

HOMOEOPATHIC FIRST AID TREATMENT FOR INJURIES

Relief can be obtained from simple injuries by the use of Homoeopathic remedies.

The common potency for first aid use is 30c. The dosage is to suck 2 tablets or 4 drops onto the tongue. In acute injury the dose can be taken hourly for up to 6 doses, or for more chronic injury 3 times a day for 2 days.

With the correct remedy the response is usually rapid and effective but if symptoms persist you are advised to contact your Homoeopathic doctor for treatment.

Below are a list of the most common remedies used for accident or injury, and details of when and how to use them.

ARNICA

To be given initially for any injury or accident. Helps with shock, bruising, concussion, over-exertion, straining. Suck 2 tablets as one dose at the time of accident. Continue hourly while improvement continues. Then follow with other remedies as appropriate. Amica cream and ointment are used for bruising, but are not to be used on broken skin.

RESCUE REMEDY

A combination of 5 Bach Flowers. When given in emergency situations it is complementary to the Homoeopathic remedies. Rescue Remedy relieves shock, fear, panic, confusion at the time of an accident or sudden bad news. Give when a person is a tensed up or the mind is overactive and the person cannot sleep. Rescue restores calmness and confidence. The dosage is 4 drops directly onto the tongue as required.

ACONITE

Especially useful if the person is in a state of fright, or after exposure to cold weather or water. May alternate Aconite with Amica.

RHUSTOX

A remedy used more specifically for fibrous tissue. Relieves pain and stiffness, swelling in sprains and strains of muscles, joints, ligaments and tendons. Person appears restless, as they feel better for movement or a change of position. Give after Amica.

RUTA GRAV

Particularly for damaged tendons or repetitive strain injuries. Parts of the body are painful and feel bruised. For lameness after sprains.

LEDUM

For puncture wounds by sharp instruments or bites. Especially effective if the wounded parts are cold. Also for black eyes. Also helpful for arthritic complaints and gout when starting in the feet and works its way up.

HYPERICUM

For injuries to nerve endings especially the spine, fingers, toes and nails. Relieves pain and spasm after injury. Use for toothache before dental extraction or fillings.

CALENDULA

A major Homoeopathic healing agent. May be applied locally as a cream or lotion. Can also be taken internally. Use for open wounds, ulcers, cuts, burns and in tooth extraction. Reduces bleeding and promotes healthy granulation. Add 4 drops of tincture to a cup of water, use to bathe wounds.

CANTHARIS

Excellent for violent inflammation, irritation and raw burning pains. Effective remedy for second degree burns. Use also for urinary tract infections with symptoms of painful urgency to urinate.

URTICA URENS

Another remedy to use for burns and scalds. Pour continuous cold water over the burn immediately. Use Urtica urens cream or lotion for burns confined to the skin when pain remains local. Can also be taken internally.

APIS

Can be used for any swelling with soreness, sharp stinging pains, extreme sensitivity to touch and intolerance of heat, better with application of cool compresses. Use for insect bites, stings, hives, carbuncles, and oedematous swelling.

Homoeopathic First Aid Kits for injuries may be obtained from this address, also Homoeopathic remedies and general First Aid Kits.

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