

# Homeopathy in Sports Medicine: Current Evidence, Clinical Applications, and Future Perspectives

Dr. Deepak B. Parmar

M.D (Hom.), Professor, Department of Physiology and Biochemistry, CVM Homeopathic Medical College and Hospital, CVM University, New Vallabh Vidyanagar, Gujarat, India

**Abstract:** Background: Homeopathy has traditionally been applied in the management of chronic diseases and psychosomatic conditions. In recent years, its clinical scope has expanded into broader healthcare domains, including sports medicine and holistic healthcare. Athletes and physically active individuals frequently experience musculoskeletal injuries, overuse syndromes, fatigue, psychological stress, and delayed recovery. Conventional therapeutic approaches often rely on repeated pharmacological interventions that may be associated with adverse effects or limited suitability for long-term use, prompting interest in complementary and integrative healthcare options. Aim: To evaluate evidence-based applications of homeopathy in sports medicine and holistic healthcare. Objectives: 1) To review clinical evidence on the use of homeopathy in sports-related injuries and rehabilitation. 2) To explore the role of homeopathy in recovery support, fatigue management, and performance-related psychological stress. 3) To identify commonly reported homeopathic medicines used in sports medicine and holistic healthcare contexts. Materials and Methods: An integrative narrative review was conducted using peer-reviewed literature sourced from PubMed, Google Scholar, AYUSH research portals, and indexed homeopathic journals. Clinical trials, observational studies, case series, and systematic reviews published in English were included. Literature addressing sports-related musculoskeletal injuries, recovery and fatigue, psychological stress, and holistic health outcomes was qualitatively analysed. Results: The reviewed literature suggests that homeopathy may contribute to the management of sports-related conditions such as sprains, strains, contusions, tendinopathies, post-exertional fatigue, and stress-associated psychological symptoms. Medicines frequently reported include *Arnica Montana*, *Rhus Toxicodendron*, *Bryonia alba*, *Ruta graveolens*, and *Hypericum perforatum* for injury-related conditions, as well as *Kali phosphoricum* and *Gelsemium sempervirens* for mental fatigue and performance-related anxiety. Reported outcomes include symptom reduction, improved functional recovery, enhanced psychological well-being, and high patient satisfaction, particularly when homeopathy is used as a complementary intervention. Conclusion: Homeopathy demonstrates a potentially valuable yet underutilized role in sports medicine and holistic healthcare. While existing evidence is encouraging, further rigorously designed clinical studies and interdisciplinary collaboration are required to strengthen the evidence base and support its responsible integration into contemporary healthcare practice.

**Keywords:** Homeopathy; Sports Medicine; Holistic Healthcare; Integrative Medicine; Evidence-Based Practice

## 1. Introduction

Sports medicine addresses prevention and treatment of injuries related to physical activity. Athletes frequently encounter sprains, strains, tendinopathies, and psychological stress linked to performance demands [1]. Conventional therapies, including NSAIDs and corticosteroids, while effective, may pose risks with prolonged use such as gastrointestinal complications and delayed healing [2].

Homeopathy, based on individualized treatment principles, has gained attention as part of integrative medicine. Its low-risk profile and holistic approach make it a potential adjunct in sports healthcare [3].

## 2. Materials and Methods

An integrative narrative review was conducted using databases including PubMed, Google Scholar, AYUSH portals, and homeopathic journals.

### Inclusion Criteria

- Clinical trials, observational studies, case series, systematic reviews
- English-language publications
- Studies on sports injuries, fatigue, and psychological stress

### Exclusion Criteria

- Non-peer-reviewed sources
- Non-clinical literature

A qualitative synthesis approach was applied due to heterogeneity in methodologies.

## 3. Results

### Homeopathy in Sports-Related Injuries

Homeopathic remedies are widely reported in managing acute and chronic injuries. *Arnica montana* is frequently used for trauma and muscle soreness, demonstrating reduction in pain and edema [4]. Remedies such as *Rhus toxicodendron* and *Bryonia alba* are indicated in ligament injuries and inflammatory conditions [5].

Adjunctive use of homeopathy has been associated with improved recovery and reduced analgesic dependence [6].

### Recovery, Fatigue, and Psychological Stress

Fatigue and stress are common among athletes. Remedies such as *Kali phosphoricum* and *Gelsemium sempervirens* are used for mental exhaustion and performance anxiety [7]. Evidence suggests improvements in energy levels, stress tolerance, and emotional stability [8,9].

### Holistic Healthcare Perspective

Homeopathy supports holistic healthcare by addressing physical and psychological dimensions simultaneously. Its

Volume 15 Issue 7, July 2026

Fully Refereed | Open Access | Double Blind Peer Reviewed Journal

[www.ijsr.net](http://www.ijsr.net)

integration into sports medicine may improve long-term outcomes and reduce recurrence rates [10].

