

# Clinical Efficacy of Valeriana officinalis in Treating Heel Pain: A Case-Based Approach

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**Abstract:** Heel pain is a common complaint, often caused by plantar fasciitis, nerve compression, or calcaneal spur. This article presents clinical experiences highlighting the use of Valeriana officinalis, a lesser-known but potent remedy, particularly where symptoms suggest nerve involvement and erratic pain distribution. Through well-documented cases, the effectiveness of this remedy in homeopathic practice is demonstrated.

**Keywords:** Heel pain, case reports, plantar fasciitis, nerve pain

## 1. Introduction

Heel pain is a frequent musculoskeletal condition, often limiting daily activities. Conventional treatments include NSAIDs, orthotics, and physiotherapy. In homeopathy, selection of remedies depends on the totality of symptoms. Valeriana officinalis, traditionally used for nerve-related conditions and restlessness, can offer relief in specific heel pain cases with unique modalities and symptom expressions.

### Materia Medica: Valeriana officinalis

**Keynotes:** Oversensitivity, hysterical symptoms, erratic pains, better walking, worse standing still. Pain in heels when sitting.

**Indications:** Neuralgias, spasmodic pains, hypersensitivity to pain, pain shifting locations

**Modalities:** < evening < standing < rest, > open air, > motion,

### Case 1: Sudden Heel Pain with Electric Shock Sensation

Patient: Mrs M M D Sex: Female, Age: 42 years, Date: 11/1/25

Occupation: shopkeeper.

Complaint: pain heels since 3yr right > left heel pain, described as electric shock-like, worse evening<sup>+3</sup>, when standing after rest<sup>+3</sup> (start-up pain), morning first motion<sup>+3</sup>, walking<sup>+2</sup>

Mental symptoms: Anxiety, hypersensitivity to noise, craving for sweets

Prescription: Valeriana officinalis 200C, TDS for 3 days

Follow up: 21/1/25 pt complaint significant reduction in pain intensity. (SL given for 1wk) 4/2/25 complaint > 50% (SL given for 1wk) 16/2/25 No complaint of heel pain

**Discussion:** The key to remedy selection was modalities and the nature of pain (nervous origin) and improvement with walking- classic Valeriana indicators.

### Case 2: Chronic Heel Pain with Alternating Sciatic Symptoms

Patient: Mrs A P Sex: Female, Age: 37 years, Date: 28/4/25

Occupation: shopkeeper

Complaint: Left heel pain for 4 months, radiating upwards, alternating with sciatic pain

Modalities: Pain worse when standing still, better walking briskly

Mind: she is irritable don't want to talk during pain, dwells on disagreeable things, feel nervous, feeling of responsibility since husband's death,

Prescription: Valeriana officinalis 30C twice daily for 7 days

Outcome: 60% relief after one week; full recovery within 2 weeks with intermittent doses.

## 2. Differential Diagnosis of Remedies for Heel Pain

Remedy	Keynote	Better	Worse
Valeriana	Erratic, neuralgic pains	Motion	Standing
Rhus tox	Stiff, tearing pain	Initial motion	Rest
Ledum	Heel pain after injury	Cold	Warmth
Ruta	Tendon & ligament pain	Pressure	Strain

## 3. Discussion

In both cases, traditional orthopedic interventions were either not initiated or unsuccessful. The role of Valeriana in neurogenic and hypersensitive pain was crucial. These cases suggest its value when heel pain has nervous system involvement and is better with motion, especially in anxious, oversensitive individuals.

## 4. Conclusion

Valeriana officinalis is an underutilized yet effective homeopathic remedy for specific types of heel pain, especially when neurological modalities and peculiar pain sensations are present. It deserves attention in future clinical trials and larger case studies.

## References

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