

# Symphonic Symphytum for Pain



Pain.

Whether acute or chronic, it can bring your life to a grinding halt.

In last week's blog post, [Snap!](#), I shared with you the story of an unexpected back injury that completely derailed a young man's life – until he was introduced to homeopathy.

More specifically, until he was introduced to *Symphytum* and *Hypericum*.

Many different types of injuries respond beautifully to

*Symphytum*.

Solo, it is effective for certain pain. When used in harmony with other homeopathic medicines, *Symphytum* can be an elegant part of a healing symphony.

So, as I highlighted *Symphytum* in last week's article, it reminded me of an event five years ago when Buster, The Bad Office Dog, injured his meniscus. (I wrote about it in a blog post at the time.)

You can see from the photo above taken five years later, Buster recovered perfectly from that injury and is still an adorable – albeit mischievous – ball of fluff!

All thanks to *Symphytum*!

Meniscus injuries (especially in the knees) are all too common in athletic humans as well – ask any basketball player, football player or avid skier.

Do they always require surgery?

No.

Perhaps they only need to be introduced to the beautiful music of *Symphytum*.

So, before we end our current focus on pain, I want to republish my previous blog post from 2014. This is valuable information and worth repeating.

Keep in mind that the medicines used for our beloved Buster would be the same medicines used for human injuries:

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Buster, The Bad Office Dog, was running in the fields by our pond when he apparently stepped into a hole or a depression in the ground.

He let out a yelp and came limping back to us. He refused to put any weight on his back leg while yelping.

Our poodle was obviously in severe pain.

Now, sometimes a dog will limp for a bit but gradually start using the leg when the initial shock wears off.

Not Buster. He was not about to put any weight on that leg for any reason.

As usual, I gave him a few doses of *Arnica* 200 for the initial pain and trauma, about 3 times per day for a few days.

But by the end of the week, the leg was no better. Buster was not putting any weight on it, and he would nip if anyone touched his hock.

Fortunately, we have a holistic vet friend who lives just minutes from us, and who is an excellent diagnostician.

She said Buster had a torn meniscus.

The meniscus is a "fibrocartilaginous structure," which is a fancy way of saying that it is like a spongy pad that sits between the bones at a joint.

It acts as a buffer between the bones, absorbs energy like a shock absorber and contributes to joint lubrication.

Injuries to the meniscus are not uncommon in athletic dogs and are often accompanied by tears to the cruciate ligament.

The most common treatment is surgery.

Unfortunately, these injuries often lead to the development

of arthritis, bone spurs and degeneration in the joint.

Poor Buster!

If we had gone to a conventional veterinarian, we may have been told that surgery was our only option, and it would not have been a surprise if the cost was as much as \$5,000.

Hence, Buster immediately started to receive [\*Symphytum officinale\* 200](#), one of the most useful remedies in our homeopathy kit.

By the way, the cost of a bottle of this medicine is anywhere from a few dollars to about \$20, so the decision was an easy one to make.

*Symphytum* is made from comfrey, a perennial flowering plant that is sometimes considered a weed, but herbalists and organic gardeners have cultivated this plant for centuries for its medicinal uses.

You may know it as “knitbone” or “boneset,” which gives you a clue to one of its main uses.

*Symphytum* excels at mending broken bones.

In fact, we caution against using this remedy until there is certainty that the broken bone has been correctly set in place because the remedy has been known to quickly knit bone even when it is not correctly aligned.

A common homeopathic response to a broken bone is to first give [\*Arnica\* 200](#) (or higher) for the trauma, shock, bruising, blood loss and pain, followed by [\*Ruta graveolens\* \(30 or 200\)](#) for several days to reduce the muscle bruising and tendon damage.

After the bone has been properly set, *Symphytum* 200 is used to mend the fracture.

But broken bones are just the beginning.

Back problems?

Knee problems?

Injuries to tendons, cartilage or ligaments?

Eye injuries?

*Symphytum* 200 answers them all, quite effectively and elegantly.

*Symphytum* has a sterling reputation for treating mechanical injuries to the eye, especially the orbit, from blunt force trauma.

But perhaps the most useful quality of *Symphytum* is that it also deals with injuries to the cartilage, tendons and ligaments that surround the bone.

This makes it a useful remedy for many types of injuries, including sprains, strains, pain from overuse of a muscle, bruising and pain from a blow or fall, and arthritis.

Common problems that respond well to *Symphytum* include tennis elbow, plantar fasciitis, twisted or sprained ankles, knee pain and joint pain, and arthritis and bone spurs. It is even specific for osteomyelitis.

So, by giving Buster *Symphytum*, we addressed the immediate injury to the joint and reduced the potential for future problems.

The Banerji Protocol is to use this handy medicine in combination with other medicines to aid in many common chronic problems that plague humans and canines alike.

**Here are a couple of protocols you will want to tuck away:**

**For a bulging disc, herniated disc or back pain from over**

**lifting:** *Symphytum* 200 mixed with [Calc phos 3X](#), twice daily, and then if there's pain add separately [Hypericum perforatum 200C](#), twice daily.

**For arthritis of the knee:** *Symphytum* 200 mixed with [Arnica montana 200](#), twice daily.

**For plantar fasciitis and heel spurs:** *Symphytum* 200 mixed with [Rhus tox 30](#), twice daily.

**And for torn ligaments and menisci** (like Buster's): *Symphytum* 200, twice daily.

These problems often take time to heal – sometimes many months – but in the meantime, the remedy also eases the pain and stiffness.

Buster is doing much better today.

He is using his leg again, although he still occasionally limps.

And doctor's orders: no climbing stairs! He does enjoy being carried around. (We sometimes wonder if he's faking the limp as currency for a few extra hugs.)

From athletes to the aging, *Symphytum* can be a most accommodating remedy in your home.

Just ask Buster! And pass on the good news of homeopathy!

Warmly,

A handwritten signature in black ink, appearing to read 'Jette', with a stylized, flowing script.

P.S. To provide enough time to delve fully into the more complex world of pain, you should consider my course: [“Make](#)

## [It Stop! Escape From the Prison of Chronic \(and Acute\) Pain Using Practical Homeopathy®: Learn Effective Methods to Uproot Pain, Often for Good."](#)

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I created it to give you hope that efficacious homeopathic solutions exist.

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