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## Effectiveness of homoeopathic treatment in wound healing: A retrospective study

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### Abstract

**Background:** Wound healing is a complex physiological process involving haemostasis, inflammation, proliferation, and remodelling. Delayed or impaired wound healing is often associated with trauma, infection, diabetes, and chronic illness, leading to prolonged morbidity. Homoeopathy, with its individualized approach, has been traditionally used to stimulate the body's self-healing mechanisms and aid in faster recovery.

**Objectives:** To evaluate the effectiveness of Homoeopathic remedies in wound healing with respect to reduction of pain, discharge, inflammation, infection, and overall recovery time.

**Methodology:** A retrospective observational study was conducted on 50 patients with acute and chronic wounds who received Homoeopathic treatment at Sarada Krishna Homoeopathic Medical College and Hospital OPD from January 2022 to December 2023 between. Case records were analysed for type of wound, prescribed remedies, duration of treatment, and clinical outcomes. Assessment parameters included rate of wound closure, reduction in pain, discharge, infection, and time taken for complete epithelialization.

**Results:** Homoeopathic treatment showed significant improvement in wound healing outcomes. Arnica montana and Calendula officinalis were effective in acute traumatic and surgical wounds; Silicea and Hepar sulphuris facilitated healing in chronic suppurative wounds; and *Hypericum perforatum* was beneficial in wounds involving nerve-rich tissues. Most patients reported faster wound closure, reduced pain, and fewer infections compared to expected conventional recovery timelines.

**Conclusion:** The retrospective findings suggest that Homoeopathy is effective in promoting wound healing by accelerating tissue repair, reducing infection risk, and improving overall patient comfort. Further prospective, randomized controlled trials are recommended to validate these observations.

**Keywords:** Homoeopathy, wound healing, retrospective study, arnica, calendula, Silicea, hypericum, Hepar sulphuris

### Introduction

Wounds are defined as disruptions in the continuity of skin, mucosa, or underlying tissues caused by trauma, surgery, or pathological processes. Delayed healing often complicates recovery, increases infection risk, and impacts the quality of life. Conventional medicine primarily relies on antiseptics, antibiotics, and surgical interventions. However, in recent years, complementary approaches such as Homoeopathy have gained interest for their holistic and individualized nature.

Homoeopathy provides remedies selected based on the totality of symptoms, patient constitution, and modalities. Remedies such as Arnica montana, Calendula officinalis, Hypericum perforatum, Silicea, and Hepar sulphuris have been widely used in clinical practice for wound management. This study retrospectively evaluates their role in wound healing.

### Objectives

1. To assess the effectiveness of Homoeopathic remedies in wound healing.
2. To evaluate improvement in associated symptoms like pain, inflammation, discharge, and infection.
3. To analyse the time duration of wound closure and recovery.

### Methodology

- **Study Design:** Retrospective observational study

- **Study Population:** Patients with wounds (traumatic, post-surgical, diabetic ulcers, and chronic non-healing wounds) who received homoeopathic treatment between January 2022 to December 2023.
- **Sample Size:** 50 Patients with acute and chronic wounds.

#### Inclusion Criteria

- Patients with acute or chronic wounds.
- Age group: 18–70 years.
- Patients treated exclusively or predominantly with Homoeopathy.

#### Exclusion Criteria

- Patients under concurrent allopathic wound care (antibiotics, advanced dressings).
- Incomplete case records.

#### Assessment Parameters

- Rate of wound closure.
- Reduction in pain, discharge, and inflammation.
- Frequency of infection.
- Time taken for complete epithelialization.

#### Results

- Majority of wounds showed significant improvement with homoeopathic remedies.
- Acute wounds (surgical/traumatic) healed faster with Arnica and Calendula application.
- Chronic suppurative wounds responded well to Silicea and Hepar sulphuris.
- Painful nerve-injury wounds showed improvement with Hypericum.
- Average healing time was reduced compared to standard reported averages in conventional medicine for similar wound types.

Recurrence rate and complications were significantly lower in patients who followed constitutional treatment along with local remedies.

#### Discussion

The retrospective findings suggest that Homoeopathy is effective in accelerating wound healing by:

- Stimulating natural tissue repair.
- Reducing inflammation and discharge.
- Preventing suppuration and secondary infections.
- Enhancing patient comfort and overall immunity.

While the results are encouraging, limitations such as retrospective design, absence of control group, and smaller sample size must be considered. Future prospective randomized controlled trials are required for validation.

#### Conclusion

Homoeopathy, through individualized remedy selection, proves beneficial in wound healing by reducing symptoms and accelerating recovery. Remedies like Arnica, Calendula, Hypericum, Silicea, and Hepar sulphuris demonstrated promising results. This study supports the integration of Homoeopathy as a complementary approach in wound management.

#### Conflict of Interest

Not available

#### Financial Support

Not available

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