



Homeopathic Treatment of Brain Injury: Stimulating Self Healing to Improve Outcomes

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Professional Experience

- Licensed Naturopathic doctor
 - Family medicine practice in Portland since 2008
- Faculty + Curriculum Development
 - University of Southern Maine, College of Nursing's Holistic Health Program
 - Baylight Center for Homeopathy
- Past President
 - Maine Association of Naturopathic Doctors

Naturopathic doctor training includes:

- Nutrition - including supplementation and IV therapy
- Herbal medicine
- Homeopathic medicine
- Physical adjustments like chiropractic
- Lifestyle counseling
- Physical exam, labs/imaging, minor surgery

Goals today are to provide you with:

- Clear understanding of homeopathic medicine and how it can support patients healing and recovery
- Give you some basic medicines for patients to try on their own if they wish
- Know when referral for homeopathic medicine is appropriate
- Inspire you with some case studies showing effectiveness of homeopathic medicine

Outline

- Introduction and History of Homeopathic Medicine
- Homeopathic Medicine in Practice
- Production of Homeopathic Medications
- Homeopathic Treatment of Brain Injury with most commonly indicated medications.
- Evaluating Treatment with Homeopathic Medicine
- Inspiring Case Studies

Introduction to Homeopathic Medicine

What is homeopathy?

- A 200 year-old system of medicine using highly diluted form of a natural substances to stimulate body's healing mechanism



Discovery of homeopathy

- Samuel Hahnemann (1755-1843)
German physician
- Saw Cinchona bark toxicity was similar to symptoms of malaria.
- He took it himself and started diluting it so as not to poison himself and got same anti-malarial effect.

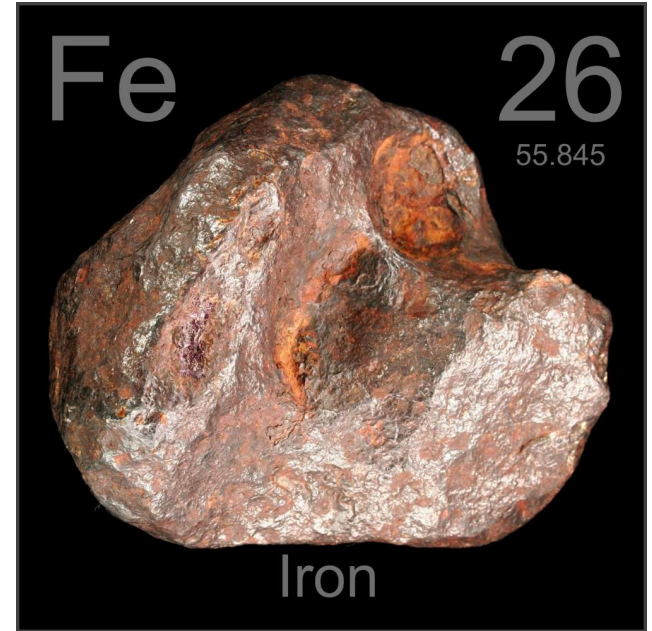


What is a homeopathic “remedy”



Medication made from minerals, plants or animal products

What are remedies made from?



Who uses homeopathy?

- Every year, 6 million Americans use homeopathy. ^(1,2)
- Worldwide, over 200 million people employ homeopathic medicine. ⁽³⁾
- Homeopathy is included in the national health systems of a number of countries including Brazil, Chile, India, Mexico, Pakistan, Switzerland, Cuba, United Kingdom. ⁽⁴⁾

1. Black LI, *et al.* Use of Complementary Health Approaches Among Children Aged 4–17 Years in the United States: National Health Interview Survey, 2007–2012. *National Health Statistics Reports*, 2015; 78: February
2. Clarke TC, *et al.* Trends in the Use of Complementary Health Approaches Among Adults: United States, 2002–2012. *National Health Statistics Reports*, 2015; 79: February
3. Prasad R. Homoeopathy booming in India. *Lancet*, 2007; 370:1679–80
4. Homeopathic medicinal products. Commission report to the European Parliament and the Council on the application of Directives 92/73 and 92/74

