

HOLISTIC APPROACHES TO FIBROMYALGIA

BY CHANCHAL CABRERA

Clinical approaches to treating fibromyalgia:

Alteratives for the joints
Diuretic/uricosuric alteratives
Triterpenoid saponins anti-inflammatories
Sulfur anti-inflammatories
Resin anti-inflammatories
Salicylate anti-inflammatories
Essential fatty acid anti-inflammatories
Volatile oil anti-inflammatories
Rubefacients
Cerebral circulatory stimulants
Warming tonic circulatory stimulants
Central circulatory stimulants
Peripheral circulatory stimulants
Adaptogens
Connective tissue tonics
Sedative nervines
Nervines that have a muscle-relaxing effect
Gentle, relaxing nervines
Tonic nervines
Sialogogues

Table 6.1: Typical Formulas for Treating Fibromyalgia (these formulas are in mls.)

For muscle stiffness and pain

Piper methysticum	15
Cimicifuga racemosa	15
Harpagophytum pro.	15
Glycyrrhiza glabra	15
Zanthoxylum spp.	15
Apium graveolens	15
Boswellia carterii	5
Phytolacca spp.	5

For lack of energy

Eleutherococcus senticosus	20
Glycyrrhiza glabra	15
Verbena off.	15
Zingiber off.	5
Urtica dioica herba	20
Fucus vesiculosus	15
Schizandra chinensis	10

For pain and lack of sleep

Valeriana off.	25
Piscidia erythrina	20
Chamomilla recutita	15
Lactuca virosa	10
Scutellaria lat.	20

For joint pain and inflammation

Fucus vesiculosus	15
Salix alba	15
Viburnum opulus	10
Boswellia carterii	10
Betula alba	15
Dioscorea villosa	15
Withania somnifera	10
Zanthoxylum spp.	10

For depression and digestion disturbance

Chamomilla recutita	15
Melissa off.	20
Gentiana l.	5
Leonurus cardiac	20
Verbena off.	20
Hypericum p.	20

For brain –fog impaired memory

Ginkgo biloba	20
Centella asiatica	15
Rosmarinus off.	10
Mentha piperita	10
Acorus calamus	5
Vinca major	10
Verbena off.	10
Avena sativa	10
Bacopa monierra	10