

Asa Hershoff

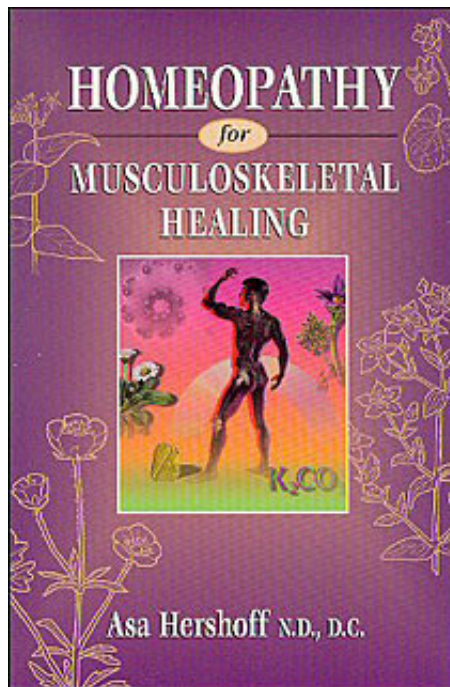
Homeopathy for Musculoskeletal Healing

Reading excerpt

[Homeopathy for Musculoskeletal Healing](#)

of [Asa Hershoff](#)

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BRYONIA**KEYNOTES**

- > *Inflammation* of joints & bursa with *stitching* pains. IRRITABILITY.
- > Migraine; bursting, hammering, with red face, hot head.
- > < MOTION, stooping, touch, hot room > REST, *pressure*, local heat.

MUSCULOSKELETAL SYMPTOMS

- STITCHING, sharp, cutting. *Tearing*, drawing.
- Onset can be gradual (arthritis) or sudden (injuries or fracture).
- *Neck*- Stiffness, tension in nape.
- *Thorax*- Stitches from scapulae and spine through to heart.
- *Low Back*: *Tearing*, drawing pains in lumbar and sacral spine
< bending, sitting up, turning. As if beaten. Must *walk or sit bent over*.

Associated

- HOT, RED, SWOLLEN and shiny, or pale red and puffy.
- Lies or sits perfectly still, dreading any motion whatsoever.
- *Irritability*. Sore and sensitive to touch.
- *Constipation*: hard, dry stools. Heartburn, *indigestion*, heaviness.

Modalities

- < SLIGHTEST MOTION: *Stooping*, exertion, *jarring*, rising up, turning, walking, stretching, raising the leg, coughing, deep breath, sneezing, straining, motion of the head, eyes, ascending, rising up.
- < TOUCH. Eating. When constipated. Left side.
- < *Becoming* HOT or hot room, from cold weather to warm. Chilling.
- < In cold, wet weather, cold wind, COLD BATHING, weather changes.
- < MORNING, on waking; 3 a.m. or 9 p.m. (late evening).
- > IMMOBILIZATION: Lying or *lying on painful side* (except headache).
- > PRESSURE, tight bandaging, bracing the area. REST, quiet.
- > *Heat to inflamed areas*, though better cool in general. Perspiring.
- > Cool open air. Overcast or damp weather. Closing eyes.

Psychological

- IRRITABILITY and anger < if disturbed. Seeks quiet and solitude.
- *Worries about business*. Fear of poverty, the future, change.

HEADACHE SYMPTOMS

- Starts *in morning* on first moving eyes. Gradually increases till p.m.
- BURSTING, SPLITTING, sharp, *stitching*. Hammering inside.
- HEAVY HEAD. Crushing weight. *Pressing in or bursting out*.
- Back of head (occiput), FRONTAL, into cheeks or eye. Right or left.
- Spreads to the whole body from the occiput or temples.
- On stooping, feels as if contents of head would come out.
- *Causes-*. Anger, fright, contradiction, overeating, constipation, liver congestion, cold air, chilling, cold drinks when overheated, coffee.

Modalities as before, plus the following:

- > Stooping, coughing, after eating, light, noise, motion of eyes. SUN.
- > Lying with the head low, WRAPPING UP HEAD. *Closing the eyes*.
- > HEAT or warm applications (though head is HOT).
- Temple pain < lying on it. Occiput pain > lying on it.

Associated

- *Thirst* for large quantities. *Dryness* of lips, mouth, throat.
- White or yellow coated tongue, *bitter taste*. Constipation or diarrhea.
- Vertigo: Dizzy or faint on rising.
- Head HOT, *red face*, but body cold. Nosebleeds, *rushes of blood to head*.
- Scalp sore and sensitive.

DOSAGE

Potency

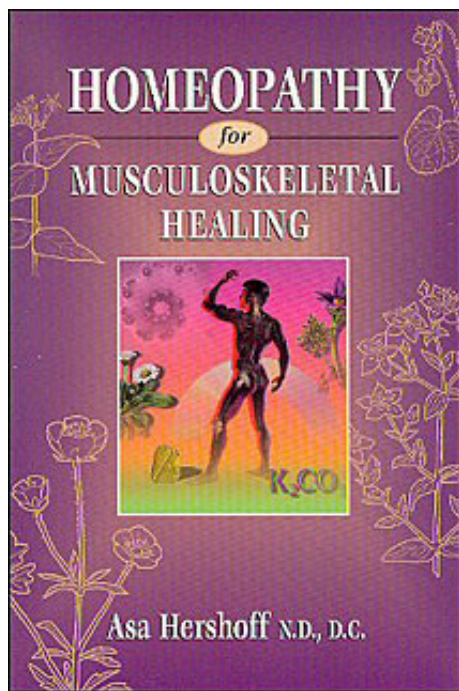
- 6, 12, or 30. Low potencies in gout, rheumatism, inflammation.

Repetition

- Short-acting, Bryonia bears frequent repetition during acute stages or symptoms. Otherwise, one to three times daily.

CLINICAL CONDITIONS

- Arthritis (acute) • Bursitis • Dislocations • Fibrositis, fibromyalgia
- Fractures (pain) • Knee synovitis • Low back pain • Migraine (acute)
- Myalgia • Myositis • Rheumatoid conditions • Sciatica
- Sprains • Strains • Subluxations • Synovitis • Tendonitis
- Tension headache • Torticollis • Trauma (if Arnica fails to help).



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