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INDICATIONS FOR SUPPLEMENTARY HOMEOPATHIC TREATMENT OF OSTEOPOROSIS IN THE LIGHT OF RECENT RESEARCH

Abstract

Osteoporosis is a systemic skeletal disease characterized by reduction of bone resistance, posing a growing threat of fractures. The purpose of the treatment and prophylaxis is to prevent those fractures. Over the last few years it has been proven that giving a homeopathic supplement to castrated rats- *Calcarea phosphorica* within one group and an antiresorptive medicine- Risedronate (bisphosphonate) within the second one, which is commonly used in Osteoporosis treatment, led to stimulation of the deteriorated bone tissue healing process. It has also been established that the new bone tissue during histological tests showed distinct morphological differences. The presented data scientifically confirm the fact that regardless of Osteoporosis treatment in a manner consistent with current medical standards, a possibility of supplementary homeopathic treatment should also be taken into consideration. When using a homeopathic medicine as a supplementary treatment, the medicines with the bone tissue tropism: *Silicea* (basic medicine in case of bone mass loss), *Calcarea carbonica*, *Calcarea phosphorica* should be applied in the first place.

The basic medicine in case of bone mass loss is *Silicea*, which is diluted silicon dioxide. Those responding well to the medicine are of petite skeletal structure. In case of Osteoporosis *Silicea* is the drug of choice regardless of the skeletal structure. Basic homeopathic medicine in case of fractures is the *Calcarea phosphorica*, a diluted calcium phosphate. Those responding well to it are of slim skeletal structure. In case of bone fractures it is the drug of choice regardless of the skeletal structure. Another substance with the bone tissue affinity is *Calcarea carbonica* which is diluted calcium carbonate. Those responding well to it are of stocky skeletal structure. In this case osteoporosis leads to settling of the spine and height diminishing. It should be stressed that in case of organic changes the medicines mentioned above should be given in low dilutions.

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