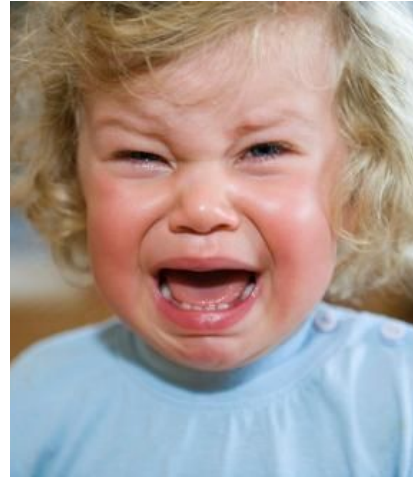
How does it work?

- Employs natural principle observed in living systems called the Law of Similars.
- “Like Cures Like”
- Substance that produces symptoms in healthy subject will cure same symptoms when given to sick person.



Example of Law of Similars

- In healthy subjects Chamomilla CAUSES:
 - *Irritability, tantrums, sensitivity to pain*
- In unhealthy subjects, Chamomilla CURES those same symptoms.
 - *For teething toddlers at naptime!*



Homeopathic Medicine in Practice

How do we tell what each remedy should be given for?

- By homeopathic drug trials called “provings”
 - 4,000-5,000 substances have been tested for their medicinal effects, in past 200 years.
- Each remedy causes a characteristic group of short-term side effects when given to healthy people.

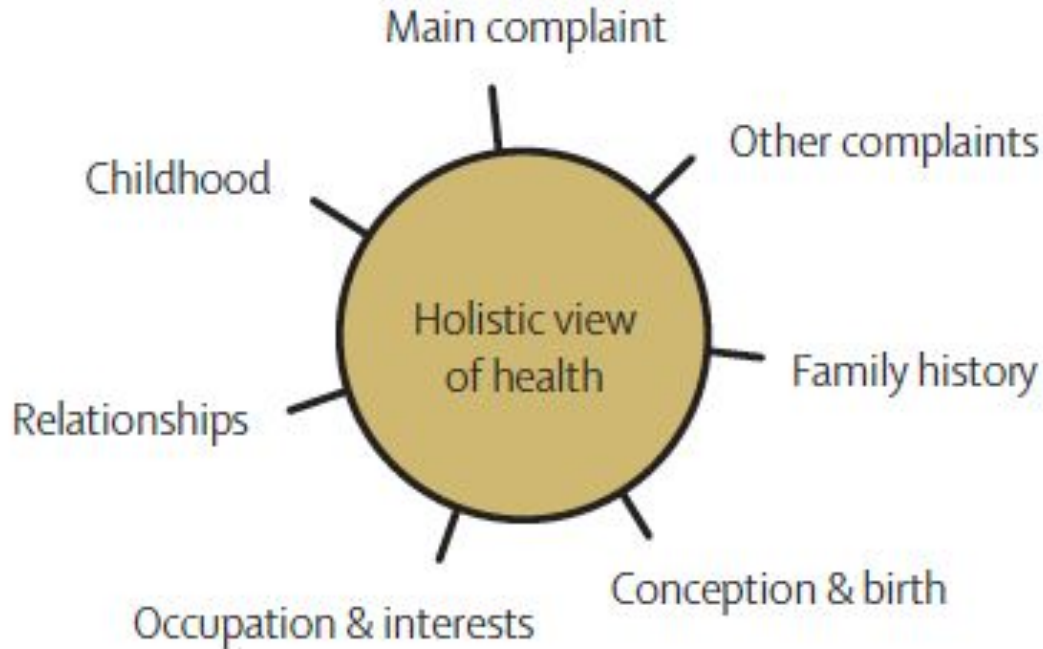
The homeopathic process

- A homeopath will ask you to describe your symptoms and history in detail.
 - They will give you a remedy at the time or will take time to research and select your remedy.
- You come back in 4-6 weeks for follow up

What information is needed?

