

First Aid Treatment with Homeopathic Remedies

If someone in your family has an accident or injury, your first responsibility is to apply the proper first-aid measures and to get medical help if necessary. However, homeopathic treatment can complement the standard first aid measures and help to reduce pain and speed healing. Even for injuries which require medical care, homeopathic remedies can be used once an injured person's condition is stable.

Some important notes about potency and dosage

Homeopathic remedies come in various strengths (called potencies), from 6C to 50M and higher. Unless you are an experienced prescriber, I suggest you use a potency no higher than 30C.

The number of doses of a remedy given depend on the potency you have chosen and the degree of seriousness of the injury. Note - one dose is considered to be one pellet dissolved under the tongue. It is not necessary to take more than one pellet per dose. For babies and small children (or anyone who might inhale the pellet), you can dissolve the pellet in water and put 1 tsp. in the infant's mouth.

For a very serious injury (such as a head injury, second or third-degree burns), you might give one dose every 5 to 30 minutes initially.

Stop on improvement - repeat as needed

If the person's condition begins to improve, do not give any further doses of the remedy. Start giving the remedy again only if the symptoms begin to relapse or there is no further improvement. If you have given several doses of the remedy (between 3 and 6 doses) and there is no improvement on any level, stop giving the remedy. It is probably not the correct remedy and you need to re-evaluate or seek help from your homeopath.

Your homeopathic First Aid Kit

As injuries and accidents don't always happen during store hours, it is advisable to keep a basic first aid kit of homeopathic remedies on hand. I would recommend having the following remedies to begin with (you can always add to this base as you become more experienced):

Arnica, Hypericum (pellets and tincture), Ledum, Rhus tox, Ruta, Apis, Belladonna

Arnica - use first in all injury, for shock, pain, bleeding, etc. Symptoms include soreness and bruised feeling, shock (person may insist they are fine when they are obviously not), soreness from over-exertion, bruising. In early sprains, to promote healing.

Hypericum - used for injuries to nerve endings - crushed fingertips, tailbone injuries. Severe blows to head, spine or coccyx. To clean animal or human bites, or open burns (in tincture). Characteristic symptoms include shooting pains, worse from touch, cold, dampness, fog. Better from bending head back.

Ledum - use for puncture wounds, bruising (after Arnica), insect or animal bites, for fracture (after Arnica), black eye from a blow. The injured area can be cold and numb, relieved by cold. Worse at night, from warm applications and from the heat of bed.

Rhus tox - use for joint sprains (or Ruta), old sprains, poison ivy, poison oak. Characteristic symptoms include pain on first movement, better after continued motion, better from heat. Thirsty, restless, injured area is hot and swollen. Worse from cold, damp weather.

Ruta - use for injuries to tendons, wrist sprain, wrist ganglion, joint sprains (or Rhus tox), bruised bone, shin splints. Often is used if Rhus tox has not acted. Worse from cold, lying down, wet weather, rest.

Apis - use for bee stings, hives, jelly fish stings, stinging nettle rash. Symptoms include swelling, itching, redness, pains stinging and burning. Puffy swelling. Thirstlessness. Better from cold application, open air. Worse heat, touch, pressure.

Belladonna - use for heatstroke. The patient is hot, very red. Symptoms include throbbing, confusion. Better leaning the head back. (Versus Glonoine, which is better holding the head forward, better by cold application and cold air, can't lie down because the pillow is beating.)

Recommended books:

Castro, Miranda

Complete homeopathy handbook

Cummings, Stephen & Ullman, Dana

Everybody's guide to homeopathic medicines

When should I consult a professional homeopath?

If you have tried a few different remedies and the injury is worsening or not responding, or if you have recurring injuries (such as repeated strains or sprains), you might want to consult a professional homeopath. With recurring injuries, there may be an underlying susceptibility which can best be treated professionally.

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