
REPORT FROM THE MEDICAL PRACTICE

A Comparative View of the Therapeutical Use of Zeel and Traumeel in General Practice

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Traumeel and Zeel are two of the more popular HEEL medications. As both preparations have qualities in common, questions occasionally arise concerning discernment of the better indicated remedy.

For the benefit of practitioners, BHI is pleased to reprint this article which illustrates concisely the chief areas of effectiveness of Traumeel and Zeel. In this report, Dr. Riedel differentiates between the two products with the aid of cases from her practice.

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Since both medicaments are preparations that are used in diseases in which the articular and supporting systems are involved, it is desirable to make a differentiation or delineation. The following areas of application are among those recommended by the manufacturer for **Traumeel**: posttraumatic and postoperative edemas, degenerative processes connected with inflammations as well as sports and accident injuries. The preparation **Zeel** is an antiarthrotic agent in the sense of a chondroprotectively acting preparation. **Since the transitions** between rheumatoid degenerative diseases, such as **arthrosis**, and traumatically induced degenerations of the **articular** cartilage, such as posttraumatic chondropathy of the **patella**, are fluid, and the one condition can be induced by the other, I specially observed those of my patients who were treated with the two above mentioned preparations over a period of approximately **6 months** and recorded my experiences in this report.

As can be seen from Table 1, **12 patients** (2 female, **10 male**) with an average age of **41.1 years** and the diagnosis of **gonarthrosis** were treated with intramuscular **Zeel** injections. The dosage schedule was uniformly **2 ampules of Zeel** per week. The patients had the usual symptoms occurring in **gonarthrosis** such as pain on loading and weather sensitivity. These symptoms improved on average after **2.9 weeks**, i.e. after approximately **6 Zeel** injections.

In all these **12 gonarthrosis** cases, freedom from complaints occurred on average after **5 weeks**, i.e. after **10 Zeel injections**. It is also clearly visible from the Table that there exists an age dependence with regard to the incidence of the improvement and also to freedom from symptoms. According to the degree of severity, some **showed improvement after only 1 week**, while a **gonarthrosis** case accompanied by **lumbalgia** (case 1) required **10 weeks** for complete freedom from symptoms. The individual data can be taken from Table 1.

In total **6 patients** with spondylarthrosis, i.e. with **arthrosis** of the small vertebral joints, who were treated with intramuscular **Zeel** injections according to the same schedule, showed an improvement in their symptoms, i.e. pain and movement restriction, after **10.7 weeks** on average. Freedom from symptoms occurred here only in **4 cases**, this being on average after **12.7 weeks**, i.e. after approximately **25 Zeel** injections.

If the therapeutic results of the spondylarthrosis patients are compared with those of the gonarthrosis patients, the higher average age of the patients with spondylarthrosis (**57 years**) surely plays a part in connection with the treatment duration. A similar situation can be noted in the case of **1** **71 year old polyarthrosis** patient who, after **11 weeks of Zeel** treatment, had a remarkable improvement in his symptoms but who could surely experience no final freedom from symptoms because of the advanced condition of the degenerative disease of his joints. The **41 year old polyarthrosis** patient treated with **Zeel**, on the other hand, exhibited complete freedom from symptoms after **3 weeks**.

The two patients in Table 1 illustrate that **Zeel** treatment shows good effect in **scapulohumeral periarthritis** as well.

I also subjected **3 patients** with polyarthrosis to **Zeel** therapy experimentally, but here the results were less striking and the severe syndrome of **polyarthrosis**, freedom from symptoms could scarcely be expected with **Zeel** treatment alone. The **3 patients** received in addition to the **Zeel** therapy further **antirheumatically** acting substances which, however, were not sufficient in two cases to obtain freedom from symptoms.

It is interesting to mention further in this connection that I treated **3 other patients** aged **71, 79, and 80** exclusively with **Zeel** tablets (dosage of **1 tablet 3 times daily**). One female patient had spondylarthrosis and **two female** patients **polyarthrosis**. A clear improvement in symptoms occurred in these cases after **8, 9 and 12 weeks**, respectively. In the case of **1** **71 year old polyarthrosis** patient, even freedom from symptoms resulted after **14 weeks** treatment.