- An OVERVIEW of the whole person
 - Not just the main complaint
- Useful information is unique to the individual
 - Time of day complaints are better or worse
 - *Headache worse at 9pm*
 - Triggers for problems or what makes them better
 - *Dizziness that comes on after getting angry.*
 - What exactly does the pain feel like?
 - *Feels like a knife stabbing into my left temple!*

Medical + personal history are important



Activity

Mini case taking demonstration for gathering history:

Who has a complaint they'd be willing to discuss?

Homeopathic medicine for acute injury

- For acute injuries with symptoms lasting less than 6 weeks, patients can use homeopathic medication in addition to their conventional treatment.
- If symptoms aren't resolving, see a trained homeopath.



Acute dosing protocol

- Dosages are taken orally, typically 3 pellets dissolved under the tongue.
- They can be taken up to 3x/day and then less often as long as improvement is continuing.
- Topical homeopathic creams are available and work well for bruising, pain, and swelling after injury.

How remedies are dosed



- One dose is 3 pellets
 - Dissolved under tongue
 - No food or drink 15 minutes before or after dosing
- To start treatment:
 - Take 3 pellets at bedtime + 3 pellets the next morning within 12 hours.
 - Those 6 pills will act for 4-6 weeks IF you avoid coffee, mint, and prescription medications.
 - If you are on those, see next slide.

If taking other prescriptions, dose daily

- After the first two doses of 30C, take a lower daily dose of the same remedy.
 - This means 1 pellet of 6C nightly at bedtime for the next 4-6 weeks.
- Wait the full 4-6 weeks to see what action the remedy will have.

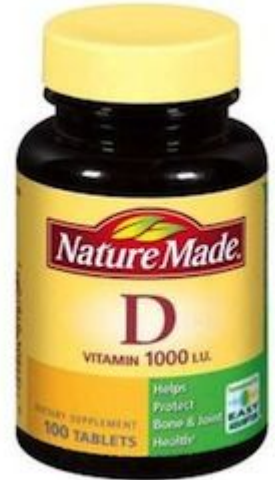


After 4-6 weeks, then what?

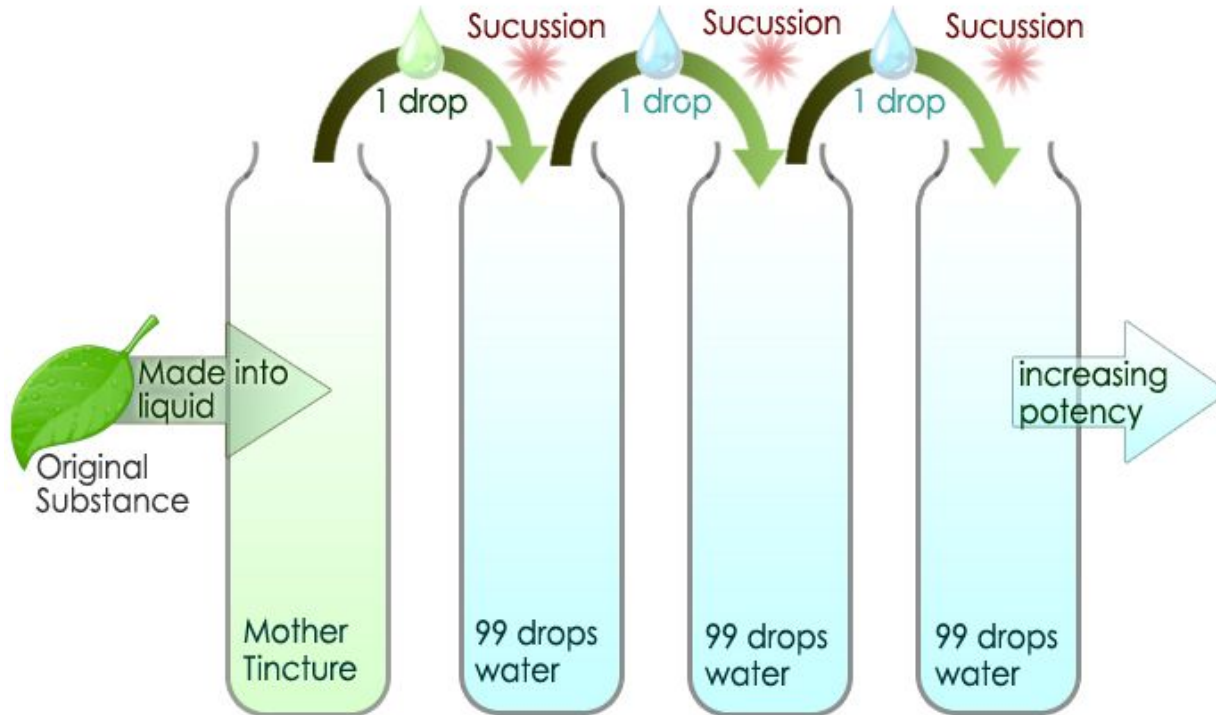
- If symptoms are still improved, don't redose unless they come back.
 - If you are doing well, you don't redose with 30C.
- Can be normal to need repeated doses monthly for 3-6 months or more.
 - Eventually you won't need to redose and your symptoms will not come back.

