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**Dr. Girija Shashikant
Kankanwadi**

Professor, H.O.D, Obstetrics
and Gynecology, AM Shaikh
Homoeopathic Medical College
and Research Centre, Belagavi,
Karnataka, India

Dr. Shashikant Kankanwadi

Professor, H.O.D, Practice of
Medicine, AGM Homoeopathic
Medical College, Varur, Hubli,
Karnataka, India

Corresponding Author:

**Dr. Girija Shashikant
Kankanwadi**

Professor, H.O.D, Obstetrics
and Gynecology, AM Shaikh
Homoeopathic Medical College
and Research Centre, Belagavi,
Karnataka, India

***Arnica montana*? Homoeopathic serratopeptidase - A case report**

Dr. Girija Shashikant Kankanwadi and Dr. Shashikant Kankanwadi

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Abstract

Fight, Hits and Fights are common in childhood. A 11 years boy, while playing in the school, he had a fight with his friend and came with hit on his face with contusion, Subconjunctival haemorrhage Swelling, Pain and Discolouration. Wound healing occurs in an organized sequence of overlapping phases that results in tissue reconstitution. This process involves hemostasis, inflammation, proliferation, and ends with the formation of mature scar tissue. Based on his present symptoms Arnica Montana is Prescribed which proved to be effective as anti-inflammatory, Anti edemic and Analgesic as Serratopeptidase.

Keywords: Homoeopathy, *Arnica montana*, serratopeptidase, sub conjunctival haemorrhage, bruises, contusion

Introduction

Contusions are one of the most common types of injuries occurring in active children. A contusion, or bruise, is caused by a direct blow to the body that can cause damage to the surface of the skin and to deeper tissues as well depending on the severity of the blow ^[1]. Contusions and bruises. In the living these injuries are accompanied with swelling, pain, and more or less discoloration of the part affected.

Bruise

A bruise is an area of skin discoloration. A bruise occurs when small blood vessels break and leak their contents into the soft tissue beneath the skin.

There are three types of bruises:

- Subcutaneous Beneath the skin.
- Intramuscular within the belly of the underlying muscle.
- Periosteal bone bruise.

Bruises can last from days to months. A bone bruise is the most severe and painful.

Causes

Bruises are often caused by falls, sports injuries, car accidents, or blows received from other people or objects. If you take a blood thinner, such as aspirin, warfarin (Coumadin, Jantoven), dabigatran (Pradaxa), rivaroxaban (Xarelto), apixaban (Eliquis), or clopidogrel (Plavix), you are likely to bruise more easily.

Symptoms

Main symptoms are pain, swelling, and skin discoloration. The bruise begins as a pinkish red color that can be very tender to touch. It is often difficult to use the muscle that has been bruised. For example, a deep thigh bruise is painful when you walk or run.

Eventually, the bruise changes to a bluish color, then greenish-yellow, and finally returns to the normal skin color as it heals ^[2].

Arnica (*Arnica montana*)

Also known as arnica flower, leopard's bane, and mountain tobacco, arnica is used to treat inflammation and as an immune system stimulant. The boost in immune response is thought to decrease healing time in bruises, aches, and sprains ^[3].

A/F: Bad Effects of mechanical injuries, even if received years ago, Traumatism of grief, remorse or sudden realization of financial loss Falls-Injury due to blunt instruments. Blow -Hard work (over exertion) [4].

Moderate-to-severe contusions take an average of 4-6 weeks to heal [5].

Arnica is an herb sometimes used to flavor foods. It can be poisonous when consumed in larger amounts. Arnica gel can be applied to the skin for osteoarthritis. The active chemicals in arnica may reduce swelling, decrease pain, and act as antibiotics. But arnica can be unsafe when taken by mouth unless it's used in homeopathic dilutions. Homeopathic products contain extreme dilutions of the active chemicals. People most commonly use arnica for pain caused by osteoarthritis. It is also used for bleeding, bruising, swelling after surgery, and other conditions, but there is no good scientific evidence to support these uses. Arnica is also used as a flavor ingredient in beverages, candy, baked goods, and other foods [6].

Arnica montana

Concussions and contusions, results of shock or injury; without laceration of soft parts; prevents suppuration and

septic conditions and promotes absorption. When suspecting exudation of blood, to facilitate absorption. Conjunctival or retinal haemorrhage, with extravasation, from injuries or cough [7]. Allied to wounds are Haemorrhages, and Arnica causes and cures Haemorrhages of many kinds: dilatation and rupture of small blood-vessels Haemorrhages into the tissues of internal organs or the skin [8].

It is a traumatic remedy par excellence. Trauma in all its varieties mental or physical and their effects recent or remote are met with by this remedy. It is a prophylactic for pus formation. Burrowing pus. Has absorbent action [9].

Case

A 12-year-old school boy came the history of hit on the face at school. Now He is complaining of Dull aching pain at the site of blow, pain in the right eye, closing of eyes causes more pain, bruised feeling ++ On examination there is redness of Right Eye+, Subconjunctival haemorrhage, swelling around the eyes, Bluish discolouration around the eye, after taking the case and signs and symptoms were analysed and evaluated according to their intensities. Totality is framed and Repertorisation is done Concise repertory of homoeopathic Medicines by Pathak.

