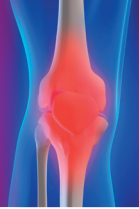


arthritic & rheumatic pain



Wouldn't we all love to still be able to do star jumps off the wall like this! However, sadly for most of us, as we age our joints begin to lose flexibility and become stiff and at times painful. Sports injuries, accidents, dietary indiscretions and sedentary lifestyle all take their toll on joint health.

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Homoeopathic remedies can be a great help for people who suffer from joint pain associated with rheumatism and arthritis. There are many remedies to choose from and the best results are obtained when you pay careful attention to your particular problem and select a remedy based on the symptom picture.

Attention to diet is extremely important especially reducing the intake of acid forming foods. As much as possible consume whole foods to maximise the availability of vitamins, minerals and other important substances used by the body to repair and maintain healthy joints. Include herbs such as Dandelion, Sage and Nettle in your diet for their healing properties as well as the abundant supply of nutrients they contain.

The following remedies may help to relieve symptoms and stimulate healing however you may need to consult a homoeopathic practitioner to choose a deep acting remedy for a long lasting healing result.

Arnica: As well as being 'the' remedy after accidents and injuries for the shock, bruising and soft tissue damage Arnica suits muscular rheumatism from exposure to cold, damp and after over-exertion. Limbs ache and feel bruised and beaten. Worse from movement and fear of being touched.

Apis: Burning, stinging pain in the joint with rosy redness, heat and puffy swelling. Often it is the knees or hands that are affected.

Arsenicum: Sciatic pain especially in elderly people. Worse around midnight, restless, anxious and better from warmth. Burning pain down the leg, cramping in calves.

Bellis perennis: Injuries and muscular soreness in tissues deep in the body where pain remains despite having used Arnica. Gardener's backache from bending and stooping.

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Bryonia: Stabbing pain that is much better from staying very still, from pressure and lying on the painful part. Lumbago. The pain is worse from the slightest movement. Irritability.

Colocynthis: Shooting pain down the right leg, stiffness of joints, contraction of muscles and shortening of tendons. Numb and weak. Worse cold, anger and indignation. Better doubling up, warmth and pressure.

Hypericum: Sharp, shooting, darting, crawling or tingling pains. Nerve damage, neuralgic pains, neuritis. Symptoms after injuries to the coccyx. Joints can feel bruised.

Ledum: Gouty rheumatism that starts in the lower limbs and ascends. Stinging, tearing pains. Better cold compresses.

Mag phos: Sharp twinges and spasmodic pains. Aggravated by cold and touch and relieved by pressure, massage and warmth. Sciatica worse right leg.

Pulsatilla: Wandering and shifting rheumatic pains, maybe in the hips, knees and other joints. Tearing, drawing, jerking pains. Constantly changing symptoms. Worse at night and from heat.

Rhus tox: Pain and stiffness from over-exertion, getting wet while hot or being caught in cold damp weather. Worse initially then better from continued movement. Cramping, tearing sciatic pain, stiffness in lower back, worse cold, damp and lying still. Very restless and must move.

Ruta grav: Pain in ligaments and tendons, especially where they meet the bone. Sciatica worse in bed at night, the pain extends from the back to the hips and thighs. Stiffness, pain and weakness in the joints.

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