Production of Homeopathic Medication

How are homeopathic remedies different from herbs + supplements?



How are homeopathic remedies made?



What's in a homeopathic remedy?

- Single remedies
 - Most professionals prescribe just one substance at a time, not a mixture of different substances.
- Combination remedies
 - Contain more than one type of homeopathic remedy.
 - They tend not to be curative but can alleviate symptoms.

Is homeopathic medicine safe?

- Yes, because highly diluted, there's no interaction with prescription medications, herbs or supplements.
- Safe to use with other treatments, but acupuncture may interrupt the action of the remedy so redose after each treatment.



Remedies come in different strengths

- Potencies are the numbers next to the remedy name of the bottle:
 - Ex, *Arnica 30C*
- From lower to higher strength:
 - 6C - used daily if on meds or using coffee/mint
 - 30C - good to start treatment
 - 200C - if 30C stops working
 - 1M - if 200C stops working



Access to homeopathic medication

- Most homeopathic medicines are available over-the-counter at health food stores or homeopathic pharmacies.
- The “potency” or strength used for many injuries is 30C.
 - Ex: “Arnica montana 30C”
- Cost is about \$8 for 30 doses.



Buying At-Home Kits:

- **Single remedies can be found on Amazon**
- **Helios Pharmacy in London is excellent for kits**
 - <https://www.helios.co.uk/shop/basic-36-kit>
 - \$50 for 20-30 remedies
- **Hahnemann Labs in California**
 - Is excellent for single remedies, not so great for home kits.
 - \$10 for single remedies
 - <http://www.hahnemannlabs.com/>

Scientific research supporting homeopathic medicine

- Studies showing efficacy of homeopathic medicine in treatment of traumatic brain injury, trauma, emergency medicine.
 - J Head Trauma Rehabil. 1999 Dec;14(6):521-42. **Homeopathic treatment of mild traumatic brain injury: A randomized, double-blind, placebo-controlled clinical trial.** Chapman EH1, Weintraub RJ, Milburn MA, Pirozzi TO, Woo E.
 - Complement Ther Med. 2008 Feb;16(1):22-7. doi: 10.1016/j.ctim.2007.04.004. Epub 2007 Jul 12. **The role of a homoeopathic preparation compared with conventional therapy in the treatment of injuries: an observational cohort study.** Schneider C1, Schneider B, Hanisch J, van Haselen R.
 - Wien Med Wochenschr. 2005 Nov;155(21-22):491-7. **Homeopathy in emergency medicine.** Oberbaum M1, Singer SR, Friehs H, Frass M.
- A great resource for cutting edge research in the UK
 - <https://www.hri-research.org/hri-research/how-do-homeopathic-medicines-work/>

Research

- J Head Trauma Rehabil. 1999 Dec;14(6):521-42. **Homeopathic treatment of mild traumatic brain injury: A randomized, double-blind, placebo-controlled clinical trial.** Chapman EH1, Weintraub RJ, Milburn MA, Pirozzi TO, Woo E.
 - Randomized, double-blind, placebo-controlled trial of 60 patients using homeopathic remedies vs placebo. Results indicate a significant improvement from the homeopathic treatment versus the control and translate into clinically significant outcomes for mild traumatic brain injury.