Table 1: Symptoms forming the totality

SL. No.	Symptoms
1	Injuries, shocks, wounds, bruises etc
2	Bluish purple (Discharges, discolouration of skin) injury from
3	Pain neuralgia in general: Bruised soreness
4	EYES: Closing: Agg
5	EYES: Bloodshot
6	EYES: Injuries

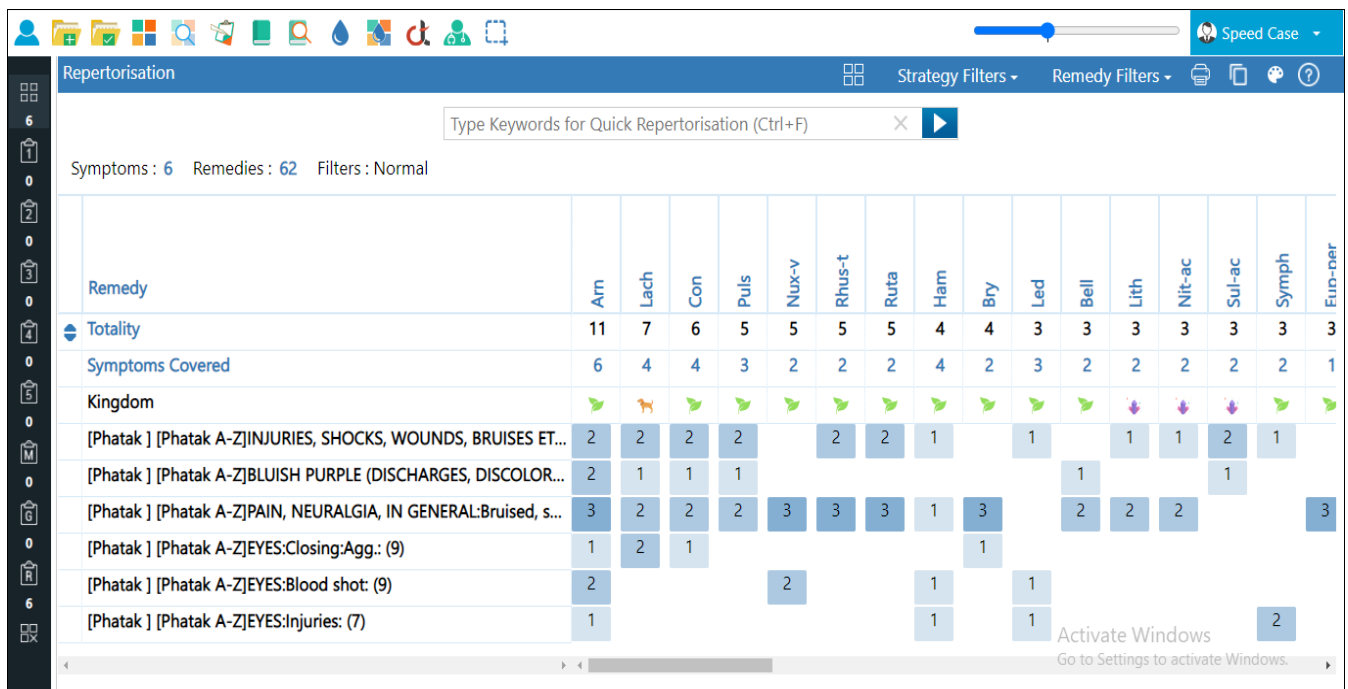


Fig 1: Show quick Repertorisation analysis

Reportorial analysis: Arn-11/6, lac-7/4, con-6/4, puls-5/3, NUX v-5/2, RHUS tox-5/3, ruta-5/2

some of the Materia Medica books, *Arnica montana* was the drug of choice. Single Dose of selected medicine was prescribed in 200 potency.

First prescription

After analysing the reportorial result (Fig-2) and referring



Fig 2: Show After analysing the reportorial result

Discussion

There are many basis of prescription like causation, prominent modalities, organo-specific, miasmatic and constitutional, etc¹⁰. In the present case the medicine was prescribed by considering his acute symptoms and signs. After Repertorisation, Arnica Montana was selected as similimum as it covered more number of symptoms and also in accordance with Materia Medica. Arnica Montana helped in Absorbing the sub-conjunctival Haemorrhage, swelling and removing the symptoms.

Conclusion

It is evident from the above case report that homoeopathic medicine prescribed basing upon the totality of symptoms was effective in the treatment of Injuries. It is a positive indication for Homoeopathic treatment to be evidence based that there is disappearance of the signs and symptoms within a short period without any complications. However, from a single success case it is very difficult to draw any conclusion about the effectiveness in all the cases. So, more case series as well as clinical trials on effectiveness of homoeopathic medicines are required.

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Declaration of patient consent

The patient's consent for the publication of his case report has been obtained in a prescribed format. The patient has also given consent to share the images and all investigational reports for publication. The patient understands and confirms that her identity will not be disclosed anywhere during publication.

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