I normally treat sports injuries accompanied with inflammatory components (tendovaginitis, epicondylitis, distorsions) with **Traumeel** injection solution. After an average of **3.3 weeks** an improvement took place, with freedom from symptoms after **3.3 weeks**. The shoulder **arm** syndrome of a **62 year old female** patient as well as a cervical spine - lumbar spine syndrome of a **66 year old female** patient who were treated daily with a subcutaneous **Traumeel** injection for **2** **weeks** respectively improved in a similar period. I also achieved equally good success in **3 cases** of arthritis (see Table

Table 1 (Zeel)

Diagnosis	Age	Sex	Improvement after	Freedom from symptoms after	Accompanying therapy
Gonarthrosis	54 years	female	4 weeks	10 weeks	
	36 years	male	3 weeks	5 weeks	-
	44 years	male	4 weeks	6 weeks	-
	61 years	male	4 weeks	6 weeks	.
	50 years	male	5 weeks	8 weeks	-
	64 years	male	4 weeks	5 weeks	-
	35 years	female	1 week	2 weeks	-
	26 years	male	1 week	2 weeks	-
	29 years	male	1 week	2 weeks	-
	28 years	male	1 week	2 weeks	-
	22 years	male	1 week	2 weeks	-
	44 years	male	6 weeks	10 weeks	-
	Spondylarthrosis	62 years	female	12 weeks	-
63 years		female	11 weeks	-	-
52 years		female	11 weeks	15 weeks	-
49 years		female	14 weeks	18 weeks	-
68 years		male	5 weeks	5 months	-
49 years		male	7 weeks	12 weeks	analgesics
Polyarthrosis	71 years	female	11 weeks	-	-
	41 years	male	2 weeks	3 weeks	-
Scapulohumeral periarthritis	36 years	male	3 weeks	5 weeks	-
	43 years	female	3 weeks	8 weeks	.
Polyarthritis	56 years	female	9 weeks	-	antirheumatics
	16 years	female	-	-	-
	48 years	male	5 weeks	8 weeks	analgesics, antirheumatics in severe pain

Table 2 (Traumeel)

Diagnosis	Age	Sex	Dosage (Traumeel s.c.)	Improvement after	Freedom from complaints after
Tendovaginitis	29 years	male	1 ampoule daily	2 weeks	3 weeks
	23 years	male	1 ampoule daily	2-1/2 weeks	4 weeks
	35 years	male	2 ampoules weekly	2 weeks	3 weeks
	28 years	male	2 ampoules weekly	2 weeks	3 weeks
Epicondylitis	34 years	male	2 ampoules weekly	2 weeks	3 weeks
Distortion right ankle joint	56 years	female	3 ampoules weekly	2 weeks	4 weeks
Shoulder arm syndrome	62 years	female	2 ampoules weekly	2 weeks	3 weeks
Cervical spine - lumbar spine syndrome	66 years	female	1 ampoule daily	3 weeks	4 weeks
Arthritis	53 years	male	1 ampoule daily	3 weeks	3 weeks
	62 years	male	1 ampoule daily	3 weeks	4 weeks
	32 years	male	1 ampoule daily	2 weeks	3 weeks
Gonarthrosis coxarthrosis	71 years	female	1 ampoule daily	3 weeks	-
Gonarthrosis	59 years	female	2 ampoules weekly	2 weeks	-

I also used Traumeel experimentally in 2 cases of gonarthrosis or coxarthrosis and although I certainly achieved an improvement here (in 2 and 3 weeks respectively), no complete freedom from symptoms occurred. The Traumeel injection probably first influences the inflammatory component of the disease but not the degenerative process. If these two cases are compared with the arthrosis patients mentioned previously who were treated with Zeel, it appears to become clear that Traumeel is less suitable for degenerative diseases; Zeel on the other hand is less suitable in inflammatory diseases (see polyarthritis cases). Combined therapy with Zeel and Traumeel is certainly sensible. A heel spur (calcaneal

spur), a thorn-shaped bony protuberance at the underside of the calcaneal tuberosity at the attachment of overstressed tendons is taken as an example. Here the combined subcutaneous application of one ampoule of Zeel and one ampoule of Traumeel led to freedom from symptoms in 2 weeks.

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