Brain-injury related conditions homeopathic remedies can help

- Headache
- Vertigo or dizziness
- Confusion + brain fog
- Difficult concentration
- Memory problems
- Cognitive + visual processing deficits
- Depression



Most common homeopathic medications for Traumatic Brain Injury

- Arnica montana
- Cicuta
- Helleborus
- Natrum sulphuricum
- Hypericum
- Belladonna
- Aconite
- Bryonia
- Pulsatilla
- Gelsemium

Homeopathic medications and their symptoms

- Each medication has a “symptom picture” which means a common group of issues that the remedy treats.
- When the remedy symptom picture is matched to the patient’s symptoms, the symptoms go away.

“Arnica montana” medication

Made from flower Wolf’s bane or Mountain Arnica



“Arnica montana” medication

Source material: Wolf's Daisy flower

- Top trauma and injury remedy
- Bruised, sore achy feeling
- Reduces pain and swelling and decreases healing time
- For the injured person who thinks they are fine, even when obviously hurt.



**Most popular homeopathic medication worldwide:
Oral pellet form and topical gels widely available**



“*Cicuta virosa*” medication

Source material: Water Hemlock plant

- Mental dullness, childish behavior
- Brain fog, difficulty thinking, memory deficits
- Used for concussion, epilepsy, and developmental disorders



“Helleborus” medication

Source material: Christmas Rose plant

- Obtunded after head injury
- Takes long time to speak and answer questions
- Wrinkled forehead like they are trying hard to think
- Blank expression



“Natrum sulphuricum” medication

Source material: sodium sulphate mineral salt

- Personality changes following brain injury, lasting years.
- Irritability, confusion, anger.
- Depression and suicidality.



“Hypericum” medication

Source material: St. John's Wort plant

- Damage to brain/spinal cord or other nerve-rich areas like fingers/toes.
- Violent shooting, lightning-like pains that radiate from injured part.
- *Very effective for phantom limb pain, reflex sympathetic dystrophy or complex regional pain syndrome.*



“Belladonna” medication

Source material: Deadly nightshade plant

- Violent, throbbing migraines worse lying down, better sitting up.
- Fullness and congestion in head.
- Raging, manic, hot-headed literally and figuratively.



“Aconite” medication

Source material: Monkshood plant

- State of shock and fear after accident or trauma
- Feel disconnected from their body
- Fear of death with restlessness
- Worse at night 12-2am



“Bryonia” medication

Source material: White bryony plant

- Pain after injuries which are better from holding still, like broken ribs
- Grumpy and irritable
- Want to be left alone because hate being touched/moved



“Pulsatilla” medication

Source material: Pasqueflower plant

- Uncontrollably weepy, like constant PMS after trauma/injury.
- Very changeable moods.
- Clingy and needy.
- Better outside in open air.



