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To the Editor:

Dear Sir,

HOMEOPATHY IN SPORTS INJURIES?

Earlier this year I went to a meeting in Liverpool, where the use of homeopathic medicine in the sporting context was discussed.

I was interested if sceptical in the ideas presented, but since then a personally conducted if limited trial has given surprisingly good clinical results, and a uniformly enthusiastic response from the sportsmen (and women) involved as regards efficacy and lack of side effects.

More recently, after a talk on the Problem of Drug Abuse in Sport, at our local hospital, I raised the question of using homeopathic preparations for sportsmen with the Speaker, the Assistant Director of the Drug Control Centre in London.

The suggestion was met with some amusement, but I was assured that such treatment would not contravene any of the present Drug Control regulations.

The preparations I have found most useful are Gelsemium (or Argent. Nit. if there is an element of "tummy upset") for pre-match nerves; Arnica for intra-match or immediate post match bruising and soft tissue damage; and Rhus. Tox. for "next day" aches and pains.

Cuprum Metallicum is good for cramp either during or just after the event.

All these preparations in potencies of 6 or 30 (equivalent to dilutions of 10^{-12} and 10^{-60}) are quite safe for use by non-medical personnel, and could be part of a club's First Aid Kit.

I cannot find reference to a trial of this sort of "drug" in a sports context and I wondered if any of your readers would be interested in taking part in such a trial. The homeopathic treatment (which is inexpensive and easily obtained) would of course, be combined with the usual ICE treatment and/or physiotherapy but no other "conventional" drugs would be used.

Yours sincerely,

H. SELCON, MB, ChB