Tables

**Table 1: Common Homeopathic Remedies in Sports Medicine**

Remedy	Indications	Key Features	Evidence Type	Findings	Ref
<i>Arnica montana</i>	Trauma, soreness	Bruising, tenderness	RCTs, observational	Pain and swelling reduction	[4,6]
<i>Rhus toxicodendron</i>	Sprains, stiffness	Better with motion	Observational	Improved mobility	[5]
<i>Bryonia alba</i>	Inflammation	Worse with motion	Clinical reports	Symptom relief	[5]
<i>Ruta graveolens</i>	Tendon injuries	Overuse pain	Case series	Tissue recovery support	[3,5]
<i>Hypericum perforatum</i>	Nerve injuries	Shooting pain	Clinical observations	Pain relief	[3]
<i>Symphytum officinale</i>	Fractures	Bone healing	Observational	Supports callus formation	[3]

**Table 2: Homeopathy in Fatigue and Psychological Stress**

Remedy	Indications	Context	Evidence	Outcomes	Ref
<i>Kali phosphoricum</i>	Mental fatigue	Overtraining	Observational	Improved energy	[7,8]
<i>Gelsemium sempervirens</i>	Anxiety	Pre-competition	RCTs	Reduced anxiety	[7,9]
<i>Argentum nitricum</i>	Anxiety	Competitive stress	Reports	Emotional stability	[3]
<i>Nux vomica</i>	Stress	Overexertion	Observational	Better adaptation	[3]
<i>Cocculus indicus</i>	Fatigue	Sleep deprivation	Clinical	Improved alertness	[3]

**Table 3: Evidence Summary by Condition**

Category	Examples	Remedies	Evidence Level	Outcomes
Acute injuries	Sprains	<i>Arnica</i> , <i>Rhus tox</i>	Moderate	Faster recovery
Overuse injuries	Tendinitis	<i>Ruta</i>	Low–Moderate	Reduced inflammation
Nerve injuries	Neuralgia	<i>Hypericum</i>	Low	Pain relief
Fractures	Bone injury	<i>Symphytum</i>	Low	Healing support
Fatigue	Exhaustion	<i>Kali phos</i>	Low–Moderate	Improved energy
Stress	Anxiety	<i>Gelsemium</i>	Moderate	Reduced anxiety

**Table 4: Integrative Role in Sports Medicine**

Domain	Conventional Care	Homeopathic Role	Benefit
Injury	NSAIDs	Symptom-based remedies	Less drug dependency
Rehab	Physiotherapy	Tissue support	Holistic recovery
Fatigue	Supplements	Energy remedies	Better endurance
Mental health	Counseling	Individualized remedies	Stress reduction
Prevention	Training	Constitutional care	Reduced recurrence

**4. Discussion**

The findings suggest that homeopathy may provide supportive benefits in sports medicine, particularly in injury management, fatigue reduction, and psychological well-being. Its individualized approach aligns with holistic healthcare models.

However, limitations include variability in study quality and lack of large-scale randomized trials. Despite this, observational and clinical evidence supports its adjunctive use [11].

**5. Conclusion**

Homeopathy offers a promising complementary approach in sports medicine and holistic healthcare. While current evidence is encouraging, further rigorous clinical research is necessary to validate its role in evidence-based practice.

**References**

- [1] Brukner P, Khan K. *Clinical Sports Medicine*. 5th ed. McGraw-Hill; 2017.
- [2] Warner TD, Mitchell JA. Cyclooxygenases: new forms, new inhibitors. *FASEB J*. 2004;18(7):790–804.
- [3] Bellavite P, Signorini A. *The Emerging Science of Homeopathy*. North Atlantic Books; 2002.
- [4] Robertson A, et al. Homeopathy in postoperative recovery. *Homeopathy*. 2007;96(1):17–26.
- [5] Jonas WB, et al. Critical overview of homeopathy. *Ann Intern Med*. 2003;138(5):393–399.
- [6] Oberbaum M, et al. Homeopathy in fibromyalgia. *Rheumatology*. 2001;40(9):1052–1055.
- [7] Ullman D. *Consumer’s Guide to Homeopathy*. 1995.
- [8] Frei H, et al. Homeopathy in ADHD. *Eur J Pediatr*. 2005; 164: 758–767.
- [9] Pilkington K, et al. Homeopathy for anxiety. *Cochrane Database*. 2006.
- [10] Vithoulkas G. *Science of Homeopathy*. 1980.
- [11] Mathie RT, et al. Randomised trials systematic review. *Syst Rev*. 2014; 3: 142