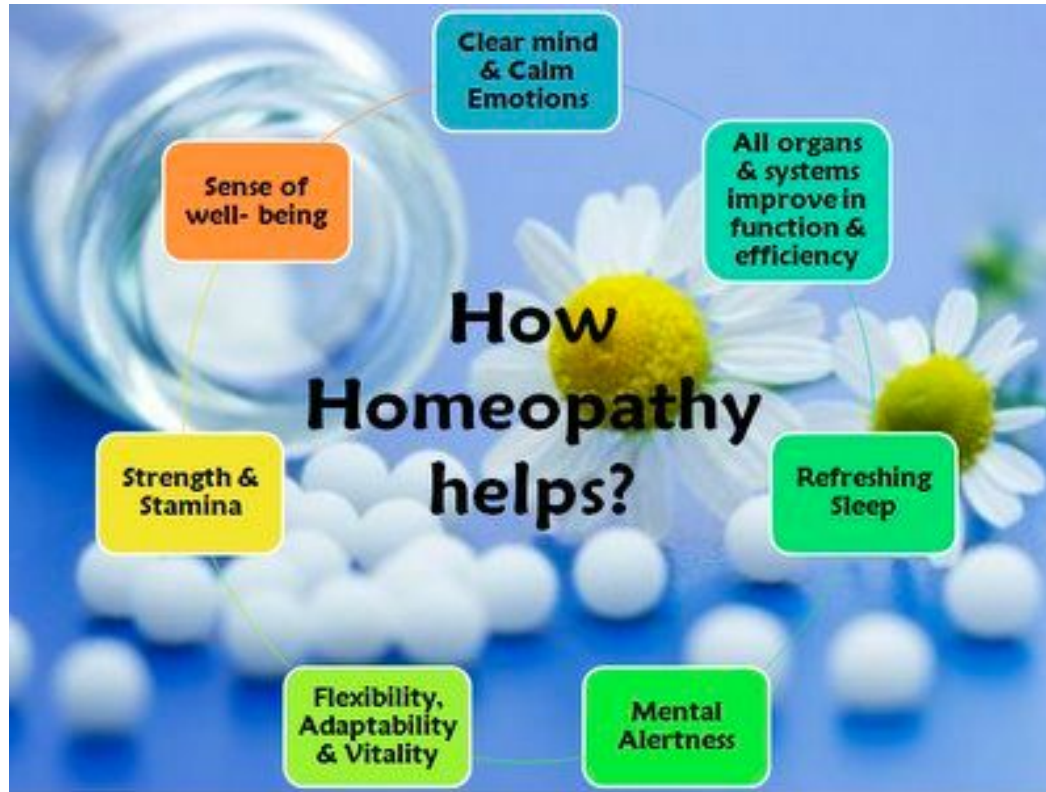
“Gelsemium” medication

Source material: Yellow jessamine plant

- Dizzy, drowsy, dull
- Heavy head and weakness
- So tired, eyes are half-open
- Vertigo and lack of coordination



Holistic effect of homeopathic remedies



Common signs and symptoms that a remedy is acting effectively

- Gradual improvement over 4-6 weeks
- Aggravation of symptoms within 24-48 hours
- Return of old symptoms
- Follow predictable pattern of improvement
- Complaint returns if treatment is antidoted

Patterns of improvement in healing process

- Can see a predictable pattern of healing called Laws of Cure
 - From most to least important organs
 - From top to bottom of body
 - From inside to outside of body
 - In reverse order of how complaints developed - more recent ailments return first, older ones later

Brainstorm list of conditions

Most important to least important organs/parts:

1. Spirit/mind
2. Brain/heart/lungs/kidneys
3. Stomach/intestines
4. Bones
5. Joints
6. Skin

Evaluating Treatment with Homeopathic Medicine

Activity:

Interactive Quiz Game testing understanding of healing process and prognosis of cure as reaction to homeopathic medicine.

Things that stop a remedy from working

- Coffee
 - In food or drinks, even decaf. Caffeine is ok to have.
- Mint
 - In toothpaste, mouthwash, gum, body care products
 - Same for things with very powerful smells like tea tree oil, camphor, Tiger Balm
- Dental work
 - Drilling + xrays
- Extreme stress
 - A car accident, shock, grief



Is homeopathy safe to use with other treatments?

- Yes
 - Because highly dilute there's no risk for interaction with medications, herbs or supplements.
- Ok to use with other forms of treatment, but acupuncture may interfere with action of the remedy.
 - Remedy may need to be redosed after acupuncture treatments.

Homeopathic training + licensure

- Doctors who practice homeopathy:
 - Medical doctors, Chiropractors, Osteopaths, Naturopathic doctors
- Homeopathic practitioners who aren't otherwise licensed are often certified.
 - National certification exam for homeopathy (CHC) ensures excellent level of training.
 - Ask practitioners if they have this.

