Belladonna, Apis mellifica, Pulsatilla, Chamomilla vulgaris, Capsicum annum, Phytolacca decandra, Hepar sulfur etc.

The homeopathic treatment applied at the right time and the right dose, and selected according to law of similarity, allows for avoiding unnecessary use of painkillers and antibiotics.

Keywords: otitis, inflammation of the upper respiratory tract, pain, homeopathy

RENAL COLIC - PATHOPHYSIOLOGICAL MECHANISMS AND HOMEOPATHIC RESPONSE

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Pain represent an unpleasant sensory and/or emotional experience, associated with real or potential tissue damage.

The renal colic is a visceral pain, resulting from activation of polymodal nociceptors, which detect stretching of the smooth muscles or tissue hypoxia (ischemia). The nociceptors are sensory nerve endings with high threshold, which detect damage in the body.

The renal colic is diffuse and intense, with tearing and burning character.

The most common causes of renal colic are nephrolithiasis difficulties in passing urine.

The role of the homeopathy depends on the severity of renal colic. In more severe colics combined therapy should be used. Homeopathic medicines enhance the elimination of kidney stones and affect the accompanying signs of the renal colic: inflammation, numbness, hematuria, gastrointestinal discomfort etc.

The authors presents a therapeutic algorithm for selection of homeopathic medicines in accordance with the Hering’s cross. Special attention is paid to the so-called homeopathic drainage remedies, Berberis vulgaris, Solidago virga aurea, Pareira brava, which usually are administered in 5 CH, with frequent doses. Emphasized is the potent antispasmodic effects of Sarsaparilla and systemic use of Calcarea carbonica 15-30 CH.

Keywords: visceral pain, nocireceptors, homeopathy, drainage remedies