

## HOMOEOPATHIC FIRST AID TREATMENT OF COMMON INFANT PROBLEMS

Several remedies are listed under the one problem. The idea is to choose the remedy best suited to the child's physical, mental and emotional symptoms. The common potency for first aid use is 30c. The dosage is 4 drops onto the tongue 3 times a day for the duration of the symptoms. If there is no improvement within two days consider changing to a different remedy. If symptoms persist constitutional treatment may be required, from a Homoeopathic doctor.

\*indicates the most common remedy used.

### COLIC

- \*Colocyntis: -Violent, griping, intermittent pains.  
-Twisting, writhing, cannot keep still.  
-Flatulence, diarrhoea, anxiety.  
-Better for firm pressure on area.
- \*Chamomilla: -Tearing pain around navel.  
-Flatulence, diarrhoea, irritability, whining.  
-Distended abdomen, draws legs up.  
-Clingy, wants to be carried.  
-Sleepy but can't sleep.  
-Better with local heat and at night.
- Belladonna: -Child cries out suddenly, starts from sleep.  
-Violent vomiting after nursing.  
-May be hot and feverish.
- Nux Vomica: -Severe cramps, flatulent colic.  
-Constipation, spasmodic pains from over-eating.  
-Worse 1-2 hours after food.  
-Better lying or sitting down.
- Mag Phos: -Cramping spasms extending upwards.  
-Watery diarrhoea common.  
-Better for warmth, rubbing, bending double.
- Bryonia: -Severe colic, abdomen distended.  
-Stitching pains worse for movement, touch, heat.  
-Diarrhoea.  
-Lies motionless with knees drawn up.

### FEVER

- \*Aconite: -Due to dry cold wind or fear.  
-Intense thirst, alternating chills and flushes.  
-Dry hot skin, restless and anxious.
- \*Belladonna: -Very high temperature, no thirst.  
-Delirium, confusion.  
-Face red, throbbing headache.  
-Chills follow heat.
- Bryonia: -Worse for movement. wants to lie still.  
-Dry cough, yellow-coated tongue.  
-Thirsty for large drinks.  
-Chill -external coldness, internal heat.  
-Profuse perspiration, rheumatic shooting pains.
- Nux Vomica: -Aching limbs and back.  
-Great heat but feel chilly, can't get warm.  
-Gastric symptoms, acute exposure to cold and damp.

- Rhus Tox: -Fever due to exposure to cold and damp.  
 -Thirst, restless, pain.  
 -Tongue coated, red at tip.  
 -Constantly changing position.
- Arsenicum: -Complete exhaustion, restless.  
 -Worse after midnight, prolonged fear.  
 -Wants to be kept warm, except head.  
 -Thirsty for small sips.

### TEETHING

- Chamomilla: -Irritable, whining, wants everything but satisfied with nothing.  
 -One cheek pale, the other flushed.  
 -Diarrhoea.  
 -Clingy, wants to be carried all the time.
- Belladonna: -Irritability, flushed cheeks, convulsions.  
 -Feverish, may strike out or bite.
- Cale Carb: -For fair, plump babies with sweaty head.  
 -Teething may be delayed.  
 -Slimy mucus diarrhoea.
- Aconite: -In acute, feverish condition.
- Nux Vomica: -If constipation is a symptom.

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### VOMITING

- Aconite: -From nervous upset or fright.
- \*Nux Vomica: -Irritable, much retching.  
 -Sour taste in mouth.  
 -Worse first thing in morning.
- Ipecac: -Persistent nausea with clean tongue.  
 -Symptoms may occur after eating.  
 -Pale face.
- Arsenicum: -From spoiled food or eating too much fruit.  
 -Worse after midnight and after eating/drinking.  
 -Vomiting and diarrhoea simultaneous.  
 -Thirst for small sips.
- Ant Crud: -Tongue thickly coated - milky white.  
 -Nausea and loss of appetite.  
 -Useful when stomach over-laden or in excessive heat.

### DIARRHOEA

- \*Arsenicum: -Severe diarrhoea, burning, watery.  
 -Much mucus, stools green/dark in colour.  
 -Vomiting abdominal pain.  
 -Thirsty for small sips.
- \*Chamomilla: -Diarrhoea associated with teething.  
 -Green, offensive stools.
- Pulsatilla: -Stools variable, worse in evening.  
 -Follows fatty, starchy food.  
 -Weepy/crying.
- Nux Vomica: -Resulting from overfeeding, dietary indiscretion.  
 -Baby strains without result or only passes a small quantity.

### LNOCULATION

For fever following inoculation use belladonna 30c for one to two doses over 24 hours.