Insurance coverage

- Depending on the doctor, coverage may be available.
- Homeopathic practitioners, without other licensure, are not eligible for insurance coverage.

Where to find homeopathic treatment

- New Hampshire Association of Naturopathic Doctors
 - www.nhand.org
- Maine Association of Naturopathic Doctors
 - www.MAND.org
- Maine Association of Homeopaths
 - www.homeopathyinmaine.com
- American Association of Naturopathic Physicians
 - www.naturopathic.org

Inspiring Case Studies

Case History #1

- 60 year old male
 - Presents with atrial fibrillation hasn't responded to ablation
 - On metoprolol, statin, aspirin, prilosec
 - History of multiple concussions from sports as kid
- **Rx: Natrum sulphuricum 30C**

Case #1 Outcome

- Within 4 weeks, atrial fibrillation went away, headaches returned for a period.
 - With a few more doses of remedy at monthly intervals, patient able to discontinue all medications and headaches resolve.
- Case stable x 3 years with no recurrence of symptoms.

Case History #2

- 22 year old male
- Presents for brain fog, difficulty concentrating + joint pains
 - History of closed head injury from fall at 2 years old.
- Yawns a lot (head injury related symptom)
- Rx: **Natrum sulphuricum 30C**

Case #2 Outcome

- Over 6 month period used increasing potencies of the same remedy
 - Brain fog resolves, mood improves, makes major life changes for the better.
 - Dizziness returns for a while and then resolves.
 - Joint pains resolve.

Case History #3

- 20 year old female athlete
- Presents with confusion, stomach pain, painful periods, numbness in extremities.
 - History of multiple head injuries + concussions
 - Can't collect her thoughts, do math, do logical problem solving
- Rx: **Natrum sulphuricum 1M**

Case #3 Outcome

- 3 weeks following remedy, feels good.
- Thinking is clearer and easier
 - Able to see patterns easily during problem solving, do math well again.
- Periods + migraines worsened, then improved.
- Stomach pain not as severe as before.
- Case stable x 6 years.

Case History #4

- 17 year old female
- Low speed car accident caused mild concussion
- Presents with depression, irritability, difficulty concentrating, headaches
- **Rx: Natrum sulphuricum 200C**

Case #4 Outcome

- Symptoms begin to improve within 1 week.
 - Another head injury during sports causes return of all previous symptoms.
 - Rx: Arnica 30C for few days, then back to Natrum sulphuricum 200C as needed for any return of symptoms.
- Case stable x 1.5 years with no headaches, depression or cognitive difficulties

Case History #5

- 10 year old male
- Depression, difficulty in school, asthma, dizziness, stomach problems.
- History of minor head injury while biking

- **Rx: Natrum sulphuricum 1M**

Case #5 Outcome

- Mental/emotional symptoms improve.
- Return of asthma for a while, then resolved.
- Remedy repeated 3-4 times over 2 years.
- Case stable x 3 years.

Case History #6

- 14 year-old boy sustained a closed head injury falling from a tree: diagnosed with subdural hematoma
- Developed difficulty speaking and thinking, slow to answer
- Depression, generalized weakness and chronic dry cough
- **Remedy: Helleborus niger 30c**

Case #6 Outcome

- Restoration of speech, memory and cognitive function over several months
- Energy level increases and depression dissipates
- Cough stops almost immediately
- Condition stable x 5 years

Case History #7

- 50 year old man impaled by a metal bar which embedded in brain
- Marked personality change with childish behavior and emotional outbursts
- Wants to be alone
- Frequent hiccoughs
- **Remedy: *Cicuta virosa* 30c**

Case #7 Outcome

- Within a month, experienced steady and consistent improvement.
- Cognitive abilities and emotional responses restored to almost pre-injury state.
- Condition stable x 8 years.

Thank you for attending.

***Feel free to reach out
if you have any questions!***

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